

# Nairobi

Text  
**Zoe Alsop**

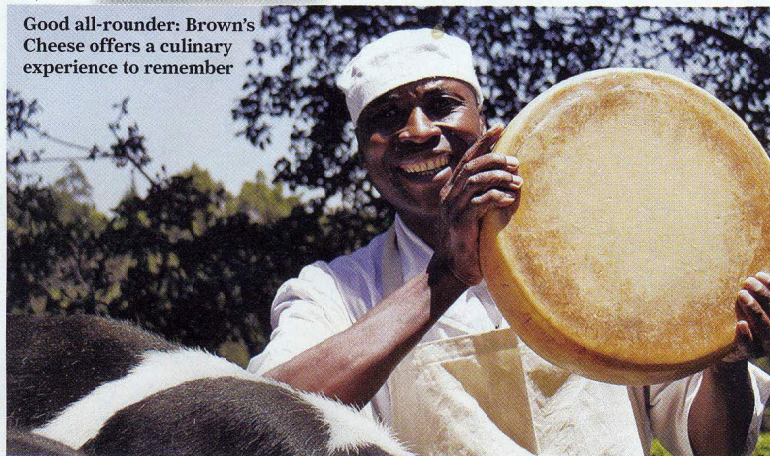
**Population (Kenya)** 40,046,565  
**Currency** Kenyan shilling  
**Average temp. (Jan-Feb)** 20°C  
**Flight frequency** Four times weekly

**Dial**  
**+254**  
for Kenya

## Going gourmet

A national cuisine based around congealed corn porridge, bean stew, goat and copious amounts of sweet black tea has fuelled some of the world's greatest athletes, but is more practical than enticing – Kenya has never been considered much of a gourmet's destination. From January, however, Andy Stirling and Delia (née Brown) of **Brown's Cheese** hope to change this, by opening their home in the misty highland tea country of Limuru (half an hour's drive from Nairobi) for customised feasts based around the bounty of their biodynamic farm. Contact Delia in advance (tel. (0)728 999654 or email [info@brownscheese.com](mailto:info@brownscheese.com)) and she'll organise a tour of the farm and a walk through the surrounding indigenous forest to see colobus monkeys and rare wild otters. This can be followed by a pairing of the new local wine and microbrews with Brown's cheeses (which

**Good all-rounder: Brown's Cheese offers a culinary experience to remember**



have won awards around the world), or a multi-course meal of the farm's organic vegetables, poultry and livestock.

## Place in the sun

Looking for somewhere special to stay? Try the **Southern Sun Mayfair** (Parklands Road, tel. (0)20 374 0920, [southern.sun.co.ke](http://southern.sun.co.ke)), a charming colonial-style hotel set in five hectares of tropical gardens in the Parklands area. The Mayfair is known for welcoming guests with traditional warm hospitality, and with bonuses like Wi-Fi, a fitness suite, swimming pool and conference facilities, it's a good option.

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## Gastronomische gourmet

Een nationale keuken die gebaseerd is op ingedikte tarwepap, hutsepot met bonen en geitenvlees heeft atleten van wereldklasse voortgebracht, maar is meer functioneel dan gastronomisch. Maar daar proberen Andy Stirling en Delia verandering in te brengen met **Brown's Cheese**. De bidyamische boerderij in de mistige hooglanden van de theestreek Limuru opent in januari: de deuren. Neem vooraf contact op met Delia (tel. (0)728 999654 of e-mail [info@brownscheese.com](mailto:info@brownscheese.com)) er zij organiseert met plezier een wandeling in het omliggend inheems bos. U kunt de dag afsluiten met een goed glas plaatselijke wijn, gecombineerd met kaas.

## Way to go

Jomo Kenyatta Airport is 15km from the city centre. A taxi into town should cost no more than KES 1,400 (€12,80). Negotiate the fare in advance and don't pay more because of "rising fuel costs" or "traffic jams" – Nairobi is a city close to gridlock anyway. Alternatively, take the number 34 Citi Hoppa bus for KES 50 (€0,47).

**Heerlijk plekje in de zon**