









# THE FOREST









INFORMATION BROCHURE

Open from 8:30am to 5:30pm Closed on Mondays except on Public Holidays



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#### THE FOREST RESTAURANT

Spectacular views over the valleys, while you enjoy local grown healthy food to match all budgets

	ACTIVITY	DURATION	PRICING pp in KSH		
	BOOKING IS ESSENTIAL	(approx.)	ADULT	CHILD (12yrs	
2	FLYING FOX ZIP TOUR*  Glide over the canopy  at heart racing speeds ***TO PARTICIPATE: Minimum he	2 hours / 2.2 kms / 6 lines 45 min / 750m / 2 lines	2,800 1,800	2,300 1,800	
	at heart racing speeds. *TO PARTICIPATE: Minimum he		age 9yr old). Ma:	ximum weight iir	nit is 115kg
010	MOUNTAIN BIKING – LIMITLESS OUTDOORS Rent and ride through The Forest	2 hours Full Day	800 1,000 2,000	700 800 1,700	
	Bring your own bike to The Forest	Full Day	500	400	
	PAINT BALLING 100 paint balls to blast away	1 hour	1,500	1,500	
	Additional 50 paintballs at		500 /-		
<b>X</b> →	<b>ARCHERY</b> Learn the skills of true marksmanship - Warning: can be addictive!	1hour	1,000	1,000	
*	GUIDED NATURE WALKS	1 hour	300	200	
	Inspiring and informative - a guide leads	2 hours	500	400	
	you through The Forest and it's secrets.	Full day (min. 5 people)	1,200	1,000	
	Signposted self-guided trail	1 hour	0	0	
吹	FLY FISHING  Catch rainbow trout on the Gatemayo River Includes license & guide, bring own equipment.	Full Day	2,000	1,500	
\$\$	<b>TREE PLANTING</b> Give back to the future by planting an indigenous tree.	Per Tree	250	250	TEAM
	FUN DAY FROM +10 PEOPLE  Experience a range of our activities and 1 meal with a group of workmates and friends.	Full day	starting from 5,500pp		Packag to your o
名。」	FOOTGOLF NEW!	1 hour	500	400	Contac
	16 hole course in The Forest		Minimum 2 pax per game		
<b>\$</b>	HORSE RIDING NEW!  The Forest on horse back WOW!!	1 hour	2000	1500	
	CAMPING Enjoy star-lit nights at The Forest Firewood and non drinkable water provided	Ksh. 1,000 For the guard	Ksh. 1,000 per person	Ksh. 500 (Under 4yrs Free)	
	CHIL DREN'S PLAYING CROUND	*MPESA AND CARD PAYMENTS ONLY *TICKETS ONCE ISSUES ARE NON-REFUNDARIE			

## CHILDREN'S PLAYING GROUND

Lots of fun for all ages

\*TICKETS ONCE ISSUES ARE NON-REFUNDABLE

\*ACTIVITES MAY BE AFFECTED DUE TO ADVERSE WEATHER

\*ALL ACTIVITIES MUST BE PAID FOR IN FULL AND BE ISSUED WITH A TICKET

#### **IMPORTANT FOR ALL ACTIVITIES**

**Appropriate clothing to be worn:** Suncream, out-door shoes, trousers(no-skirts), hats, warm and rain proof clothing. Reasonable standards of fitness are required. The Forest is at an altitude of 2,500. *Picnics not allowed.* 

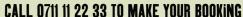
### FOR BOOKINGS PLEASE VISIT www.theforest.co.ke

For general enquiries, information, group bookings and Team-building packages please email: info@theforest.co.ke or call +254 (0)711 11 22 33



## WEEKDAY SPECIALS

VALID ON WEEKDAYS ONLY - NOT VALID ON WEEKENDS AND PUBLIC HOLIDAYS **BOOKING IS ESSENTIAL** 





Mountain biking (1hr) Lunch + bottle of water

2 Ziplines (1hr) Archery (1hr) Lunch + bottle of water



Ziptour: 6 lines (2hrs) Lunch + bottle of water

2 Ziplines (1hr) 100 Paintballs (1hr) Lunch + bottle of water













## TEAM BUILDING

TEAM BUILDING 1.5 HRS: Ksh. 1,500

TEAM BUILDING 3 HRS: Ksh. 2,500



#### **important**

We seek a clear understanding of your organisation's mission and vision. This assists in developing shared goals through focusing on the team's ability to acheive and sustain high performance. Team building is a necessary companion to the operational and programmatic efforts of organizational capacity.

## **PACKAGES**

ENHANCING TEAM BUILDING: Ksh. 7,000

- Team Building (3 hours) 2 Ziplines Paintball 100 balls Morning tea and snacks
- Bottle of Water Barbeque Lunch Afternoon tea and snacks Tree Planting

## STANDARD TEAM BUILDING: Ksh. 4,400

- Team Building (1.5 hours) 2 Ziplines Tree Planting Morning tea and snacks
- Barbeque Lunch Bottle of Water

## **GROUP FUN DAY**

FUN DAY: Ksh. 5,500

- 2 Ziplines Archery Paintball 100 balls Tree Planting Mountain biking relay
- Morning tea and snacks Bottle of Water Barbeque Lunch



Treasure those wonderful moments shared with family and friends at The Forest

15 Photographs Ksh. 1,500

30 Photographs Ksh. 2,500

70 Photographs Ksh. 5,000

Enquire at the reception for professional photographers to capture your every moment while having fun!





