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Sarova Woodlands Hotel & Spa

FACT SHEET

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Sarova Woodlands Hotel & Spa

Sarova Woodlands Hotel and Spa is a tranquil retreat for travellers on business or leisure, offering the ideal place to break the journey for those passing through Nakuru. The hotel is located off the main Nairobi-Nakuru highway just outside of Nakuru town and is situated on a wooded avenue in the upscale Milimani area adjacent to the State House.

NAKURU

Nakuru town is located 160 km north-west of Nairobi and is the fourth largest urban center in Kenya. Situated at an altitude of 1859m above the sea level, Nakuru which means 'City of Waterbucks', is located within the Great Rift Valley region known for its spectacular lakes, birdlife and landscapes. Nakuru town borders the Lake Nakuru National Park to the south and the Menengai Crater to the north with Lake Naivasha and Lake Elementaita towards the east and Lake Baringo and Lake Bogoria further to the west.

Nakuru is an important agricultural city surrounded by agricultural farms and is a key hub for agricultural trade and businesses. It is also a key transportation hub at the crossroads of roadways to Kisumu and Lake Victoria towards the west and Meru and Mount Kenya region towards the north east.

LOCATION

Sarova Woodlands is located off the main Nairobi-Nakuru highway just before the main Nakuru town en route from Nairobi, on a wooded avenue in the upscale Milimani residential area close to the State House. The hotel is an unmistakable landmark on the way to the Menengai Crater and the famous Hyrax Pre-historic site.

Sarova Woodlands is just 2.5kms from the Central Business District of Nakuru town, a peaceful retreat away from the hustle and bustle. The hotel is 9Kms away from the Menengai Crater, the Hyrax Prehistoric site is at an easy distance of 1km while the Main Gate of Lake Nakuru National Park is 10kms away.

ACCESS

Nairobi - Approximately 2½ hours by road. A visually stunning drive from Nairobi along the Great Rift Valley escarpment with views of Lake Naivasha, Lake Elementaita and onwards through large farms on both sides of the road.

Eldoret - The upcoming town is approximately 2½ hours by road; a beautiful drive through forest and farmlands.

Kisumu - The largest city in the western region, is approximately 3 hours away by road; a pleasant drive through farmlands and forests to reach this city on the shore of Lake Victoria.

Nanyuki - Situated in the foothills of Mt. Kenya, Nanyuki is approximately 3 hours away by road; a picturesque drive with views of the Aberdare ranges and Mt. Kenya, traversing three counties and crossing the equator three times on the way.



ACCOMMODATION

All rooms at Sarova Woodlands are ensuite and feature contemporary guest facilities and services to ensure a tranquil, comfortable and pleasant stay.

The amenities include, air-conditioning, black-out curtains, Satellite TV, tea/coffee facilities, mini-bar, safe-deposit box, direct dial telephone with VOIP, wireless internet connectivity, private bath, shower and WC, hair dryers (voltage of 240 volts) and 50 cycle razor outlets operating on both 220 and 240 volts.

Rooms at Woodlands

Rooms at Woodlands are comfortable, with details that will make your stay pleasurable, enjoyable and memorable.

Woodlands Junior Suites

The Junior Suites offer a large space and are characterized by inviting furnishings and décor that create a contemporary yet convivial atmosphere. Guests staying in the Junior Suites can also enjoy the services of the Resident's Lounge.

Woodlands Executive Suites

The Executive Suites feature a separate sitting room in addition to a spacious bedroom. Fully appointed, these rooms offer a luxurious stay with a number of additional guest facilities such as concierge services and specially crafted amenities. Guests staying in the Executive Suites can also enjoy the services of the Resident's Lounge.

The Woodlands State Suite

The State Suite includes two ensuite bedrooms adjoining a spacious sitting room. The suite offers the most distinctive experience with richly colored furnishings. Guests are treated to intricate floral arrangements, a fruit basket upon arrival and additional facilities such as concierge services and specially crafted amenities.

Guests staying in the State Suite can also enjoy the services of the Resident's Lounge.

GUEST AREAS

Woodlands Resident Lounge

Located on the first floor, The Resident's Lounge is an exclusive area for hotel residents. With its contemporary decor, ample natural light streaming in from large windows and comfortable lounge seating, the lounge is an ideal place to work, relax or meet business associates in a quiet and private setting.

Tulia Spa

Housed in a separate wing across the swimming pool, Tulia Spa promises complete rejuvenation of the body, mind and spirit in beautifully tranquil surroundings. Tulia Spa offers Ayurvedic, Western and Oriental therapies, manicures and pedicures, facials and ear candling.

Health Club

Located in the Spa wing, the health club offers a range of state-of-the-art equipment including cross trainers, exercise cycles, free weights, multi gym, rowing machines and treadmills as well as steam and sauna facilities. There is also an instructor on duty at all times to assist.

Swimming Pool

Located next to the spa, the pool offers a relaxing swim and a welcoming break when the weather is warm.

Adia Shop

The gift shop stocks high quality Kenyan artefacts and accessories, sourced directly from artisans and craftsmen across the country.



RESTAURANTS

The Main Restaurant

The main restaurant at Sarova Woodlands, offers a wide selection of cuisines including Continental, Pan-African, Pan-Asian and Indian in a buffet setting. It serves an extensive buffet spread for breakfast, lunch and dinner with a select a la carte menu for dinner and a table d'hote business lunch option. The food combines a fusion of international flavours with an element of live cooking using fresh ingredients.

The Courtyard

The Courtyard cafe is an al-fresco place to relax, where guests can conduct meetings, have a drink or a bite while enjoying the outdoors. It services all day cafe cuisine, fresh from the oven pies and gourmet cakes, eclectic teas and freshly brewed specialty coffees, freshly squeezed juices and healthy smoothies. The cafe also serves high tea in the evening. It also serves soft offers gelatos and a deli for take away cakes and bakes. During the Baker's Hour from 6-8pm guests get all bakery and patisserie items at a special discount.

The Leather Bar

The Leather Bar is a place to enjoy your favorite single malt or cognac and to relax and unwind or have an exclusive business

chat. Wood and leather create a luxurious ambience at the bar which serves a wide selection of spirits, wines and cocktails.

Poolside Restaurant

Guests can enjoy a quiet drink at the poolside restaurant.



MEETINGS, CONFERENCES & EVENTS

Sarova Woodlands Hotel & Spa offers the ideal venue for meetings and events in Nakuru with conference facilities spread over the second and third floors of the hotel. All conference and meeting rooms can be set up in different configurations and are fully equipped with seamless projection facilities and appropriate lighting.

Woodlands Ball Room

This is the largest room that can seat over 200 guests in a theatre style set-up and over 250 guests for a cocktail party.

Woodlands Meeting Rooms

There are three Woodlands Meeting Rooms. Each with capacity to accommodate 60 guests in theatre style and about 30 guests in a meeting style table set-up.

The Board Room

Ideal for small meetings, The Board Room table can seat up to 10 people.

PARKING

The hotel offers ample, free and secure parking with a capacity of slightly over 100 vehicles.

LEISURE

In addition to gourmet cuisine, the hotel offers guests a wide range of leisure activities. Owing to its location in close proximity to heritage sites, game parks, lakes and farmlands, there are many activities that one can engage in.

EXCURSIONS AND ACTIVITIES

Explore the Hyrax Prehistoric Site

The archaeological site contains a museum and the remains of three settlements excavated between 1937 and the late 1980s, the oldest being possibly 3000 years old and the most recent being 200 to 300 years old. Established in 1943, the museum was named after hyraxes which live in cracks within the hill. It depicts the lifestyle of prehistoric people from at least 3,000 years ago. The Neolithic site has an impressive collection of Iron Age artifacts made from the glass-like Obsidian rock.

Visit Menengai Crater

The Menengai Crater was formed from a volcano that erupted about 200,000 years ago and is the single largest surviving volcanic crater in the world. Its caldera is considered to be one

of the best- preserved Krakatau-style calderas. Although the volcano is extinct, some volcanic activity continues and is used for geothermal power generation. A trip to the crater is rewarded with striking views of Lake Nakuru, Lake Bogoria and the crater itself.

Game Drive to Lake Nakuru National Park

Lake Nakuru National Park is among Kenya's finest national parks spread around picturesque Lake Nakuru. Flanked by rocky escarpments, pockets of forest and at least one waterfall, the park is home to the white rhino, flamingos and rare tree-climbing lions. In a two hour game drive, guests can explore the main parts of this natural paradise.

Full Day Excursions

Nakuru is within driving distance of a number of exiting places of natural wonder and beauty. The hotel arranges day trips to these, complete with a trained tour guide and picnic lunch.

Lake Baringo

A 2½ hour drive away, Lake Baringo is an internationally recognized Ramsar wetlands site, rich in birdlife with over 430 recorded species and a captivating character entirely its own. The waters are heavily silted with the red topsoil of the region, and they run through a whole range of colours every day from yellow to coral to purple, according to the Sun's position and the state of the sky.

Lake Bogoria

A 2 hour drive away, Lake Bogoria is a long and narrow soda lake dominated by the sheer face of the Siracho escarpment and the north-eastern parts of the Aberdares on the eastern shore. On the western shore there are hot springs and geysers with boiling water that vapors into the air enshrouding the place in steam. It is also an important nesting ground for flamingos that make mud nests in the shallow waters of the lake. It is a Ramsar protected wetland. Kesubo Swamp just north of the lake is a haven for bird-watchers with a record in Kenya for the largest number of species seen in one hour.

Lake Nakuru

A shallow, alkaline lake, Lake Nakuru is best known for the lesser and greater flamingos that feed on the algae which thrive in warm water. The lake is rich in birdlife with over 400 resident species on the lake and in the surrounding park. Thousands of little grebes and white-winged black terns are frequently seen, as are black-winged stilts, pelicans, cormorants, avocets, ducks and in the European winter, many migrant waders. It is also known for the black and white rhinos that thrive in the park in addition to zebras, buffaloes and Rothschild's giraffes. A day excursion to Lake Nakuru includes lunch at Sarova Lion Hill Game Lodge.

Contacts

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