

The challenge of a lifetime...  
...for the charity of your choice

# Cycle Africa

## Kilimanjaro to Ngorongoro



**A 350km ride through two National Parks - ride with us in Africa!**



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**GLOBAL  
ADVENTURE  
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# Cycle from the majestic slopes of Mt. Kilimanjaro across the land of the Maasai... a truly WILD ride!

## Your cycle challenge...

...is to cycle 350km across Tanzania on this one-in-a-million challenge. Ride with us from the lower slopes of Mt. Kilimanjaro, through both Tarangire and Lake Manyara National Parks which boast some of this planet's most amazing wildlife (zebras and giraffes will become as familiar as cattle and sheep!), to eventually finish at the jaw-dropping Ngorongoro Crater Reserve. Make friends with the Maasai and be embraced by their wonderful hospitality on this most spectacular ride!

## Your itinerary...

### Day 1

We depart the UK for our flight to Tanzania.

### Day 2

Upon arrival at Kilimanjaro Airport, we are met by our local guides and are transferred to our lodge. We'll have a bike fitting and briefing from our support crew and then enjoy a welcome dinner.

### Day 3

#### Weru Weru Lodge to West Kilimanjaro

After breakfast we start our ride. We cycle on a mixture of tarmac and dirt roads this morning as we meander through local villages with lots of ups and downs. We leave Mt. Kilimanjaro behind us and ride into the lowlands on tarmac until lunchtime. Following lunch, we push on with amazing views of Kilimanjaro and Mt. Meru until we end our day at the Olpopongi Maasai Village.

Cycling distance – approx. 61km

### Day 4

#### West Kilimanjaro to Arusha

Riding from Olpopongi Maasai Village, we pass through many Maasai villages towards Mt. Meru. This area is part of the Amboseli/Ngasurai ecosystem and helps preserve seasonal elephant routes. Many species are permanent residents so we need to keep our eyes open for some great wildlife action! The dirt road ends at the junction of the Arusha – Nairobi road and we then join the tarmac for around 30km. We turn off the road to join the track that will lead us to our campsite for the night.

Cycling distance – approx. 81km

### Day 5

#### Arusha to Tarangire National Park

Our ride starts from the Tembo Club campsite; our destination being the amazing Tarangire National Park. It is this national park that hundreds of animals flock to knowing there is water here. Tarangire has the greatest concentration of wildlife outside the Serengeti ecosystem. We will cycle briefly past Makuyuni, a busy junction town and then finally reach Roika Campsite, where we will stay overnight.

Cycling distance – approx. 98km





**Day 6**  
**Tarangire National Park to Lake Manyara**

Our ride just keeps getting better and better! Our destination today is the amazing Lake Manyara – another National Park. The route takes us to Lake Manyara with beautiful views of the Rift Valley directly in front of us. Our day's ride will end at our hotel and a vista of the glimmering lake. An early night is recommended as we have a VERY early start the next morning.

**Cycling distance – approx. 66km**

**Day 7**  
**Lake Manyara to Ngorongoro Gate**

Today's cycling will start very early at approximately 6:30am as we aim to end the ride today around 10am. The route is tough as we climb up to our finish, taking us through small villages and townships all the way to the gate. After celebrating our achievements, we either take the optional safari drive around the Ngorongoro Crater Reserve, or take the transfer to our hotel. In the evening, we meet as a group again and enjoy our special celebratory dinner.

**Cycling distance – approx. 39km**

**Day 8**  
**Moshi**

A free morning for all participants to do as they wish – we can either take a trip into Moshi for some last minute souvenir shopping or relax by the pool in the hotel. In the early afternoon we take the transfer to the airport for our flight back to the UK.

**Day 9**  
**Arrive UK**

*(Please note, this is a complex itinerary and subject to change)*



# Your questions answered...

## Is this challenge for me?

ABSOLUTELY! This cycle challenge is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their favourite charity. Most people will sign up as individuals.

## How fit do I need to be?

This ride has been designed to be challenging but achievable by anyone as long as you train beforehand. Remember, you are cycling for five consecutive days across the heart of Africa - the fitter you are the more you will enjoy this challenge. Cycling training tips can be found on the Global Adventure Challenges website to point you in the right direction and we also hold non-profit training weekends where everyone can meet and train together prior to the event.

## Where will we stay?

We will stay in a mixture of hotels, traditional African lodges and campsites. When camping, all tents and camping equipment will be provided but participants are expected to bring their own sleeping bags.

## Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some cycling shorts and a good cycling helmet, you do not need any specialist kit. Good quality mountain bikes will be provided.

## Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sun-screen, water, sun hat, camera, etc.) and your luggage will be transported each day in our support vehicles.

## Food matters...

All meals will be provided from dinner on day 2 to breakfast on day 8. We can cater for all dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form enclosed. African food is very varied and nutritious with plenty of vegetables.

## What sort of back-up is there?

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, as well as local cycle guides and mechanics. Full, comprehensive first aid kits will be taken and mobile telephones/ICOM radios will be used to ensure your safety and security at all times.

## What's included?

Return flights from London, all accommodation (twin share), transfers, tents and other camping equipment (participants must bring their own sleeping bags), all meals from dinner on day 2 to breakfast on day 8 (including celebratory dinner), support vehicles, bicycle hire, mechanical support, local English speaking guides, Global Adventure Challenges leader from the UK and an amazing experience!

## What's not included?

A contribution to the airport taxes and fuel surcharge – this will be approximately £250 per person and payable 6 weeks before departure, personal travel insurance – it is strongly advised to take this out through Global Adventure Challenges, sleeping bags, visa for Tanzania, Ngorongoro Crater Reserve safari drive, tips and gratuities, alcoholic drinks and your personal kit.

## Can I stay in Africa after the challenge?

All extensions are strictly limited, subject to availability and are given on a first come, first served basis. Those wanting to request an extension should contact Global Adventure Challenges at [customer.care@globaladventurechallenges.com](mailto:customer.care@globaladventurechallenges.com) as soon as possible. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

## How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from your charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

## I'm interested...what do I do now?

Places are limited and go on a first come, first served basis, so try to register as soon as you can! You can register online at [www.globaladventurechallenges.com](http://www.globaladventurechallenges.com) or fill in the enclosed registration form and medical questionnaire and post it back to Global Adventure Challenges along with the registration fee - all payment options and costs are explained on the enclosed information sheet. Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome adventure! Your charity will also be in touch with you to discuss your fundraising.

## Cycle 350km through the land of the Maasai!

**Register online today!**

[www.globaladventurechallenges.com](http://www.globaladventurechallenges.com)



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