

# Lamu Tamu - Delicious Lamu

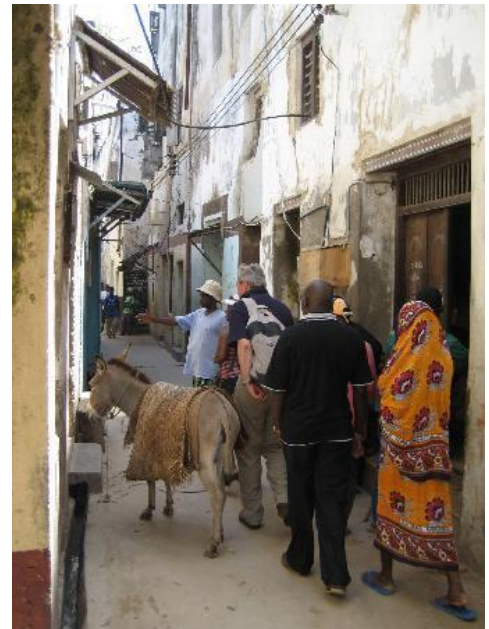
Lamu is a place like no other, a peaceful tropical island where life is lived at it's own relaxed rhythm, but a place whose history is as mysterious and fascinating as the winding streets of it's medieval stone town.



The island itself is a beautiful place of rolling dunes, where tiny villages nestle among coconut and mango plantations and lateen sailed dhows ply the waters.

The town of Lamu began life as a 14th century Swahili settlement, but the island has seen many visitors and influences, including Portuguese explorers, Turkish traders and the Omani Arabs. All left their mark, but Lamu developed its own particular culture, which has ultimately endured.

Lamu's narrow streets remain unchanged, and in the markets and squares around the fort life moves at the same pace as it always has. There are no vehicles on this island, and the donkey and the dhow remain the dominant form of transport. The people of Lamu are great believers in tradition and custom, and this is a strong society built on a respect for the past.



For the traveller, Lamu is a hypnotically exotic experience, made even more enjoyable by the relaxed and welcoming attitudes of the locals. To visit Lamu is to enter another world, and the visitor finds themselves becoming a part of this world. Life slows down, and long days are spent strolling along the waterfront, exploring the town or relaxing on the beaches.