

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**KILIMANJARO TO
NGORONGORO CRATER BIKE
CHALLENGE
TANZANIA**

Sat 01 Oct - Sun 09 Oct 2016





In aid of your choice of charity

01 Oct - 09 Oct 2016

9 DAYS | TANZANIA | CHALLENGING

Cycling across 350 kms of African savannah against the backdrop of Africa's tallest free-standing mountain, this remarkable adventure takes you from the western edges of Kilimanjaro to the spectacular Ngorongoro Crater, one of the world's most abundant game reserves.

Passing through Maasai villages and on into the Great Rift Valley, you'll enjoy the ever-present sights of Kilimanjaro and Mount Meru, as you make your way to the breathtaking shores of Lake Manyara and on to the World Heritage landscapes of the Ngorongoro Conservation Area.

The days will be hot and challenging, while evenings will be spent in either lodges, hotels or camps. The adventure ends with an optional game drive through the Ngorongoro Crater.

- Cycling across 350 kms of African savannah
- Challenge takes place in the shadow of Kilimanjaro, Africa's tallest free-standing mountain
- A challenging ride across many varied types of terrain
- Ride to the shores of Lake Manyara
- Optional game drive through the Ngorongoro Crater

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 01 Oct

-

Day 1: International departure from London

Meet the rest of the team and a Charity Challenge representative at the airport for the long-awaited night flight to Kilimanjaro International Airport.

DAY 2 Sun 02 Oct

-

Day 2: Arrive Kilimanjaro and transfer to lodge, Moshi

A Charity Challenge representative will greet the group at the airport for the transfer to the lodge. There's plenty of time to freshen up before a team meeting, where riders will meet the rest of the team and check out their bikes. Team dinner and overnight at the accommodation.

DAY 3 Mon 03 Oct

-

Day 3: Weru Weru to Olpopongi (approximately 60 kms)

Saddle up for the early departure from Weru Weru! We follow a dirt trail for around 18kms, before joining a quiet tarmac road. From here it's a meandering course through mountain villages, along an undulating trail. After lunch it's back on the bikes for a further 26 kms. The sight of Kilimanjaro and Mount Meru push us along towards our overnight camp in the Maasai village Olpopongi.

DAY 4 Tue 04 Oct

-

Day 4: Olpopongi to Arusha (approximately 78kms)

A testing day across the hot, dusty landscape of the Amboseli/Ngasurai Basin. We pass through the Ndarakwai conservation area, whose rich mix of habitats provide a haven for 65 species of mammals and 350 varieties of birds. Continuing through Maasai villages, we head towards Mount Meru, following an increasingly dusty trail. Cycle a further 29 kms on tarmac, before heading off-road again towards our overnight camp.

DAY 5 Wed 05 Oct

-

Day 5: Arusha to Tarangire National Park (approximately 104 kms)

Leaving camp this morning we ride along tarmac roads for most of the day and stop for lunch at Crater Village, close to the busy junction town of Makuyuni. It's then 14kms on a dirt road until our home for the night. We spend the evening at Roika Camp, close to the entrance of Tarangire National Park. Then it's time to cool off in the camp's pool.

DAY 6 Thu 06 Oct

-

Day 6: Tarangire to Lake Manyara (approximately 84 kms)

This morning we set out for the shores of Lake Manyara along tarmac roads and savannah grassland. The ride should take four to five hours, but expect traffic as this is the main road to the northern circuit parks. Lake Manyara runs along the base of the high Rift Valley escarpment, offering a glorious backdrop. After a tough hairpin ascent to the hotel, spend the afternoon relaxing in the pool overlooking the lake.

DAY 7 *Fri 07 Oct*

-

Day 7: Lake Manyara to Ngorongoro Gate and optional game drive (approximately 40 kms)

Start this predominantly uphill day with a lung-busting ascent, after which we head for the Ngorongoro Gate. The team regroups at the first gate, before continuing to the second gate where the challenge ends. After lunch and a well-deserved drink, there's an optional game drive (at an additional expense) inside the Ngorongoro Crater. Alternatively, transfer to the lodge before a celebratory team dinner.

DAY 8 *Sat 08 Oct*

-

Day 8: International departure to UK

Chill out at the lodge this morning or head in to Moshi for some last minute shopping, before transferring to the airport for the flight back to London.

DAY 9 *Sun 09 Oct*

-

Day 9: Arrive in UK

As we touchdown in the UK it's time to head to arrivals to find your family and friends – but not before swapping details with your challenge companions.

NB

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £475.00 when you book

Then a balance of £1885.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £475.00 when you book

Raise a minimum of £3850.00 for your charity.

FLEXI

-

Registration fee of £475.00 when you book

Then £475.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2880.00 for your charity.

WHAT'S INCLUDED

Before you go

-

- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad Travel Stores
- Public liability insurance
- A-Z of fundraising ideas
- Sponsorship forms (online and hard copy)

On your challenge

-

- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- An English speaking first aid trained challenge leader and full local support team
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All challenge management before, during and post event
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt

WHAT'S NOT INCLUDED

Before you go

-
- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

THE DETAILS**On your challenge**

-
- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 23/07/2016), and the remaining 20% within 4 weeks of completing the challenge (by 06/11/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

Typical group size

The typical group size is 16 - 30 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Trek/bike training weekends*
Extensions at end of trip*
Travel insurance
Business class upgrades*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <http://www.campbellirvinedirect.com/charitychallenge>.

TARANGIRE, NGORONGORO AND LAKE MANYARA SAFARI – £820.0

You will be collected from your hotel in Moshi/Arusha for your game viewing experience in the Tarangire National Park.

Marvel at the large collection of baobab trees, the many bird species and varied big mammal populations, including the largest concentration of elephants in the country. Overnight in a lodge. (L, D)

- Registration fee £50.0
- Balance £770.0

- Single Room £85.0

Level of Difficulty

The Kilimanjaro to Ngorongoro Crater Bike Ride is graded as “tough”. This challenge is suitable for participants who want to get out of their comfort zone, and challenge themselves to a high level. A good level of training is strongly advised to take part in this challenge.

During your Kilimanjaro to Ngorongoro Crater Bike challenge you will be:

- Cycling over 350kms across the African savannah
- Tackling tricky terrain, dirt roads and immense heat
- Meandering through Maasai villages and up hairpin roads
- Looking out for lions, giraffes, elephants and rhino

Money

Currency: The Tanzanian shilling is a soft currency and you cannot obtain shillings before leaving the UK. US dollars are accepted in most places and should be used in country. Tanzanian Shillings cannot be exported, therefore should be reconverted against your currency declaration form.

Exchange: The Bank of Tanzania performs all currency transfers; all other offers of currency exchange are illegal. There are also foreign exchange bureaus in most towns and cities where you can change cash or travellers' cheques at the prevailing free market exchange rate. The best currency is the dollar (US). For up to date currency exchange, go to: <http://www.xe.com/>

Credit cards: Major credit cards are sometimes accepted at larger hotels. Other than that their use is limited and are not generally accepted in restaurants, shops etc. Bring enough money and do not carry all your cash on you. Cash point machines, which allow the use of Visa & MasterCard etc with a PIN, can be found in Arusha and Marangu, but are rare in smaller towns.

Spending money: You will not need a large amount of money during this trip. Somewhere in the region of £220 in US dollars should be sufficient to cover presents, tips, drinks, and so on. Keep in mind that other than at the start and end of the challenge, you will be in remote camps away from any foreign exchanges or banks. We recommend that you carry cash, although credit cards will be accepted in the airports.

Tips: We recommend in the region of \$130US for the team, and this should be given to the challenge leader at the end of the challenge, who will distribute it among the support team. If you do want to give one member of staff an extra tip, please also leave this until the end and allocate over and above the recommended tipping amount. Make sure you have plenty of smaller dollar bills for tipping at lodges and for drinks/meals. If you are going on the safari we recommend \$25 per person for your guide/driver and then a small amount for lodge staff.

Visa

Your full ten-year passport must have at least six months left to run from the end of the challenge. You will need a Single Entry Tourist Visa to enter Tanzania. 3 months prior to departure we will provide you with the necessary application form and details to apply. Allow two weeks to get the visa by post (it is strongly suggested that you also

enclose a pre-paid special delivery envelope for the safe return of your passport with the visa). Alternatively you can obtain it, in person, at the Embassy. The visa is valid for three months and becomes valid from the date of issue so make sure you do not apply too early otherwise it will run out before you arrive in Tanzania.

vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website: <http://www.fitfortravel.nhs.uk/home.aspx>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements.

Flights

You will be flying overnight from London to Kilimanjaro airport, this will either be via Nairobi or Addis Ababa depending on the group flights. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main [FAQs page](#).

Group Size

Each group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people due to the wilderness environment in which the challenge takes place. We will be able to run this challenge for 10 to 15 people by charging a small group supplement of £75, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid trained challenge leaders, all of whom speak English. They will ultimately be responsible for the running of the itinerary and the safety of your group. You will also have a great support team of

drivers, mechanics, guides and assistant guides who will be there to keep you going throughout the long days of cycling.

Climate

You are cycling in the dry season. However, weather has been very unpredictable in East Africa in recent years, and it is always possible that it will rain, especially near to Ngorongoro. The temperatures will range from around 25c to 35c, and sun protection is absolutely key. We will start cycling as early as possible, and try to take our long lunch break in the middle of the day to avoid the hottest time.

Terrain

You will be cycling on a mixture of tarmac roads and dirt tracks. The 'off-road' sections are not technical, but we would certainly recommend doing some training on tracks just to get accustomed to what this feels like. Some areas of the cycle will be very exposed and with extreme heat and humidity which will be a challenge in itself. On the last two days, you will be tackling some hairpin hills to really test your legs! Please ensure you drink plenty of fluids and protect yourself from the sun. On the days where the roads are busier, we will keep the group closer together by using a front vehicle with banners to signal a cycling group, as well as the back vehicle. This is for your own safety, which is our highest priority. On the quiet trails the group can open out a little more!

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your kit list. Each day when you begin to ride, your personal kit will be transported to the next camp. You will only need to have a handle bar bag or bum bag with you during the day and you will be able to access your day pack at water and rest stops.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

Typical day

During the cycling days you will cycle for 5-8 hours. Depending on the weather and the day, rest/water stops will be set up every 10-20kms, where you can regroup and refill water as well as eating snacks and fruit to keep you going. Lunch will be taken either at a local restaurant, or as a packed lunch depending on the routing for the day. At a couple of places there is a swimming pool so you can have a relaxing dip that evening! Otherwise you will have time to have a rest in your tent/room before being briefed on the next day's cycle and having dinner with the rest of the group.

What are the bikes like?

The bikes are good quality Trek 4300 hardtail mountain bikes and all of them have 18 or 21 speed gears. The bikes are sturdy and weigh approximately 15kgs. You can see images of the bikes on our itinerary, and all bikes have a water bottle holder. If you would like to bring your own gel seats or SPD pedals you can. Please let us know your height at the time of booking so that we can pre-book the appropriate bike for your challenge in advance.

What if I can't keep up?

The event is not run as a race and there is always a large discrepancy in people's cycling abilities. This is allowed for. As much as possible, we will try and ensure that the group does not spread out too much, however there will be a staff member and support vehicle at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. All crew will carry radios and communication between guides and drivers is key. If we find somebody is unable to cycle at all, then we can transport them from one location to the next.

Accommodation

You will be staying in a mix of lodges, camps and hotels throughout the challenge. The camps are fixed campsites with excellent toilet and washing facilities, and the excellent hotel at Lake Manyara is a hotel of 3* quality. All accommodation is on a twin-share basis. If you would like to share with someone on the challenge please make a note on your booking, or alternatively send an email to challenges@charitychallenge.com and we will organise this for you.

Do we need to take our own sleeping bags and mats?

You will need to take a decent sleeping bag with you, but sleeping mats will be provided.

Food & Drink

The food will be plentiful and very filling. Staples will mainly be potatoes and rice, served alongside meat (they eat goat in Tanzania), and lots of vegetables. There will not be the variety that you are used to in the UK, but the food is delicious and just right for a cycling challenge. If you have any dietary requirements please let Charity Challenge know prior to departure and we will do our utmost to accommodate them. If necessary we may ask you to bring

some extra snacks as some dietary requirements are not yet widely understood outside of the UK and the USA!

There will be regular drink and snack stops along the way when you're riding.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For your cycle challenge, padded cycling shorts and comfortable footwear are essential, and helmets are compulsory throughout. Training with your cycling shorts is definitely advised! You can bring equipment like clip-in pedals or a gel seat, if desired, in order to adapt your bike in country, and we would also recommend technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found [here](#) and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

It is policy that participants must wear a helmet – this is not provided on the challenge, so please do ensure that you take one to Tanzania with you. Be aware that cycling can be dangerous and accidents do happen – you must take responsibility for your own safety whilst riding.

Toilets

You will have clean toilets and good washing facilities on all campsites, lodges and hotels. In the campsite on the second day, you will have portable private bucket showers.

Phone and WiFi

There is wi-fi at the lodges, but none at the campsites. Phone signal is sporadic, but you should be able to get some throughout the whole trip, although it will come in and out of range.

There is no opportunity to recharge any electrical equipment during the cycle at the campsite, but if you want to bring a solar charger these work quite well to charge phones. There are charge points in your rooms at the hotel and lodge.

Safety advice

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your bike challenge, there are a couple of important points that you should be aware of:

- The trails that you are on are all accessible by vehicle, and as such emergency evacuation to a hospital is possible but may take upwards of a few hours, depending on the location

- Riding in the heat of Tanzania is a major challenge in itself so make sure you are well hydrated throughout.
- This trip involves dirt tracks with lots of loose stones and rocks so concentration while riding through these areas is essential

Emergencies

Throughout the challenge, back-up support will be close by. If for any reason any injury should occur, a relief vehicle will be made available. Your leader will be first-aid trained, and in cases of emergency one of the vehicles will evacuate you immediately to the nearest hospital.

Training

Training is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. Don't forget that the temperature and climate is different to the UK and that you will be exercising constantly for a number of days – the heat and distance will be your biggest challenge.



“

A truly challenging and wondrous cycling adventure! Full of culture and beautiful vistas; at the end of each day, your feet are dirty, your hair is messy and your eyes are sparkling!

Lina Tsakiris



“

I loved it! It's been the best adventure I've been on so far.

Katherine Irvine



“

The challenge was truly that, the scenery was amazing and different from all I've seen before; food, over night stays, wildlife awesome; and the native people were just wonderful - what more could you ask for!

Wendy Gregory

CH>RITY CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

facebook.com/charitychallenge

twitter.com/charitychall

