

# Kiss of Kenya

Enriching culture and wildlife stir the soul in  
Kenya – a country based on pure authenticity.

*Photography and words by Lynn Gail*







OPENING IMAGE: For centuries, Maasai warriors have performed the highly energetic Adumu dance. Also called the Maasai jumping dance, it's part of Eunoto – the warriors' rite of passage to manhood. The athletic movement takes great strength; the men jump with their arms against their sides, staying as straight as possible while only their heels can touch the ground in between leaps. Dressed in *shukas* (traditional red blankets) and painted with tribal patterns, the young warriors also use the dance to showcase their prowess as a way to attract brides.

LEFT: Maasai women begin beading from the age of 12. Taught by their mothers, beading is a ritual integral to community life. It represents tradition and beauty, and is made for culturally significant occasions such as weddings, funerals and coming-of-age ceremonies. Through teaching visitors, beading also brings in much needed income for Maasai communities.

RIGHT, TOP ROW FROM LEFT: Tsavo East National Park is home to Satao Camp, an unfenced lodge with glamping tents sitting close to a watering hole. Within deck-view, elephant herds, buffalos, zebras and monkeys can be seen in large numbers as they arrive to drink and frolic in the water at dawn and dusk. The Giraffe Centre is a wildlife conservation sanctuary in Kenya's capital city, Nairobi. The centre's mission is to save the endangered Rothschild giraffe and began its conservation story by first raising two young giraffes in 1979. Today, the dedicated team has reintroduced more than 300 giraffes into the wild in national parks throughout Kenya.

MIDDLE ROW FROM LEFT: At 22,000 square kilometres, Tsavo National Park is the biggest in Kenya. World famous for the safari 'big five' – lion, leopard, buffalo, elephant and rhinoceros – lions can often be seen strolling throughout the reserve as they hunt for their next meal. There's nothing quite like watching a dazzle of zebras as they merge into mind-bending shapes. Whether immersed in watering holes or crossing the savanna, they group together to confuse predators, their stripes making it difficult for watchful prey to make out individual zebras.

BOTTOM ROW FROM LEFT: Chanting in harmony is all part of Maasai culture, and there's nothing more soul-stirring than walking alongside them as they sing in unison. They light up the landscape with their vibrant wrap-around blankets and beaded jewellery as it glints in the late afternoon sunlight. Edged by acacia woodlands, Lake Naivasha is where a large population of hippopotamus enjoy immersing themselves in shallow freshwater. In late afternoon they emerge to graze on surrounding grass and can be seen up close from one of the many tourist boats available – keep your distance though, as they can be territorial.

📍  
**TRAVEL FACTS**

Experience all this and more on Bench Africa's 'Explore Kenya – Escorted Ladies Tour'. Departing 3 June and 13 November 2025, from \$9,990. [benchafrica.com](https://www.benchafrica.com)

