

  
**SAROVA WOODLANDS**  
HOTEL & SPA  

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NAKURU



## FACT SHEET

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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 or staying in Nakuru city. 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 behind Naivas Supermarket.

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### GENERAL INFORMATION

<b>ADDRESS</b>	<i>Sarova Woodlands Hotel &amp; Spa</i> P.O Box 19147- 00100, Nakuru, Kenya.
<b>TELEPHONE</b>	+254 709 166 000/ +254 709 111 000
<b>EMAIL</b>	woodlands@sarovahotels.com
<b>WEBSITE</b>	<a href="https://www.sarovahotels.com/woodlands-nakuru/">https://www.sarovahotels.com/woodlands-nakuru/</a>
<b>LOCATION</b>	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.
<b>ACCESS</b>	<ul style="list-style-type: none"> <li>• <b>Road:</b> 2.5kms from the Central Business District of Nakuru town</li> <li>• <b>Nairobi</b> – Approximately 2 1/2 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.</li> <li>• <b>Eldoret</b> – Approximately 2 1/2 hours by road; a beautiful drive through forest and farmlands.</li> <li>• <b>Kisumu</b> – 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.</li> <li>• <b>Nanyuki</b> – Situated on 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.</li> </ul>
<b>RECEPTION</b>	<ul style="list-style-type: none"> <li>• Check-in time is 2:00pm.</li> <li>• Check-out time is 10:00am.</li> <li>• Concierge service.</li> <li>• Luggage storage facilities available for late checkouts.</li> </ul>
<b>GUEST SERVICE</b>	<ul style="list-style-type: none"> <li>• Laundry.</li> <li>• Clinical officer on duty and doctor on call 24hrs.</li> <li>• Day excursion to Lake Nakuru National Park.</li> </ul>
<b>SHOPPING ARCADE</b>	<p><i>For gifts or memorable souvenirs</i></p> <ul style="list-style-type: none"> <li>• <b>Adia shop</b> – The gift shop stocks high quality Kenyan artefacts and accessories, sourced directly from artisans and craftsmen across the country.</li> </ul>

## FACT SHEET

### CLIMATE

- Hot days (average 19.4°C).
- Driest month: **February**, Hottest month: **March**.
- Coldest month: **July**, Wettest month: **August**.

### PERSONNEL ON CALL

- Duty manager, security officers, clinical officer and doctor on call.

**ACCOMMODATION** Choice of 147 luxurious rooms located on three floors.

Room type	No. of rooms	Size in (sqm)
Woodlands Superior Rooms	127	23.19
Woodlands Studio Suite	7	49.17
Woodlands Executive Suite	12	48.95
Woodlands State Suite	1	53.27

### FEATURES & AMENITIES

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

The amenities include, air-conditioning, black-out curtains, Smart TV, tea/coffee facilities, mini-bar, safe-deposit box, direct dial telephone, WiFi, private bath in some rooms, rain shower and WC, hair dryers (voltage of 240 volts) and 50 cycle razor outlets operating on both 220 and 240 volts.



*1 Guest room that has been adapted for differently-abled guests. Additionally, our pathways, public areas and outlets are wheelchair friendly; with ramps for ease of access. Our staff will endeavour to assist guests with special needs as much as they possibly can, and will attempt to anticipate their needs.*

*All the rooms have a no-smoking policy.*

### ROOM CATEGORIES

**Woodlands Superior Rooms** – The Woodlands superior rooms offers a needed space in a well laid out comfortable setting.

**Woodlands Studio Suite** – The Woodlands Studio Suites offer a large space and are characterized by inviting furnishings and décor that create a contemporary yet convivial atmosphere.

**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.

**The Woodlands State Suite** – The State Suite includes two en-suite 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, minibar and petit fours.

## FACT SHEET

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### FOOD & BEVERAGE *Cinnamon Restaurant*

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

- **Breakfast:** 6:30am – 10:00am (Weekdays).  
6:30am – 10:30am (Weekends).
- **Lunch:** 12:30pm – 3:00pm.
- **Dinner:** 7:00pm – 10:00pm.

### *The Courtyard*

*The Courtyard café 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 café cuisine, fresh from the oven pies and gourmet cakes, eclectic teas and freshly brewed specialty coffees, freshly squeezed juices and healthy smoothies. It also serves gelatos and a deli for take away cakes and bakes.*

### *The Leather Bar*

*The Leather Bar is a place to enjoy your favorite single malt or cognac, to relax and unwind or to 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.*

**Open** 11:00am – 11:00pm.

### *Room service*

*You can also enjoy food and drink in the comfort of your room from our Room Service Menu available 24 hours. For the menu and to place an order, please speak to our Sarova Assistance Agents on ext. '0'.*

### SPECIAL DINING

#### *Experiential Dining*

- Morning breakfast and sundowners at Menengai crater.
- Picnic excursions to select day trip locations.
- Safari dining experience at Sarova Lion Hill Game Lodge at Lake Nakuru National Park.

## FACT SHEET

### MICE & BANQUETING FACILITIES

*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.*

	SIZE SQM.	THEATRE	U-SHAPE	CLASSROOM	BOARDROOM	BANQUET	COCKTAIL
Ball room 1	<b>213.74</b>	300	150	200	20	200	250
Ball room 2	<b>130</b>	80	60	80	-	-	-
Meeting rooms	<b>70.92</b>	60	30	30	15	40	50
Resident lounge	<b>93.24</b>	70	30	40	20	40	50
Board room 1	<b>35.88</b>		-	-	8	-	-
Board room 2	<b>28.48</b>	25	12	-	-	-	-
Cinnamon restaurant	<b>339.39</b>	-	-	-	-	120	-

### OUTLETS

	SITTING CAPACITY
Cinnamon restaurant	<b>120</b>
Courtyard	<b>40</b>
Pergola	<b>24</b>
Leather Bar	<b>50</b>

*\*Numbers are based on max guest(s) capacity*

### CONFERENCE ROOM LAYOUT

- Woodlands Ballroom 1 – Location: 3rd floor.
- Woodlands Ballroom 2 – Location: Poolside.
- Woodlands Meeting Rooms – Location: 2nd floor.
- Residents lounge – Location: 1st floor.
- Boardroom 1 – Location: 1st floor.
- Boardroom 2 – Location: Poolside.

### FEATURES & AMENITIES

- Secretarial assistance available.
- Conference coordinator.
- Audio-visual equipment.
- Photocopying & stationery.
- Business centre.
- Pens & writing pads.

### 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.

## FACT SHEET

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### FITNESS, WELLNESS & RECREATION

#### TULIA SPA & WELLNESS

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 & pedicures and facials. *(To be opened at a later date).*

#### 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 *(To be opened at a later date).*

#### SWIMMING POOL

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

**Operational hours:** 10:00am to 6:00pm daily.

### EXCURSIONS AND ACTIVITIES

**Full Day Excursions** – Nakuru is within driving distance of a number of exciting places of natural wonder and beauty. The hotel arranges day trips to the sites, complete with a trained tour guide and picnic lunch.

**Lake Nakuru** – Lake Nakuru a shallow, alkaline lake, 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.

**Game Drives 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.

## FACT SHEET

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### 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 1980's, the oldest being possibly 3,000 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.

**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.

**Lake Baringo** – A 2 1/2 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 birdwatchers with a record in Kenya for the largest number of species seen in one hour.