



# ISGE

International Conference on Gynaecological Endoscopy  
Nairobi • Kenya

**3rd ISGE African Conference 2015**

6th Annual General Meeting

&

4th Annual Scientific Conference

of

**The Kenya Society of Endoscopic Specialities  
(KESES)**



**23rd to 26th August 2015**

**[www.nairobi2015.isge.org](http://www.nairobi2015.isge.org)**





**Prof. Bruno van Herendael**  
**PRESIDENT**  
**International Society**  
**for**  
**Gynecologic Endoscopy**

The International Society for Gynecologic Endoscopy was formed in 1989 by a group of committed Endoscopists from Europe and North America, who were soon joined by others from all over the world. They recognised the need for a scientific group who would meet at regular intervals to share their knowledge and expertise in Gynecologic Endoscopy.

**The Goals of our Society are:**

- To establish an international forum for the exchange of information and new ideas between Gynecologic Endoscopists. This function is provided by annual scientific meetings and by contributions to the affiliated Journal, one of the premier journals in this field.
- To provide leadership and unprejudiced academic excellence in this highly important field. The quality of the scientific meetings and workshops will be maintained by the Scientific Committee. Advice is always readily available from the Board Members.
- To promote safety and competence in Gynecologic Endoscopy through education. Regular courses and training programs are run in many countries. Their content is scrutinized by the Scientific Committee before they gain approval of the Society. The Society does not control, but does maintain an influence on the quality and teaching content of the courses which are organised under its auspices.
- To scientifically investigate and evaluate new endoscopic techniques which may be of benefit to women and report to members their use and effectiveness.

A unique opportunity to meet and interact with the "Who's Who" in Hysteroscopic and Laparoscopic Surgery from the world over.

"Join us for an exciting Scientific session in Nairobi, August 2015".



The Kenya Society of Endoscopic Specialities (KESES) at its 6th Annual General Meeting and 4th Annual Scientific Conference in 2015 takes great pride in hosting the 3rd ISGE African Meeting in Nairobi, Kenya.

The Society has over the years been at the forefront in the development in an interest in Laparoscopic Surgery in this Region and at the same time disseminating skills extensively amongst the younger Surgeons on the African Continent.

We are indeed honoured to partake this very important meeting.



*Karibuni Kenya!*



**Dr. Rafique B. Parkar**  
**CHAIRMAN**

**Kenya Society of Endoscopic Specialities**  
**& Local Organising Committee**

## ISGE EXCO BOARD

### PRESIDENT

**Prof. Bruno van Herendael**  
(bruno.vanherendael@gyntech.be)

### IMMEDIATE PAST PRESIDENT

**Dr. Prashant Mangeshikar**  
(prashant@mangeshikar.com)

### VICE PRESIDENT

**Dr. Rob O'Shea**  
(rtoshea-isge@adam.com.au)

### HONORARY TREASURER

**Dr. Charles Miller**  
(chuckmillermd@gmail.com)

### HONORARY SECRETARY

**Prof. Stefano Bettocchi**  
(stefanoendo@tin.it)

### REPRESENTATIVE OF THE BOARD MEMBERS IN EXCO

**Dr. Resad Pasic**  
(paya@louisville.edu)

### CHAIRMAN OF THE TRAINING COMMITTEE

**Prof. Bash Goolab**  
(bgoolab@iafrica.com)

### EDITOR OF THE NEWSLETTER

**Prof. Ellis Downes**  
(ellis@ellisdownes.com)

### MEDICAL DIRECTOR

**Dr. Ornella Sizzi**  
(ornella.sizzi@alfamedica.com)  
(ornella.sizzi@gmail.com)



## LOCAL ORGANIZING COMMITTEE

### CONFERENCE CHAIR

**Dr. Rafique B. Parkar**  
(rafsan254@gmail.com)

### CONFERENCE VICE-CHAIR

**Dr. J. Gichuhi Wanyoike**  
(drwanyoikeclinic2@yahoo.com)

### TREASURER

**Dr. Yamal Patel**  
(yamu75p@yahoo.com)

### SPONSORSHIP

**Dr. Frank J.K. Muriu**  
(drfjkmuriu@gmail.com)

**Dr. G. Wahome Ngay'u**  
(ngayu@thewomansclinic.co.ke)  
(ngayugw53@gmail.com)

### SCIENTIFIC CHAIR

**Prof. R. Koigi Kamau**  
(koigiclinic@gmail.com)  
(koigikamau@kenyaweb.com)

### REGISTRATION

**Dr. Maurine Mutua**  
(maurinemutua@gmail.com)

### ACCOMMODATION

**Dr. Wanjiru Ndegwa**  
(wndegwa@gmail.com)

### PRE-CONFERENCE WORKSHOPS

**Dr. Francis Were**  
(merit\_medics@yahoo.com)

### YOUNG ENDOSCOPIST PLATFORM (YEP)

**Dr. Claire Kinuthia**  
(kinuthia.claire@gmail.com)

**Dr. Dorcas Muchiri**  
(dwakusi@gmail.com)

### FORMAL FUNCTIONS

**Dr. Hassan M. Adan**  
(hmohamed3231@yahoo.com)

### SOCIAL FUNCTIONS/DECOR

**Dr. Racheal Rukaria**  
(rukariar@africaonline.co.ke)

### TOURS, TRANSPORT/TRAVELS

**Dr. Michael Gitangu**  
(manguthagitangu@gmail.com)

**Register now. Book your accommodation online now.**  
**Special rates have been negotiated for ISGE Delegates.**

August is a great time to go on safari in Kenya. The Masai Mara Game Reserve is host to the Eighth Wonder of the Natural World - The Great Wildebeest Migration.

Book your safari now to avoid last minute disappointments.

**August is a very busy month in Kenya.**



## PRE-CONFERENCE WORKSHOPS SUNDAY 23<sup>RD</sup> AUGUST, 2015



Subject to Sponsorship availed and confirmed participation

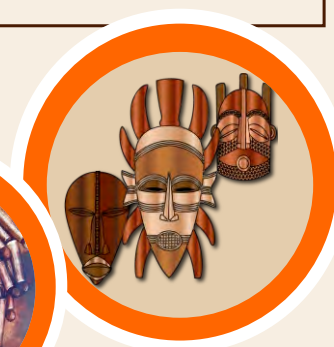
<b>Basics in Laparoscopy (with hands-on)</b>	<b>Omar Alhalayqa</b> (Palestine) <b>Resad Pasic</b> (USA) <b>Samir Sedy</b> (Saudi Arabia) <b>Ornella Sizzi</b> (Italy)
<b>How better knowledge of Energy Sources can improve skills in Hysteroscopic and Laparoscopic Surgery</b>	<b>Alfred Cuttner</b> (UK) <b>John Einarsson</b> (USA) <b>Ivano Mazzon</b> (Italy) <b>Alfonso Rossetti</b> (Italy) <b>Robert Zurawin</b> (USA)
<b>Colposcopy</b>	<b>Nomonde Mbatani</b> (South Africa) <b>Edward Sang</b> (Kenya) <b>Shahielia Tayib</b> (Malaysia)
<b>Endometriosis : What is best for our patients?</b>	<b>Abri de Bruin</b> (South Africa) <b>Pino Florio</b> (Italy) <b>Kurian Joseph</b> (India) <b>Lucia Manganaro</b> (Italy) <b>Resad Pasic</b> (USA) <b>P.G. Paul</b> (India) <b>Matthew Siedhoff</b> (USA) <b>Stergios Tzitzimikos</b> (Greece)
<b>Hysteroscopy</b>	<b>Stefano Betocchi</b> (Italy) <b>Bruno van Herendael</b> (Belgium)
<b>Laparoscopic Surgery Training Course for Operating Room Technicians &amp; Scrub Nurses</b>	<b>Hesham Arab</b> (Saudi Arabia) <b>Maurice Chung</b> (USA)
<b>Urogynaecology (Pelvic Floor Surgery)</b>	<b>Sean Francis</b> (USA) <b>Steven Jeffery</b> (South Africa) <b>Catherine Matthews</b> (USA) <b>Antony Ofori</b> (Ghana)



### ENDOSCOPIC SURGERY IN AFRICA : AN UNTAPPED POTENTIAL

The Conference has received confirmations from an exciting International Faculty comprising of leading Hysteroscopists and Laparoscopists from all over the world and is open to Medical students, Postgraduates in training, Registrars, General Practitioners, Nurses, Theatre staff, Allied Professionals and consultants.

We have scheduled an exciting array of various Pre-Conference Symposia, Keynote Lectures, Integrated Sessions, Speakers and Live Surgery transmissions.



### IMPORTANT POINTS & RULES FOR SUBMISSION OF ABSTRACTS

- Abstracts must be submitted to: **secretariat@isge.org** in **ENGLISH**.
- The presenting author **MUST REGISTER ONLINE** by **30th June 2015**.
- Abstracts of unregistered authors will not be published in the Abstract Book of the Congress.
- Latest date for submission of Abstract: **30th June 2015**.
- **RULES FOR ABSTRACT PRESENTATION** on **http://nairobi2015.isge.org**. (Download **PDF INFORMATION**.)
- Videos to be uploaded on: **www.thetrocar.tv**. (ISGE EVENTS on the toolbar.)
- **Best Awards:**  
Awards will be given to the best Abstract in the Young Endoscopic Platform Session and for the best Video presentation.





# DEFINITIVE PROGRAM OF EVENTS

**SUNDAY 23<sup>RD</sup> - WEDNESDAY 26<sup>TH</sup> AUGUST, 2015**

## REGISTRATION :

From Sunday 23rd August, 2015 at 17.00 hours (Visa Oshwal Religious Centre) every day from 8.00am

SATURDAY 22 <sup>nd</sup> August, 2015		MONDAY 24 <sup>th</sup> August, 2015		
Southern Sun Mayfair		Visa Oshwal Religious Centre		
09.00am <b>EXCO BOARD MEETING</b>	09.00 - 10.30	Room A Live Surgery (Olympus)	Room B	Room C
	10.30 - 11.00	TEA / COFFEE BREAK		
	11.00 - 12.00	Live Surgery		
SUNDAY 23 <sup>rd</sup> August, 2015				
Hotel Royal Orchid, Azure		LUNCH BREAK		
Pre-Conference Workshops  Hysteroscopy Aga Khan University Hospital  Pelvic Floor Surgery ICMAS, Nairobi	13.30 - 15.00	Urogynecology & Pelvic Floor	Video Session	Young Endoscopists Forum
	15.00 - 15.30	TEA / COFFEE BREAK		
15.30 - 17.00	Hysterectomy	Free Communications	Young Endoscopists Forum	
19.00	<b>OPENING CEREMONY</b>			
<b>ISGE GALA DINNER</b>				

Laparoscopic Surgery in Africa . . .



	Tuesday 25 <sup>th</sup> August, 2015			Wednesday 26 <sup>th</sup> August, 2015	
	Visa Oshwal Religious Centre			Visa Oshwal Religious Centre	
	Room A	Room B	Room C	Room A	Room B
09.00 - 10.30	Live Surgery (Karl Storz GmbH & Co.)			Anatomy for the Endoscopic Surgeon	Cysts and Fibroids by Laparoscopy
10.30 - 11.00	TEA / COFFEE BREAK				
11.00 - 12.00	Live Surgery			Hysteroscopy	Infertility & Endoscopy (I)
12.00 - 13.30	LUNCH BREAK				
13.30 - 15.00	New Technologies	Energies in Endoscopy	Saudi Group of Gynaecological Laparoscopists	Medico-Legal Aspects	Complications (II)
15.00 - 15.30	TEA / COFFEE BREAK				
15.30 - 17.00	Uterine Myoma (I)	Endometriosis	Saudi Group of Gynaecological Laparoscopists	Complications (I)	Miscellaneous
<b>KESES CONGRESS DINNER &amp; DANCE</b>			<b>CLOSING CEREMONY</b>		



. . . An untapped potential



**Main Conference Venue:  
THE OSHWAL RELIGIOUS CENTRE  
(www.oshwalnairobi.org)**



**RECOMMENDED HOTELS FOR THE  
AFRICAN REGIONAL CONFERENCE IN NAIROBI**

**SOUTHERN SUN MAYFAIR (Main Conference Hotel)**

(www.tsogosunhotels.com/hotels/nairobi)

Email: shyabaf@southernsun.co.ke  
Quote: ISGE – 925769

**SANKARA**

(www.sankara.com)

Email: stay@nairobi.sankara.com  
Quote: 1178201

**dusitD2NAIROBI**

(www.d2nairobi.com)

Email: reservations.nairobi@dusit.com  
Quote: ISGE15

**HOTEL ROYAL ORCHID, AZURE**

(www.royalorchidhotels.com)

Email: sales1@azurehotelnairobi.com  
Quote: ISGE



- \* All the recommended hotels are located close to the Conference Venue.
- \* Special rates negotiated for ISGE Conference Delegates. Please quote the relevant booking codes when booking online.
- \* **PLEASE BOOK & PAY FOR YOUR ACCOMMODATION DIRECTLY ONLINE (Complimentary nights for Invited Speakers will be credited accordingly.)**

International Conference on Gynaecological Endoscopy  
Nairobi • Kenya

3rd ISGE African Conference 2015

Sunday 23<sup>rd</sup> - Wednesday 26<sup>th</sup> August, 2015



www.nairobi2015.isge.org

**REGISTRATION FORM**

Please complete and return to : ISGE (secretariat@isge.org) or Dr. Maurine Mutua (maurinemutua@gmail.com)

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Tel (w): \_\_\_\_\_ Fax (w): \_\_\_\_\_ Mobile: \_\_\_\_\_

Registration No: \_\_\_\_\_ Email: \_\_\_\_\_

Postal address: \_\_\_\_\_

Special meal requirements:  Kosher  Halaal  Vegetarian  Other: \_\_\_\_\_

**REGISTRATION WAIVED**

ISGE Board Member

Invited Speaker

KESES Local Organising Committee

**FULL CONGRESS REGISTRATION FEES**

**NON-ISGE MEMBERS:**

**MID REGISTRATION**  
Up to 31/03/2015

**LATE REGISTRATION**  
up to 22/08/2015

**ON-SITE REGISTRATION**  
23rd - 26th August 2015

**ISGE MEMBERS**

**SPECIALISTS**

• Africa & Developing Countries .....	<input type="checkbox"/> US\$250.00	<input type="checkbox"/> US\$300.00	<input type="checkbox"/> US\$400.00	<input type="checkbox"/> US\$250.00
• International .....	<input type="checkbox"/> US\$450.00	<input type="checkbox"/> US\$500.00	<input type="checkbox"/> US\$600.00	<input type="checkbox"/> US\$450.00
• Medical Students, Residents, .....	<input type="checkbox"/> US\$125.00	<input type="checkbox"/> US\$150.00	<input type="checkbox"/> US\$200.00	(For all registration categories)
Postgraduates, Registrars, Junior Consultants, General Practitioners, Allied Professionals, Theatre Staff, Nurses*	<input type="checkbox"/> US\$225.00	<input type="checkbox"/> US\$250.00	<input type="checkbox"/> US\$300.00	
*(50% Discount as per Category. Proof of status required)				<b>TOTAL US\$</b> _____

**DAY REGISTRATION FEES - FOR ISGE MEMBERS AND NON-ISGE MEMBERS**

**AFRICA & DEVELOPING COUNTRIES**

Monday 24th August 2015 .....	<input type="checkbox"/>		
Tuesday 25th August 2015 .....	<input type="checkbox"/>	US\$150.00 per day	
Wednesday 26th August 2015 .....	<input type="checkbox"/>		<b>TOTAL US\$</b> _____

**INTERNATIONAL**

Monday 24th August 2015 .....	<input type="checkbox"/>		
Tuesday 25th August 2015 .....	<input type="checkbox"/>	US\$200.00 per day	
Wednesday 26th August 2015 .....	<input type="checkbox"/>		<b>TOTAL US\$</b> _____

**MEDICAL STUDENTS, RESIDENTS, POSTGRADUATES, REGISTRARS, JUNIOR CONSULTANTS, GENERAL PRACTITIONERS, ALLIED PROFESSIONALS, THEATRE STAFF, NURSES** (\*50% Discount as per Category. Proof of status required)

Monday 24th August 2015 .....	<input type="checkbox"/>	<b>AFRICA &amp; DEVELOPING COUNTRIES</b>	<input type="checkbox"/>	<b>INTERNATIONAL</b>
Tuesday 25th August 2015 .....	<input type="checkbox"/>	US\$75.00 per day	<input type="checkbox"/>	US\$100.00 per day
Wednesday 26th August 2015 .....	<input type="checkbox"/>		<input type="checkbox"/>	<b>TOTAL US\$</b> _____

Accompanying Persons / Partners / Spouses  US\$100.00 per day **TOTAL US\$** \_\_\_\_\_

**SOCIAL FUNCTIONS**

**Please indicate your attendance:**

Opening Ceremony (Sunday 23 <sup>rd</sup> August 2015) .....	<input type="checkbox"/> No, I won't attend	<input type="checkbox"/> Yes, I will attend
ISGE Gala Dinner (Monday 24 <sup>th</sup> August 2015) .....	<input type="checkbox"/> No, I won't attend	<input type="checkbox"/> Yes, I will attend (US\$150.00)
KESES Congress Dinner (Tuesday 25 <sup>th</sup> August 2015) .....	<input type="checkbox"/> No, I won't attend	<input type="checkbox"/> Yes, I will attend (US\$150.00)
Closing Ceremony (Wednesday 26 <sup>th</sup> August 2015) .....	<input type="checkbox"/> No, I won't attend	<input type="checkbox"/> Yes, I will attend
Partner/Accompanying Spouse for Social functions only .....	<input type="checkbox"/> No, I won't attend	<input type="checkbox"/> Yes, will attend (US\$150.00)

**TOTAL US\$** \_\_\_\_\_

**TOTAL AMOUNT PAYABLE: US\$** \_\_\_\_\_

## PRE-CONGRESS WORKSHOPS SUNDAY 23<sup>RD</sup> AUGUST, 2015

Subject to Sponsorship availed and confirmed participation

The Workshops will be held at various facilities. Venues will be informed in due course.

Please indicate which Workshop you want to register for.

Places are limited. First confirmed and paid participants will be considered only.

AFRICA & DEVELOPING COUNTRIES		INTERNATIONAL
<b>BASICS IN LAPAROSCOPIC SURGERY (WITH HANDS ON)</b>		
US\$200.00 <input type="checkbox"/>	* 50% *US\$100.00 <input type="checkbox"/>	(Maximum 8)
US\$300.00 <input type="checkbox"/>	* 50% *US\$150.00 <input type="checkbox"/>	
<b>HOW BETTER KNOWLEDGE OF ENERGY SOURCES CAN IMPROVE SKILLS IN HYSTEROSCOPIC &amp; LAPAROSCOPIC SURGERY</b>		
US\$150.00 <input type="checkbox"/>	*US\$ 75.00 <input type="checkbox"/>	(Maximum 25)
US\$200.00 <input type="checkbox"/>	*US\$100.00 <input type="checkbox"/>	
<b>COLPOSCOPY</b>		
US\$150.00 <input type="checkbox"/>	*US\$ 75.00 <input type="checkbox"/>	(Maximum 25)
US\$200.00 <input type="checkbox"/>	*US\$100.00 <input type="checkbox"/>	
<b>ENDOMETRIOSIS : WHAT IS BEST FOR OUR PATIENTS</b>		
US\$150.00 <input type="checkbox"/>	*US\$ 75.00 <input type="checkbox"/>	(Maximum 30)
US\$200.00 <input type="checkbox"/>	*US\$100.00 <input type="checkbox"/>	
<b>HYSTEROSCOPY</b>		
US\$200.00 <input type="checkbox"/>	*US 100.00 <input type="checkbox"/>	(Maximum 30)
US\$300.00 <input type="checkbox"/>	*US\$150.00 <input type="checkbox"/>	
<b>LAPAROSCOPIC SURGERY TRAINING COURSE FOR OPERATING ROOM TECHNICIANS &amp; SCRUB NURSES</b>		
US\$150.00 <input type="checkbox"/>	*US\$ 75.00 <input type="checkbox"/>	(Maximum 30)
US\$200.00 <input type="checkbox"/>	*US\$100.00 <input type="checkbox"/>	
<b>UROGYNAECOLOGY (PELVIC FLOOR SURGERY)</b>		
US\$150.00 <input type="checkbox"/>	*US\$ 75.00 <input type="checkbox"/>	(Maximum 15)
US\$200.00 <input type="checkbox"/>	*US\$100.00 <input type="checkbox"/>	

**\*MEDICAL STUDENTS, RESIDENTS, POSTGRADUATES, REGISTRARS, JUNIOR CONSULTANTS, GENERAL PRACTITIONERS, ALLIED PROFESSIONALS, THEATRE STAFF, NURSES**  
50% Discount as per category (Proof of status required)

## ACCOMMODATION

Kindly book, confirm and pay for your hotel directly online.

Arrival Date: \_\_\_\_\_ Hotel booked:  \_\_\_\_\_  Single room  Double room  
(Name of Hotel)

Departure Date: \_\_\_\_\_

No. of complimentary nights: \_\_\_\_\_ No. of paid nights: \_\_\_\_\_ Total No of nights in Nairobi: \_\_\_\_\_

## SAFARIS

Safari booked: Yes  Pre-Conference Safari   
No  Post-Conference Safari

Please book, confirm and pay for your safaris EARLY to avoid last minute disappointments.

Book directly with PHERA JAI (pherjai@me.com)

## PAYMENT

Payment made to: KESES  ISGE  TOTAL PAYMENT AMOUNT: US\$ \_\_\_\_\_

### FOR PAYMENT BY ELECTRONIC TRANSFER / BANK DEPOSIT

NAME OF CARD HOLDER: \_\_\_\_\_ TYPE OF CARD (MASTERCARD & VISA ONLY): \_\_\_\_\_

EXP DATE: \_\_\_\_\_ CARD NO: \_\_\_\_\_ CVV NO: \_\_\_\_\_

SIGNATURE OF CARD HOLDER: \_\_\_\_\_

### FOR PAYMENT BY ELECTRONIC TRANSFER / BANK DEPOSIT

NAME OF ACCOUNT: **KESES**  
ACCOUNT NO: **0072018077001**

BANK: **CHASE BANK, PARKLANDS BRANCH**  
ACCOUNT TYPE: **CURRENT**

BRANCH CODE: **007**  
SWIFT: **CKENKENA**

### FOR PAYMENT BY MPESA

GO TO: Mpesa menu / Lipa na Mpesa / Buy goods and services / Enter Till No: **972986** / Enter Amount / Enter PIN Number / **Confirm Transaction**

**FOR ONLINE PAYMENT GO TO THE ISGE WEBSITE: [www.nairobi2015.isge.org](http://www.nairobi2015.isge.org)**



*Uncover memories that will last a life time!*



Unlike any other destination on earth, Kenya is the essence of diversity. Kenya - 'the Safari Capital of the World' and where you will find some of the finest beaches on the Indian Ocean.

Unlike anywhere else on the planet, in Kenya you will find savagely beautiful wildernesses and ethereally snow-capped peaks; crater-studded valleys and wildlife-teeming plains; flamingo-frosted lakes and tropical rainforests.

The last true Eden, Kenya is home to the longest rift in the earth's crust and its youngest volcanoes.

Kenya is the only land in which you can visit the "Cradle of Mankind", sail a Swahili dhow past a 16th century Portuguese fort and meet a Maasai warrior.

*Kenya . . . a world of wonder in a world of its own*

From the moment you touch down and step into the gentle African air, Kenya will give you a warm welcome.



Ancient civilizations and cosmopolitan resorts, Kenya has something for everyone .

From places of interest around Kenya's capital city, Nairobi - to the beating heart of the African bush - or the vast plains of the Masai Mara or the pristine white sands, lapped with the gentle waves of the Indian Ocean on the Kenya Coast.

Travel to these magical corners of Kenya and discover the beauty of Kenya.

*Wildlife  
Birdlife  
Landscapes  
Along the Coast  
People & Cultures  
Action & Adventure  
A warmth of welcome*



**This is the year to go on your personal African Dream Safari.**

**Whatever your Safari options, we can design a journey that will fit your wildest dreams.**



**SUGGESTED SAFARI PACKAGES**

- ◆ 2 or 3 nights Masai Mara
- ◆ 2 nights Ol Pejeta Conservancy & 2 nights Masai Mara
- ◆ 2 nights Masai Mara & 3 nights Mombasa
- ◆ 1 night Lake Nakuru National Park & 2 nights Masai Mara



SUGGESTED PRE-CONFERENCE SAFARI DATE	SUGGESTED POST-CONFERENCE SAFARI DATE
Friday 21 <sup>st</sup> August, 2015 to Sunday 23 <sup>rd</sup> August 2015	Thursday 27 <sup>th</sup> August, 2015 to Sunday 30 <sup>th</sup> August 2015

*Magical Kenya*

An ancient land born of ice and fire, only Kenya offers such a uniqueness of bio-diversity. Such are the extremes of the Kenyan climate, ranging from tropical heat to glacial ice, that it has formed a diversity of habitats found nowhere else on Earth.

A vast mosaic of lion-gold savanna, rolling grasslands, ancient rainforests and volcanic plains, Kenya rises from the idyllic shores of the Indian Ocean to the snow-capped peaks of Mount Kenya which, at 5,199 metres above sea level, is an extinct volcano some three and a half million years old.

Kenya shelters some of the most ancient, fragile and diverse wildlife on Earth. The Eden of the planet, Kenya's plains and forests offer refuge to the last of the big cats, the world's greatest herds of elephant, the endangered white and black rhino and a number of endemic species that occur nowhere else on Earth.

Kenya - Garden of Eden, Cradle of Mankind.

**For Safari options and rates contact:**

**pherajai@me.com**  
<http://pherajai.wix.com/amazingafrica>

OR

**stefan.bollier@africapoint.com**  
[www.africapoint.com](http://www.africapoint.com)

**It is highly recommended to book, confirm and pay for your Safaris EARLY to avoid last minute disappointments. August is peak safari season and places at good facilities are limited and booked early.**

## LAKE NAKURU NATIONAL PARK

Just two hours drive from Nairobi, Lake Nakuru is among Kenya's finest national parks. Though famous for the pink flamingoes lining the shores of the lake and the hundreds of preening white pelicans, the small park (only 180 sq km) is home to the black and white rhino, the tree-climbing lions, leopard, large herds of buffaloes and the rare Rothschild's giraffes as well as many other animals and birds.



*"There might have been fifty thousand birds in a bay"*

## MASAI MARA

Set in the heart of Africa's Great Plains in Kenya, the Masai Mara boasts 1,672 sq. kilometers of unspoilt wilderness. With its abundant wildlife and over 450 species of birds, Masai Mara is Kenya's most spectacular and finest wildlife reserves, offering the best game and bird-viewing not only in Kenya, but anywhere in Africa. The views across the rolling golden grasslands studded with acacia trees, rivers and forests are dazzling, the sense of space is overwhelming. The Reserve borders Tanzania and the two countries share the vast Serengeti plains, with wildlife free to roam between Kenya and Tanzania in search of food.

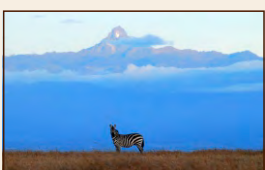


Throughout the year the Masai Mara is a place of natural drama, a kaleidoscope of colour and life. Most stunning of all are the months between July and October, when the savannah teems with animals during the Great Wildebeest Migration. Millions of wildebeest gather in the Masai Mara in one of the natural wonders of the world - 'The Great Wildebeest Migration'.

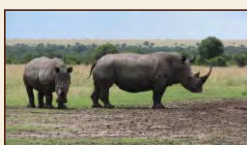
*'The Eight Wonder of the Natural World - The Great Wildebeest Migration'*

## MOMBASA

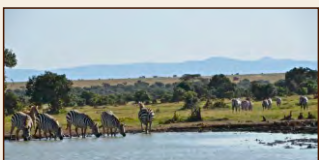
Located on the Eastern coastline of Kenya bordering the Indian Ocean, Mombasa is the ideal beach destination with sparkling white sands and lush greenery. Mombasa offers a diverse marine life, world-class hotels and friendly atmosphere. Whether you're looking for a relaxing break on the white beaches, lapped by the azure waters of the Indian Ocean, or something a bit more adventurous- diving, snorkelling, water-skiing or wind-surfing, Mombasa offers it all.



## OL PEJETA CONSERVANCY



The Ol Pejeta Conservancy – a 90,000-acre private wildlife conservancy – situated on the equator, in Kenya's Laikipia District, between the foot hills of the Aberdares and the magnificent snow-capped Mount Kenya. The Conservancy boasts an astounding variety of animals, including the Big Five (the rhino, leopard, elephant, buffalo and lion), Grevy's zebra, Jackson's hartebeest, cheetah and chimpanzee. The combination of amazing wildlife and stunning views across the open plains of Ol Pejeta guarantees an unforgettable safari experience.



# ISGE Affiliate Associations

