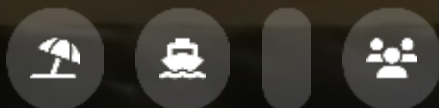


5-DAY ITINERARY

The Ultimate Mombasa Retreat

Bonding by the Sea

October 31, 2025



Trip Overview

The Ultimate Mombasa Retreat is a 5-day journey designed to provide a comprehensive experience, blending relaxation, cultural immersion, adventure, and team-building activities in the vibrant coastal city of Mombasa. Each day is thoughtfully crafted to foster stronger bonds among participants.



Coastal Relaxation

Enjoy pristine beaches and water activities in Nyali, perfect for unwinding and connecting with nature.



Cultural Immersion

Explore Mombasa Old Town, Fort Jesus, and engage with local communities to understand the rich Swahili heritage.



Marine Adventures

Snorkel in crystal-clear waters, explore marine parks, and experience the vibrant underwater world.



Team-Building Activities

Participate in guided activities designed to strengthen relationships and create lasting memories.

1

Coastal Arrival

2

Culture & Sunset

3

Nature & Adventure

4

Fun & Farewell

5

Departure

Daily Themes

Each day of "The Ultimate Mombasa Retreat" offers a unique theme designed to provide diverse experiences and foster stronger bonds among participants.



Day 1: Coastal Arrival

- ✓ Journey to Mombasa
- ✓ Beachfront resort check-in
- ✓ Beach activities
- ✓ Beach bonfire party



Day 2: Culture & Sunset

- ✓ Explore Old Town & Fort Jesus
- ✓ Marine life activities
- ✓ Sunset dhow cruise
- ✓ Swahili dinner



Day 3: Nature & Adventure

- ✓ Shimba Hills Safari
- ✓ Dhow safari to marine park
- ✓ Snorkeling experience
- ✓ Cultural tour of Wasini



Day 4: Fun & Farewell

- ✓ Water park activities
- ✓ Mangrove kayaking
- ✓ Grand farewell dinner
- ✓ Group entertainment



Day 5: Departure

- ✓ Leisurely breakfast
- ✓ Group photos
- ✓ Scenic train journey
- ✓ Back to Nairobi



Journey Summary

Over five days, participants will embark on a journey from coastal arrivals to cultural explorations, nature adventures, and festive farewells. Each day builds upon the previous one, creating a comprehensive experience that balances relaxation, adventure, and team-building activities. The retreat concludes with a scenic train journey back to Nairobi, leaving participants with lasting memories and stronger bonds.

Day 1: Coastal Arrival

Morning Journey



Journey to the Coast

- 7:00 AM

Gather at Nairobi Terminus
Check-in and group briefing
- 8:00 AM

SGR Madaraka Express
Departure, enjoying scenic landscapes
- 2:00 PM

Arrival in Mombasa
Transfer to beachfront resort in Nyali

Afternoon & Evening



Beach Activities

- | | |
|--|--|
| <div> Resort Check-in</div> <div>Welcome drink and relaxation</div> | <div> Team-Building</div> <div>Beach scavenger hunt</div> |
| <div> Swahili Dinner</div> <div>Local cuisine</div> | <div> Beach Bonfire</div> <div>Music and storytelling</div> |

Day 2: Culture & Sunset



Historic Exploration

Explore Mombasa Old Town and Fort Jesus, browse vibrant markets for local crafts and souvenirs, and try authentic street foods like viazi karai.



Marine Adventure

Enjoy lunch at a Swahili restaurant in Old Town, then experience a thrilling speedboat ride and snorkeling adventure at Mombasa Marine Park.



Sunset Dhow Cruise

Embark on a romantic sunset dhow cruise along the coastline, enjoy live music performances, participate in group bonding activities, and dine on a barbecue feast.



Traditional dhow cruise during sunset

Key Highlights

- Experience the rich Swahili culture in Old Town
- Discover marine biodiversity through snorkeling
- Create lasting memories during the sunset cruise

Daily Schedule

9AM	12PM	3PM	6PM
Old Town Tour	Lunch	Marine Park	Dhow Cruise

Day 3: Nature & Adventure (Morning)

The morning begins with an exciting journey into the heart of Shimba Hills National Reserve, offering a unique opportunity to connect with nature and wildlife while enjoying breathtaking views.



Guided Mini-Safari

Explore the reserve with local guides, known for its diverse wildlife including elephants and the rare sable antelopes.



Rare Sable Antelopes



Sheldrick Falls Visit

Enjoy a scenic nature walk leading to the breathtaking Sheldrick Falls, perfect for group photos and appreciating the serene environment.



Sheldrick Falls



Team-Building Opportunities

Participate in group challenges and nature walks that foster stronger bonds among participants.

Day 3: Nature & Adventure (Afternoon)

The afternoon transitions to a captivating marine adventure, culminating in a cultural immersion on Wasini Island.



Dhow Safari to Kisite-Mpunguti Marine Park

- ✓ Embark on a traditional dhow for a safari to one of Kenya's most vibrant marine parks
- ✓ Explore rich coral reefs and diverse marine life



Snorkeling Experience

- ✓ Dive into crystal-clear waters to snorkel amidst colorful fish and stunning coral formations
- ✓ Optional: Relax and enjoy panoramic ocean views



Cultural Tour of Wasini Village

- ✓ Conclude the day with a visit to Wasini Village
- ✓ Gain insights into the local Swahili way of life and fascinating history



Did You Know?

Kisite-Mpunguti Marine Park is home to over 400 fish species and 120 coral varieties, making it one of Kenya's most biodiverse marine areas.

Day 4: Fun & Farewell (Daytime)



Wild Waters Fun Park

- Thrilling water slides and wave pools for an adrenaline rush
- Team challenges: treasure hunt or mini obstacle course
- Group bonding activities to create lasting memories



Mtwapa Creek Exploration

- Mangrove kayaking through serene waterways
- Serene boat ride along the creek
- Optional: Creekside trivia game or group storytelling

1

Coastal
Arrival

2

Culture &
Sunset

3

Nature &
Adventure

4

Fun &
Farewell

5

Homeward
Bound



Evening activities include grand farewell dinner and entertainment

Day 4: Grand Farewell Celebration



Farewell Dinner

- ✓ Delicious mix of local and international cuisines
- ✓ Feature dishes like Swahili curry, grilled fish, and vegetarian options
- ✓ Wine, cocktails, and non-alcoholic beverages provided



Entertainment

- ✓ DJ set up for music and dancing
- ✓ Fun dance-off competition with prizes
- ✓ Karaoke session to sing your heart out



Reflection Circle

A meaningful way to end the journey together:

- ✓ Share your favorite trip highlights and memories
- ✓ Exchange contact information for future connections
- ✓ Group photo by the beach to capture lasting memories
- ✓ Special closing remarks and well-wishes



Tip: Bring your favorite memory or memento from the trip to share in the reflection circle

Day 5: Homeward Bound

Final Morning Activities



Early Breakfast

Enjoy a leisurely breakfast at the resort before checking out.



Packing & Check-out

Time to pack your belongings and check out from the resort.



Group Photo Session

Capture lasting memories with a farewell group photo by the beach.



Transfer to Station

Transfer to Mombasa Terminus for the final leg of your journey.

Return Journey



Departure

8:00 AM

6 hours



Arrival

2:00 PM



SGR Madaraka Express - The journey back to Nairobi



The return journey offers a relaxed atmosphere to share final reflections and exchange contact information.

Thank You & Safe Travels

Thank You & Safe Travels!

Looking forward to creating lasting memories together during "The Ultimate Mombasa Retreat"!



Beach Vibes



Cultural Moments



Marine Adventures



Team Bonds

 See you in Mombasa!