

NAIROBI

KENYA

A city of movement and meaning



A 4-DAY CITY ITINERARY



Jah Collective, 2025
Travel Series

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Jah Collective LLC

contact@jahcollective.com

Instagram: @thejahcollectiv

Jah Collective Travel Series

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*For the ones becoming.
For those traveling through life with open hands and open minds —
learning, releasing, and evolving along the way.*

Dedication

To my readers, my community, my people—

Thank you for joining me down this path.
For showing up, for cheering me on,
and for reminding me that my journey is worth sharing.
Your encouragement and curiosity fuels me often.

To my son, Jahmil—

My favorite passport stamp, my brightest star,
and the most fearless little travel companion I could ever dream of.
Thank you for being my rider, my joy, and my daily reminder of why healing
and legacy matters.

And to my parents—

Thank you for your unwavering love,
and your boundless support.
For always believing in me, for letting me dream big,
and for saying yes to every unforgettable adventure we've taken together.

This guide was born out of love, wanderlust, and deep intention.
May it inspire you to travel more boldly, to move with grace and curiosity,
and to always—always—follow the light.

With gratitude,

Jamielah

Itinerary Overview

This guide captures our days in Nairobi—a city where energy meets ease, and tradition is met with modern rhythm. It's designed for families and travelers who crave both connection and curiosity: those who want to explore, but also slow down enough to feel the heartbeat of a place.

You'll find curated stops, local experiences, and family-friendly gems throughout—each one chosen to spark joy, reflection, and a deeper sense of belonging. Whether you're here for a few days or a full week, let this be your invitation to experience Nairobi with intention, curiosity, and care.

Total Duration: 20 days

Destinations: Dubai → Nairobi → Zanzibar → Dar es Salaam (layover) → Akosombo → Accra

Travel Vibe: Restorative, cultural, kid-friendly, and joy-filled. A mix of slow travel, heritage, adventure, and a little luxury—designed for the modern family traveler.

What's Inside

Inside, you'll find a detailed day-by-day itinerary featuring key travel days and must-see stops, plus helpful notes for families traveling with young children. I've included food, culture, and soft luxe recommendations to help you experience each destination with ease and intention. Also, heads up, dropping Jah Gems throughout!

Who This Itinerary is For

Whether you're a family looking to experience the continent with ease, a solo traveler, a couple craving peace with a healthy dose of exploration, or simply someone planning an epic extended journey with your favorite people (and you want to do it right), this manual was made with you in mind.

How to Use This As a Guide

Feel free to use this manual however it suits you best. Steal the full route and recommendations as-is, or revise the itinerary to fit your travel dates, vibe, and crew. I've also included some extras, like a packing checklist, suggested lodging (and swaps), and a fill-in-your-own-details section in the back, so you can make this journey truly your own.

This guide is designed to be flexible, and easy to personalize.
Made with love from my family to yours.

PRE-DEPARTURE CHECKLIST

Vaccinations

- Yellow Fever (mandatory)
 - Add proof of vax to your passport book for easy access when you land at each destination
- Malaria Pills 🍬 (recommended, but optional)

Estimated Vaccination Costs: ~\$540 per person (incl. malaria pills Rx)

Jah Gem: Consider whether to use your HSA (or equivalent) to cover vaccination and/or malaria pills RX-related costs

Travel Documents

- Electronic Travel Visas
 - (visas are required for Kenya, Tanzania, & Ghana)
- Ensure passport is valid for at least 6 months beyond travel dates
 - Estimated Costs: ~\$300 per person (including mailing and expedited service fees for Ghana visa)

Jah Gem: Ghana requires you to mail your physical passport to the U.S. Embassy for your visa, (they put it right in there, which is pretty cool) so give yourself plenty of lead-time. Ours was returned quickly, but next time we will apply well in advance to avoid the unnecessary anxiety.

Download Money Mobile Apps and Consider Other Options

- Apple Pay works in most areas
- Remitly may be helpful if you need to receive money from someone in the United States (works in every destination)
- Carrying cash is generally best practice in Africa- you should convert some amount to local currency.
 - Tipping is expected for most services, so keep some cash
 - Also, you may be asked to pay a bribe and should keep a small amount of cash for this reason

*Disclaimer: We did not use Remitly, but may be a viable option based on research

Jah Gem: We were stopped by an officer and encouraged to pay a bribe while in Zanzibar. It was a little intimidating, but ultimately a light experience. Corruption is widespread throughout certain countries, but just be aware.

Jamielah's Packing Must-haves and Suggestions

- ☐ First-aid Kit (travel size)
- ☐ Snacks (individually wrapped and readily accessible)
- ☐ Mosquito Repellent
- ☐ Sunscreen & Hats (poncho for rainy seasons)
- ☐ Power Adapter (Type G – used in UAE, Kenya, Tanzania, Ghana)
- ☐ Lightweight, Breathable Clothing
- ☐ Safari hat + light jackets for early morning weather
- ☐ Comfortable Walking Shoes
- ☐ Binoculars!
- ☐ Photography Equipment
- ☐ Charcoal Pills/ Digestion Aids
- ☐ Lightweight Shoulder Bag/ Purse
- ☐ Travel water bottle with filter
- ☐ Beach toys & Entertainment
- ☐ Travel Wi-Fi Device

Jah Gem: For the “digital nomads” or folks who work remotely, consider a portable travel wi-fi rental company device, in addition to your mobile hotspot. We used a company called TravelWifi, [linked here](#). If one of your wi-fi devices doesn't work, typically the other one does. This company was also very responsive when we had issues.

- ☐ “Party Pack” (When you land)

Jah Gem: If you're following this itinerary, just know—you'll be traveling through a few predominantly Muslim countries where access to alcohol can be limited, expensive, or both.

So, if you're the type who enjoys a good drink and doesn't want to pay hotel prices for a watered-down (but admittedly cute) cocktail—or you simply can't imagine dinner without a glass of wine—do yourself a favor and stop at duty free.

Grab a party pack or a bottle for the room. Your future self—and your leisure committee —will thank you for thinking ahead.

NAIROBI

Length of Stay: 4 Days, 3 Nights

Arrival: Nairobi – June 8 at 14:30 EAT

Lodging: Glee Nairobi Hotel

📍 Northern Bypass Rd, Nairobi, Kenya

Transportation: Glee Hotel Airport Shuttle (approx. 30 min)

Note: Plan to hire a private driver for local excursions, if you stay at Glee there will be drivers available for added costs.



Places to Eat & Drink:

- Carnivore Nairobi Restaurant
- The Golden Stool Kitchen and Bar
- Harvest Restaurant
- Note: The restaurants inside of Glee Nairobi were great!

Excursions & Spots to Try:

- Nairobi National Park
- Optional: Giraffe Centre, David Sheldrick Wildlife Trust (baby elephants!)

Jah Gem: Nairobi National Park provides an authentic safari experience for the entire family. My three-year old had a ball engaging with all the animals in their own habitat (from the comfort of our own private vehicle). This stop is an essential family adventure for anyone visiting Nairobi, Kenya.



NAIROBI

Lanugages and Cultural Notes

- Primary Languages: Swahili (Kiswahili) and English (both official).

Helpful Phrases:

- Jambo / Habari – Hello
- Asante sana – Thank you very much

Cultural Notes:

- **Greet first, always.** A warm hello or handshake goes a long way in Kenyan culture—especially in rural areas.
- **Dress thoughtfully.** Smart-casual is great for Nairobi and cities, but opt for more conservative wear in villages or rural towns.
- **Bargain with care.** Haggling is expected in local markets, but do so respectfully. If you're traveling with a Swahili-speaking friend or guide, consider having them assist with purchases for fairer prices.

Traveler Notes:

- Kenyan Shilling (KSH) is the local currency.
- Nairobi is a mix of urban and wildlife — stay alert, especially with traffic and petty theft in busy areas.
- Mobile money (M-Pesa) is widely used.



NAIROBI

EMERGENCY & HEALTH INFO

Emergency Numbers (Kenya-wide)

- Police / Ambulance / Fire: 999 or 112
- Kenya Red Cross Ambulance: 0703 037 000 or 1199
- St. John Ambulance: 0721 225 285
- Nairobi County Dispatch Center: 1508
- Kenya Tourism Federation Help Desk: +254 2 604 730 or +254 505 614 (24/7)

Hospitals and Emergency Services

Gertrude's Children's Hospital – Muthaiga

- Distance from Glee Nairobi: Approx. 6 km (15–20 minutes by car)
- The most established pediatric hospital in Eastern and Central Africa, providing comprehensive healthcare to children in Kenya and neighboring countries.
- Emergency Line: 020 720 6000

Aga Khan University Hospital – Parklands

- Distance from Glee Nairobi: Approximately 8 km (20–25 minutes by car)
- Overview: Provides children of all ages with modern medical care, staffed with world-class pediatric healthcare professionals and equipped with state-of-the-art technologies.
- Services: Comprehensive pediatric services, including emergency care, inpatient and outpatient services, and specialized clinics
- Contact: +254 (0) 20 366 2000

Pharmacies:

Pharmacies are widely available throughout Nairobi, many operating 24/7. Pharmacists are generally knowledgeable and can provide guidance on over-the-counter medications.



Next Stop: Zanzibar, Tanzania

Flight: 8:20 AM – 11:10 AM GST (Layover in Kilimanjaro, TZ)