

# BAHARI

Connect TV



Africa Coastal  
Stretch Magazine

**VISIT DIANI**

*Get to view and experience the  
breathtaking coastal wonder  
that is Diani*

**GROWTH**

*Get to grow your business  
by advertising with us*

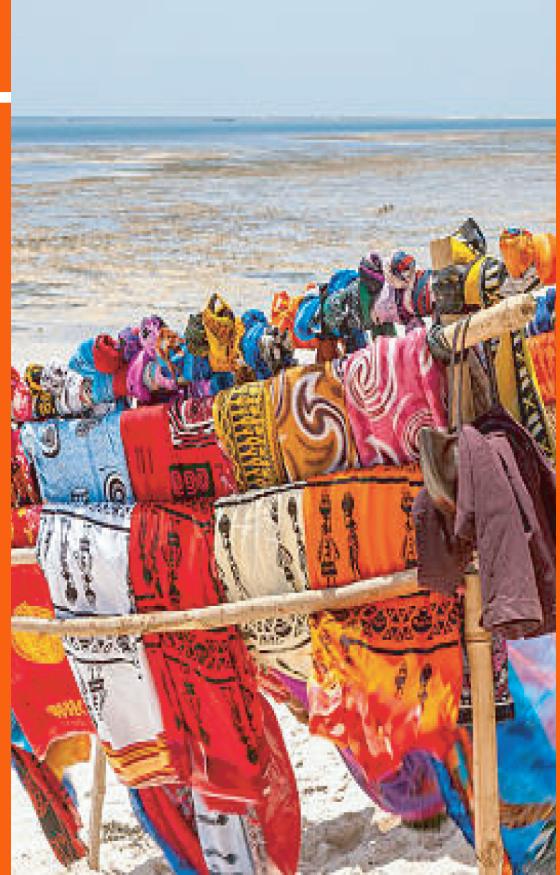
1st Edition

# Table of CONTENTS

- |                                |                                   |                                   |                    |
|--------------------------------|-----------------------------------|-----------------------------------|--------------------|
| <b>01</b>                      | <b>02</b>                         | <b>03</b>                         |                    |
| <b>Table of<br/>Contents</b>   | <b>Letter from<br/>the Editor</b> | <b>Letter from<br/>the Editor</b> |                    |
| <br><br><br>                   | <br><br><br>                      | <br><br><br>                      |                    |
| <b>04</b>                      | <b>05</b>                         | <b>06</b>                         | <b>07</b>          |
| <b>The Diani<br/>nightlife</b> | <b>Restaurants</b>                | <b>Water<br/>Sports</b>           | <b>Fun Fiction</b> |
| <br><br><br>                   | <br><br><br>                      | <br><br><br>                      |                    |
| <b>08</b>                      | <b>09</b>                         | <b>10</b>                         |                    |
| <b>Fitness</b>                 | <b>Travel<br/>Itinerary</b>       | <b>Emergency<br/>Contacts</b>     |                    |



Powered by  
Bahari Connect



# Letter from the Editor



I had been to Diani before, year 2005 for lunch date and 2013 for business lunch meeting for a few hours as I was staying at a cottage in Nyali. Both these were enjoyable experiences especially crossing Likoni ferry along with all the spectacle and excitement that goes with it, memories laid vividly at some corner of my upper hard drive and whenever Diani conversation would come up anywhere, I would participate and give my personal experience with edacity. It never occurred in my mind that one day I would be called a Dianian until 8 months ago. Having left Nairobi last week of January this year, my trip to the coast, and Kilifi in particular was in search of green pasture, a job offer I had decisively accepted, my journey began. I was literally and totally tired of Nairobi, a city I have lived for more than 20 years and done everything from showbiz, tv, radio, cosmetology, beauty consultancy, events, marketing and networking, a city I have made big money overnight and spent it all equally the same time, a city where I have seen and mingled with empty pockets and brokenness, I knew it was a good time to say goodbye. I needed a change, a new life, new friends and new challenges, Diaspora was not an option, I have tried diaspora jobs and life which never worked out for me, and Nakuru my hometown was nowhere near an alternative nor an

option, I had spent a whole year and a half of covid 19 lockdown at that, now a city and I knew very well it has and never will it be my getaway or start over option. Kenyan coast was, I gave out all I had packed up my life starter kit and travel paraphernalia and started a journey with optimism, hope, energy and with positive of what laid ahead of me. Watamu, Kilifi job interviews, referrals never worked out for me.

First and foremost, I had to do a self-resume CV before as I had always worked through merit, referrals and poaching as I had always been the best at what I do within the country and in diaspora. Secondly, I have been an investor and entrepreneur before placing me out at the top management level all through my life. I could not accept anything less here at the coast, and offer to wait on tables but with the use of polite language like supervisor waiter didn't go well with me and I turned it down all the humiliating offered I got. Taking sabbatical to explore Kilifi for a period of 3 weeks and travel back to Nairobi very same, Kilifi jobs connector got me another BETTER job in Diani, and beginning march 2023, I moved to Diani hoping for a better deal, just to find out, after whole 3 weeks of delay tactics my would employer, the position was not there from the word go but Diani had already fascinated me from day 1. I loved the

cosmopolitan resident, diversity in hotels, cottages and Airbnb's here and versatility in RATES, night life business diversity and I foresee huge potential in Diani unlike Kilifi, Watamu and Malindi.

Daily walk from my ukunda backpackers to Diani Beach enjoying the sunny windy beaches as the same time scouting employment or business opportunities riding on my available network gave me hope for survival here but as a time went but slowly proved futile giving birth to the entrepreneurial Quincy where now I had to forget and forego employment and create my own empire. The journey started but with a lot of financial challenges as I had to keep borrowing from family and friends with family with promise to pay once I hit a jackpot.

My search for business network opened opportunities to visit at least 70% of all hotels, restaurants at Diani Beach all which offer international standard customer service, cuisines, entertainment with competitive rates, making Diani a pocket option holiday destination where you will always get something to match your wallet, both local and international tourism, beginning with accommodation options, entertainment, eating out, game drives, watersports, transportation etc but end result and adventure is satisfactory, all season throughout the year.



Diani's versatility is nothing to be ignored either. Its longest beach stretch running from Diani to galu beach, chale island and connecting further gets you to funzi island, ramisi crocodile river, kisite island, Mpunguti island, the famous kisite mpunguti marine national park and further to the worldly renown wasini island both home to Africas Dolphine. This are worlds most spectacular and breathtaking natural sites, tourists' attraction and relaxation and therapeutic tourism hotspot which has accommodated worldwide tourist over the year and continue to do so even as more alternative accommodation options spring up daily to accommodate both local and internationals all year all season. Low cut camping, backpackers' accommodation home staycations and Airbnb's are generously scattered within the coastal stretch.

Outdoor activities at Diani beach and its environments are magnanimous, breathtaking and adventures. Jetski sport, kite surfing, ocean sky diving, boat ride and dhow rides, beach soccer, volleyball, rugby, tug of war, beach jogging and cycling are just but a few all season, all age and gender outdoor sports among many others and visitors whether in hotel or out on public beach will never get a minute of idle and boredom.

Beach camels have also taken lead on children entertainment keeping them busy through their

holiday season @ Diani. Themed beach parties, fishing expeditions and competition among others also take prominence in doting Diani Beach annual calendar and whether in Diani during high or low season your experience shall remain unforgettable.

Borabora wildlife park, Shimba Hills game reserve offers Diani tourism and jungle experience away from Beach life water therapy thus balancing holiday experience at reasonable and expenditure. As Mombasa coastal town of heritage is just a stone throw away and a day Mombasa old town tour of museum and other legendary kenya heritage site offers you complete satisfaction of coastal visit. Swahili market shopping and Swahili to quest your culinary cravings.

Diani has in the recent past held the prestigious title of the world best beachline in Africa is still maintain thanks to its spacious, clean, secure beachfront and whose stakeholders are honest, friendly and all out going adding flavors to your holiday times, and no wonder Diani inter-marriages is very high with many Europeans having married, owned land and business, settled in Diani beach without hostility from local communities. The cosmopolitanism has elevated Diani to higher levels in business, inter- community relationships and has opened up the beachfront globally.



Whileas local Diani airport, connection from Moi Airport Mombasa and Miritini S.G.R terminus have easy access to Diani, upcoming Dongo Kundu Bypass connecting Mombasa and Kwale/ Diani will automatically easen up Likoni Ferry traffic and Ferry free and fasten connection on 24hours basis. This has no lead to a heavy migration of owners to Diani Quiet, easy, airy, lifestyle as a most families now prefer to settle down in Diani as Nyali has become too crowded, crampy, noisy and irritating. I also do enjoy my life hold here in Diani compared to Nairobi hustle bustle crazy lifestyle and have already started making of buying land and owning a home here, in a few years to come land shall be a goldmine here and if you have plans to settle, DO IT NOW.

@Diani I love



Quincy Mwega  
Chief editor/ producer  
Bahari connect t.v magazine



# The Diani Nightlife

When the sun sets over the tranquil coastline, a new world emerges, one filled with music, laughter, and vibrant energy. Coastal nightlife, often associated with clubs and beachside parties, offers a unique experience that combines the thrill of clubbing with the soothing ambiance of the ocean. In this article, we'll dive into the magic of coastal nightlife, exploring the attractions and experiences that make it a must-visit for nocturnal adventurers.

**The Allure of Coastal Nightlife:** Coastal nightlife is an intoxicating blend of relaxation and revelry. Here's what makes it so alluring:

**Breathtaking Settings:** Coastal clubs and beachfront bars provide a stunning backdrop for your night out. As you dance the night away or sip cocktails, the sound of waves crashing on the shore and the salty breeze in the air add an extra layer of ambiance that no city club can replicate.

**Live Music and DJs:** Many coastal venues offer live music or DJs who spin everything from tropical beats to electronic music, creating a groove that resonates with the rhythm of the waves. It's an experience that immerses you in the music

and the environment simultaneously.

**Beach Parties:** Beach parties are an iconic feature of coastal nightlife. Bonfires, illuminated dance floors, and starry skies provide an unforgettable setting for socializing and dancing under the moonlight.

**Fresh Seafood and Cocktails:** Coastal nightlife is incomplete without indulging in fresh seafood and exotic cocktails. Savoring seafood platters and sipping on fruity concoctions while listening to music adds an extra layer of indulgence to the experience.

**Hotspots of Kenyan Coastal Nightlife:**

Here are some of KENYA'S most famous coastal nightlife destinations:

**Tandoori International Club:** Known for its legendary beach clubs and local artists' performances, Diani has been a mecca for partygoers for decades. The club regularly hosts renowned DJs, making it a global party capital.

**Manyatta Resort:** With its beautiful serene resort and trendy nightclub, Manyatta resort offers a lively and glamorous nightlife scene.

During the day, it doubles as a Chillspot with swimming pool where you can sip mohitos while taking a relaxing dip.

**Safety and Responsibility:** While coastal nightlife can be a thrilling experience, it's essential to enjoy it responsibly. Here are a few tips:

**Designated Drivers or Transportation:** Always have a designated driver or arrange for transportation if you've been drinking. Many coastal areas offer shuttle services to and from nightlife destinations.

**Stay Hydrated:** Dancing and partying by the coast can be dehydrating, so drink water in between cocktails.

**Respect the Environment:** Keep the beach clean and dispose of trash responsibly. Many coastal nightlife venues promote eco-friendly practices.





# Restaurants

**"cooking is like love.  
It should be entered into  
with abandon or  
not at all."**

*Harriet Van Horne*

There's something enchanting about dining near the water's edge, where the salty breeze mingles with tantalizing aromas, and the sound of waves sets the mood. Coastal restaurants offer a unique dining experience that combines fresh, locally-sourced cuisine with breathtaking views. In this article, we'll take you on a culinary journey, exploring the delights of eating out in Kenya's coastal restaurants.

**Coastal Dining: An Immersive Experience:**  
Coastal restaurants provide more than just a meal; they offer an immersive experience that engages all the senses. Here's what makes dining by the coast so special:

**Spectacular Views:** Coastal restaurants often boast panoramic views of the ocean or nearby water bodies. The scenery enhances the dining experience, making it ideal for romantic dinners, family gatherings, or simply enjoying a meal while gazing at the horizon.

**Fresh Seafood:** One of the highlights of coastal dining is the availability of fresh seafood. Coastal restaurants take full advantage of their proximity to the sea, serving dishes made from the day's catch. From succulent oysters to grilled fish and lobster, the seafood offerings are a treat for the palate.

**Local Flavors:** Many coastal regions have unique culinary traditions and local ingredients. Dining in coastal restaurants allows you to savor the flavors of the area, be it Moorings floating bar in Mtwapa Creek or salty squid restaurant in Diani, Kenya.

**Outdoor Dining:** Most coastal restaurants offer the option of outdoor or al fresco dining, providing a refreshing and open-air experience. This is especially popular during warm evenings or for brunch by the sea.

**A World of Coastal Culinary Delights:**  
Here are some renowned coastal dining destinations and the culinary delights they offer in Kenya:

**Moorings floating Bar:** Famous for its lobster rolls, clam chowder, and fresh oysters, Moorings floating bar offers a taste of classic African coastal cuisine. Don't forget to try the seafood shacks and dine overlooking the rocky coastlines.

**Salty Squid restaurant:** Enjoy the Coastal cuisine with dishes like grilled seafood, and lemon-infused desserts while overlooking the stunning cliffs and turquoise waters of the Diani Coast.

**Sustainability and Responsible Dining:**  
Coastal dining also emphasizes sustainability and responsible practices. Many coastal restaurants focus on sourcing their ingredients locally, reducing plastic waste, and supporting marine conservation efforts. When dining out by the coast, consider choosing restaurants that align with these values.

:

# Water Sports

Water sports have been enjoyed by enthusiasts of all ages for centuries, but beyond the thrill and adventure, there are numerous physical and mental health benefits associated with these activities. Whether you're gliding on a surfboard, paddling a kayak, or simply swimming, engaging in water sports can have a profoundly positive impact on your well-being. In this article, we'll dive into the refreshing world of water sports and explore their wide-ranging benefits.

## Physical Fitness and Strength:

Water sports are a fantastic way to improve physical fitness and build strength. Here's how they help:

**Cardiovascular Endurance:** Activities like swimming, water aerobics, and water polo provide excellent cardiovascular workouts. They strengthen the heart and improve overall endurance.

**Muscle Strength:** Water offers natural resistance. Paddling, rowing, or treading water engages multiple muscle groups, helping build strength in the arms, shoulders, back, and legs.

**Low Impact:** Water sports are often low-impact, reducing the strain on joints. This makes them suitable for people of all fitness levels, including those recovering from injuries.

## Weight Management:

For those seeking to manage or lose weight, water sports can be an effective way to burn calories while having fun. An hour of swimming can burn between 400 to 600 calories, depending on intensity. Kayaking and paddleboarding also provide a full-body workout that contributes to weight management.

## Stress Reduction:

Spending time on the water can be remarkably relaxing and stress-reducing. Here's why:



**Connection with Nature:** Water sports often take place in natural environments, such as lakes, rivers, and the ocean. The tranquility of these settings can help lower stress levels and promote a sense of calm.

**Release of Endorphins:** Engaging in water sports triggers the release of endorphins, the body's natural mood enhancers. The sense of accomplishment and the joy of gliding through the water contribute to a sense of happiness and relaxation.

## Improved Mental Health:

Water sports can also benefit mental health in several ways:

**Boosted Confidence:** Learning and mastering a new water sport can boost self-esteem and confidence. It's a reminder that you can overcome challenges and learn new skills.

**Social Interaction:** Many water sports are social activities. Whether it's sailing with friends, joining a paddleboard class, or participating in a water polo team, these activities provide opportunities for social interaction and the development of new friendships.



# Fun-Fiction



Ninjarella scratched her head. Finally done with university, she had no achievements to stress over in the foreseeable future.

So why not? Why not visit Mombasa? She couldn't be the only twenty-something old Kenyan who hadn't graced her social media feed with pictures of Diani. It was too embarrassing to think about. Five-year-old children had felt the sand under their feet, but she only witnessed the ocean through videos.

She couldn't have cared less whether she went alone. She tried to get her friends to join, but something came up in each instance.

"I'd love to go, but I don't have the money. Could we wait until later?"

"I have the money, sure, but I'm not really up for that right now."

Ninjarella knew what she had to do. Wait? She had been doing that since she was born. She couldn't afford to do that again. For all she knew if she skipped the chance to use her chicken change, she would be a mother before a tourist. Ninjarella stood at the bus stop, ready to risk it all.

"Where to?"  
"Mombasa."  
"How many seats?"

Ninjarella sighed.  
"One. Just one."

With no plan or tour guide, except the numerous vlogs she watched on YouTube, Ninjarella embarked on the ten-hour ride from Nairobi to Mombasa. On the way, the gravity of the situation sunk in.

She'd never been to a new town, let alone by herself. Where would she sleep? Eat? What if the restaurants in the vlogs became too hard to find? What if the famous jini (spirit) stories had some eerie truth to them? Who would save her? Just like that famous person she couldn't remember, she only had a dream.

As the sun rose once again, Ninjarella stared outside her bus window. The SGR train railway glanced back at her in the distance, and she couldn't help but scoff. The website indicated that it had been fully booked on the day she wished to travel, but maybe fate had it that way because had she arrived quickly and without endless stops, Ninjarella wouldn't have been as awed as she was at that moment. Her eyes took in the vast blueness that shimm-

ered in the light. On the side, the containers stacked against each other in different colors.

Aesthetic. She thought.

The leaves of the palm trees swayed in the gentle breeze and Ninjarella's mind equated it to the people at airports who would greet you with shaking shoulders and ululations. She had always loved the ocean, but something about standing so close to it made her senses tingle. The bus came to a stop.

"Mombasa! Those alighting at Mombasa! Get out here!"

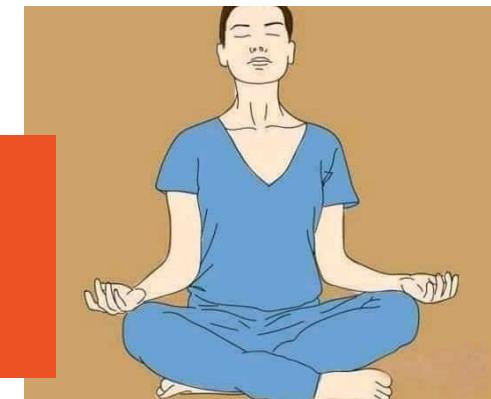
She didn't need to be told twice. Ninjarella hopped off with her two backpacks. Okay, maybe she didn't only have a dream. She also had a checklist.

1. Old town.

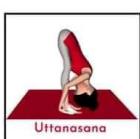
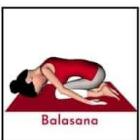
Five days, just five days of pure bliss, then she'd get back to her mundane life. But boy was Ninjarella in for a ride.

*Along the coast With Ninjarella*  
*By Purity P.G. Jandi*

# Fitness



## YOGA POSES FOR STRESS RELIEF



**BODY EVOLUTION**  
With  
*Quincy mwega*

You can live longer, healthier and happier, less struggle

**SERVICES :**

- ✓ Physiotherapy & body alignment
- ✓ Skin therapy
- ✓ Pigmentation
- ✓ Stretchmarks
- ✓ Cellulite
- ✓ Antiaging treatment
- ✓ Facial therapy
- ✓ Weight management
- ✓ Dieticts and nutrition
- ✓ Mental wellness tactics
- ✓ Underlying conditions management
- ✓ Massage
- ✓ Sexual wellness

Wellness, expert, consultant,  
coach & practitioner

0721555515, 0750919375



“Your body can do it,  
It’s time to convince  
your mind.”



The weather in Coast in December is very hot. The average temperatures are between 25°C and 31°C, drinking water regularly is advisable.

You can expect about 3 to 8 days of rain in Coast during the month of December. It's a good idea to bring along your umbrella so that you don't get caught in poor weather.

Our weather forecast can give you a great sense of what weather to expect in Coast in December 2023.

<b>TEMPERATURES</b> 31/25°	<b>RAINY DAYS</b> 6
<b>SNOWY DAYS</b> 0	<b>DRY DAYS</b> 25
<b>RAINFALL</b> 119 mm	<b>SUN HOURS</b> 11.2 Hrs

## Standard Gauge Railway Itinerary

### Nairobi to Mombasa Schedule (Intercounty)

Nairobi(Intercounty)	Emali(Near Amboseli)	Mtito Andei(Tsavo West)	Voi (Tsavo East)	Mombasa
8:00 a.m	9:27 a.m	10:50 a.m	12.02 p.m	14:00 p.m

### Nairobi to Mombasa Schedule (Express)

Nairobi(Express)	Emali(Near Amboseli)	Mtito Andei(Tsavo West)	Voi (Tsavo East)	Mombasa
3:00 p.m	—	—	06:48 p.m	8:30 p.m
10:00 p.m	—	—	—	3:35 a.m

# Emergency Contacts

Here are some emergency contacts if you ever find yourself in a scuable at the Coast:

## Hospitals:

Mombasa Hospital - +254 41 2312 191

Aga Khan Hospital Mombasa - +254 1 222 7710-5

Pandya Memorial Hospital Mombasa - +254 41-2313577

Galana Hospital Malindi - +254-422130575

Diani Beach Hospital - +254 722 569261

AAR Ambulance - +254 41 231 2405/6

St. John Ambulance Service - Coast - +254 41 249 0625



## Police:

Kenya Police Mombasa Headquarters  
+2544123111401/41222121

Malindi Police Station  
+254 42-20486

Watamu Police Station  
+254 42-32286

## Consulates:

British Honorary Consulate Mombasa  
+254 222 0023

German Honorary Consulate Mombasa  
+254 41 222 87 81

Austrian Honorary Consulate  
+254 41 231 33 86

Consulate of Switzerland Bamburi  
+254 727 695 452

## Tourist Helplines:

Tourist Helpline - +254 02 604 764

Moi International Airport - +254 11 433 211

Electricity / Stromversorgung - +254 41 222 4533 (Mombasa)

Fire Brigade - 999





**BAHARI CONNECT**  
GLOBAL TOURISM BUSINESS  
PLATFORM  
[www.bahariconnect.com](http://www.bahariconnect.com)