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JUNE-JULY 2025 | ISSUE 191

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SILICON SAVANNAH

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REVOLUTION

FEELING GOOD

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On the cover:
Sir David
Attenborough,
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ENRICHING LIFE'S JOURNEYS

**MSAFIRI IS THE OFFICIAL MAGAZINE OF
KENYA AIRWAYS – THE PRIDE OF AFRICA**

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Tel: +254 (0)20 642 2000,
Email: msafiri@kenya-airways.com
www.kenya-airways.com
Head of Communications: Henry Okatch

Advertising: Ascent Group
Tel: +254 (0)11 000 2001
Email: msafiri@ascentgroup.co.ke
Senior account manager: Caroline Wairimu,
caroline.wairimu@ascentgroup.co.ke



For all editorial matters, please email
msafiri@geckomags.com

Contributors: Richard Aldhous, Tom Bailey,
Jada Diella, Sarah Kingdom, Fiona McIntosh,
Peter Muiruri, Lutawo Ouma, Paul Udoto, Josaya
Wasonga and Violet Wilder

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karibu

DEAR READER

Welcome aboard Kenya Airways. We're delighted to have you with us today.

It's a moment of celebration at KQ – we've reported an historic after-tax profit of Ksh5.4bn (US\$41.8m) for the 2024 financial year, a dramatic turnaround from a Ksh22.6bn loss the previous year. This 124% improvement is a direct result of our recovery strategy, Project Kifaru, focused on operational excellence, customer service and sustainable growth. With revenue rising to Ksh188bn, and record-breaking passenger and cargo volumes, we're charting a strong course forward.

We're also proud to have expanded our cargo operations at JKIA, including a new pharmaceutical facility with specialised cold-chain infrastructure. This positions Nairobi as a leading hub for sensitive exports like medicine, fresh produce and flowers.

In our continued commitment to seamless travel, our new codeshare with Safarilink opens up nine top safari destinations – including the Maasai Mara and Amboseli – all bookable with your international ticket for a smoother journey.

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Finally, we're introducing e-menus for Business Class dining. It's a small change that brings more convenience and supports our environmental goals.

Thank you for choosing to fly with Kenya Airways. We're honoured to be part of your journey.

Allan

ALLAN KILAVUKA GROUP MANAGING DIRECTOR AND CHIEF EXECUTIVE OFFICER, KENYA AIRWAYS

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

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MUSIC NOTES

RHYTHM MAKERS

Meet Nairobi's top DJs whose pulsating beats keep partygoers on their feet

**Joseph Mwenda Munoru
aka DJ Joe Mfalme**

DEEJAYJOEMFALME.COM

Joseph Mwenda Munoru, known by his stage name as DJ Joe Mfalme, is one of the most sought-after entertainers in Kenya's showbiz scene. He began collecting music at 16 years of age. By 21, Munoru was voted as a runner up in a deejaying competition before starting his 12-year stint as a top DJ with a local radio station.

A highlight of his career was playing for three consecutive years at Big Brother Africa, one of the biggest reality shows on the continent. "That opportunity opened doors for me to play across different stages in Africa, including the biggest beer festival in Zambia attended by more than 20,000 people," says Munoru, who has collected over a dozen awards in his career.

Munoru selects his tracks by reading the 'mood in the room' in real time, being considerate of genders and

different age groups. At international gigs, he has to consider the different cultures and races as well.

What is the biggest challenge of his work? "Always trying to reinvent the future. When you are a trendsetter, people look up to you to define what's next. Having high expectations can drive you crazy," he says.

Does he have any curious rituals before a major performance? "On a typical day on tour, I avoid listening to music. I don't even touch my laptop because I don't want the pressure of imagining the big show. So, I'm mostly sleeping, and if in a foreign country, I will go sightseeing to ease the pressure."

And what if he weren't a DJ? "I would be a pilot. I am currently pursuing my Private Pilot's Licence and working towards my Commercial Pilot's Licence. All as a hobby."



"When you are a trendsetter, people look up to you to define what's next. Having high expectations can drive you crazy"



Pierra Makena
@PIERRAMAKENAOFFICIAL

Pierra Makena, or 'Queen of the Decks', is a trailblazing disc jockey, award-winning actress and media personality whose journey began in 2007. A master of her craft, she seamlessly blends diverse musical genres including hip-hop, reggae and Afrobeats.

"Music has always been a big part of my life," says Makena, who was fascinated by American DJ Jazzy Jeff's creativity and ability to control the crowds. "I wanted to be part of that magic and create unforgettable experiences. It took sheer passion to break down barriers in an industry where female DJs were few."

Makena's most unforgettable moment was performing at the Australia Rugby 7s Arena last January. "Being the first African woman to play at such a massive event proved that barriers can be broken. Talent has no gender or boundaries," she says.

What is her secret to creating great performances? "Understand your audience, study the event and energy levels before curating the set. Every crowd is different and reading the room is everything. It's a balance between crowd favourites, unexpected drops, and transitions that keep the energy flowing seamlessly," she says.

As a mother of one, her biggest challenge is finding time for herself out of the hectic schedule that includes travels, rehearsals and performances.

"Motherhood makes me more intentional about everything I do and how I balance my time. In my fast-paced world, I overcompensate in parenting to make sure I'm always present and giving my best," says Makena, who, in another life, would probably have become a paediatrician or a journalist at CNN or BBC.

Collins Sambu aka Mista. C

@_MISTA.C

When Nigerian showbiz sensation Burna Boy came to Kenya last March, Collins Sambu, or Mista. C, was among three local DJs selected to play at a stage with the famous African artist. "That's the biggest stage I've performed at," says Sambu.

Sambu was introduced to music by his father who used to listen to diverse music including jazz and African folk songs and his brother's taste in hip-hop.

"Being a DJ is not something I planned for. It came naturally in high school where I'd collect songs in a

"I can get a totally different audience, so I often have to play something that suits them. Crowd engagement is important"

flash disk and play during entertainment periods," says Sambu, whose role models include Robin Schulz, Martin Garrix, Calvin Harris and Avicii.

While he plans for his sets beforehand, Sambu has also learnt the art of expecting the unexpected. "I can get a totally different audience at the club, so I often have to play something that suits them. Crowd engagement is important," he says.

Does Sambu have any peculiar routine before performing? "I say a prayer in my room and then tell myself, 'I got this, I'm Mista. C, I must kill it!'"

Still, it is lonely at the top due to prolonged absence from family, not to mention the physical fatigue resulting in burnouts. "Inconsistent income in the sector makes it a challenge to plan personal matters accordingly," says Sambu.

But for the Amapiano and Afrobeats enthusiast, there are many heart-warming moments, such as when "fans give me flowers or just pull into my events".





GETTING SMART WITH CLIMATE

WEATHER OR NOT

How to hack the Kenyan winter

Our winter falls from June to August. These months have taught me two things. One: a reliable weather app is key. And two: I need a versatile wardrobe whenever I'm out and about. Otherwise, I'll receive a spontaneous makeover.

BEEF

Is it just me, or does it seem like the weather has beef with our weatherman? Why, weather patterns are always contradicting the poor forecaster. In winter, our meteorological department can swear temperatures will hit sub-zero and they'll advise us to wear multiple layers. Only for the weather to go: "I'll ruin the weatherman's whole career." Well? You guessed right. That's the day the sun will scorch like it's settling scores. Nope. I refuse to be collateral damage in this beef. My solution is my reliable weather app, which always puts me up to speed.

BEING SMART

To deal with unexpected temperature fluctuations, I try to outsmart the weather. If I have checked my weather app and, for instance, it has indicated that – in the course of the day – the weather will change, I will wear layers of clothing that will not turn into being that much of a burden when temperatures change. It's all about reading the weather, making smart dressing choices, which enable me to niftily switch layers of clothes if and when the weather demands. Which

**IT'S ALL ABOUT
READING THE
WEATHER, MAKING
SMART DRESSING
CHOICES, WHICH
ENABLE ME TO
NIFTILY SWITCH
LAYERS OF CLOTHES
IF AND WHEN THE
WEATHER DEMANDS**

reminds me. One freezing morning I left home dressed like an Eskimo, only for the sun – in an act of cosmic vengeance – to leave its orbit and dip closer to earth around mid-morning. That solar burnt me like a punishment for listening to the weatherman.

DISOBEYING THE WEATHER

Travel advisory. If you're touring our capital city in winter, but – because you've borne the brunt of North Pole winters – you're comfortably walking the streets in t-shirts and vests, don't be surprised when a kind Kenyan mother offers you the contents of her handbag. In winter, our mothers' handbags are always packed with a couple of ponchos, cashmere socks, a flask of steaming Kenyan tea and a health-first lecture; which is lovingly read to folks who are disobeying the weather. FYI: to disobey the weather means to follow

a fashion trend, instead of dressing warmly, as winter dictates.

SPONTANEOUS MAKEOVER

During winter, if you get past the monitoring spirit of Kenyan mothers, you will need an invisibility cloak to escape hawkers. One dress-down Friday in 2020, I disobeyed the weather. I decided to 'freeze-and-shine'. I wore a casual shirt, which was unbuttoned from neck to chest. "Bro, I'll not let you catch pneumonia," a hawker in the CBD told me. Before I caught his shakedown drift, he turned into Dr Fauci and counselled me on how cold weather exacerbated Covid-19. These are the "vaccines" he administered to yours truly: a woollen turtleneck, two cotton scarves, a beanie and a packet of face masks. Talk about a spontaneous makeover of my wardrobe... and wallet. Where are Kenyan moms when you need them?





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CLEAN-ENERGY ENTREPRENEUR

BRIGHT SPARK

Through the ingenuity of inventor **John Magiro**, electricity and a connection to the rest of the world has reached rural communities in Kenya's Murang'a County

Right: John Magiro was selected for *Business Daily's* Top 40 Men Under 40 Award, covering the whole of Africa

Bottom right: Magiro's hydro electricity business now powers over 600 homes, schools and businesses



For centuries, the verdant landscapes of Murang'a County have been known for their agriculture and tea plantations... and a dearth of electricity. It has meant that economic and social progress has been slow. Yet around 10 years ago, a remarkable transformation got underway, driven by the ingenuity and determination of John Magiro.

As a teenager tinkering with bicycle parts to light his family home, Magiro, now 33, has become a pioneering clean-energy entrepreneur, illuminating the lives of thousands and reshaping rural communities.

Growing up in Mihuti village, Magiro was all too familiar with the frustrations of living without access to reliable electricity. Families relied on kerosene lamps or expensive batteries, while the national grid remained a costly and inconsistent option. "In my village, there was no power connection. It was a very simple existence, which some people like, but in terms of being able to do my studies, it was impossible."

Magiro began using salvaged materials, experimenting with a small bicycle dynamo powered by a nearby waterfall to create a micro-hydro system to generate electricity. "Our home had electricity for the first time, which was incredible. I should have been prepared for what came next... neighbours knocking on the door asking for the same!"

The solution was to build a small-scale power plant using local tools and parts. His persistence soon caught the attention of Kenya's National Environment Trust Fund, which offered him a Green Innovations Award in 2014. This brought not just recognition but vital training and funding, plus the purchase of turbines which meant Magiro could accelerate his technology.

The system taps into the Ngondo River and converts natural water flow into clean, affordable electricity. The pricing model is deliberately low-cost – users pay a small connection fee and a manageable monthly rate – making it accessible to almost anyone.

Today, what began as a single dynamo has grown into Magiro Hydro Electricity Limited, a rural energy company that now powers more than 600 homes, schools and businesses across the region. Accolades have been plentiful, with the inventor being

selected from *Business Daily's* Top 40 Men Under 40 award.

Crucially, the benefits extend far beyond the flick of a light switch. Access to electricity has improved safety, extended study hours for school children, boosted small businesses, and even reduced the use of firewood and paraffin, thus lowering environmental impact and health risks. Power outages, once common, have become rare in the villages served by John's systems.

More recently, Magiro has expanded his vision through a separate venture called HydroBox, an innovative partnership with Belgian investors. HydroBox is a modular, containerised power station that combines hydro and solar energy sources, designed to be quickly deployed in off-grid areas. Housed in steel shipping containers, each unit is remotely monitored and can be replicated



Our home had electricity for the first time. I probably should have been prepared for what came next... our neighbours knocking on the door asking for the same



in multiple locations with minimal installation time. It's a scalable, high-tech evolution of his original idea, tailored for broader rural electrification not only in Kenya, but across Africa.

"Water is diverted from a nearby river, before being channelled through a pipeline to spin turbines, generating power.

Everything is returned to the river, ensuring ongoing environmental preservation.

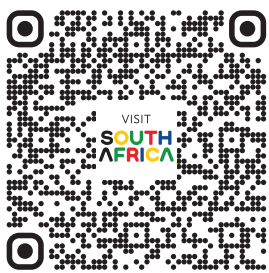
"The success of this has been a wonderful experience for me" says Magiro. "But mostly, I hope, for the people who can enjoy the simple pleasures of watching television, charging their phones, and feeling in touch with the rest of the world."



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Inspiring new ways

NATURE THERAPY

OUTDOOR HEALING

Do you need a green prescription for your well-being?

Growing up in the countryside, my childhood was filled with adventures – playing and running through large fields without a care; climbing and falling off trees; playing in the rain, exploring swamps, chasing grasshoppers, putting them in plastic bottles and force-feeding them grass; setting basin traps for birds only to release them; and visiting animal and coffee farms. I brought home tadpoles and farmed fish. Harmless snakes were common. Despite the occasional mishap, fear was not something I knew then. Life was calm and slow.

However, an unexpected move to the city completely changed my reality. Living in an apartment, surrounded by concrete walkways and tarmacked roads, my outdoor space was limited to the parking lot. I didn't realise it at the time, but a part of my adventurous spirit was crushed, something board games and television could not fully fix. I longed for greenery, birds chirping and nature's soothing sounds. Visits to my grandparents during school breaks and the school playground became much-needed escapes from the concrete

jungle, offering a brief return to my happy place.

The United Nations Department of Economic and Social Affairs (UNDEA) reports that 55% of the world's population now lives in urban areas, a figure projected to rise to 68% by 2050. This urban shift means less exposure to nature, even though research consistently links time spent in natural environments with mental health benefits and reduced anxiety. Nature is one of the most accessible and inexpensive forms of healthcare. Our affinity for natural spaces is ingrained, as we instinctively seek to surround ourselves with trees, listen to the gentle ocean waves, admire waves of light falling on beautiful mountains, keep minimal natural spaces in our homes, domesticate animals and even incorporate nature sounds and scents into spa therapies.

After spending three days in nature, your senses recalibrate. Cognitive functions improve – memory, problem-solving, creativity, communication, and empathy. You become more relaxed, happier, and even smarter.

Why nature therapy works

Spending time in nature benefits your mind and body in several ways, including the following...

01 Prefrontal Cortex Activation

Time in nature enhances the prefrontal cortex, the brain's decision-making and executive function centre, making you feel more grounded, in control and better able to handle emotions.

02 Lowered Stress Levels

Nature reduces cortisol levels (a stress hormone), improving mood, lowering blood pressure and boosting immunity.

03 Increased Happiness

Exposure to nature elevates serotonin and dopamine levels, promoting happiness and an overall sense of well-being.

How can city dwellers connect with nature?

Even if you live in a city, there are numerous ways to connect with nature

SHINRIN-YOKU (FOREST BATHING)

This Japanese practice involves immersing yourself in the sights, sounds and smells of a forest. A walk in the woods acts like an intense aromatherapy session. Do try to find a park or forest near where you live.

WILDERNESS THERAPY

Activities like desert safaris, hiking, biking, walking, rafting or horse riding help with survival skills and are great exercise.

ANIMAL-ASSISTED THERAPY

Petting, feeding and

grooming animals can have a calming and satisfying effect on your mind and body.

GARDENING OR FARMING

Growing plants, whether in your garden or on your balcony, offers a sense of accomplishment and connects you to nature. Even indoor plants purify the air and promote a sense of compassion.

KNEIPP TREATMENT

This hydrotherapy

technique involves alternating between hot and cold water to boost immunity. Walking barefoot over smooth stones in a cold mountain stream or dipping your feet in warm volcanic waters stimulates and energises your body.

STARGAZING

Lying under the stars helps you feel connected to the vastness of the universe, quieting the mind and promoting a sense of peace.



**A GREEN
PRESCRIPTION**

Reading about nature's benefits is inspiring, but experiencing it first-hand is where true healing happens. Here's a green prescription for your well-being. As the saying goes, healing begins where Wi-Fi ends. Intentionally take a break from technology, spend time outdoors and focus on something alive – be it a tree, butterfly, bird or flower. Don't snap a picture. Instead, quietly watch, listen, touch and smell. Take your time and allow nature to your health.

**“Those who stop
and take in the
beauty of nature
find reserves of
strength that
endure as long as
life lasts.”**

RACHEL CARSON

**“Nature is
an evidence-
based health
promotion
intervention.”**

DR NOOSHIN RAZANI





NOTES TO MY FUTURE BETTER SELF

THINGS ABOUT ANGER I WISH I KNEW EARLIER

Anger is a normal emotion – you just need to know where and how to direct it

It is how we react when angry that can make or break us and our relationships. What causes us to react the way we do when we are angry? Over the past few years, my anger management process has taken an outwards to inwards shift. I have graduated from focusing on how I express myself when upset to unpacking what the anger is hiding. Let's explore, not how to react to anger, but how to unearth the meaning behind it.

01 ANGER IS A SECONDARY EMOTION

After the loss of a close friend, I became angry for several days. I wore that anger tighter than an undersized brassier. My chest hurt. My back ached. A persistent nausea and headache ensued. I felt trapped, lost, and suffocated. I became impatient, irritable and a pain to be around. I tried to keep it under wraps by keeping busy, distant and occasionally force-smiling. However, a few yelling sprees and near-burnt bridges later, the anger still clung to me; dark and exasperating. I almost heard it say: "I will not leave until you listen to me". Desperate

to ease my tension, I sat with my anger. We conversed. I asked questions. I dug deep, probed, reflected and processed its feedback. Underneath the surface of my anger was grief, disappointment, fear, hurt and shame. Anger is a secondary emotion. It is like a signal; a messenger that carries a letter with a deeper meaning of the displayed emotions. Might there be an unexpressed or unmet need? Listen.



02 ONE FINGER OUTWARDS, THREE FINGERS INWARDS

Who am I really angry at? Next time you are angry, stay silent, keep still and follow the direction of your anger. Could it be that you are not just upset at your employee's inefficiency, but that you are also disappointed in yourself for not setting clear goals or hiring the right staff? That yelling spew just lashed on your children; did they really deserve it, or were you projecting the disappointment in your relationship? Retrospectively, where is your anger really pointing to? I have learnt to always introspect and analyse my role in the situation that made me angry. As much as I might hate to admit it, I often find that there is something I would have done differently to avert a negative situation. If I contributed to it, which balls might I have dropped? What can I do to avoid a similar situation next time? Do I need to plan better, communicate better, be more pro-active, draw tighter boundaries?

HASIRA UTUMWA [SWAHILI PROVERB]
ANGER IS SLAVERY



03 DO NOT LET THE SUN GO DOWN WITH YOUR ANGER

I used to think that if I was angry, the anger was mine. Since I owned it, it was up to me to decide how long I wanted it to marinate, how I express it, and how I use it. All these still hold true. However, I have also learnt that anger can cloud the way you see yourself and others. It can taint the way you experience life, love and relationships. Have you ever met people who are always furious, ever ready to erupt at the slightest provocation, always complaining about how unfair life is, or how everybody is against them? The faster you face your anger and deal with it, the better, or else you will become enslaved by it and its repercussions. If you do not deal with your anger, it will deal with you by turning you into that angry, sick and lonely old man or lady that everyone avoids or walks on eggshells when around.

"I sat with my anger long enough until she told me her real name was grief" C.S. LEWIS



PROMOTIONAL EDITORIAL

GREEN SOLUTIONS

Simon Mbugua, head of design at Sheffield Africa, explains the impact of Sheffield Green Solutions

Could you tell us more about Sheffield Green Solutions? Sheffield is a Kenyan company offering commercial kitchen, laundry and cold storage solutions. Recognising these are typically energy intensive, we provide sustainable alternatives such as steam-based cooking, solar and heat pump technologies to help clients reduce energy consumption.

How are you implementing these Green Solutions? We actively integrate sustainable solutions into our projects, such as solar heating to reduce power



use, heat pumps to maximise energy efficiency and steam-based cooking systems to lower fuel consumption, helping businesses cut costs and operate more sustainably.

Which segment has seen the greatest impact from Green Solutions? Schools and large catering institutions.

How can steam-based cooking benefit Kenyan schools? Many Kenyan schools rely on traditional wood-fired cooking, which is slow, inefficient, and contributes to deforestation and carbon emissions. Our steam-based cooking systems offer a significantly faster, cleaner and more efficient solution; cutting cooking time by up to 50% while greatly reducing environmental impact. Wood-fire cooking releases harmful pollutants and carbon monoxide, leading to respiratory issues, eye irritation and cardiovascular diseases. Steam-based cooking eliminates smoke-related

health risks, improves kitchen efficiency and reduces schools' carbon footprints.

Are there successful case studies? Yes, over 30 schools in Kenya have adopted our steam-based cooking solutions, including Africa's largest kitchen located in Nairobi. This facility now efficiently and sustainably produces up to 60,000 meals daily, which are distributed to many public schools across the region.

By the numbers: Kenya school kitchens

- Total schools: **96,709**
- Average students per school: **381**
- **90%** use firewood for cooking
- Wood use: **13,000-21,000kg** per term
- Emissions: **23.4 metric tons CO₂** per school per term
- Clean energy: LPG and steam-based cooking cuts emissions by up to **75%**
- **30** schools adopting steam-based sees **702 metric tons** of CO₂ saved per term, equivalent to **61.3kg** per student

SOURCE: WORLD RESOURCES INSTITUTE, KENYA DATA & STATISTICS

BULK COOKING SOLUTIONS



- ✓ School Feeding Programs
- ✓ Hospitals

- ✓ Refugee Camps
- ✓ Prisons

- ✓ Army Camps
- ✓ Large Institutions



Steam Based



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We've tracked down the coolest, most outlandish sports tech to power up your game...

FORM SMART SWIM 2

Imagine 'Iron Man goggles' for the pool. For the first time, the Form Smart Swim 2 bring augmented reality underwater with real-time stats such as heart rate, distance, pace, and stroke count that float right in front of your eyes while you glide through the sea like a champ. Approved for triathlons and made for serious swimmers, they're sleek, smart and very handy when trying to pace yourself in the early stages of a race.

\$199 • FORMSWIM.COM



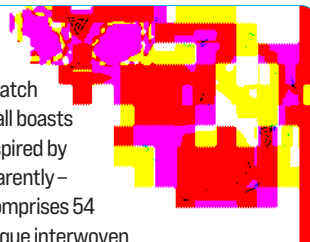
WILSON RF 01 PRO TENNIS RACKET

Developed in collaboration with tennis legend Roger Federer during his final tour in 2024, this Wilson racket is engineered for maximum precision and power. One of the lightest models on the market with an unstrung weight of 320 grams, it features a 98-square-inch head size and 'SABR' carbon fibre to increase dwell time. Federer fans, this is your Excalibur.

\$309 • WILSON.COM

NENDO AIRLESS FOOTBALL

Say goodbye to flat balls and mid-match pump fails. The Nendo airless football boasts a revolutionary design concept – inspired by Japanese woven bamboo balls, apparently – that eliminates the need for air. It comprises 54 replaceable pieces that create a unique interwoven structure that allows the ball to maintain optimal shape without any deflation. And because it's not pressurised, you can kick it barefoot on the beach without it hurting. \$85 • NENDHOUSE.CO.JP



SHOKZ OPENSIM PRO

Whether swimming or sprinting, the Shokz OpenSwim Pro have your back (and ears). With bone conduction tech, they leave your ears open while pumping tunes via Bluetooth 5.4 or its built-in MP3. Fully waterproof and submersible to 2m for up to two hours, they're perfect for laps or runs. Nine hours of battery, quick charge magic and a comfy wraparound fit? Aquatic audio has never looked or sounded cooler.

\$179 • SHOKZ.COM



HUUPE MINI

The huupe mini is the world's first smart mini basketball hoop game console. Cutting-edge hoop technology inside the backboard allows you to play and compete with friends around the world through dozens of different game modes. It uses advanced AI sensor technology to track all of your shots and doubles as a smart TV that allows you to stream live sports directly to the backboard while you play!

\$599 • HUUPE.COM

FOR GOLF FANATICS...

IXI SELF-DRIVING GOLF TROLLEY

Forget self-driving cars – you will soon be able to buy the world's first self-driving golf trolley. This AI-powered caddie autonomously follows golfers from hole to hole, carrying their clubs and providing performance insights. It features a 3.5-inch full-colour touchscreen that displays GPS data, shot distances, club recommendations and functions as a digital scorecard.

\$4100 • IXI.GOLF



PHIGOLF 2

Raining outside? Short on space to practice? The Phigolf 2 golf sim turns your living room into Pebble Beach with a swing stick, motion sensors and a virtual course library bursting with 38,000 courses (that's basically every course on earth). The real-time data, smooth swing analysis and multiplayer fun make it more than a simulator – it's a party disguised as training. Bonus: no dress code required.

\$369 • PHIGOLF.COM



FOR WATER BABIES...

TOP
SPEED OF
55KM/H

**PETROL-
ENGINE BOARD**
PROVIDES A
STABLE
PLATFORM

BOARD
WEIGHS
ABOUT
18.6KG

JETSURF

The age of the motorised surfboard has arrived, which means there's no need to wait on waves! Designed for beginners and seasoned surfers alike, this petrol-engine board provides a stable platform for newbies whilst offering seasoned pros the ability to perform tricks and jumps. The board weighs about 18.6kg and has a top speed of 55km/h, which should be more than enough to carve your way to the top of any wave. There are (less powerful) eco-friendly electric models available too. **FROM \$13,490 • MOTOSURF.COM**



WILDLIFE RETURNS

KENYA'S SHIMBA HILLS REBORN

Kenya's best-known coastal reserve is thriving

Kenya Wildlife Service's (KWS) bold restocking initiative has brought zebra, hartebeest and impala back to Shimba Hills National Reserve. The plans are ongoing to translocate giraffe, buffalo and eland to this coastal paradise that is already home to elephants and the rare sable antelope. Now, with wildlife returning and tourism growing by 25%, the ecosystem is thriving once again. Dr Isaac Lekolool, the KWS Head of Veterinary and Capture Services shares the story with us.

SHIMBA HILLS NATIONAL RESERVE

AREA:
300 SQ KM

LOCATION:
KWALE COUNTY,
SOUTH COAST

DATE OF
GAZETEMENT:
1968

DISTANCE FROM
MOMBASA:
56KM

Opposite page:

1. Dr Isaac Lekolool takes part in a wildlife translocation project in Shimba Hills
2, 3. Helicopters are used for darting animals 4, 5. Zebra have been introduced in family groups to minimise stress 5, 6, 7. Relocating species such as rhino requires a highly specialised and well-coordinated team
Right: Sable antelope

Q WHY FOCUS ON SHIMBA HILLS FOR THIS PROJECT?

Shimba Hills, dubbed the Paradise of the Sable Antelope, is one of those magical coastal forests that is home to rare species, but over time it lost some of its key wildlife. The vanishing rainforest sable antelopes are on the list of nationally endangered species in Kenya. We noticed the ecosystem wasn't functioning as well as it could – with fewer grazers, the grasslands were becoming overgrown, and tourists weren't seeing as many animals as they should. By carefully bringing back zebras, buffaloes, impalas, giraffes and other species, we're helping nature restore its natural balance. It's like rewinding the clock to when Shimba Hills was at its best.

Q HOW DIFFICULT IS IT MOVING ANIMALS SUCH AS GIRAFFES AND ZEBRAS?

Moving big animals is always a delicate operation! Giraffes are particularly challenging because of their height and sensitive nature. We use special crates and carefully monitor their stress levels throughout the journey. For zebras, we often move whole family groups together so they feel more comfortable. The veterinary team stays with them every step of the

way, from darting or mass capture in Tsavo to releasing them in Shimba Hills. It's amazing to watch them take the first steps in their new home.

Q HOW DO YOU CHECK ON THE ANIMALS AFTER THEY'RE RELEASED?

A few of them are fitted with collars that let us track their movements daily – it's like Fitbits for wildlife! Our rangers also do regular patrols to observe how they're adapting. We look for signs they're finding good grazing areas, forming proper social groups, and generally thriving. The first few months are crucial, so we're extra vigilant during that time. It's always rewarding to see them exploring their new territory and settling in well.

Q WHAT ANIMALS WILL VISITORS ENJOY SEEING THE MOST?

Giraffes and zebras are always a hit! In fact, the giraffes are a big attraction – there's something magical about seeing them move through the coastal forest. Zebras are always popular too, with their striking stripes. Since they've been introduced, more tourists are coming, and that's great news for the local economy.

Q HOW WILL YOU HANDLE MORE TOURISTS WITHOUT HARMING THE RESERVE?

We're taking a careful approach to tourism growth. New viewing areas are being designed to minimise disturbance, and we're training more local guides to ensure visitors have meaningful experiences. We're improving trails and making sure visitors don't overcrowd sensitive areas. Besides game viewing, visitors can do bird watching, hiking, camping, team building and picnicking, as well as swimming at Sheldrick's waterfall. The

revenue from increased tourism actually helps fund conservation work and community projects. It's about finding that sweet spot where tourism supports protection, rather than threatening it. We want Shimba Hills to remain wild at heart, just with more people able to appreciate its beauty.

Q WHY ADD BUFFALO AND ELAND?

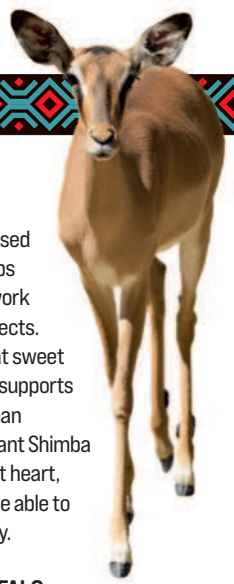
Buffalo help control overgrown bushes, and eland spread seeds that grow into new plants. Together, they create the kind of balanced environment where all species can thrive. It's fascinating to watch how their presence transforms the habitat over time – they are like nature's gardeners!

Q HOW DO LOCAL COMMUNITIES BENEFIT?

They get jobs as rangers, guides and in hospitality. Plus, some of the park fees go back to schools and water projects, so everyone wins. Perhaps most importantly, as wildlife brings more tourists, local businesses are seeing more customers. It's showing people that conservation isn't just about animals – it's about better lives for people too.

Q COULD OTHER PARKS IN KENYA DO SOMETHING LIKE THIS?

Definitely! If it works here, we can use the same approach in other parks facing similar challenges – like low wildlife numbers or tourism potential. Every ecosystem is different of course, so we'd need to tailor solutions to each area. But the basic recipe works: good science, community involvement and careful monitoring. The key is to work with nature and people to make sure both wildlife and communities benefit.





1



2



3



4



5



8



7



RED-BILLED OXPECKER



CAPE SUGARBIRD



SADDLE-BILLED STORK

BIRDS

BEAK PERFORMANCE

A quick glance at any bird, from African fish eagle to zitting cisticola, leaves little doubt what its wings are for. But what's with the beak? Why don't birds have a standard-issue mouth, with nice shiny teeth, like any self-respecting mammal? The answer might surprise you. Mike Unwin explains...

Q WHY DO BIRDS HAVE BEAKS?

Believe it or not, beaks evolved to help birds fly. Alongside other adaptations for getting airborne – including wings (modified forelimbs), flight feathers, huge pectoral muscles and a specialised respiratory system – birds also have a super lightweight skeleton. Most of their bones are hollow and some bones found in mammals have been ditched. As part of this evolutionary process, they have replaced the heavy jawbone and teeth with a lightweight appendage made of keratin, like our fingernails. Voila: the beak!

Q SO HOW DO BIRDS CHEW? Good question. Without teeth, of course, birds can't break down or grind up food in their mouth. Instead, they have a gizzard. This is a specialised organ in the digestive tract that serves as a second stomach, with thick muscular walls to crush food into a digestible state. Some birds, including ostriches and gamebirds, ingest grit and small stones to aid this process. Gizzards of one kind or another are also found in other animals, including crocodiles, crustaceans and some fish. Larger stones used for this purpose are called gastroliths.

Q WHY DO BEAKS COME IN SO MANY DIFFERENT FORMS? Because – simply put – so does food. Think of the world of birds' beaks as a kitchen drawer or toolbox, with an implement or utensil for every menu. Thus, a short thick bill, such as a parrot's, is a nutcracker, with maximum compressive power for breaking into seeds and nuts. Similarly, a long, sharp bill, such as a heron's, is a dagger for spearing fish; the wicked, hooked bill of an eagle is a meat hook for tearing flesh; and the thin curved bill of a sunbird is a probe for extracting nectar. Some bills are highly specialised: a flamingo has a sieve, a woodpecker a chisel, and so on. Others, such as those of crows and gulls, are for more all-purpose use – which is why these birds have such wide menus.

Q HANG ON – YOU JUST SAID BILL. WHAT'S THE DIFFERENCE BETWEEN A BEAK AND A BILL? There is no difference. 'Beak' was once a term reserved for birds

of prey, but today the two words are effectively synonymous.

Q CAN BEAKS DO ANYTHING ELSE?

As well as finding, grabbing and manipulating food, birds' beaks perform multiple other functions. Take preening: a skilful beak provides high-precision, feather by feather, plumage care. Or self-defence: a sharp beak can be lethal against an aggressor or rival. Then there's feeding young: some birds open their bills so wide that youngsters can reach right down their parents' throats to get the regurgitated goodies. And courtship: Cape gannets are among several birds that fence with their bills to consolidate their pair-bond. Not forgetting thermal regulation: hornbills use the blood capillaries around their big beak to shed excess heat, like an elephant does with its ears. And even making noise: instead of singing, woodpeckers hammer out a rapid tattoo on a hollow branch to proclaim their territory.

Q SO WHERE IS A BIRD'S NOSE?

Most birds have nostril-like openings called nares near the base of their upper mandible. These lead through nasal cavities in the skull to the respiratory system. Most birds have no sense of smell. Exceptions include New World vultures, albatrosses and kiwis – the last of these being unique in having nares at the tip of its bill to sniff out food when probing in leaf litter. A few birds, including cormorants and gannets, have no nares so breathe only through their mouth.



GANNETS



WHITE-BACKED VULTURE



GREEN-BACKED HERON



GOLDEN-BACKED WEAVER



BROWN SNAKE EAGLE



PIED KINGFISHER

ALL PHOTOS: MIKE UNWIN

Q CAN A BIRD GROW A NEW BEAK?

Keratin, like fingernails, is continually growing, so a damaged beak may seal its cracks and extend a little beyond the break. However, the underlying skeletal structure cannot regenerate, so a bird cannot grow an entirely new beak. A damaged bill may regrow in the wrong direction, with unhelpful twists.

Q DOES A BEAK HAVE FEELINGS?

Yes! The beak is a sensitive organ with many sensory receptors, so 'trimming' a bird's beak is very painful to the bird. Some species have a concentration of nerve endings near the tip of their bill that allows them to detect invisible prey moving beneath mud or water. Thus, a foraging yellow-billed stork probes for worms, fish and other small aquatic creatures without looking, and snaps its bill shut by reflex.

Q WHY ARE BEAKS DIFFERENT COLOURS?

The colour of a bird's beak reflects a combination of pigments in the rhamphotheca. Many beaks are a dull blackish colour but some, such as that of the yellow-billed hornbill or red-billed oxpecker, are bright red, yellow or orange. Bright colours help in courtship – a bird flaunts its colourful conk to impress a mate – and these colours intensify during the breeding season. In many raptors, such as the Verreaux's eagle, the bare skin of the cere may be brighter than the bill itself; in some, such as the secretary bird, it changes colour with season and even mood.

Q ARE BIRDS THE ONLY ANIMALS WITH BEAKS?

No. Turtles and tortoises also have beaks, as do cephalopods (octopuses and squid) and as did many dinosaurs, the direct ancestors of birds. In mammals, the platypus

and echidnas both have a beak-like structure, called a rostrum.

Q WHAT'S AN EGG TOOTH? A baby bird's egg tooth is not a real tooth but a tiny, calcified spike on the tip of its upper mandible. It uses this to chip its way through the shell. Soon after hatching, the egg tooth falls away. Many snakes, crocodiles, turtles and other reptiles have an egg tooth on the end of their snout.

Q HAVE BIRD'S BEAKS TAUGHT US ANYTHING?

Yes. The theory of evolution, for a start. It was the beaks of the Galápagos Island finches – each of which lives in isolation on a different island and has evolved a different shaped bill to exploit a particular feeding niche – that led Charles Darwin to formulate his theory of natural selection.



SOUTH AFRICA

RAINBOW FLAVOURS

TICKLE YOUR TASTE BUDS WITH OUR GUIDE TO
SOUTH AFRICA'S CULINARY HIGHLIGHTS





This pic:
Straight from the sea...
fresh mussels on the
beach at Saldanha

Right top:
Kebabs on the braai...
quintessential South
African cuisine

Right bottom:
Sampling local cuisine on a
Cape Town Essentials Tour

THE MUSSEL MONSTER AND OYSTER BAR

With its diverse habitats and vast coastline stretching from the cold Atlantic Ocean to the warm waters of the Indian Ocean, South Africa is a country of variety and natural abundance. Over the centuries, input from a range of different cultures has resulted in a huge array of cuisines and foodie delights, placing the country as one of the gastronomic centres of the world. Whether you're on safari, visiting vibey Johannesburg or cosmopolitan Cape Town, enjoying the hedonistic pleasures of the Cape Winelands or on a self-drive trip stopping off in remote little 'dorps', you're sure to find superb eateries and interesting food experiences.

Think South Africa and you'll think braai. Long before European settlers arrived, indigenous communities such as the Khoikhoi and San had been using open fires to prepare food that they'd hunted or gathered, passing down this cooking method through generations. Braaiing is still a quintessential South African experience that you'll experience the length and breadth of the country, especially on feast days and holidays – notably on Heritage Day (aka National Braai Day) on 24 September, when the smell of sizzling meat permeates the air in a celebration of the country's diversity and resilience.

Braaivleis is generally served up with traditional mealie pap (maize) and *sous* (sauce, often tomato-based). There's likely to be *potjiekos* too, where combinations of meat, fish and vegetables are slowly cooked in layers in a three-legged, black, cast-iron pot called a *potjie*, believed to have descended from the Dutch ovens brought over by settlers.

Biltong, air-dried, cured meat (either beef or game) generally cut into strips, is a ubiquitous snack as is dried *wors* (sausage) and sweet treats like *koeksisters* and *melktart*. But travelling around the country you'll also be offered local delicacies. These are determined to a large extent by location: coastal areas such as the Garden Route and West Coast are famous for their fish and seafood; the safari destinations



SHAEN ADEY



CAPE TOWN CULINARY TOURS

SOUTH AFRICA

of Limpopo, Mpumalanga and KwaZulu-Natal for their game meat and the arid Karoo for its lamb.

LOCAL SPECIALITIES

● **Limpopo** is famous for mopane worms, a traditional, nutritious snack that can be stewed or dried ● **Bokkoms** – whole, salted and dried mullet (sometimes known as fish biltong) is a specialty of the fishing town of Veldidif on the West Coast's Berg River ● **The dry, inhospitable Karoo** is sheep country, with lamb featuring on most menus. **Skaapkop** (sheep's head) and tripe are delicacies in those parts ● **Bunny chow**, a hollowed-out loaf of white bread filled with a spicy curry is popular street food in the seaside city of Durban. The tasty snack is believed to have originated in South Africa in the 1940s, when it was favoured by Indian labourers working in the sugarcane plantations.

FOOD AND MARKET TOURS

Durban is an exhilarating place to explore on foot. Durban Walking Tours' Bangladesh Market and Temple Tour and Grey's Street Tour include visits to places of worship, vibrant markets, traditional medicine and spice stalls and local food cafés as they trace the history of immigrants from the Indian subcontinent. Tours of the vast, bustling Warwick Market, South Africa's most authentic African

market, include an optional visit to the Zulu Bovine Market where you dine with locals on African delicacies like the cheekbones and forehead of a cow.

Focusing on the historical Muslim neighbourhood of Fordsburg (close to where gold was first discovered in Johannesburg) Eenblond's Jozi Food tour is a fun way to sample the street food of Indian, Bangladeshi, Pakistani, Syrian and other African immigrants who have settled in the bustling City of Gold.

Cape Town Culinary Tours are much more than just a feast for your eyes and tastebuds, they're enlightening journeys through the heart of the Mother City, including the colourful Cape Malay area of Bo-Kaap. The fun, immersive experiences explore the cultural and historical influences that shaped the country's ethnic cuisine and social customs, with shop owners, community hosts and local restaurateurs sharing their personal stories, traditions and insights.

FUN FESTIVALS

Foodie festivals, often featuring live bands, sporting events, cook-offs and other forms of family entertainment are an easy, family-friendly way to dip into regional delicacies and cuisines.

Lamberts Bay Crayfish Festival is a chance to splurge on crayfish and other delicacies of the sea.

Carnivores flock to Calvinia in the



DURBAN WALKING TOURS



SHWEN ADEY



This pic:
Taste of Africa Tour
in Cape Town

CAPE TOWN CULINARY TOURS



This pic:
Bunny Chow at
Britannia Hotel
in Durban

Below left:
Fish braai on the
West Coast

Below:
Hearty stew
at the Dullstroom
Potjiekos Challenge:
bokkoms (salted,
dried mullet) at
Veldrui, a fishing
town on South
Africa's West Coast



STELLA VAN NIEKERK



SHAUN ADEY



This pic:
The Cape Town
Essentials Tour

Northern Cape every August for the Hantam Meat Festival, which coincides with one of South Africa's best-known celebrations – Namaqualand's spectacular wildflower season. Tuck into traditional braai food or be brave and try *pofadders* (antelope intestines stuffed with liver and mutton), *kaiings* (barbecued pork crackling), sheep heads, testicles and tails.

De Oude Kraal Wildskosfees is a celebration of venison cuisine, wine and music held on a farm near Bloemfontein in the heart of the Free State. The feast features game meats, paired with wines.

The picturesque town of Knysna is one of the country's foodie hotspots. Its popular Oyster Festival is a week-long, fiesta of culinary, outdoor, musical and cultural experiences.

Dullstroom's annual Potjiekos Challenge is a chance to taste a variety of inventive stews and even try out your *potjie*-making skills.

You can sample an interesting range of lamb and goat products at Lamb Champs, which also features a traditional *skaapkop* competition. Entrants try to devour a whole sheep's head, and down a half-litre of beer in under 15 minutes. 🍷



Left:
Saldanha beach
dining

Below:
Traditional *potjies*
at Boesmanland
Farm Kitchen

The Cape West Coast A LITTLE-KNOWN FOODIE HAVEN

Crowned the Best Restaurant in the World in 2019, Wolfgat put the West Coast village of Paternoster on the gourmet map. Known for its fine dining and relaxed vibe, the seaside village is home to a clutch of top-notch restaurants including The Noisy Oyster, Gaaitjie and Leeto.

It's not all fine dining. There are also family-friendly restaurants serving traditional fare, such as Boesmanland

Plaaskombuis (Farm Kitchen), a buffet-style outdoor beach restaurant featuring seafood, traditional African food, homemade

bread and *boerekos*. For the ultimate West Coast foodie treat, take a helicopter from the V&A Waterfront to Saldanha Bay, and feast on oysters, mussels and local fish on the beach, right where they were harvested.



NEW FLIGHTS TO LONDON GATWICK

Touchdown

GATWICK

With the launch of our new direct service between Nairobi and London Gatwick, we've



London lights up...
The River Thames flows beneath Tower Bridge, with St Paul's Cathedral (middle) surrounded by the city's modern buildings, including The Shard (far left)

JOHN ARNOLD / AWL IMAGES



produced a guide to the must-see sights in Southeast England ➔

Top 10 things to do in LONDON

1 THE BRITISH MUSEUM

From the Great Court of the British Museum (britishmuseum.org) most visitors head straight for the Rosetta Stone – an inscribed stela from Ancient Egypt that archaeologists have used to decipher hieroglyphs. The Assyrian lion hunt reliefs in Room 10a are equally captivating. Room 41, meanwhile, traces the history of Europe from AD 300 – the gallery's centrepiece is the Anglo-Saxon ship burial from Sutton Hoo in Suffolk – one of the most important discoveries in British archaeology. The Albukey Foundation Gallery of the Islamic World can be found in two splendidly refurbished galleries (Rooms 42 and 43), where objects from the seventh century to the present day can be admired. Don't miss the Enlightenment Gallery, tucked in the east wing, for its collection of 18th-century curiosity cabinets. The Africa and Oceania exhibits include ceremonial masks and carved totems, while Rooms 62 and 63 delve into the magic and ritual associated with Egyptian mummification.

2 ST JAMES'S PARK

Most tourists cluster at the Horse Guards end of St James's Park, so veer toward the Blue Bridge for a picture-perfect view of Buckingham Palace framed by weeping willows. Cross the bridge and find a bench beneath the ornamental cherry trees near Duck Island Cottage – they're smothered in pink blossom during spring. The Inn the Park café does a tasty flat white and cinnamon bun combo if you need a mid-morning refuel. Circle back along the Mall side, ➔



ALEX SEGRE / SHUTTERSTOCK.COM

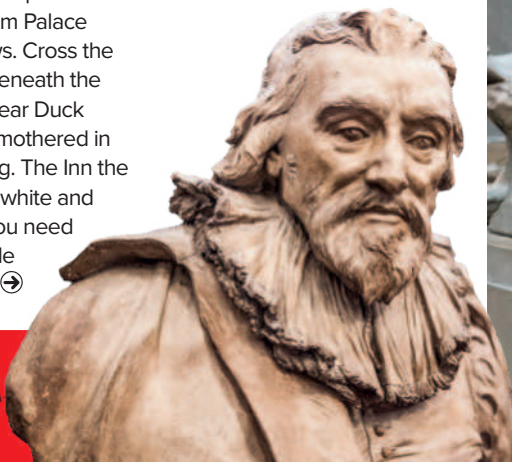


Top left: The Great Court of The British Museum covers two acres

Top right: Buckingham Palace viewed from St James's Park

Above: The Royal Parks, like St James's, are glorious in summer

Right and below: Elgin Marbles and Roubiliac sculpture, British Museum





CLAUDIO DIVIZIA / SHUTTERSTOCK.COM



SHRITI RAI [39]
DATA PROTECTION
MANAGER

Wandering London can feel like a mini world tour – so many languages being spoken, glimpses of all sorts of traditions, people from every imaginable background. It's this amazing mix that somehow makes everyone feel like they fit in and belong. I also love the fact you can have such a brilliant day out without spending a fortune. From incredible Royal Parks to street performers along the South Bank and so many iconic views.

FAVOURITE PLACE:

Windsor Great Park. This huge open space feels like an amazing escape – really old woodlands, wild deer just wandering around, stunning views of Windsor Castle. You can easily spend a whole day there exploring everything from the famous Long Walk to peaceful areas around Virginia Water. It's a wonderful break from the busy city.

TOP TIP:

Catch a matinee performance in the West End. Ticket prices are extremely affordable and you'll be left with the rest of the day to explore further afield.

HIDDEN GEM:

The Old Operating Theatre Museum and Herb Garret near London Bridge. Tucked away in the attic of an old church, you climb a winding staircase and find yourself in the atmospheric herb garret, where medicinal plants were once stored. Then, you step into the remarkably preserved operating theatre from the early 19th century. It's quite something to see the simple wooden table and imagine surgeries happening there before modern anaesthetics and antiseptics. The museum is fascinating and unsettling in equal measure!



EWY MEDIA / SHUTTERSTOCK.COM

where you'll emerge next to Clarence House (the official London residence of King Charles III and Queen Camilla). From here, it's a short hop to an even grander address: Buckingham Palace.

3 BUCKINGHAM PALACE AND THE CHANGING OF THE GUARD

If you're heading to Buckingham Palace (rct.uk) for the Changing of the Guard, skip the crowds at the front gates. Instead, stand along Spur Road or the Victoria Memorial – good sightlines, fewer elbows. The ceremony takes place on Monday, Wednesday and Friday at 11:00am and lasts about 45 minutes. Afterwards, take a stroll through the palace's surrounding gardens (open only in summer for guided tours) or pop into the Royal Mews to see the four-tonne Gold State Coach, which requires eight horses to draw it.

4 HYDE PARK AND KENSINGTON GARDENS

Most first-timers make a beeline for the Serpentine, but turn west instead for the quieter Italian Gardens – ornamental fountains, flowerbeds and fewer selfies. From here, cross into Kensington Gardens to find the Peter Pan statue and the shady, sculpture-filled lawns of the Henry Moore Arch. Try to make time for the Serpentine Galleries (serpentinegalleries.org) which has a thought-provoking exhibition on organic contemporary art by Giuseppe Penone running until September 2025. Located next to her former Kensington Palace home, The Diana Princess of Wales Memorial Playground includes a sensory trail, teepees, pirate ship and various play sculptures – a perfect place for children to burn off energy.

5 NATURAL HISTORY MUSEUM

As you enter the Natural History Museum (nhm.ac.uk) you're met with the breathtaking sight of a full-size blue whale skeleton 'swimming' through the main entrance hall. Other highlights include an animatronic T-Rex, the Creepy Crawlies gallery and the Darwin Centre for a peek behind the scenes. Don't miss the new 50-minute cinematic experience presented by Sir David Attenborough – an epic, visually captivating tale of Planet Earth and the impact of humans. ➔



© THE TRUSTEES OF THE NATURAL HISTORY MUSEUM, LONDON



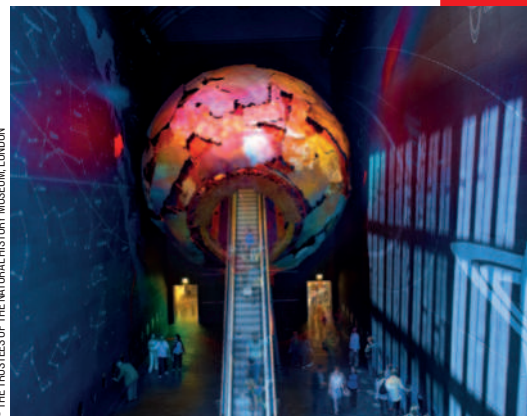
ALAN COPSON / AVIUM IMAGES



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Above left: Natural History Museum's blue whale, *Hope*

Above: Statue of Diana at Kensington Palace

Far left: Changing of the Guard on The Mall

Left: The impressive facade of the Natural History Museum

Below: Peter Pan statue in Kensington Gardens

Top right: Escalator to the Earth Hall in the Natural History Museum



ANTON, WANOV / SHUTTERSTOCK.COM



EVANS NZOMO [34] BUSINESS EXECUTIVE

Despite being a major city, London and the suburbs have so much parkland. You are never more than a few hundred yards away from a green area where you can get away from noise and hustle.

FAVOURITE PLACE:

Hyde Park. Over 350 acres of green space accessible 24/7.

TOP TIP:

London is tech-heavy, and more and more is becoming cashless. While this sometimes presents challenges, it does make getting around quick and simple. From using the London Underground to boarding buses, accessing tourist attractions and everything else besides, it's a clean and efficient way to experience the city. If you are with children, I would still have a few coins to hand as they generally find things to spend them on, from arcade machines to offering something to buskers!

HIDDEN GEM:

The Tate Modern is free, central, on the river, and will make you reconsider the world around you!

NEW FLIGHTS TO LONDON GATWICK



SAMPAUNG ANITZA / SHUTTERSTOCK.COM

Above: Magnificent flying machines in The Science Museum's Winton Hall

Below right: A replica of Michelangelo's *David* in the Victoria and Albert Museum

Equally high-tech, Visions of Nature uses virtual-reality headsets to transport you to eight different ecosystems, from the tropical rainforests to the Arctic.

6 SCIENCE MUSEUM

Enter the Science Museum (sciencemuseum.org.uk) via Exhibition Road and start with the Exploring Space gallery (with its rockets, astronaut suits and Moon landers) and the Flight Gallery, where Spitfires and vintage jets are suspended overhead. Opening this July, Future of Food is a new exhibition exploring how food must change to protect the planet. Power Up, meanwhile, has 160 consoles for total immersion in the very best video games from the past 50 years – from Pong to Pacman and Minecraft to Mario.

7 VICTORIA AND ALBERT MUSEUM

Prepare to be dazzled this summer at the V&A (vam.ac.uk) where a major new exhibition showcases precious jewels, historic gemstones and iconic watches that chart the evolution of Cartier's legacy since the turn of the 20th century. You can also see the sparkly crystal-encrusted catsuit worn by Dua Lipa for her iconic Future Nostalgia tour. Classic highlights at the museum include the Cast Courts where towering replicas of Trajan's Column and Michelangelo's *David* can be found. Don't miss the

Medieval and Renaissance galleries with their wood-carved angels and Gothic altarpieces. Around lunchtime, skip the main café and head into the courtyard for the Garden Café – water feature, open skies and excellent quiche. Exit through the Exhibition Road tunnel or walk into Knightsbridge for some retail therapy.

8 CAMDEN MARKET AND REGENT'S CANAL

Arrive early at Camden Market (camdenmarket.com), before the crowds clog the cobbled lanes. Most tourists head straight for the food court, but loop around the quieter north entrance by Hawley Wharf for indie stalls selling vinyl, handmade clothes and incense. Grab a coffee beside the canal, or take the plunge into the surreal, multi-sensory Bubble Planet. Next, walk along the towpath towards Regent's Park, perhaps taking a detour to Primrose Hill for sweeping city views. At Little Venice, book a waterside table at The Summerhouse for canal-side seafood and people-watching. Hop on a waterbus or stroll back along the towpath as the sun dips behind the houseboats.

9 THE TOWER OF LONDON AND TOWER BRIDGE

The Tower of London (hrp.org.uk) can be a bottleneck of tour groups by mid-morning, so arrive at 9:00am sharp and make straight for the Crown Jewels before ➔



CARO AKINYI [41] CHARITY ADMINISTRATOR

London is full of so much history – you will learn something new every time you step out into the city. There is also a generosity and ambition in people I haven't found elsewhere.

FAVOURITE PLACE:

The Royal Botanic Gardens at Kew is a huge space that looks fantastic at any time of the year. Not only is the outside space extensive, it also houses the world's largest living plant collection.

TOP TIP:

Don't just stop at London. From Brighton to Oxford and Guildford, there are so many other wonderful places that offer history, culture and entertainment, and they are all just a train ride away.

HIDDEN GEM:

The Druid Street Market in Bermondsey is hosted in the old railway arches. I love the independent businesses that occupy this space, and there is so much music, food and positive energy that it's impossible not to get swept along by it all. Camden Market has a similar vibe, but for me Druid Street feels much more authentic.



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MOMBASA NAIROBI

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the queues snake out of the vaults. After ogling the Imperial State Crown (made of solid gold and inlaid with thousands of precious stones, including the Cullinan II diamond and St. Edward's Sapphire), visit the Bloody Tower where 12-year-old Edward V and his younger brother, Richard, were supposedly murdered in 1483. You can also explore the study of Sir Walter Raleigh who spent 13 years as a prisoner here. Try to join a tour led by one of the Yeoman Warders (or Beefeaters) who will entertain you with grisly tales of intrigue, imprisonment, execution and torture. Next, cross to Tower Bridge and join a guided (prebooked) tour, traversing the high-level Walkways with their glass floors before descending the South Tower and visiting the Victorian Engine Rooms where steam engines were once used to power the raising of the iconic bridge. Exit onto Shad Thames for a riverside stroll.

10 WEST END THEATRE AND COVENT GARDEN

Home to two world-famous companies – The Royal Opera and The Royal Ballet – Covent Garden (coventgarden.london) is centred on the historic 1830s Market Building. The surrounding streets are home to al fresco dining and pop up experiences, while the pedestrianised Piazza is a well-known spot for street



NIMISHA BRAHMBHATT
(38) **MANAGEMENT/TECH CONSULTANT**

The South East of England is a meeting point and melting pot of so many cultures, making London my all-time favourite city, to live or to visit! From food to culture, there is always something to do and see in London.

FAVOURITE PLACE:

Some of my most memorable days in London are at the height of summer, making my way across London on foot, from Tower Bridge all the way to Buckingham Palace.

TOP TIP:

With every cuisine under the sun, try a little something in every little pocket of London, and sample various flavours and cuisines from many continents. If you enjoy a sundowner, the city has the best rooftops restaurants and bars!

HIDDEN GEM:

Shima Gardens at the Londoner, Leicester Square, for cocktails and Japanese food.



Right:
The iconic White Tower at the Tower of London

Far right & below right:
Row of floral boots and a Nepalese-inspired shop in Camden Market

Below:
Colourful courtyard in Neal's Yard, Covent Garden

Bottom:
Beefeater

Below left:
West End theatre



performers. Located within Seven Dials, Neal's Yard is home to a collection of independent restaurants, cafés, shops and wellbeing brands. Head to Floral and King Street for jewellery, fashion and fragrance. Most West End theatre shows (officiallondontheatre.com) begin around 7:30pm. Whether it's a classic like *Les Misérables*, a toe-tapper like *Mamma Mia!* or something new like *Burlesque the Musical*, the West End never fails to weave its magic. After the curtain call, wander into Soho or along the Strand for a nightcap. ➔





FELIX OTIENO [56]
CIVIL SERVANT

The transport links are amazing and you can easily walk from one side of the tourist area to the other in a day, stopping along the way to take in what's around you.

FAVOURITE PLACE:

Covent Garden is a place that is caught in time. Despite it dating back to the 17th Century, and its hundreds of years as a market, these days it's a stylish shopping precinct. As well as shops, there are restaurants, museums, and it's located close to the city's theatre district, as well as the wonderful River Thames. Borough Market, though not nearby, is also well worth a visit.

TOP TIP:

The London Underground is clean, efficient, relatively cheap and, in the case of the newly-opened Elizabeth Line's stations, an amazing thing to marvel at, but for me the best way to get from A to B is to walk, as there's so much to take in.

HIDDEN GEM:

Down every street you will find some enchanting pubs. Each is unique and if less than a hundred years old, considered modern!



ANDY - ROCKNEWS / SHUTTERSTOCK.COM



Top 10 things to do in

SOUTHEAST ENGLAND

1 ARUNDEL CASTLE

Most people heading to Arundel Castle (arundelcastle.org) funnel straight through the main gates towards the stone keep (dating from 1067) – but pause instead at the Earl's Garden with its stunning Italianate terraces, water rills and oak domed pergolas. Then climb the battlements: the views over the South Downs and Arun Valley are cinematic on a clear day. Inside, the library is a hushed cathedral of leather-bound books and mahogany. Swing by the chapel, then backtrack to the Norman keep via the Victorian kitchens. Skip lunch in the gift shop café and walk ten minutes into Arundel town for a pub lunch at The Parsons Table. Afterwards, stroll the paths and boardwalks of the wetlands centre just south of the castle, a haven for kingfishers and endangered water voles.

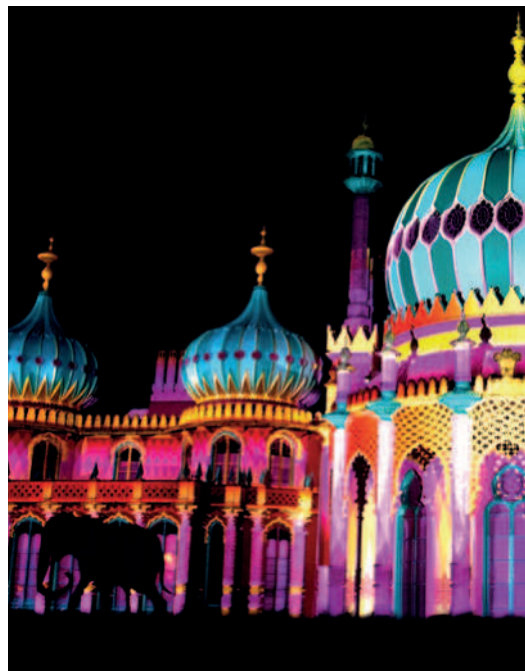
2 HEVER CASTLE

Head to Hever Castle (hevercastle.co.uk) mid-morning when, if you're lucky, the 14th-century Tudor pile will be reflected perfectly in the still waters of its double moat. Most visitors make a beeline for Anne Boleyn's childhood bedroom,

but start with the Long Gallery upstairs for creaking floorboards, portraits, and that eerie sense of stepping back in time. Special events this summer include falconry displays and an exhibition of costumes from the period TV drama *Wolf Hall*. The Italian Garden is best enjoyed just after lunch – rose-drenched pergolas, marble statuary and shaded benches to snooze or sit and snack on. The castle café does a great cream tea.

3 BRIGHTON AND THE ROYAL PAVILION

Arrive in Brighton just after rush hour and avoid the seafront – walk instead via North Laine, where vintage shops and vegan doughnuts set the tone. Make your way to the Royal Pavilion (brightonmuseums.org.uk), but don't rush in – loop around the back to appreciate its onion domes and minarets. Inside, most people bolt to the Banqueting Room, but start instead with the Music Room, where dragons, mirrors and Chinese-style wallpaper swirl together like a fever dream. Once you've explored this extraordinary building (a fantasy palace fit for royals that dates from 1787), head to the seafront – but skip the main pier and walk west to the atmospheric ruins of West Pier, before taking to the skies on the 162m observation tower known as Brighton i360. Fish and chips? Head to The Regency Café, or back toward The Laines to find a hidden wine bar.





CHRIS DORNEY / SHUTTERSTOCK.COM



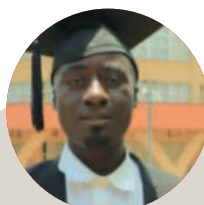
Left: Arundel Castle nuzzled on the edge of the South Downs

Above: Hever Castle, home of Anne Boleyn

Below: Royal Pavilion, Brighton

Left: Panoramic view over the High Street from the ramparts of the castle keep in Lewes

Bottom left: Sir Winston Churchill's family home, Chartwell



JOHN BARASA [22]
STUDENT

WHAT I LOVE ABOUT LONDON/SOUTHEAST:

As someone who loves sport and music, London has so much to get involved in, both in terms of participating and watching.

FAVOURITE PLACE:

Koko in Camden is a former theatre converted into an amazing live music venue, though there are so many others, from Shepherd's Bush Empire to the O2 to the Brixton Academy.

TOP TIP:

As the phrase goes, explore off the beaten track. London is very tourist-driven but the best treats are the little places most miss out.

HIDDEN GEM:

Non-league football in London and the Southeast is a chance to connect with players and fans in a way you would never experience with the bigger teams.

4 LEWES

Start your Lewes (pronounced 'Lewis') day early, while the mist still lingers over the River Ouse. A Norman castle dominates the skyline, but don't rush there first – begin with a wander through the cobbled High Street and stop at Flint Owl Bakery for freshly baked bread and pastries. Then make your way up to the medieval Lewes Castle (sussexpast.co.uk), entering via the lesser-used Gun Garden side. The castle offers far-reaching views of chalk downland, while the neighbouring Barbican House Museum explores the archeological history of Sussex. Head down to the Anne of Cleves House (a 15th-century timber-framed building that was given to the fourth wife of Henry VIII, but never used), where you'll find Tudor four-poster beds and a fascinating old kitchen. Walk along the riverbank before lunch, maybe to Harvey's Brewery for a pint of beer.

5 CHARTWELL

The family home of Sir Winston Churchill, Chartwell (nationaltrust.org.uk/chartwell), remains much as it did when the British prime minister lived here, with pictures, books and personal mementoes on display. The library is a highlight: comfy chairs, aging leather, and sunlight slanting in from tall windows. A special exhibition offers a deeper insight into his life through 50 objects, including some of Churchill's famous (unsmoked) cigars, an Italian lake scene painted by the politician himself and a shrapnel damaged trench torch that saved his life during the First World War. When you've finished delving into the house, the café terrace makes a perfect lunch spot with sweeping views of the Weald. Afterwards, explore the grounds of Chartwell which include a glorious walled garden, orchard and rose garden – the latter's centrepiece is formed by four wisteria trees that drip with purple blooms during the spring.

6 RYE AND CAMBER SANDS

Start in Rye's Mermaid Street – cobbled, crooked and impossibly photogenic, especially in morning light before the walking tours arrive. Most visitors cluster ➡

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at the top near the church, so instead follow the half-hidden paths down past the 14th-century Ypres Tower and into the marshes. Climb the tower for wind-swept views all the way to the sea. Stop by Knoop's for hot chocolate. Founded by Jens Knoop, the cult café is based around a menu where you can choose your cocoa percentage. Grab a picnic from the market square and take a short drive or bus ride to Camber Sands. Most people crowd by the dunes, so walk east toward an emptier stretch of beach. The vast expanse of sand at low tide is perfect for kite flying or a game of beach cricket. Head back to Rye in time for dinner and a pint at the 600-year-old Mermaid Inn.

7 WAKEHURST

Think of Wakehurst (kew.org/wakehurst) as the wilder cousin to Kew Gardens – and much closer to Gatwick. Arrive as it opens, and you'll likely have the Himalayan Glade to yourself – bamboo forests, redwoods, and the kind of stillness that makes you whisper. The 500-acre grounds are zoned geographically, so you can also stroll through an American prairie and a woodland of southern beeches. Don't miss the Millennium Seed Bank, a crucial repository for some 2.4 billion seeds from over 39,000 plant species around the world. Families should make a beeline for the Tree Trunk Trek and natural play areas. For lunch, the Stables Kitchen does great seasonal food with local ingredients – plus plenty of space for kids to run wild nearby. Come late afternoon, circle back

through the Water Gardens and Iris Dell – a haven for dragonflies and damselflies.

8 SHEFFIELD PARK

Drive (or take the train to Sheffield Park Station on the Bluebell Railway) for a day that feels like stepping into a dreamscape. Sheffield Park (nationaltrust.org.uk/sheffield-park) is a series of dramatic gardens wrapped around mirror-like lakes. Most visitors head clockwise, so walk counter-clockwise for uninterrupted views and quiet benches tucked behind rhododendron groves. Autumn is peak season here, when the fiery foliage of maples ignite the water's surface – but spring's azaleas and summer's dragonflies are just as magical. Skip the busy café near the entrance and opt for a quiet picnic beneath the cypress trees near the Top Lake. If the steam trains are running, hop aboard for a ride through Sussex countryside on the Bluebell Railway – grab a seat in an old Pullman carriage for maximum nostalgia.

9 BOX HILL

Box Hill (nationaltrust.org.uk/box-hill) offers one of the best viewpoints in Surrey – and just a 40-minute drive or train ride from Gatwick. Arrive early to beat the cyclists and hikers, and skip the busy stepping stones trail. Instead, take the longer Butterfly Walk, a quiet loop where chalkland wildflowers and butterflies will hold you captivated. Stop at Salomons Memorial for panoramic views over the Weald, then descend to the riverside ➔



WAKEHURST THIS DELL, VISUAL AIR © REB NEW

Getting Around: Travel from Gatwick Airport to London and nearby attractions

Gatwick Airport (LGW) is well-connected. Located around 30 miles south of Central London, it offers multiple travel options:

TO CENTRAL LONDON:

The fastest route is the Gatwick Express, a non-stop train to London Victoria in just 30 minutes. Trains run every 15 minutes. Alternatively, Thameslink and Southern services reach London Bridge, Blackfriars, and St Pancras in 30–45 minutes. All depart from the airport's South Terminal. Tickets can be booked in advance.

TO BRIGHTON:

Direct trains to Brighton depart every 15–20 minutes and take about 30 minutes, making it an easy seaside day trip.

TO EAST SUSSEX AND KENT:

Trains via Southern serve towns like Lewes, Hastings and Eastbourne, while south-eastern connections from nearby stations make Hever and Canterbury accessible.

BY CAR:

Gatwick is right off the M23, linking to the M25 for easy driving access to destinations across Surrey, Sussex and beyond. Rental cars are available from both terminals. Plan ahead during peak times, especially for weekend travel and holidays.





Far left:
Dunes and beach at
Camber Sands

Left: Autumn
colours at
Sheffield Park

Centre: Iris Dell
at Wakefield

Bottom: Cobbled
Mermaid Street
in the Sussex
town of Rye



Where to stay near Gatwick Airport

Whether you're flying in late, catching an early departure, or using Gatwick as a base to explore the southeast, there's a surprisingly wide variety of great places to stay.

BLOC HOTEL, GATWICK SOUTH TERMINAL

● **Best for:** Super-convenient short stays
Located inside the South Terminal, Bloc Hotel is ideal for early flights or late arrivals. Rooms are compact but cleverly designed with mood lighting, rainfall showers, and blackout blinds. There's no restaurant, but you're steps from all terminal eateries.

HILTON LONDON GATWICK AIRPORT

● **Best for:** Business travellers and families
Connected directly to the South Terminal by a covered walkway, the Hilton is a reliable, full-service option with spacious rooms, a 24-hour fitness centre, and multiple dining options including a buffet breakfast from 5:30 am.

COURTYARD BY MARRIOTT LONDON GATWICK

● **Best for:** Stylish stopovers
Just a 10-minute walk from the South Terminal or a quick shuttle ride,

the Courtyard combines slick design with comfort. Rooms are quiet and modern, and there's a good on-site restaurant.

THE CORNER HOUSE HOTEL, HORLEY

● **Best for:** Personal service and homey vibe
This family-run boutique hotel, just five minutes by car from the airport, offers a warm welcome, free transfers, and a more personal touch than the chains. Rooms are simple but cosy, and the on-site restaurant serves hearty homemade meals.

LANGSHOTT MANOR, LUXURY BOUTIQUE HOTEL

● **Best for:** Countryside luxury and charm
For something truly special, head 10 minutes from the terminals to Langshott Manor, a 16th-century manor house with beams, gardens and roaring fires. Rooms are luxurious and romantic – some with four-poster beds and garden views. The restaurant is excellent, and while prices

are higher, it's perfect for travellers seeking calm and elegance just minutes from the runway.

PREMIER INN LONDON GATWICK AIRPORT NORTH TERMINAL

● **Best for:** Budget-conscious families
Attached directly to the North Terminal, this Premier Inn is surprisingly quiet, comfortable and incredibly convenient. Big beds, family-friendly menus and a kids-stay-free policy make it a reliable choice for budget-minded travellers. Book early for the best rates.

THE MAPLE MANOR HOTEL

● **Best for:** Boutique feel without the boutique price
Set in a converted manor house just a short drive from the airport, Maple Manor combines vintage charm with comfortable rooms and an excellent breakfast. It's not fancy, but it's full of character – ideal for travellers wanting a non-generic stay with easy access to Gatwick.

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Left: Rolling hills and woodland viewed from the top of Box Hill in Surrey

Above: The chalk cliffs of the Seven Sisters where the South Downs meet the sea

meadows for a shady stroll. Pack your own lunch or eat at the National Trust café near the top – hot soup in winter, ice cream in summer. For something fancier, the nearby town of Dorking has farm shops and rustic pubs. If you're not ready to leave, explore the Denbies Wine Estate just down the hill – tours, tastings and even sparkling wine made from Surrey-grown grapes.

10 CHICHESTER AND THE SOUTH DOWNS

Construction of Chichester Cathedral (chichestercathedral.org.uk) began in 1075 – the soaring spire of the Gothic masterpiece is visible from miles around. Inside you can admire ornate chapels and spectacular stained-glass windows, including a richly-coloured installation by Russian artist Marc Chagall, showing a depiction of Psalm 150. Don't miss the detached bell tower – Chichester is the only cathedral in England to have one. It's also worth heading to the Roman walls which offer elevated views over city gardens and medieval rooftops. Make time for Pallant House Gallery (pallant.org.uk) – a hidden gem of modern British art, with works by Barbara Hepworth, Graham Sutherland, Paul Nash, Rachel Whiteread and Damien Hirst. For lunch, walk east along East Street to find a mix of delis, coffee shops and pubs. In the afternoon, drive into the South Downs National Park. The walk up through the tunnel of trees to Halnaker Windmill is magical, while Devil's Dyke offers panoramic views towards Brighton and the south coast.

3 great restaurants near Gatwick

While Gatwick's terminals are packed with chain eateries, venture just a few minutes beyond and you'll find some fantastic independent restaurants offering everything from modern British dining to authentic Italian fare.

1

IL SORRISO, EAST GRINSTEAD

About 15 minutes from the airport, this Italian trattoria is a favourite with locals for its warm welcome and excellent homemade pasta. The seafood risotto and stone-baked pizzas are standouts. A great option if you're staying nearby and want something beyond pub grub.

2

THE RED LION, TURNERS HILL

Set in a 16th-century coaching inn, this gastropub offers seasonal British cuisine with a fine-dining twist. Expect locally sourced ingredients, creative specials, and a cosy open fire. Perfect for a pre-flight splurge or a final taste of England before heading abroad.

3

THE CURRY INN, HORLEY

Tucked away on Horley High Street, this Indian restaurant consistently punches above its weight. Rich, flavourful curries and freshly baked naan make it a great choice for a spicy send-off. Offers takeaway, too, if you're tight on time.

Gatwick versus Heathrow

Heathrow and Gatwick are the two major international airports serving London, but they differ significantly in terms of size, location, infrastructure and operations. Heathrow Airport, located to the west of Central London, is one of the busiest in the world. It has five terminals (though Terminal 1 is closed) and serves as a major hub for British Airways. It is well-connected by public transport, including the Heathrow Express train, the London Underground (Piccadilly Line), and new Elizabeth Line.

Gatwick Airport, located to the south of London in West Sussex, is smaller with two terminals: North and South. It serves a broader range of low-cost and charter airlines, and handles more short-haul and European flights compared to Heathrow. Although it's the second-busiest airport in the UK, Gatwick has only one runway, unlike Heathrow's two. Gatwick is connected to London by the Gatwick Express train, as well as regular Southern and Thameslink rail services. 

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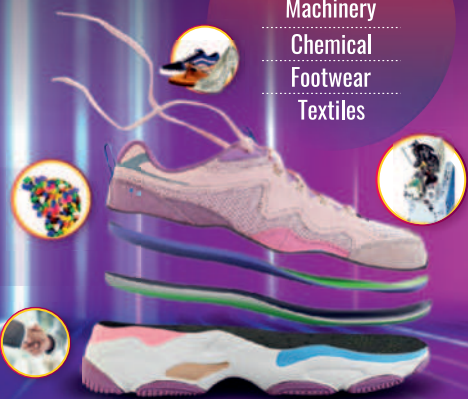


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WORDS: RICHARD ALDHOUS

FIRST FOOTING

Where it all kicks off:
grassroots football in Kenya

FRANCK METOIS

BEYOND THE RUNNING TRACK: THE GROWTH
OF FOOTBALL AND RUGBY IN KENYA



Think of Kenya, think of its sporting heritage, and undoubtedly, the image of pacey, lithe, relentless running champions will spring to mind – Eliud Kipchoge, the marathon world record holder and Olympic champion; Kipchoge Keino, legendary distance runner with four Olympic medals; David Rudisha, the current world 800m record holder; and Sabastian Sawe, the winner of this year's London Marathon.

Yet while Kenya's sporting prowess seems firmly entrenched in middle- and long-distance running, the nation's developing football talent could be about to catch up.

Benni McCarthy, the former Ajax, Porto and Blackburn Rovers striker who represented his native South Africa 79 times (scoring 31 goals) stepped into the role of national team manager in March 2025, and is now tasked with realising the potential of what he calls a "sleeping giant" of the game.

"The task is to fire the game up, to get the best players, local and international," he told *msafiri*. "We don't just look forward to playing, or qualifying – I want us to be at the stage where we actually go to tournaments with belief and expectation."

McCarthy has a comrade alongside him at the helm, with new Football Kenya Federation President Hussein Mohammed, a driving force for a new approach to the game, born out of structure, commercialism and promotion... all the qualities he enriched his Extreme Sports enterprise with.

While the national team – the Harambee Stars – may find that qualification for the 2026 World Cup is out of reach, the seeds of growth are being sown. Kenyans will feel they have waited long enough. The country was, after all, one of the first African nations to establish a structured football federation. Yet its progress was constantly hampered by complex relationships with the sport, administrative challenges, inconsistent coaching appointments and a lack of resources compared to rivals like Nigeria, Ghana and Egypt.

There was also very little scouting of talent beyond the main cities. It's all reflected in their current FIFA world ranking, which hovers around 100. Yet growing investment in football development, coupled with an increasing level of grassroots participation, has instilled a renewed sense of optimism in the sport's future.

There was progress for the Harambee Stars under the guidance of previous manager Engin Firat. Upon his resignation in December 2024, the Turk, who had been in charge for three years, cited the federation's need to set up better infrastructure and a drive to play more home matches. These are exactly what Mohammed is addressing.

"We know the barriers that are in front of us," says McCarthy, who most recently worked as first-team coach at Manchester United. "Overcoming them is imperative if we are to maximise the potential of this group of players and the one that follows."

While Firat may have courted mixed reviews among Kenyan football followers, he was a driving force behind the introduction of overseas-based players into the national team setup. "We have the potential of bringing in talented individuals currently gaining experience in leagues across Europe and Asia," says McCarthy. "Not only can they play for Kenya through parental lineage, they can bring to this country knowledge, technical and tactical know-how, so everyone benefits in the very best way."

MARCON GOLDA; NOUSMAD THEKAYIL



"We don't just look forward to playing, or qualifying – I want us to be at the stage where we actually go to tournaments with belief and expectation"



The increased exposure football is achieving has resulted in one of the world's most famous athletes adding his support to the Kenyan project. Mo Farah, the decorated British Olympian who hails from neighbouring Somalia, hosts an annual seven-a-side football tournament in Nairobi, called the Mo Farah Cup.

Staged as part of his work as the United Nations' first ever Global Goodwill Ambassador, it predominantly gives opportunities for Somali and South Sudan urban migrants, yet the project is to promote football as a whole, for all.

"I've always been of the opinion that true sport begins on the streets, and football must be one of the best examples of that," says Farah. "From Pelé to Beckham to Messi, it is a sport that often comes from the simplest of beginnings. I look at Kenya, and the huge potential this nation has in industry, in tech, and it's clear we can grow so much through football. It doesn't always have to be running that dominates the headlines here.

"In fact, if a few of those guys had chosen football instead, I might have ended my career with a few more medals!"

Beyond the men's game, the rise of women's football in Kenya has been equally significant. Women's football is the fourth most

Right: Grace Okulu celebrates after her Kenya rugby side beat Belgium in the World Rugby HSBC Sevens Challenger Series in 2025

Below: Kenya players pose for a team photo prior to the international friendly with Qatar in September 2023 – Kenya won 2-1

Top: Kenya football manager, Benni McCarthy



popular sport in the country, and dates back to 1958, when the formation of the Kenya Women's Football Federation – which was ultimately consumed by the Kenya Football Federation – showed a passion to develop the game.

While the Starlets are yet to qualify for the Women's World Cup or Olympic Games, the team did make it to the group stage of the 2016 Women's Africa Cup of Nations.


Increased visibility of women's football, driven by global movements advocating for gender equality in sports, has led to greater investment and support for female players in Kenya.

This resurgence has not happened by chance. The government and private sector have recognised the sport's potential as both a unifying force and an economic driver. It's more than a game – it's a platform for economic growth, national pride and youth development.

The country is already recognised as a powerhouse for private investment in Africa, raising \$1.9 billion over the past three years. This achievement outpaces traditional leaders like Nigeria, Egypt and South Africa, showcasing growing appeal to investors.

Football, both professional and recreational, presents a significant opportunity to replicate this success, with a sporting ecosystem that could become a beacon of opportunity for Africa. It's already happening in grassroots sport, with academies and local leagues providing a structured development system for young players, and attention also being given to engaging underprivileged communities where football provides opportunities for social mobility.

And it's not just football. Few will have failed to have noticed Kenya's presence in international rugby on the Rugby Sevens circuit. Far and away the best side in Africa, the team scored a third-placed finish at the 2009 World Cup in South Africa. They have also produced global legends in the sport, including Humphrey Kayange and Collins Injera.

"I do believe Kenya is standing on the cusp of a transformative era in sport," says McCarthy. "When I took on the job of managing the Kenyan national team, a couple of people said to me, 'Why Kenya?'. My response was always the same: 'Why not Kenya?'" 



Victoria: small city, big soul

GOOD THINGS COME IN SMALL PACKAGES, SAYS SARAH KINGDOM,
AS SHE EXPLORES THE TINY CAPITAL OF THE SEYCHELLES

It was a short but steep climb through the rainforests of the **Morne Seychellois National Park** to reach the viewing platform at the top of **Morne Blanc**. Towering tree ferns, the rustle of leaves underfoot and bird calls filtering through the forest. The air was cool, the shady forest canopy providing relief from the sun as we climbed. **Seychelles white-eyes** flitted through the undergrowth, and we had fleeting glimpses of an iridescent blue Seychelles sunbird – known as **kolibri** in Seychellois Creole. Reaching the top, there were panoramic views of the western side of **Mahé**. Lush rainforests covered the undulating hills, turquoise waters stretched to the horizon, and distant, jewel-like islands dotted a sparkling sea. Brilliant blue skies hung overhead, washed clean by morning showers, while **white-tailed tropicbirds** soared above us. Descending back to sea level, it was time to explore **Victoria**, the Seychelles' tiny capital and its only city.



This pic: Pointing to paradise
– a panoramic view of Mahé
from the Morne Blanc trail

**Opposite: Elephants in the
Seychelles** – the Arul Mihi
Navasakthi Vinayagar Hindu
Temple, dedicated to elephant
deity Ganesha, is the only
Hindu temple on Mahé

DANITA DELMONT / ALAMY STOCK PHOTO



GETTING YOUR BEARINGS

The Seychelles has a very short human history. Discovered in 1744, Mahé, the largest island in the archipelago, was initially called Ile de l'Abondance (Island of Abundance) by early French settlers. Located in the north-east of Mahé, the area that would later become Victoria was originally settled in 1778 by French colonists, who called the town L'Établissement. Then in 1841, the island became British, and the capital was renamed Victoria, after their Queen.

Victoria is bordered by the azure Indian Ocean to one side and steep mountains on the other. Home to only 26,450 people, two dozen streets and two traffic lights, this is one of the world's smallest capital cities, and one you'd struggle to get lost in. At first glance, it might not be apparent just how important this city is though, and many visitors to the Seychelles simply skip past the city, heading straight to their resorts. But scratch beneath the surface and you'll soon see why even a quick visit should be on every Seychelles visitor's to-do list.

Visitors to Victoria won't find high rises, multi-storey car parks or flashing neon signs. What you will find is 18th- and 19th-century French and British architecture, stone and wooden houses with colourful facades, shutters and balustrades, along with a small, lively market, restaurants, museums, shops, places of worship, lovely botanical gardens, and a lot of local colour. Victoria's real appeal lies not in grand monuments, but in its charm and the vibrant daily life that fills its streets.

THE ICONIC VICTORIA CLOCK TOWER

Victoria has two main centres, one of which revolves around the Clock Tower, which stands proudly in the middle of a roundabout on Independence Avenue. A quaint and somewhat quirky sight, the silver-painted colonial-era Victoria Clock Tower, or Lorloz as it's known in Creole, was the first point of call in our exploration of Victoria.

The clock tower is a replica of Little Ben, at Vauxhall Bridge near Victoria Station in London. The Seychelles version was erected in 1903 to honour the Queen. The governor of the time had seen the original clock on a visit to London and had ordered the smaller copy to be made. The Seychelles version unfortunately didn't actually work for the first 96 years of its life, and now strikes twice instead of once on the hour, inspiring the chorus of the song *Going back to the Seychelles*, where the clock strikes twice.

NATIONAL MUSEUM OF HISTORY

Almost opposite the clock tower was our next stop, the National Museum of History. Housed in Victoria's restored colonial-era Supreme Court building, the museum is easily spotted by the life-size crocodile and dugong statues on either side of the entrance stairs.

Downstairs was an informative journey through 300 years of Seychelles history, while upstairs focused on Creole culture. The Pierre de Possession, the 'Stone of Seizure', is possibly the museum's most important exhibit. Installed in 1756, it was meant to symbolise possession of the Seychelles by the French royal family. Another interesting exhibit is a 180-million-year-old granite stone that was found while test-drilling for oil – geological evidence that the rocks of the Seychelles and the plateau on which the islands stand are among the oldest on earth.

SIR SELWYN SELWYN CLARKE MARKET

Next stop was the Sir Selwyn Selwyn Clarke Market, around a five-minute walk from the clock tower. No visit to Victoria would be complete without a wander through this covered market. Built in 1840, it was named after a French governor who built the stands himself for the local farmers and fishermen to use to sell their goods. Small by African standards, it's a bustling, colourful place nonetheless, and from the minute we arrived, we were immersed in a vibrant cocktail of colours, smells and Creole language.

Alongside the tropical fruits, fragrant

spices and freshly-caught fish, there were stalls selling souvenirs, as well as the usual assortment of *pareos* (sarongs) and shirts. We browsed them all, listening to locals cheerfully bargaining, and I couldn't resist picking up a packet of Seychellois vanilla pods to take home. We were told that early morning was actually the best time to come, when the fishmongers have an astonishing array of seafood on display, and that the market is at its liveliest on Saturdays.

THE BOTANICAL GARDENS

By this time, the humidity of town was getting a bit much, so we retired to the Botanical Gardens, a six-hectare, quiet, green getaway at the southern edge of town. Set between two streams, the garden was laid out in 1901 by French botanist Rivaltz Dupont and features the exotic and endemic plants that he collected in his travels.

We checked out some of the 280 different plant species, one of which being the endemic Coco de Mer, an icon of the Seychelles, famous for its suggestively shaped seeds that resemble a female posterior. We visited the spice grove, the ginger lawn and a patch of rainforest with resident fruit bats, before finishing up at the giant Aldabra tortoise enclosure, where about 20 or so of these amazing creatures live. This was one of my favourite places, a green jewel of the city, and should definitely be on the agenda for anyone visiting Mahé.

DELICIOUS CREOLE DINING AT MARIE ANTOINETTE RESTAURANT

We had a table booked for lunch at Marie Antoinette Restaurant, a five-minute drive from the gardens. With its wood and iron colonial-style architecture, steep red roof, polished wooden staircase, wide verandas, shuttered windows and lace tablecloths, Marie Antoinette's is a slice of Seychelles history. It's been around long enough for Henry Morton Stanley, of "Dr Livingstone, I presume" fame, to have stayed here in 1872, on his return from mainland Africa.

Established as a restaurant in 1972, the restaurant's Creole menu is a well-guarded family secret that hasn't ➔



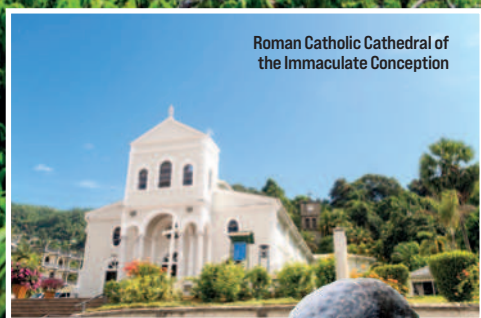


Freshly caught Parrotfish for sale at the market



Buying fresh parsley at Sir Selwyn Selwyn-Clarke Market

22 IMAGES STUDIO / SHUTTERSTOCK.COM



Roman Catholic Cathedral of the Immaculate Conception



The Clock Tower in downtown Victoria



Right: Fits the bill – the Seychelles sunbird has a beak designed to reach the nectar of certain flowers



SARAH KINGDOM

changed much in more than 50 years. We sampled spice-infused Creole favourites that included parrotfish fritters, grilled red snapper in a yellow curry sauce, aubergine fritters, chicken curry, tangy mango salad and pumpkin chutney, all served with bowls of steaming white rice and washed down with chilled Seybrew beer. Having just seen the bats in the Botanical Gardens though, we couldn't bring

ourselves to try the curried fruit bat we spotted on the menu.

CEMETERIES AND CONTEMPLATION

For some post lunch contemplations, we headed just a short distance from the city centre to Mont Fleuri Cemetery. Spilling down a gentle slope and backed by granite peaks, fringed with a forest of green, this peaceful resting place (the country's largest cemetery) opened in 1873, for the burial of a 37-year-old Irish nun, Sister St François Xavier. Time-weathered and beautifully carved headstones marked the graves of other early settlers and prominent figures in Seychellois history, providing us with a glimpse into the islands' past.

There was also a moving memorial to the 289 young Seychellois men who had died in East Africa during the First World War, and whose bodies were never brought home. Tranquil on our visit, Mont Fleuri gets a little livelier on All Souls Day, 2 November) when, like Mexico's famous Day of the Dead, families descend upon the cemetery to clean and whitewash headstones, lay wreaths of flowers and leave 'gifts' of alcohol.

On the other end of town, but only a 10-minute drive from Mont Fleuri, is the Bel Air cemetery, the first official burial site on Mahé, and home to crumbling tombs and sarcophagi that mark the final resting place of many of the early residents of Victoria. Amongst the cemetery's inhabitants is the legendary Charles Dorothee Savy, known as the Giant of Bel Air, who was reportedly over

9ft tall at just 16 years of age and could carry large fishing boats alone and lift sacks of rice with just one finger. His grave is located in the central, elevated part of the cemetery, which was closed to burials in 1902.

PLACES OF WORSHIP

From the souls of the departed to the more spiritual side of the still living, Victoria is home to several places of worship, one of the most striking being the Arul Mihū Navasakthi Vinayagar Temple, the only Hindu temple in the Seychelles. Its rainbow coloured and intricately carved exterior conceals a tranquil interior space, filled with the scent of incense and the sound of prayers. The temple is far more than just a place of worship, it's also a reminder of what a cultural melting pot the city is.

St Paul's Anglican Cathedral, near the clock tower, is open and airy, its simple architecture and island-themed stained-glass windows making it a serene spot to pause for a while. A five-minute walk away, we explored the Cathedral of Our Lady of Immaculate Conception, the largest Catholic church in the Seychelles. Surrounded by beautiful gardens, brilliant colours shimmered through the cathedral's stained-glass windows.

We loved this miniature capital. While modest in size, Victoria left a lasting impression. Whether wandering its streets, hiking its peaks or enjoying its culinary treats, we found Victoria to be colourful, vibrant and welcoming. Well, they do say that all good things come in small packages! 🍷



Left: Bananas and plantains for sale at a market near the Morne Seychellois National Park

Above left: Giant Aldabra tortoise at the botanical gardens

Above: Everywhere you look, Victoria is full of colour – from dazzling tropical vegetation to exotic temples and market stalls



DANIEL LANGE / ALAMY STOCK PHOTO

The historic Marie Antoinette Restaurant
STOCKFOLIO® / ALAMY STOCK PHOTO



attenborough

Lifetime of discovery

As he approaches 100, the world's most revered naturalist, Sir David Attenborough reflects on how Africa changed his life like no other continent

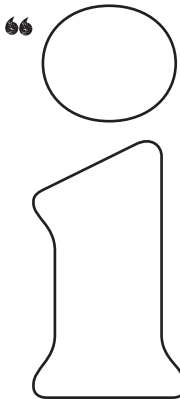


INTERVIEW: VIOLET WILDER



UKTV

UKTV



learned that we had only really scratched the surface,” answers Sir David Attenborough in response to my question.

As a first guess you might imagine the 99-year-old British natural historian had been quizzed about his work exploring the deep oceans; or perhaps he’s referring to what he gleaned from

time spent on the planet’s polar extremes. Instead, the world-renowned broadcaster and biologist had been asked what he had learned about Africa – the result of over 100 expeditions across 30 countries on the continent, and many many years of filming.

“You leave with so many questions answered, but so many new ones unanswered!” he laughs. “There is just an abundance to learn, to take in, to understand, and the reality is no-one ever can. It is the most remarkable continent, and it continues to evolve in incredible ways before our eyes.”

He continues: “I can say with absolute certainty, that the days, weeks and months spent in Africa have been some of the most rewarding of my life.”

Attenborough’s first exposure to the continent came way back in 1954 when he was part of a BBC crew visiting Sierra Leone. “The programme was *Zoo Quest*, and we actually accompanied two zoologists who were collecting animals to take back to London Zoo. It sounds a little preposterous now, but at the time we were in an era of post-war discovery, with television prominent, and there was a real thirst for knowledge, as well as a need to protect certain species which were perhaps under threat.

“It was the first time I had ever stepped foot outside of Europe, and it made me realise the Africa we had been shown in newspapers and pictures and stories back home was just a fragment of its glorious reality.

“For me it was the whole experience – one that engages every fabric from the very second you arrive.”

And in terms of removing animals from their natural habitat, this is thankfully, for the most part, left in the past. These days, conservation is very much served on the ground, with the positive advent of ecotourism having breathed new life not just into species and natural landscapes, but the communities that live amongst and around them.

“We have come a long way,” explains the British broadcaster, biologist, natural historian and writer. “There is still some way to go, as there always will be, and I won’t be here to see how it plays out, but I am hopeful we are on the right path.”

“I always say that when you look into a gorilla’s eyes there is this deep understanding of each other. It is an experience from a different world. It was a defining experience for me...”

Born in 1926, Sir David Attenborough’s love for the natural world was nurtured by a fondness for collecting fossils and stones. Indeed, it was a single ammonite, a relic from a world before humanity, that sparked a lifelong passion for exploration and understanding.

That reach accelerated in 1945 when he enrolled at Cambridge University to study Natural Sciences, and so had begun, in earnest, a journey through the wilds, unseen and uncharted, en route to making him the most authoritative voice in natural history.

Attenborough will reel off defining experiences he has had in Africa like confetti – his memory bank for dates, species, people and places is a wonder – although a particular highlight that sits front and centre is of the time he trekked through the Virunga Mountains, where Rwanda, Democratic Republic of Congo and Uganda meet.

“For weeks before, we had been told it could be sometimes dangerous around the mountain gorillas who inhabit certain parts of that area. They can be hostile, unpredictable, fiercely overprotective – everything you would expect really.

“So, you go there, you strap yourself in for possible danger... for the possibility we may need to retreat quickly, and naturally you do consider worst-case scenarios. Yet from the moment we found a small group and began interacting with them, I found them tolerant, gentle, compassionate.

“I always say that when you look into a gorilla’s eyes there is this deep understanding of each other. It is an experience from a different world,” he says. “It was a defining experience for me; an encounter that has stayed with me ever since, always there to remind me just how profound and unique our connection to nature is, but also a valuable lesson in being brave enough to step outside of your comfort zone – to allow travel to take you somewhere you didn’t expect, and to look at the world from a fresh perspective.”

• • •

“Travel, for me, is not just about finding new places; instead, it is about constantly learning, being curious and understanding the interconnectedness of life on Earth.”

Unlike in Attenborough’s early days as a broadcaster, the ability to explore Kenya and Africa as a whole is now relatively easy. In 2024, 2.4 million international tourists arrived in the country – an increase of 15% on the previous year, sparking a 20% uplift in earnings.

It helps that the country’s diverse landscapes and rich cultural heritage provide the perfect backdrop for ➔

the so-called Big Five – lion, leopard, elephant, rhino and buffalo – which can be found at various locations, such as the Maasai Mara National Reserve, Amboseli National Park, Tsavo National Park and the Laikipia Plateau's Lewa Wildlife Conservancy.

"I think what's interesting about the Big Five is that many people come to these countries... Tanzania, Zambia, South Africa, Botswana, Zimbabwe and, of course, Kenya, to see them; yet a week or two later they depart in awe having witnessed something quite different, and I think that is wonderful.

"Of course, for many, me included, there is no more impressive sight, sound or smell than an elephant stood next to you. I have watched these magnificent creatures carve paths through dense forest in Amboseli, their ancient footprints winding towards waterholes at the foot of Kilimanjaro – animals of intelligence, presence and wisdom, shaped not by comfort, but by challenge."

And yet, in the same way, Attenborough is also an advocate for a view of Kenya away from the Maasai Mara and the country's vast grasslands and ranging savannahs. The mightiness of one animal, to the slightness of another – perhaps the lithe flamingos at Lake Nakuru, or one of his favourite African birds,



UKTV x2

“What Kenya offers that many countries on the continent don't is, of course, a coastline, and this brings about its own conditions, species and stories – both above and below the waves”

the Sagittarius or Secretary Bird, whose beautiful complexion, notably the real eyelashes, shouldn't be taken too lightly, as they kill prey – snakes included – by stamping on them!

• • •

"In addition, what Kenya offers that many countries on the continent don't is, of course, a coastline, and this brings about its own conditions, species and stories – both above and below the waves."

As with other places around the world which are lucky enough to have a vibrant, diverse and stunning coral reef, moves to safeguard these fragile marine ecosystems are now well established.

"Where sanctuaries are created, where fishing is controlled, where tourism is managed responsibly, then biodiversity can recover, and that's wonderful to see. It's all about balance, and I'm pleased that most places have it right.

"Us humans tend to get a bad rap when it comes to these things, but actually I'll often come down on the side of the tourist. At the end of the day, if tourism is being managed properly – and in 99% of locations around the world it is – then it can only be a good thing for any place. You think about revenue especially – eco-tourism provides a source of funding that just wouldn't be possible in most places, but also awareness of animals and plants, which is vital.

"And to be clear, ecotourism saved many more species than it ever harmed. So, it's not all us. Remember as well, nature can be its own worst enemy at times! I have seen how increasing numbers of elephants can devastate their environment until, one year when the rains fail on the already over-grazed land, they die in their hundreds.

"So, as human beings, with our intelligence, our ever-increasing skills and sophisticated technologies, we can help avoid such brutalities. It's not difficult, but it's worth keeping an eye on."

And while the biologist refuses to take personal credit for the fact we, as inhabitants of the planet, are more educated and more informed than at any time in the past, his legacy will, without question, see him regarded as the person, above any other, who opened our eyes to the wonders of the natural world.

"I'm certainly proud of the work I've done over the years," he retorts with understated humility, "but I'm lucky that I've loved what I've been able to do. I've been granted a tremendous opportunity, afforded relatively good health, and even stepped into the realms of longevity. I'm simply a lucky person." 🐾



Guy the Gorilla:

Sir David Attenborough alongside the statue of Guy the Gorilla at London Zoo. The western lowland gorilla was born in 1946 and arrived at the zoo a year later. Arguably its most famous resident, Guy died of a heart attack in 1978.



ILLUSTRATIONS COURTESY OF INSTINAROBKENYA.COM

THE SILICON SAVANNAH

In a world undergoing a period of rapid social and commercial development, it should be no surprise to see Africa finding its own niche. Perhaps less expected is that this a continent that is rapidly discovering its potential as a pioneering hub for technology and innovation, with Kenya at the heart of it. Step forward, the Silicon Savannah...



Over the past two decades, Kenya has undergone a profound transformation, evolving from a largely agrarian economy into a thriving centre for digital development, fintech and artificial intelligence. Its rise has come from a perfect storm of resources – a young and highly-educated population, robust mobile penetration and, crucially, government-backed initiatives that supercharge the growth of technology start-ups. It means the rise of the **Silicon Savannah** is set to propel not just Kenya in years to come, but the whole continent of Africa.

MOBILISATION

There was little sight of what was to follow in the early years after the Millennium, and yet it would be the burgeoning global mobile communications sector that would kickstart the formation of the region's all-tech potential.

As usual, a solution is always born out of a problem, and for Kenyans the movement of money, particularly in rural areas, had been an issue for centuries. In 2025, those living in villages and detached outposts away from the major cities comprise up to 70% of the country's population.

For under-resourced communities, difficulties in the provision of water, electricity and other basic utilities are long-accepted, but these issues are compounded by the difficulty in receiving money from friends or family members located in the cities.

"To physically take funds back was arduous and expensive in itself, requiring payment for transport," says Sitoyo Lopokoiyit, CEO at Safaricom, the largest telecommunications provider in Kenya. "There was also the opportunity cost of doing such a task – when you are travelling you are not working, so you are not earning.

"The other solution was to put money in the hands of couriers or so-called trusted contacts, but as you can imagine, for the majority, this is a process that, at some point, will end badly."

Subsequently, a lack of reliable, liquid money in settlements has meant the development and progress of those smaller communities – representing almost three-quarters of the population – has been stifled.

Yet from the mid-Noughties, the rapid expansion of mobile phone usage and emergence of mobile money services was, finally, to solve this issue.

MOVING MONEY

The introduction of M-PESA by Safaricom in 2007 was a defining moment, revolutionising financial transactions and demonstrating the power of mobile-first innovation in Africa.

The system, developed on the Silicon Savannah, is celebrated as a game-changing, life-changing innovation for East Africans, and beyond. In simple terms, the technology allows users to send and receive money by mobile phone – over 34 million users pushing out 89 million transactions worth up to \$1 billion – every single day.

Lopokoiyit, who has just celebrated 20 years at Safaricom, is noted as a

ILLUSTRATIONS COURTESY OF VISITNAIROBIKENYA.COM



Sitoyo Lopokoiyit

pioneer across the Silicon Savannah movement, and while Kenya has enjoyed its place as both the creator and the main beneficiaries of such an innovative payment system, the drive now is to continue spreading M-PESA into new territories, notably other countries.

"It is a two-pronged attack for all of the tech companies in this very





It all adds up to Nairobi, Kenya's capital, tipped to become one of the world's largest cities by 2100, with the UN predicting it will rank 12th globally in terms of population size. And in total, by then, over half the world's top 20 biggest cities will be in Africa

“Rather than just being another version of a tech epicentre, like so many others around the world, the Silicon Savannah has the chance to create and style its own personality...”

SITOYO LOPOKOIYIT, CEO, SAFARICOM

special space in East Africa,” says the innovator, who was recently inducted into the Fintech Hall of Fame. “The potential we have in this area is huge, and we are talking about a unique set of conditions that will drive forward and realise the potential of Africa.

“Corporations in this sector need to be smart – there is the need to liaise with the other tech epicentres around the work... to link, to learn and to give our own insight to them; so there is a whole need to do this in unison with others. However, at the same time, there is nowhere like Africa, and the Silicon Savannah needs to utilise the very unique conditions in which it finds itself, and by that I mean the landscape, the geography, the people, the existing economic restraints and freedoms.”

He continues: “Rather than just being another version of a tech epicentre, like so many others around the world, the Silicon Savannah has the chance to create and style its own personality, the like of which the world has never seen before. This will be one of innovation, inclusivity and sustainability. This is the challenge laid down to those at the forefront of it.”

Dealing at the peak of AI's capabilities, Lopokoityit is perhaps most excited about the fact that the solutions are for all, not just the lucky few. “Take healthcare, for instance – in that sector, so much truly innovative artificial intelligence is catered not towards the masses, but actually in finding solutions for specific rare needs and conditions; for those really compromised, who need



true groundbreaking methods to make life easier and more comfortable.

“We have innovated in a similar way with M-PESA,” he continues, “when we realised what we had created was incredible as a mobile payment solution, it still didn’t cater for the six million Kenyans who are visually impaired. We thought about it and produced the Dot Braille watch, which means those who cannot see properly can read messages and notifications, thus conducting their business – financial or otherwise – in much the same way as those with full sight.”

TECH HUB

Of course, it’s not all about M-PESA – far from it. Other notable innovations include BRCK’s portable Wi-Fi devices and Twiga Foods’ agricultural supply chain solutions, demonstrating the region’s capacity to develop scalable, impactful technologies.

Indeed, the agritech sector is one of the primary beneficiaries from AI-powered analytics that enhance crop yields and mitigate climate-related risks. Given that agriculture remains a cornerstone of Kenya’s economy, facilitating smarter and more sustainable farming practices



is arguably as important as refining the movement of money between people.

Major players like Google, Microsoft, IBM and Huawei are now present on the Silicon Savannah, while collaboration with other global institutions and participation in international events has further elevated Kenya's status as a burgeoning tech hub.

Investments in STEM (science, technology, engineering, mathematics) education are proliferous, while blockchain technology is also gaining traction, with start-ups exploring applications in finance, supply chain management and land registry systems.

The Kenyan government advocates integrating blockchain into various sectors for reasons of transparency and efficiency, reflecting their overall instrumental approach for fostering an environment for tech growth. Konza Technopolis, the \$9.1 billion smart city project located 50 miles south of Nairobi, exemplifies this commitment, and is on target to create up to 200,000 jobs by 2030 having already attracted over 140 investors and \$1.2 billion in funds.

As noted, a crucial driver of this growth is Kenya's youthful demographic, with over 75% of the population under the

age of 35. This, coupled with increasing access to higher education and technical training, has created a skilled workforce eager to drive innovation forward.

REVOLUTION

It all adds up to Nairobi tipped to become one of the world's largest cities by 2100, with the UN predicting it will rank 12th globally in terms of population size. And in total, by then, over half the world's top 20 biggest cities will be in Africa.

While it's easy to look at the commercial and corporate might of the Silicon Savannah, both in its rapid progression and the potential it holds going forward, it's vital to focus on the whole purpose of this innovation, and the reason for the existence of so many other tech landscapes around the world (from San Francisco and Seattle to Tokyo and London) – the end user.

"This can and will change the lives of people across Africa forever," says Lopokoityit. "Throughout, we have been very careful not to lose sight of what this is really about, and what's great is that, as a region, we have always kept the potential right in front of us, never stopping, never to look over the advancements and the achievements so far.

"That's the way we will continue – I think it's impossible we will not continue to act on this invitation to produce something that doesn't just rival other major global areas, but will actually stand alone, always remembering it's for the people of Africa."

While challenges do remain over digital literacy gaps, infrastructure deficits and regulatory complexities, Lopokoityit believes momentum will see it through. "The Silicon Savannah has individual conditions and qualities that show its innovation is not confined to traditional Western strongholds," he says; a message reinforced by the country's president, William Ruto, who noted: "Kenya will not merely participate in the Fifth Industrial Revolution; we will lead it." 

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


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This primate is endemic to an island off Africa's east coast, where they are found in a forest 35km from the main town. The destination is in fact an archipelago of more than 50 islands, and, as well as these rare monkeys, is famous for its spices, beaches, culture and intricate wooden doors. It is also the birthplace of a famous singer. But where on KQ's network are we?

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Maasai Mara, Kenya

FINANCIAL TURNAROUND

KQ REPORTS HISTORIC PROFIT OF KSH5.4BN FOR 2024

Kenya Airways has announced an after-tax profit of Ksh5.4bn (US\$41.8m) for the financial year ending 31 December 2024. This represents a remarkable turnaround from the Ksh22.6bn loss in the previous year, reflecting an increase in net profit of 124%.

This achievement has significantly strengthened the company's financial health, positioning it for future growth and stability. The success

also highlights the effectiveness of the recovery strategy under Project Kifaru, which has focused on enhancing operational performance through various initiatives and delivering exceptional customer service.

Total revenue came in at Ksh188bn, a rise of 6%, driven by a 4% rise in passenger numbers and a 25% uplift in cargo tonnage to 71,000 tonnes.

Commenting on the historic financial performance, KQ chair

Michael Joseph said: "These results not only set records for the highest number of passengers and turnover in Kenya Airways' history but also signify our strong operational viability and resilience."

"The impressive financial performance underscores our ongoing commitment to customer focus, operational excellence, financial discipline, cultural transformation, innovation and sustainability."

Allan Kilavuka, KQ's group MD and CEO, confirmed that the airline remains focused on attracting a strategic investor to ensure long-term sustainability.

"Despite the ongoing global challenges faced by the aviation industry, such as shortages of aircraft, engines and spare parts, our turnaround strategy is yielding positive results," he said.

"We are dedicated to completing our capital restructuring plan to reduce financial leverage, enhance liquidity and remain an attractive investment for strategic investors."

Looking ahead, the airline is committed to optimising its network, investing

in fleet expansion, modernising cabin interiors, and diversifying business segments to ensure sustainable growth while adapting to the evolving dynamics of the aviation industry.

Operational highlights

CAPACITY OFFERED INCREASED BY **10%**, MEASURED IN AVAILABLE SEAT KILOMETRES (ASKs).

PASSENGER NUMBERS GREW BY **4%**, REACHING **5.23 MILLION**.

DESPITE THE INCREASE IN MARKET CAPACITY, YIELD REMAINED **CONSISTENT** WITH THE PREVIOUS YEAR.



Financial highlights

TURNOVER ROSE BY **6%**, DRIVEN BY INCREASED PASSENGER NUMBERS.

TOTAL COSTS INCREASED BY **9%**, ALIGNING WITH CAPACITY GROWTH.

OPERATING PROFIT SURGED BY **58%**, SHOWCASING EFFECTIVE COST MANAGEMENT.

PROFIT AFTER TAX SAW A REMARKABLE IMPROVEMENT OF **124%**.



Left:
Safarilink CEO
Alex Avedi
(left) with
KQ group MD
and CEO Allan
Kilavuka

Below:
KQ crew with
the Maasai
community

MAKING SAFARI CONNECTIONS EASIER

Codeshare adds nine national park destinations to KQ's network

Kenya Airways has added nine destinations to its network via a codeshare agreement with Nairobi-based Safarilink Aviation. Kenya Airways' customers can now book their international flights and domestic safari connections on a single ticket, creating a seamless and convenient travel experience.

The national carrier will now connect with two daily flights to nine key airstrips in the Maasai Mara, Amboseli, Nanyuki and Samburu. The integration eliminates the need for separate bookings and offers a streamlined journey for tourists seeking wildlife encounters.

"This partnership exemplifies smart innovation, bridging Kenya Airways'

global reach with Safarilink's expertise in last-mile connectivity to key safari destinations," said Allan Kilavuka, KQ's group MD and CEO. "Together, we are optimising aircraft use, reducing ground delays and offering our guests more flexibility and smoother journeys. Importantly, by enhancing access to these remote airstrips, we are also empowering local communities and supporting conservation efforts."

Safarilink Aviation CEO Alex Avedi, said: "Our fleet of Cessna Caravans and Dash-8 aircraft are perfectly suited to provide quick and efficient access to these remote airstrips, ensuring that visitors can maximise their time exploring the wonders of the Kenyan wilderness."



KQ GOES LIVE WITH NDC CONTENT

Kenya Airways has deployed its new distribution capability (NDC) content to travel seller customers in Kenya via the Amadeus Travel Platform. This follows the airline's decision to adopt Amadeus' Altéa NDC to effectively and consistently distribute and service new content and fares, enhancing its retailing capabilities.

The strong synergies between Altéa NDC and the Travel Platform will enable faster and smoother implementation of the airline's NDC offers, reducing time to market and bring enhanced productivity to travel sellers.

NDC is an IATA-developed data transmission standard that aims to modernise how airlines distribute and sell their products, offering them greater flexibility and control over their content and distribution channels.

Julius Thairu, KQ's chief commercial and customer officer, said: "This is a significant milestone... as we continue to innovate and enhance our travel retailing capabilities."

Above: Allan Kilavuka, group MD and CEO, KQ;
Right: Julius Thairu, CCO, KQ; **Below:** Leonida Lairenge, lead nurse, KQ Medical



NAMING A PLANE

NEW AIRCRAFT NAMED AFTER STAFF MEMBER AS PART OF KQ'S COMMITMENT TO HONOUR EXCELLENCE

At Kenya Airways, every new aircraft signals growth, not just in capacity but in commitment. This latest addition, a Boeing 737, comes at a time when KQ is doubling down on what matters most: safety, people and purpose. Safety isn't just a requirement, it is the lifeblood of everything the airline does. From the ramp to the cockpit, safety is a shared responsibility that runs through every department, every shift and every decision. It's built on culture, not checklists. And that culture is only as strong as the people who live it every day. That's why, beyond technology, KQ invests in people – the true drivers of safety.

Among them stands Caroline Ndonga, station manager in Burundi, a leader whose quiet strength and unwavering focus have made her a beacon of operational excellence. Her station, often flagged as one of the most complex, has presented challenges ranging from limited access to regulatory training to language barriers and shifting local dynamics. Yet, she has never flinched. When critical training was unavailable, she stepped in to coach and empower teams herself. When systems lagged, she bridged the gap with vigilance and accountability. Her leadership has not only improved safety in her region but has also inspired a culture shift.

In recognising this, the new B737 now proudly carries her name. For KQ's group MD and CEO Allan Kilavuka, the decision was clear. "This isn't just a name on a fuselage. It's a story of impact," he said. "Caroline reminds us that true leadership is found in action, especially when no one is watching. Naming this aircraft after her is a tribute to that kind of integrity."

As for Ndonga, she sees this not as a personal reward, but a reflection of collective success. "This honour belongs to the whole team," she said. "It's a reminder that what we do behind the scenes matters."

Above: The name on the plane
Left: Caroline Ndonga



HEALTH CORNER

PASSENGER MEDICAL CLEARANCE

Got a medical condition? We've got you covered



At KQ, we believe everyone deserves a smooth and stress-free journey, no matter their medical or special travel needs. Whether you're travelling for treatment, managing a chronic condition or need extra assistance, our medical team is here to support you.

WHY YOU SHOULD DECLARE YOUR MEDICAL CONDITION BEFORE FLYING

Air travel can affect your health because of cabin pressure, reduced oxygen levels and long hours of immobility. These factors can impact passengers with respiratory conditions, heart diseases, recent surgeries or pregnancy. To ensure your safety and avoid complications onboard, it's important to declare your medical condition when booking your ticket.

+ Expectant mothers – if you are over 28 weeks pregnant, you must provide documentation from your doctor affirming the same and get clearance from Kenya Airways. For guests who are less than 28 weeks, your doctor's letter will suffice.

+ Passengers with chronic conditions – if you have a medical condition requiring special care, oxygen or mobility support, early notification helps us prepare the necessary assistance.

+ Recent surgeries or hospitalisation – some conditions may require medical clearance to ensure safe travel.

Pre-flight medical support at our airport clinic

Need a quick health check before flying? Our airport clinic provides last-minute medical assessments and clearance to ensure you're fit to fly.

CARING FOR EVERY PASSENGER

We offer a range of medical travel support services onboard, including:


+ Wheelchair assistance – seamless mobility from check-in to arrival.


+ Extra legroom seating – more space provided for added comfort.


+ Onboard oxygen support – pre-arranged oxygen for those who need it.

+ Stretcher cases – Special in-flight arrangements for passengers who must travel lying down.

+ Service dogs (SVAN) – approved service dogs for passengers with disabilities, including those with visual impairment, hearing impairment and psychiatric conditions requiring the support of the SVANs.


 Medical escorts – professional healthcare providers available for in-flight medical support.


 Ambulance transfers – from hospital to airport and vice versa for seamless continuity of care.

 Special meals for medical dietary needs – we cater to passengers with specific dietary requirements, including medical and religious preferences.

EXPERT MEDICAL ADVICE AND MEDICAL EQUIPMENT GUIDANCE

Our team also advises on approved medical equipment for onboard use, such as:

 Oxygen concentrators – for passengers requiring continuous oxygen.

 CPAP machines – essential for those with sleep apnoea.

Planning a trip?

Declare your medical condition early and let us take care of everything. We support passengers around the clock in all our destinations, via email (Doctors.KQ@kenya-airways.com) and on +254 741 210 065 to help them prepare for travel.

Redefining regional warehousing and freight handling excellence

KQ Cargo expands warehouse and unveils new pharmaceutical facility

Amid the dynamic operations at Nairobi's Jomo Kenyatta International Airport (JKIA), a quiet transformation is unfolding behind the secure gates of Kenya Airways Cargo. What was once a conventional cargo facility is now emerging as a regional benchmark for innovation, safety and efficiency in air freight.

Following the recent IATA Ground Handling Conference, held in Nairobi – where global leaders gathered to shape the future of ground operations – KQ Cargo stood out not just for its vision but for the tangible strides it has already made.

At the heart of this transformation is the expansion of its Air Cargo Handling & Logistics warehouse and the unveiling of a new, state-of-the-art pharmaceutical handling facility. This milestone not only underscores KQ Cargo's commitment to operational excellence but also positions Nairobi as a premier hub for temperature-sensitive healthcare logistics across Africa.

The facility, spanning around 600sq metres, is purpose built for temperature-sensitive

pharmaceutical cargo and features three distinct climate-controlled zones:

- **Ambient Room (+15°C to +25°C):** accommodates up to 40 euro-pallets on the ground, with additional two-level racking for loose cargo.
- **Cold Room (+2°C to +8°C):** designed for 22 euro-pallets with racking to maximise storage efficiency.
- **Freezer Room (-20°C):** capable of handling 9 euro-pallets, also with dedicated racking for loose cargo.

Nairobi has also grown into a continental hub for perishable exports, with JKIA consistently ranked among the top global exporters of fresh produce and cut flowers. KQ Cargo plays an essential role in this ecosystem – linking African farmers and exporters to key markets in Europe, the Middle East and Asia.

With an expanded cold chain infrastructure, including larger cool rooms and faster cross-dock processing, KQ Cargo now offers optimised handling for high-value perishables such as fresh vegetables, fruits, seafood and Kenya's world-famous roses.

ASANTE REWARDS

DOUBLE UP ON YOUR NEXT JOURNEY TO LONDON

To commemorate the launch of the London Gatwick service, KQ's loyalty programme, Asante Rewards, is offering double points for every flight taken from 2 July to 2 October 2025 between Nairobi and the UK capital's second airport.

Earning double reward points brings you closer to redeeming exclusive benefits, premium upgrades and unforgettable experiences available through the KQ frequent flyer programme. Whether it's a business trip or a dream holiday, now's the time to fly smarter, earn faster, and unlock luxury sooner.

MORE AIRLINE PARTNERS

Asante Rewards has added Xiamen Air (China) and TAROM (Romania) to its list of partner airlines through which members can rack up reward points. Together with Delta Air Lines, Air France/KLM, Korean Air, Virgin Atlantic, Scandinavian Airlines, Middle East Airlines, Saudia, Vietnam Airlines, the total of partner airlines now numbers 11.

To enrol and enjoy exclusive Asante Rewards member discounts, head to asante.kenya-airways.com or scan the barcode (right).



SCAN TO ENROL





A haven of hope

KQ staff extend a lifeline to abandoned children

In 2023, a routine outreach visit transformed into a profound realisation for a group of KQ staff from the Revenue and Pricing department. The children's home they had chosen to support sheltered some of the most vulnerable lives – babies and young children abandoned in hospitals, apartment complexes and on the streets.

Today, it is home to 68 kids ranging from just a few weeks to 19 years old. Among them, 16 are under 5, many bearing physical and emotional scars from abuse and neglect.






Located in Thika, it is staffed by 10 devoted caregivers, who work tirelessly to create a nurturing environment using very limited resources.

Originally founded by a Thika woman at her personal residence, the home has since

Above: Fast and furious action from the WRC Safari Rally 2025, held in Kenya; Winning driver Elfyn Evans (right) and his co-driver Scott Martin with their rhino trophies

A THRILLING RIDE

The 2025 WRC Safari Rally kicked off in grand style at the Kenyatta International Convention Centre (KICC) in Nairobi, with Kenya's President William Ruto and KQ's group MD & CEO Allan Kilavuka flagging off the starters. As the official airline sponsor, Kenya Airways connected global audiences to this high-octane event, reinforcing its commitment to sports tourism and Kenya's global prominence. Throughout the event, KQ engaged fans with an immersive hospitality experience and offered exclusive travel deals. From the excitement at KICC to the adrenaline-fuelled shakedown in Naivasha, the rally showcased a breathtaking fusion of speed, adventure and Kenya's stunning landscapes. Spectators lined the tracks, engines roared and even zebras made an appearance, embodying the unique spirit of this iconic event. The UK's Elfyn Evans took the chequered flag, while Carl Tundo was the top Kenyan finisher, crossing the line in a credible 14th place.

PLANE SIGHT		No. OF PLANES	SEATS	SEAT PITCH	CRUISING SPEED	RANGE	MAX. TAKE-OFF WEIGHT
	Boeing 787 Dreamliner	9	Premier: 30 Economy: 204	Premier: 75" Economy: 32"	Mach 0.85 (1050kmh)	14,500km	227,930kg
	Boeing 737-800	9	Premier: 16 Economy: 129	Premier: 47" Economy: 32"	Mach 0.78 (963kmh)	5665km	79,015kg
	Embraer 190	13	Premier: 12 Economy: 84	Premier: 38" Economy: 31"	Mach 0.82 (1013kmh)	2935km	51,800kg
	Boeing 737-300F	2	N/A	N/A	Mach 0.745 (920kmh)	2200km	62,822kg
	Boeing 737-800F	2	N/A	N/A	Mach 0.789 (974kmh)	3695km	79,000

moved to land donated by a local church. While the spirit is strong, the facilities are dilapidated and urgently in need of reconstruction to provide safe, hygienic and sustainable shelter.

Following a poll where 80% of staff members voted to support this home out of four proposed options, Kenya Airways Revenue Management Welfare Association committed to a long-term partnership.

In the latest effort, staff raised over Ksh80,000, (US\$620), supplemented by an additional Ksh33,000 from monthly contributions. With these funds, they bought foodstuffs, diapers and sanitary towels, with the remaining cash

donated directly to the home.

During their recent visit KQ staff spent the day cooking, sharing meals and bonding with the children, reinforcing the sense of community and love that every child deserves.

Today, the home faces the future with hope. They have secured land to build a more permanent facility – a place where children can grow up with dignity, access quality education, receive timely medical care and dream of a better tomorrow. However, they still need funding to construct safe and nurturing living spaces and improve access to healthcare services.

As the Kenya Airways family prepares to return in October, the commitment remains steadfast: to walk alongside these children, supporting them not just with donations but with ongoing engagement, care and mentorship.

Left: KQ Revenue and Pricing staff on a visit to the Thika children's home



FUEL CAPACITY (LITRES)	THRUST PER ENGINE	WING SPAN	LENGTH	HEIGHT
126,903	69,800lb	60.1m	56.7m	16.9m
26,020	26,300lb	34.3m	39.5m	12.5m
16,153	18,820lb	28.72m	36.24m	10.57m
20,124	22,000lb	28.9m	32.2m	11.1m
26,025	24,000-27,000lb	35.8m	38m	12.54m

DIGITAL FOOD

KQ introduces e-menus for inflight dining



As part of Kenya Airways' continued journey toward sustainability, operational efficiency and enhanced guest experience, the airline is transitioning to e-menus for its business class inflight dining offering. This will mean:

- Easy and early digital access for guests to preview the meals they will enjoy onboard.
- Efficiency as guests can familiarise themselves early and decide their meal choices in advance, saving time when they get onboard.
- Less paper onboard, which will reduce KQ's environmental footprint.

KQ will discontinue paper menus in a phased approach, starting in May 2025 and will fully transition to e-menus by 31 July 2025. Guests can preview their inflight dining experience before getting onboard by scanning the QR code above, or alternatively head to www.kenya-airways.com/en-ke/experience/on-board/meal-options.



DID YOU KNOW?

WHY DO COMMERCIAL AIRCRAFT TYPICALLY SOAR BETWEEN 30,000 AND 40,000 FEET?

This high-flying act isn't just for the view. By reaching these altitudes, the aircraft slices through significantly less air, boosting fuel efficiency, and it also flies above most weather turbulence, ensuring a smoother and more comfortable journey.

GET SOCIAL WITH US:

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- twitter.com/KenyaAirways
- instagram.com/officialkenyaairways/
- linkedin.com/company/kenya-airways

Kenya Airways routes

SOURCE: AIRMILES CALCULATOR.COM; DESTINATIONS AS AT 14 MAY 2025

DISTANCE FROM NAIROBI TO:

Abidjan	4600km	Kilimanjaro	234km
Accra	4194km	Kinshasa	2412km
Addis Ababa	1157km	Kisumu	280km
Amsterdam	6662km	Lagos	3835km
Antananarivo	2250km	Lilongwe	1422km
Bangui	2143km	Livingstone	2192km
Bangkok	7230km	London	6828km
Bujumbura	875km	Lubumbashi	1539km
Cape Town	4087km	Lusaka	1808km
Dakar	6205km	Maputo	2762km
Dar es Salaam	665km	Mauritius	3093km
Douala	3084km	Mombasa	422km
Dubai	3548km	Monrovia	5321km
Dzaoudzi	1569km	Moroni	1344km
Eldoret	268km	Mumbai	4531km
Entebbe	521km	Nampula	1547km
Freetown	5668km	Ndola	1581km
Guangzhou	8684km	New York	11,844km
Harare	1945km	Paris	5368km
Johannesburg	2900km	Seychelles	2100km
Juba	905km	Victoria Falls	2216km
Kigali	759km	Zanzibar	599km



Three places to visit

Celebrating the destinations that Kenya Airways flies to...

MUMBAI, INDIA

Built between 1878 and 1888, Chhatrapati Shivaji Maharaj Terminus in the southern part of Mumbai serves more than 3 million commuters daily. Now a UNESCO World Heritage Site, it was the first such terminus to be built in the subcontinent. Designed by British architect FW Stevens, the historic railway station blends Victorian Italianate Gothic Revival and traditional Indian architecture.

HOW MUCH?

Mumbai is home to the world's most expensive private residence.

Owned by Indian billionaire businessman Mukesh Ambani, the 27-story house, called Antilia, is valued at a staggering US\$2bn.

JOHANNESBURG, SOUTH AFRICA

This six-metre tall bronze statue of Nelson Mandela stands in Nelson Mandela Square in the upmarket suburb of Sandton in Johannesburg. Sculpted by South African artists Kobus Hattingh and Jacob Maponyane, it was the first public statue of Madiba to be unveiled in the country, in 2004. Fun fact: the shoes on the statue measure almost 1m in length.

LAGOS, NIGERIA

Formerly HM Broad Street Prison, Freedom Park in Lagos Island was built to commemorate the 50th anniversary of Nigeria's independence in 2010. The park serves as a national memorial, intended to preserve the history and cultural heritage of Nigerians, as well as being a recreational area. The prison's old cells have been transformed into marketplaces, while the kitchen now serves much more appetising fare.

International routes

Domestic routes

Regional routes

LACOSTE LADIES' WATCH

The iconic design details of the polo shirt are brought to the wrist with a sleek and modern reinterpretation of the Lacoste.12.12 for her. A petit-piqué pattern on the outer of the bold curved dial and the centre of the silicone strap provides eye-catching detail, while a crocodile at 3 o'clock adds signature Lacoste branding. Two-year international warranty.



\$30

PROMATE MAGHALO LED RING LIGHT

The game-changer in mobile lighting solutions. This ultra-slim, lightweight LED light seamlessly integrates with MagSafe technology to slip effortlessly onto your phone. Its 180° flip capability ensures perfect positioning for selfies and professional portrait pictures. White, warm and natural modes ensure the perfect lighting for every scenario. Engineered with a strong N52 magnet attachment and powered by a high-capacity, long-life 300 mAh li-polymer battery, it provides reliability and convenience. Used with your smartphone or selfie stick, the MagHalo delivers unmatched versatility and performance. Includes a 20cm charging cable. MagHalo – where innovation meets illumination perfectly.



KQ Cinema



Choose from a host of new on-board content — there are over 100 movies, 40 TV shows and 240 music tracks to enjoy

HOLLYWOOD NEW RELEASES



ONE OF THEM DAYS

When Alyssa's boyfriend disappears with their rent money, she and her roommate are thrust into a wild race across Los Angeles to avoid eviction. What follows is a whirlwind of misadventures, questionable choices and unexpected moments of heart. *One of Them Days* is a sharp, stylish buddy comedy that captures the chaos of young adulthood — and the kind of friendship that holds strong, even when everything else is falling apart.



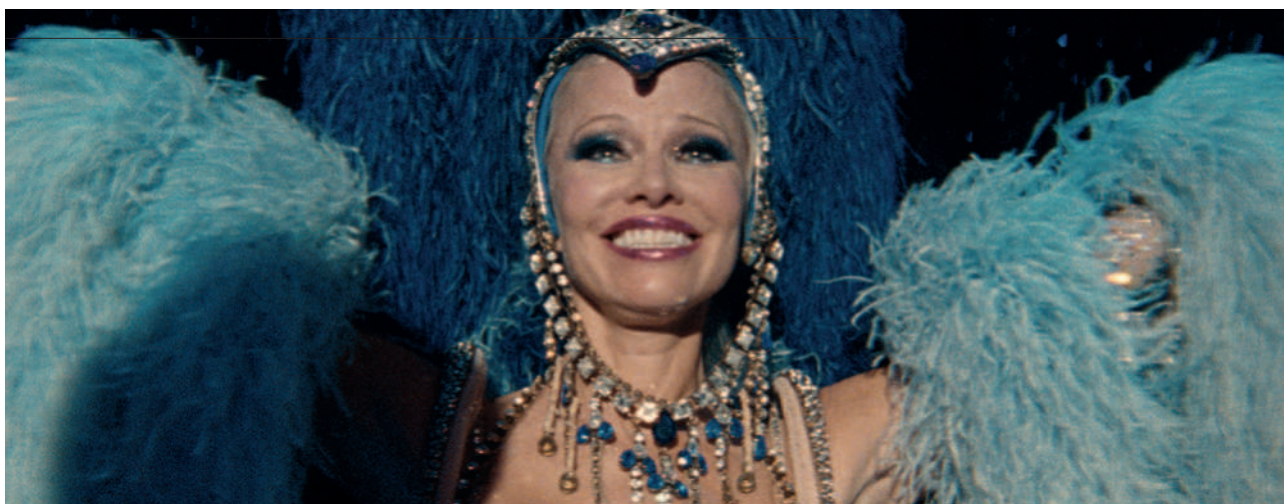
ALARUM

In this high-stakes spy thriller, Scott Eastwood and Willa Fitzgerald star as Joe and Lara, former intelligence agents who have gone off-grid and got married. Their peaceful retreat in Poland is shattered when a plane crash near their resort reveals a deadly conspiracy involving a stolen flash drive. As old enemies close in, the couple must navigate a web of espionage and betrayal to survive.



THE LAST SHOWGIRL

Pamela Anderson shines as Shelly Gardner, a veteran Las Vegas showgirl facing the end of her 30-year run at 'Le Razzle Dazzle'. As the curtain falls, Shelly confronts aging, strained family ties and the challenges of starting anew. Directed by Gia Coppola, this poignant drama explores resilience, identity and the sacrifices made in pursuit of dreams.

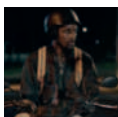


INTERNATIONAL MOVIES



12TH FAIL

In the face of relentless failure, a young man's determination to pass one of India's toughest civil service exams becomes a powerful story of resilience. *12th Fail* is a moving, real-life-inspired drama about grit, dreams and the strength to rise – again and again – against the odds.



BODA LOVE

Romance meets the rhythm of the city in this heartfelt African drama. When a humble boda boda rider crosses paths with a woman from a different world, sparks fly – along with challenges that test class, culture and connection. *Boda Love* is a charming ride through love, identity and the roads less travelled.



HONEY MONEY PHONY

Brace yourself for a riot of confusion and comedy in *Honey Money Phony*, where a suitcase of cash triggers chaos across the city. With mistaken identities and outrageous antics, this Chinese caper delivers a hilarious mix of satire, slapstick and social commentary.



WILLIAM TELL

Set in 14th-century Switzerland, this historical epic chronicles the legendary marksman William Tell (Claes Bang) as he defies Austrian oppression under the Habsburgs. After aiding a fugitive, Tell becomes a symbol of resistance, leading a rebellion that ignites Swiss independence. With intense action and political intrigue, the film offers a gritty portrayal of a nation's fight for freedom.



SUBURGATORY



City girl meets suburbia in this delightfully sharp comedy. When a single dad uproots his teen daughter from NYC to the cookie-cutter 'burbs, both are thrown into a world of designer lawns, overbearing moms and passive-aggressive perfection. *Suburgatory* is satire with a soft side.



MOM

This acclaimed sitcom follows Christy Plunkett (Anna Faris), a single mother striving to rebuild her life in Napa, California, after battling alcoholism and drug addiction. With the support of her mother, Bonnie (Allison Janney), also a recovering addict, Christy navigates the challenges of sobriety, motherhood and personal growth. *Mom* balances heartfelt drama with sharp humour.



EMPEROR OF OCEAN PARK

Based on Stephen L. Carter's novel, this mystery thriller centres on Talcott Garland, whose life is upended by the sudden death of his father, a prominent judge. As Talcott delves into the circumstances surrounding his father's demise, he uncovers a web of secrets and conspiracies that challenge his perceptions of family and justice.



TEEN TITANS GO!

Superheroes have never been this fun. Join Robin, Starfire, Cyborg, Raven and Beast Boy as they balance saving the world with epic pranks, dance-offs and snack breaks. *Teen Titans Go!* is a laugh-out-loud animated series bursting with pop culture jokes, absurd antics and enough energy to rival any villain's evil plan.

CELEBRATING 25 YEARS OF CONNECTION

SKYTEAM CONTINUES TO GROW AS IT LOOKS TO THE FUTURE

Did you know 22 June 2025 marks SkyTeam's 25th anniversary? For the past quarter-century, our global airline alliance has been proudly connecting people and places around the world, making travel more seamless than ever before.

Founded in New York, SkyTeam began with four airlines: Aeromexico, Air France, Delta Air Lines and Korean Air. Together, the founding four offered 6402 daily flights to 451 destinations in 98 countries, and more non-stop destinations between the US and Europe than any other alliance at the time of launch.

It was impressive then, but hardly compares to what we've become today. In 2025,

SkyTeam includes 18 member airlines, with more than 13,800 daily departures connecting 945+ destinations across 145+ countries. No matter how distant your destination, our expansive network ensures you'll get there with ease.

Over the past 25 years, we've also introduced four SkyTeam lounges and expanded access to 750+ lounges worldwide. We've created award-winning digital tools, like our Carry-On Calculator, to make your journey as straightforward as possible. And through initiatives such as The Aviation Challenge, we've brought together airlines that share a commitment to helping to create a more sustainable future for the aviation industry.

Amid all this progress, one thing hasn't changed and never will: our commitment to our customers. From seamless transfers when connecting between SkyTeam airlines, to earning air miles across all our members, to enjoying SkyPriority services, making your travels smooth and efficient remains our top priority.

Celebrating our 25th anniversary, we're already looking ahead to the next chapter. As the alliance of the future, we will continue to innovate even smarter, more integrated and more responsible travel solutions. And of course, we will continue connecting you to the people and places that matter most to you across the globe.

Thank you for sharing SkyTeam's journey over the past 25 years. We're delighted to have you on board.

SkyTeam is an 18-member airline alliance. Find out more about news, services and upcoming events on skyteam.com



Aerolíneas Argentinas

AEROMEXICO

AirEuropa

AIRFRANCE

CHINA AIRLINES

CHINA EASTERN

DELTA

Garuda Indonesia

Kenya Airways

KLM

KOREAN AIR

MEGA

SAS

Saudia

TAIRUM

Vietnam Airlines

virginatlantic

XIAMENAIR

SCAN THE QR CODE TO DOWNLOAD THE APP



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Guess where answer (from page 67): **Zanzibar, Tanzania**

The Zanzibar red colobus monkey – of which there are only 2000 – resides in the Jozani Forest. The leaves they feed on are full of harmful toxins, but to combat their effects they have learned to eat charcoal. And did you know the name of the singer? It is, of course, Farrokh Bulsara – better known as Freddie Mercury of Queen. [For more information about flights to Zanzibar, go to www.kenya-airways.com](https://www.kenya-airways.com)



25 YEARS

Celebrating 25 years of connecting
people and places around the world.

Aerolíneas Argentinas

AEROMEXICO

AirEuropa

AIRFRANCE

CHINA AIRLINES

CHINA EASTERN

DELTA

Garuda Indonesia

Kenya Airways

KLM

KOREAN AIR

MEGA

SAS

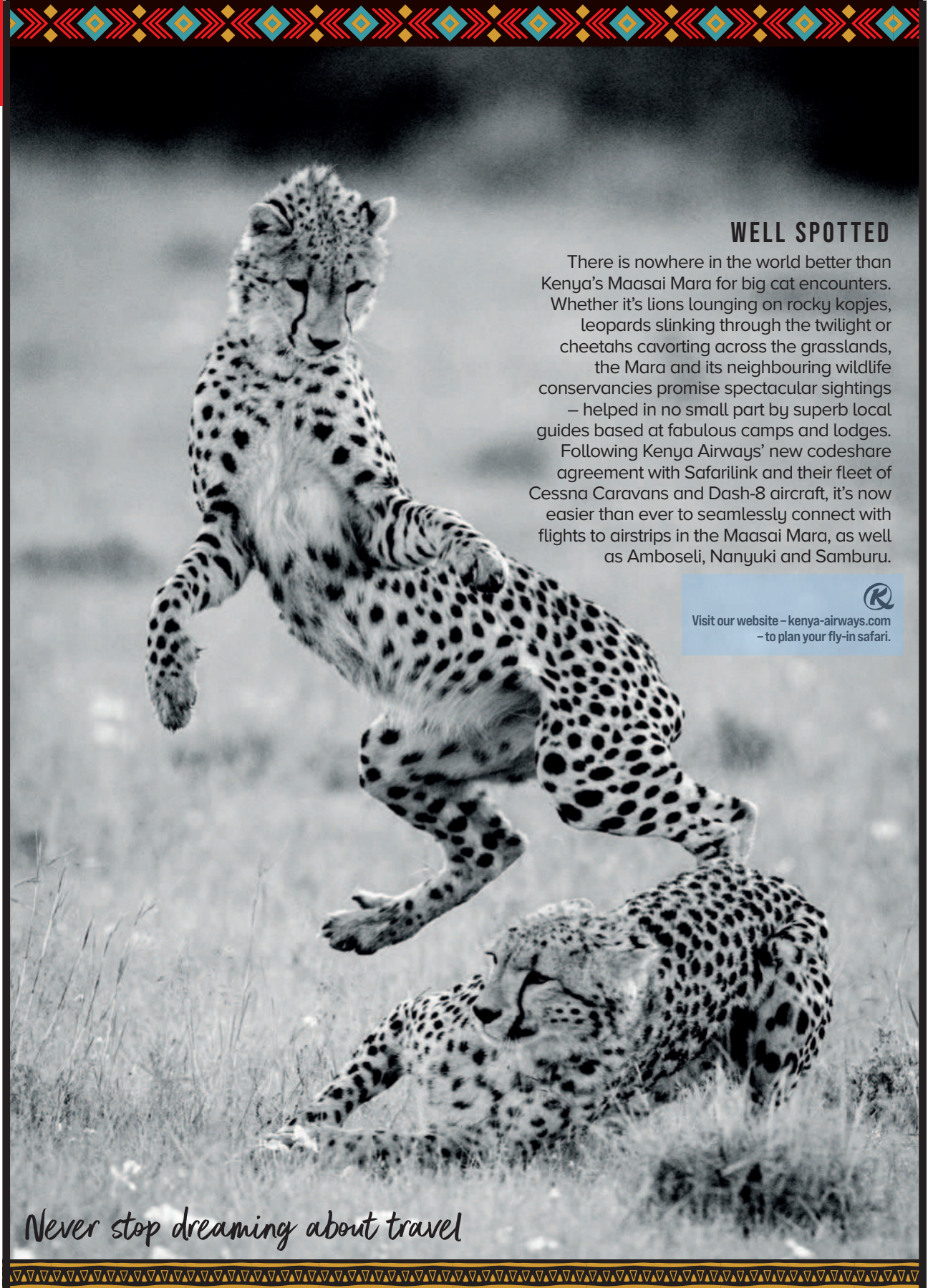
Saudia

TAROM

Vietnam Airlines

virgin atlantic

XIAMENAIR



WELL SPOTTED

There is nowhere in the world better than Kenya's Maasai Mara for big cat encounters. Whether it's lions lounging on rocky kopjes, leopards slinking through the twilight or cheetahs cavorting across the grasslands, the Mara and its neighbouring wildlife conservancies promise spectacular sightings – helped in no small part by superb local guides based at fabulous camps and lodges. Following Kenya Airways' new codeshare agreement with Safarilink and their fleet of Cessna Caravans and Dash-8 aircraft, it's now easier than ever to seamlessly connect with flights to airstrips in the Maasai Mara, as well as Amboseli, Nanyuki and Samburu.



Visit our website – kenya-airways.com
– to plan your fly-in safari.

Never stop dreaming about travel



ATIDI

African Trade & Investment
Development Insurance

Re-thinking risk. Enabling finance.

Scale the heights of Trade & Investments in Africa, with ATIDI by your side

Join us for our AGM,
in Luanda, Angola,
18-21 June

ATIDI provides insurance
against trade and
investment risks.

We are the true holistic
risk-mitigating solution
and a catalyst of Africa's
development.

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