

Itinerary

Mon., May 28

Meet at Delta ticketing: 12:00pm
Plane departs MCI 3:25pm

Tues., May 29

Arrive Amsterdam: 10:50am
Depart Amsterdam: 12:50pm
Arrive Nairobi: 9:45pm

Check in Pridelnn (<http://www.prideinn.co.ke/hotels/prideinn-lantana/#>)

Wed., May 30

Breakfast & Morning Prayer at Pridelnn
Leave for Thwake in the morning
Lunch at Dorothy's house (Rev. Nzioka's mother in law)
Arrive Thwake mid-afternoon
Yoga under the Stars (for all levels)
Dinner & Devotions

Thurs., May 31

Rise & Shine Workout (for all levels)
Breakfast & Morning Prayer
Health clinic, visit schools
Experience Kenya Activities

Daily activities such as how to dig for water in the river (thank goodness there is a well so the Thwake folks do not have to revert to this method anymore) & how to build a fire.

Dinner & Devotions

Fri., June 1

Madaraka Day – a national holiday that commemorates the day that Kenya attained internal self-rule in 1963

Rise & Shine Workout (for all levels)
Breakfast & Morning Prayer
Go to Wote to work on church construction project
Experience Kenya Activities

Daily activities such as how to dig for water in the river (thank goodness there is a well so the Thwake folks do not have to revert to this method anymore) & how to build a fire.

Dinner & Devotions

FLIGHT INFO:

Mon., May 28

MCI to MSP 3:25pm – 4:51pm (DL #2986)
MSP to AMS 7:30pm – 10:50am (DL #162)
AMS to NBO 12:50pm – 9:45pm (DL #9585)

Thurs., June 7

NBO to AMS 11:55pm – 7:10am (DL #9522)
AMS to MSP 10:30am – 12:32pm (DL #161)
MSP to MCI 3:00pm – 4:29pm (DL # 1076)



Sat., June 2

Rise & Shine Workout (for all levels)
Breakfast & Morning Prayer
Health clinic & visit to Village
Experience Kenya Activities

Daily activities such as how to dig for water in the river (thank goodness there is a well so the Thwake folks do not have to revert to this method anymore) & how to build a fire.

Pack
Dinner & Devotions

Sun., June 3

Make sure you are fully packed and ready to leave.
Breakfast & Morning Prayer
Attend church in the morning
Leave Thwake and drive to Kambua Guest House in Kibwezi (<http://kambuaguesthouse.org/>)
Dinner & Devotions

Mon., June 4

Breakfast & Morning Prayer
8am tour Kibwezi church and schools with minister
Drive to Amboseli National Park (<http://www.amboseli.com/>)
Check in at Amboseli Serena Safari Lodge (<http://www.serenahotels.com/serenaamboseli/en/default.html>)
Afternoon Safari
Yoga under the Stars (for all levels)
Dinner & Devotions

Tues., June 5

Rise & Shine Workout (for all levels)
Breakfast & Morning Prayer
Morning & Safaris
Dinner & Devotions

Wed., June 6

Rise & Shine Workout (for all levels)
Breakfast & Morning Prayer
Drive to Nairobi
Check in at Pride Inn in Nairobi

Thurs., June 7

Breakfast & Devotions at Pridelnn
Check out of Pridelnn
Meeting with Secretary General in Nairobi
Depart Nairobi: 11:55pm

Fri., June 8

Arrive Amsterdam: 7:10am
Depart Amsterdam: 10:30am
Arrive Minneapolis: 12:32pm
Depart Minneapolis: 3:00pm
Arrive KC: 4:29pm