

Wellbeing at Angama Mara



Even though most of our guests like to do nothing more than discover the Mara Triangle for hours on end, sitting happily in their safari vehicle, relaxing on their decks watching the clouds go by, sneaking in an afternoon siesta or sitting down to year another meal, we do get groans of 'I need to do some exercise' every now and then (more often than not, if the truth be told).

To counter all of the above, guests at Angama Mara can do any or all of the following: swim lengths in the lodge's 12-metre rim-flow pool; work out in the Fitness Room on a choice of Technogym equipment (treadmills, bicycle, elliptical, cross-fitness); power-walk up and down the Out of Africa kopje, but be warned it's steeper than it looks; practice yoga anywhere with a view; or take a gentle stroll for as long or as short as you like along the edge of the Great Rift Valley birdwatching as you go.

For those keen to work up a proper sweat, why not go on a Run With A Kenyan along the escarpment, or a sprint up and down the airfield dodging the giraffe and zebra with the Angama Running Club? But remember, Kenyans are fastest long distance runners in the world.

For the not-so-strenuous, indulge in an in-tent full-body Swedish massage on your deck. You could skip the next meal but why would anyone want to do that? The chefs will prepare you a fresh salad harvested that morning from the Shamba – and even better you could run to the Shamba, pick your salad ingredients, enjoy it right then and there and jog back to lodge again. That is the best 'skipped' meal of all.