



NASIO TRUST
4x4
CHALLENGE

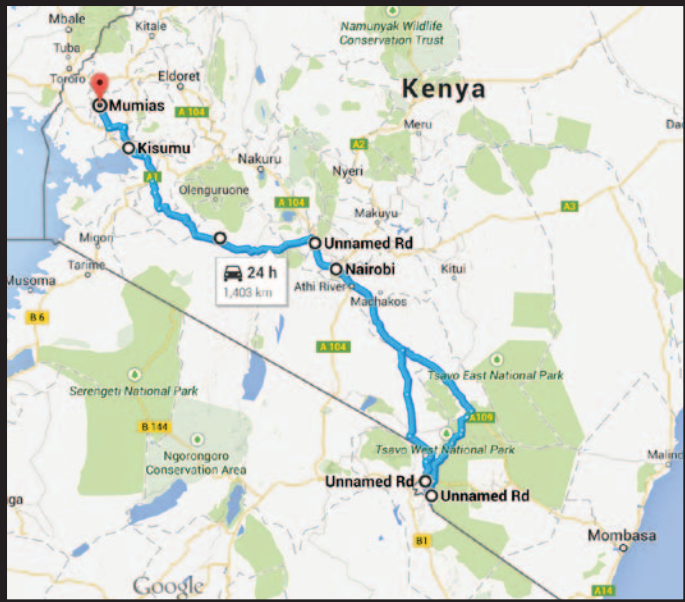
*In Memory of
Livingstone*

The Nasio Trust 4x4 Challenge

4 Day Fully Guided Self-Drive Challenge In Kenya

Plus The Opportunity To Volunteer At Our Life-Changing Projects

October 2nd 2015



The Livingstone 4x4 Challenge

The Livingstone 4x4 Challenge is a 4 day guided self-drive adventure in Kenya.

Travel in a Nasio Land Rover or a 4x4 Safari Matatu (minibus) through Tsavo National Park and experience the dramatic scenery, the wilderness, and some of Tsavo's amazing wildlife. With the opportunity to get behind the wheel of a 4x4 yourself you will have the freedom to explore Tsavo West to spot giraffe, elephant, zebra, impala and so much more. Following the Safari you will travel to Western Kenya to spend 10 days volunteering at the Nasio Trust's projects.

For the full, once in a lifetime, 2 week trip, the cost is £2950. This price includes flights from the UK, all meals, accommodation, transport, scheduled activities and self-drive Safari in the most beautiful scenic national park. To secure your place a non-refundable fee of £295 is required. Payment options are at the end of this pack



“Driving across East Africa was the most memorable thing I have ever done and the team was brilliant. For me the truly worthwhile part is to work with the children at the centres and to know that the work we do and the money we have raised is going directly to them” **Di (Company Director)**

Find Out More

Call 01235 856290 or Email info@thenasiotrust.org

Jennings Business Centre, 7 Nuffield Way, Abingdon, OX14 1RL | Reg Charity No. 1104542



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Livingstone - In Loving Memory...

Livingstone was a happy and healthy 5 year old boy who sadly died after contracting malaria. He was given anti-malaria tablets and appeared to recover, but subsequently his stomach started bloating and concerns for his health became urgent. His mother and friends immediately began carrying him to hospital 5 miles away but he died during the difficult journey.

Although the actual cause of his death is unknown, he may well have survived if he had reached the hospital more quickly.

We undertake the Livingstone 4x4 Challenge in memory of this remarkable little boy

The Nasio Trust now has four vehicles in Western Kenya and we're pleased to be able to say that lives are already being saved as a direct result.

All profits from this Safari Trip will go towards building a much needed new Medical Centre, and also fund the essential maintenance of the existing four life-saving 4x4 vehicles we operate.



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This has to be the best way to do a safari; driving in the National Park was incredible. Seeing the day centres and all Nasio does to support the children and families is truly humbling and I feel honoured to have spent time there”
Jane (Police Officer)

Your Itinerary - Days 1 & 2

Day 1: Having flown overnight from London Heathrow we will drive from Nairobi to Tsavo National Park and your safari experience will begin. The Big 5 can be found here along with fantastic birdlife. Spot the red elephants, so called for the way their bodies collect the red clay dust of the park. With fewer visitors than most national parks, Tsavo is perfect for those wanting a safari experience without the crowds.



Day 2 For those with the energy, a dawn Safari drive is a good opportunity to see the animals as they start their day. After breakfast and a briefing you will have a choice of circular routes taking in sites such as Chaimu Crater, Mzima Springs, Shetani (Devil) Caves and Shetani Lava Flow. An afternoon Guided Walking Safari will show you how to identify animal footprints and much more. We end the day with dinner at the incredible Kilaguni lodge. Superbly situated in the lee of Mount Kilimanjaro and sheltered by the

volcanic splendour of the Chyulu Hills, this classic stone-built lodge overlooks its own water hole, which is visited daily by elephants, buffalos and a wide variety of plains game. One of the first lodges ever to be built in a park in Kenya, the lodge is cool, tranquil and hushed for optimum game-viewing

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Your Itinerary - Days 3 & 4

Day 3:

After an early breakfast we wave goodbye to Kilaguni Lodge and head for Lake Jipe on the Kenya / Tanzania border; look out for the Masai people with their herds of cattle. If we arrive before dark (no guarantee!) we will see the splendour of Lake Jipe and take in a view of Africa's highest mountain, Mount Kilimanjaro. Dinner will be followed by a performance by Masai Dancers from a local village. There is an option to camp at Lake Jipe where you can fall asleep to the sound of the resident Hippos grunting!



Day 4:

Start the day with a water safari and get up close to the many hippos living in the lake. Before we leave Lake Jipe take the opportunity of a refreshing dip in the Swimming Pool. We won't be able to hang around too long though as we have a long drive to Nairobi, then supper at the Vibrant Artcaffe.



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“Driving through Kenya was definitely a once in a lifetime opportunity”

Nicky (Nurse)



Your Itinerary & Day 5 Onward

Day 5 & Beyond!

Enjoy an early breakfast before heading west for an exhilarating 8-9 hour drive passing through The Rift Valley (photo opportunity and comfort stop). Prepare for an incredible transformation in scenery as we head further West to Musanda and the Nasio Supported Projects.

For many people, the best part of the trip is the stay at The Chief's House with the chance to see The Nasio Trust supported charitable projects where nearly 400 children receive food, education and medical care. Many of the children are orphans living in deep poverty in a part of Kenya devastated by the HIV pandemic.



Volunteering at The Nasio projects in Musanda and Mumias is a life changing experience. You will have the opportunity to choose activities that not only give you a broad experience of life as a child or guardian in rural Kenya but play to your particular strengths and experience. From teaching, sport or music to immersing yourself in Kenyan life selling eggs at the market, helping guardians with income generating schemes or getting truly hands-on building and repairing houses; there will be plenty to capture your interest and ensure your visit makes a difference. You really will be helping The Nasio Trust live up to its strap-line of 'Changing Lives for Good'.

It is hoped everyone on the trip will want to be involved in the Outreach Medical Clinic day; you will be moved, rewarded and humbled (not to mention a little exhausted). Hundreds of people, from babes in arms to the elderly, will have walked miles to access the only free health care available to them. You'll see first hand why all fundraising profits from this 4x4 adventure are being used to build the first Nasio Trust Medical Centre - bringing essential health care to Nasio supported communities.



Trip Costs

The trip total is £2950 plus a non refundable deposit of £295 needed at registration, to secure your place.

Trip costs have to be paid well in advance therefore 80 percent of the trip total (£2360) is required 6 weeks before your travel date (21 August 2015). If you are not able to submit 80 percent by this point, you may forfeit your place and deposit, which is non-refundable. You can of course make up the difference yourself. The remaining £590 is due before the date of travel. If you choose to pay for the Safari section of the trip yourself this has been calculated as £875. If you want to add your flights to this, the total is £1475.

At this point £2950 will seem like a lot of money to raise; don't worry unnecessarily about your fundraising though as it is a very achievable target. You will receive full fundraising tips and advice from the Nasio Team who will be on hand to help you.

Does Gift Aid count towards my fundraising total?

No, the minimum sponsorship target is £2,950 which is not reduced by any allowance for Gift Aid.

The Government's Gift Aid scheme means that if a donation is made by a UK Taxpayer, we can claim back 25p for every £1 donated. As this scheme works in a particular way, and often we do not receive the Gift Aid until long past the event, **we do not include Gift Aid as part of your fundraising total.**



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More Information

Who can take part?

Anyone looking for a challenge can apply. The group will be between 12 – 20 with people of all ages and all backgrounds. Many will be on their own, but some will be with friends and relatives. The event will be tough but fantastically rewarding and is suitable for anyone with a bit of grit, determination and sense of humour.

Do I need any Specialised Equipment?

Once you are registered, a comprehensive kit list will be sent to you.

How fit do I need to Be?

This is a strenuous, demanding challenge and it is essential that you have a good level of fitness and stamina.

How do I sign up?

Contact us now on **01235 856290** or **info@thenasiotrust.org** and we'll send you the registration form.

What's Included?	What's Not Included?
All International & domestic flights	International driving permit
Transport by overland vehicle	Recommended vaccinations and Malaria tablets
Accommodation - hotel & tented camp if you choose to camp at Lake Jipe	Kenyan Visa (USD \$50)
Fuel, road tolls, spare parts, international vehicle paperwork	Sleeping bag if you choose to camp at Lake Jipe
Radio contact between all vehicles	Personal comprehensive travel insurance
Camping equipment (tents)	Personal spending money
Guide/lead vehicle	Drinks and snacks
2 tour leaders plus mechanic	
Meals in hotel and while camping	
Maps and local information	
National Park fees	

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About The Nasio Trust

The Nasio Trust supports children and communities in Western Kenya in an area devastated by the HIV pandemic. Most of the children we support are orphans and all are living in deep poverty. We provide food, medicine, education and a childhood to empower the children and their communities towards brighter futures. We also work with disadvantaged children in the UK to turn their lives around by fundraising for those less fortunate than themselves in Kenya.

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