



JOINT KENTS | PENTAFRICA



AAENTA CONGRESS 13th - 16th May 2020 2020



Theme: Embracing new horizons in ENT practice in Africa



AMERICAN ACADEMY OF
OTOLARYNGOLOGY-
HEAD AND NECK SURGERY

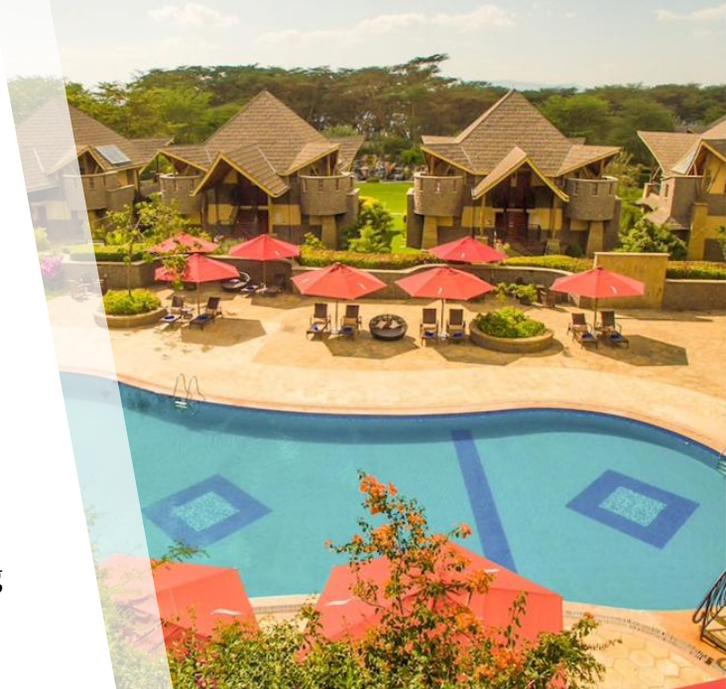


Table of contents

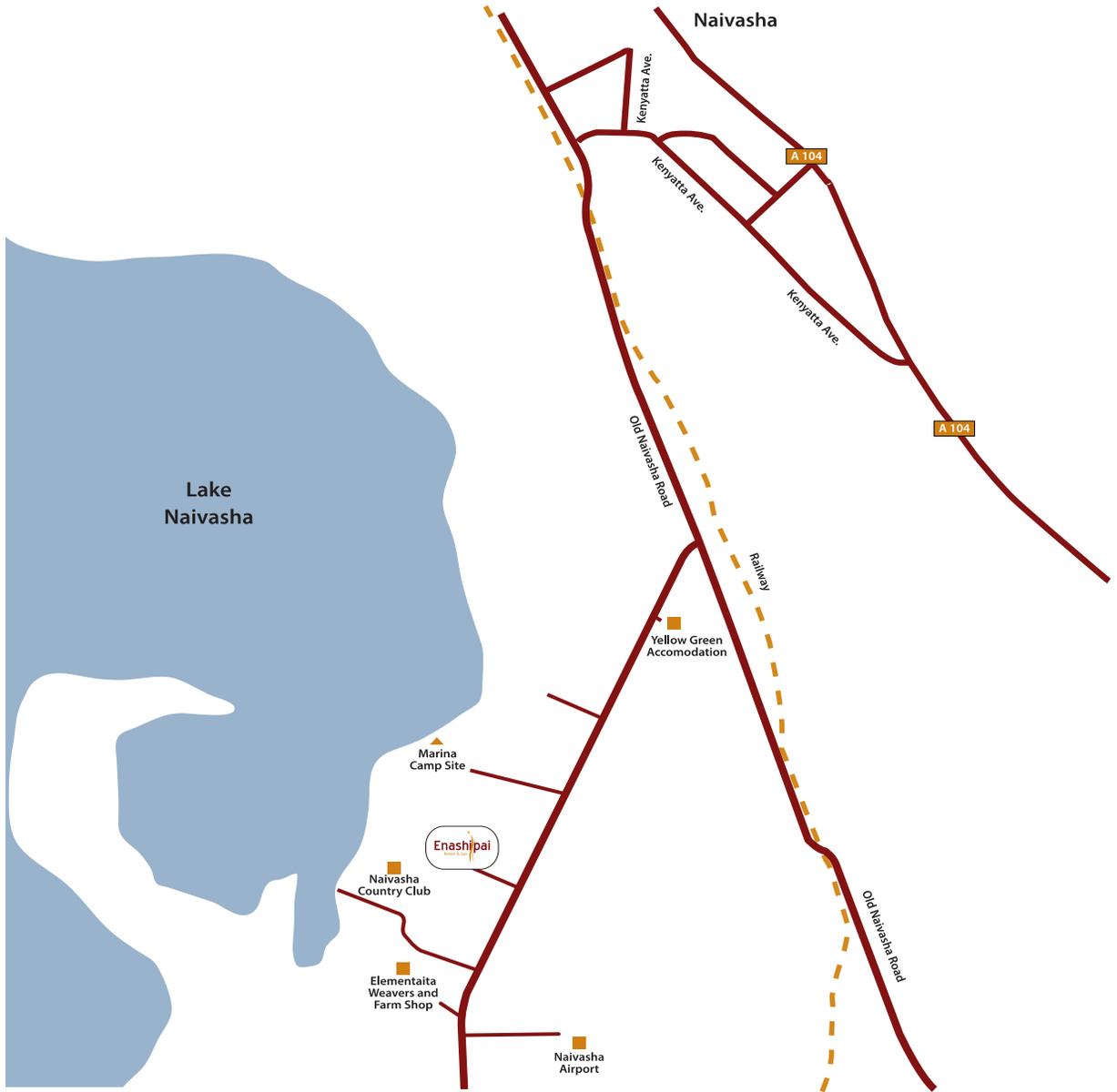
1. General information
2. Distance of destination
3. Climate
4. Venue
5. Check in procedures
6. Information desk
7. Internet access
8. Accommodation
9. Meeting and conference
10. Tours and sightseeing
11. Transfer to the airport

General Information

- Enashipai Resort and Spa is where a strong local heritage and abundant nature is blended with pure luxury, and then delivered with a generous sense of warmth. Honestly we found it hard to imagine a happier place.
- Naivasha is also a popular tourist destination. Hell's Gate, National park(the main locations for Lion King including Pride rock and the George, are modelled after the park), Longonot National Park and Mt. Longonot nearby attractions, Tourists also have included Lake Naivasha, to observe wild life and hippo behaviour as well as other animals.



2. Distance of destination





3. Climate

The weather will be between 22 degrees to 25 degrees.

4. Venue

Enashipai- <https://www.enashipai.com>

5. Check in procedure

Upon arrival at the airport you will see staff holding placards with Kenya Ear Nose and Throat Society (KENTS) . The staff will guide you to the vehicle and from there transport to the venue as per your booking.

NB: The venue is roughly 2 hours away from the airport. On arrival at the hotel, you will be directed to a designated desk for registration and a room key will be allocated at this point.

6. Information desk

24 hour information desk will be available in the hotel lobby. Also our ground staff will be in black T-Shirts with the logo (medics) to assist you.

7. Internet Access

You will be having free WI-FI in all hotel facilities- in the lobby, public areas as well as the rooms. You will be provided all information upon arrival and check-in. at the conference venue

8. Accommodation

Delegates accommodation will reserved through the event organizer on info@mmskenya.co.ke or through website link;-

kindly indicate which hotel you wish to be booked as per below list of hotels we have negotiated .

All rates are on BB per night

	Single(ksh)	Double(ksh)
Enashipai	18,800	23,500
Lake Naivasha resort	15,000	17,000
Masada hotel single	5,500	8,500
Sweet Lake hotel	3,500	5,500

You will not be required to guarantee the extras through your credit card, we have done that on your behalf, but at the same time you are kindly requested to contact the reception before your departure to settle all your incidental charges such as the mini bar and laundry etc.. All meals are included in your stay.

Hotel Links

Lake Naivasha resort: <https://lakenaivasharesort.co.ke/contact>

sweet lake hotel: <http://sweetlakeresort.com/>

Masada hotel: <https://hotelsinnaivasha.co.ke/masada-hotel/>



9. Meeting and conference

Gala dinner attire is African

10. Tour and sightseeing

Joshua Luvonga

TEL: +254 720 488 119 | +254 727 642 242

Email : marketing@amicabrtravel.com.

Web : www.amicabretravel.com

AMICABRE CENTRE

0700hrs -1800hrs JKIA Airport Office – 24hrs

EXCURSIONS AROUND NAIVASHA

Lake Naivasha

This freshwater Rift Valley lake is only 80 km west of Nairobi and its waters draw a great range of game to its shores. Giraffes wander among the acacia, buffalo wallow in the swamps, Colobus monkeys call from the treetops and a large hippo population sleep the day out in the shallows. Over 450 bird species have been recorded on and around the lake. Guided boat trips on the lake are widely available, and are a great way to spend the morning or afternoon.

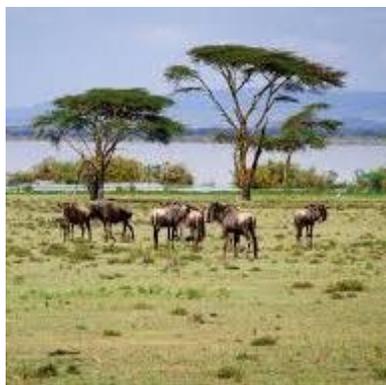
Crescent Island Wildlife Sanctuary

A short boat trip from the mainland out into Lake Naivasha gives you access to the unique Crescent Island Wildlife Sanctuary. It can also be accessed by road via the "Horse Riding Complex" on Moi South Road. The rim of a submerged volcanic crater, Crescent Island is a preserved sanctuary of wildlife where you will wander among tiny herds of mammals such as giraffe, antelope, gazelle, eland, zebra and lots of birds. Buffaloes are also a rare sighting.

Hell's Gate National Park

Hell's Gate is one of the few national parks that can be explored on foot. A game walk past gracefully grazing gazelles and the larger antelopes can be delightful for nature walkers or keep-fit enthusiasts. This Park was named for its pair of massive red tinged cliffs framing a geothermally active interior of steam vents and bubbling springs. Lower Gorge is the main attraction of the park. It consists of water eroded walls, so narrow that they almost block out the sky, several hot and cold waterfalls, hot water springs and colourful strata and rock formations. The park is home to a profusion of plains game and birdlife. Walking around the park is permitted, making it ideal for hiking, biking, and rock climbing. Bikes are available for hire at the main gate.

Fischer's Tower is located at the entrance to Hell's Gate gorge inside the park; it is 45m high and composed of basalt rock, and offers a variety of excellent training climbs. There are high cliffs with several possible routes, and plenty of opportunity for climbs and abseiling. Around the base and scuttling among the rocks are daisies (rock hyrax), quite unperturbed by visitors. Climbing and abseiling activities have to be pre-arranged.



Required

A good pair of walking boots, drinking water and snacks. Also useful are: binoculars, camera, hat, sunscreen and sunglasses.

Crater Lake Game Sanctuary

This is a private sanctuary which includes lots of wildlife in its small forest sitting at the side of the Crater Lake volcano. The landscape is breath-taking as the small crater is soaked by a pink-bordered green-salted lake which is habitat for flamingos and other birds. There is a path going around the rim of the crater where you can do bush walks. Besides the over 150 bird species recorded here, giraffes, zebras and other plains wildlife are also regular residents. While walking, remember that buffaloes lurk in the woods. Visitors can have drinks and meals at Crater Lake Camp located at the shores of the lake.

Mount Longonot National Park

The name Longonot is derived from the Maasai word Oloonong'ot meaning mountains of many spurs or steep ridges. Longonot park covers 52 square km most of it being occupied by Mt. Longonot - a young volcano rising to 2,776 metres above sea level. The sides of the mountain have beautiful V-shaped valleys and ridges. The stony soils have little vegetation but the crater has an impenetrable forest. Due to the nature of the terrain Mount Longonot has no roads and visitors hike to the top and can circumnavigate the rim of the crater which takes around 4 hours. The excursion requires average fitness.

Required

A good pair of walking boots, drinking water and snacks. Also useful are: binoculars, camera, hat, sunscreen and sunglasses.

Lake Oloiden

Lake Oloiden was once part of Lake Naivasha but it is now separated from its south west shore by a stretch of an elevated land as a result of lower lake levels. A boat trip on Lake Oloiden is a really amazing experience. The main attraction is the lesser and the greater flamingo. This lake is surrounded by yellow green acacia trees, home to a variety of mammals such as giraffe, warthog, Impala, waterbuck, eland, zebra and Thompson gazelle.

Naivasha Flower Farms

Naivasha has some of the biggest flower farms in Kenya that produce high quality cut flowers such as roses, carnations and hypericum for export. A guided tour will explain how the green houses are established, flower seedlings are produced and transplanted, pest and disease control, harvesting, grading and packaging – an interesting and educational experience for adults as well as children.



HOTLINES

Contact info: +254 721 939 180 / +254 713 279 003 / +254 726 830 732

Conference

Dates: 13th to 16th May

Buffet Lunch

This will be served everyday by the hotel.

Dinners

Wednesday 13th May

Opening ceremony/Coctail at Entumo Terrace

Saturday 16th May

Gala dinner at our Lakeside Events Ground

Exchange Rate

This will depend on the hotel exchange rate on the desk

- Gala dinner - Lakeside Events Ground

