



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

THE MOST EXOTIC CHALLENGE
2018
TANZANIA

Sat 13 Oct - Thu 18 Oct 2018





In aid of British Asian Trust

13 Oct - 18 Oct 2018



6 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 13 Oct

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ARRIVE TANZANIA - MEET & GREET/BIKE FITTING/BRIEFING/WELCOME DINNER

You will meet with your group at Tanzania Airport and will then transfer to [Weru Weru River Lodge](#), Moshi. Once here we will have a bike fitting, briefing and a welcome dinner with the leaders. You will be staying in twin rooms. Bicycles should be at the Lodge 2 hours prior to the fitting session with the cycle maintenance team as well as the chief and assistant guides. Once bikes are fitted, you will mark your bike with a personal number ready for the challenge.

Bike fitting is done on arrival day before dinner time; which is between 17:00 to 18:00 hr.

DAY 2 Sun 14 Oct

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MAASAI LODGE TO MESERANI SNAKE PARK – 63KMS

At around 0600hrs, the whole team is on standby position awaiting clients. The cycle begins on a rough road after a short transfer to the starting point; then we will cycle the first 12kms on a dirt road with panoramic views of Mount Kilimanjaro and Mount Meru and then on a tarmac road for 28kms heading towards Arusha. (We will be cycling towards Arusha, avoiding the City centre, and then on towards Meserani. We then ride up a 4.5kms dirt road and cycle again on the tarmac road again for 18.3kms towards our overnight camp.

Accommodation: [Camping](#).

Daily distance: 63 Kms

Approximate time: 6 – 7 hrs

DAY 3 Mon 15 Oct

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MESERANI TO TARANGIRE NATIONAL PARK – 78KMS

The day begins early, cycling from our campsite and riding on a tarmac road for 64kms and another 14kms on a rough road to Roika Camp (Tarangire National Park). On the way, we enter the Monduli TPDF (the national army zone). The clients will be advised against stopping or taking photographs until we clear the army zone some 15kms later. We will have a stop at Makuyuni Town for lunch and then continue cycling to our base for the night.

Accommodation: [Camping](#)

Daily distance: 78 Kms

Approximate time: 6 - 7hrs

DAY 4 Tue 16 Oct

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TARANGIRE TO LAKE MANYARA – 66KMS

Start a full day cycling from the Tarangire signpost to Lake Manyara. The tarmac road leads us to Lake Manyara with beautiful views of the Rift Valley directly in front of us as well as the lake. It is worth mentioning that this is the main road to the northern circuit parks and there will be many safari vehicles roaming this area. Road safety issues will be very important to address on this day. The cycling for this day will take 6 to 7hrs ending at our overnight lodge.

Accommodation: [Lodge](#)

Daily distance: 66 Kms

Approximate time: 6 - 7hrs

DAY 5 Wed 17 Oct

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LAKE MANYARA TO NGORONGORO GATE – 65KMS

The final leg of our cycle starts from the hotel at 8:00 am and follows the dirt road till we hit the tarmac road at the end, as we approach Ngorongoro Conservation Area main gate. We will cycle through small villages and townships all the way to the gate. After arriving at Ngorongoro Gate (Lodoare Gate) we take our group photo marking our final mark and proceed with a short ride to our accommodation where our cycling challenge will end! In the evening, we will have a celebratory dinner.

Accommodation: [Lodge](#)

Daily distance: 65 Kms

Approximate time: 6 - 7hrs

DAY 6 Thu 18 Oct

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NGORONGORO CRATER TOUR – DEPART TANZANIA

Depart at 6:30 am for your transfer to Ngorongoro Crater for a half day of game viewing before an afternoon transfer back to JRO Airport to catch your flight home.

If you are flying home on this day in order to make your flight on time the flight must depart from 17:40 onwards.

Ngorongoro Crater is the largest intact caldera in the world, which has created its own ecosystem protecting the most beautiful wildlife in Africa! A permanent population of more than 30,000 animals inhabit a mere 260 km² (100

square miles) in the 600 m (2 000 ft) deep Crater, making this one of the few places in Africa where guests stand a great chance of seeing the entire Big Five in the course of a single game drive!

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.

SELF FUNDER

Pay a registration fee of **£500** when you book.

Then a balance of **£1,395**
(8 weeks before your challenge).

Raise a minimum of **£2,500** for British Asian Trust.

SELF FUNDER

The full cost of this challenge is **£1,895**. You will be required to pay the registration fee of **£500** at the time of booking and the final balance of **£1,395** which is due 8 weeks before departure (18/08/2018). You will receive fundraising advice and sponsorship forms and be asked to raise as much as you can for British Asian Trust. As you have covered the full cost of the challenge, 100% of this fundraising will be retained by British Asian Trust.

THIS IS A GROUND ONLY CHALLENGE

This challenge is ground only. This means you will need to organise travel to arrive at the starting point of the itinerary in the host country and to return home at the end of the challenge. You will be provided with details of where and when to arrive and depart but please do budget for the appropriate travel arrangements.

WHAT'S INCLUDED?**BEFORE YOU GO**

- Discount on personal equipment from Outdoorhire, Cotswold Outdoor and Cycle Surgery in the UK
- Access to your own password protected account including support materials and training schedules

ON YOUR CHALLENGE

- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in 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
- A Charity Challenge T-Shirt
- All ground staff including English speaking guide, drivers, cooks, and porters
- All internal transfers

WHAT'S NOT INCLUDED?**BEFORE YOU GO**

- 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)

ON YOUR CHALLENGE

- Tips
- Departure Tax (if applicable)

THE DETAILS**TYPICAL GROUP SIZE**

The typical group size is 15 - 34 participants

OPTIONAL EXTRAS

Single room supplements (subject to availability)

TRAVEL INSURANCE

We can provide a comprehensive travel insurance policy for this challenge which provides cover for medical (emergency, evacuation and repatriation), cancellation and curtailment and specifically covers the activities undertaken during the challenge. You can take this out when booking. The cost is £78.00.

Luggage allowance & 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.

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.

Phone & 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.

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.

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.

Accommodation & Toilets

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. Please note that we reserve the right to change accommodation options due to unforeseen circumstances.

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.

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.

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. They 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.

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.

Clothing & 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.

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.

British Asian Trust

The British Asian Trust supports the development of a South Asia that is free from inequality and injustice. We back sustainable solutions that allow people to truly unlock their potential and have touched the lives of more than three million people already. By enabling our supporters to turn their values into action, we transform lives. Together we will support a South Asia that is better for all.

The funds raised through this cycle will support our anti-trafficking and education programmes in India. This will include supporting two of the partners visited by Rohit earlier this year:

1. The Education Alliance project in Delhi- where our project with TEA aims to transform primary education for the poorest urban communities in Delhi by bringing together best practices developed by NGOs for whole school transformation, into low performing government schools.
2. The Hotspot project in Jaipur where we are working to tackle child trafficking by addressing the issue both at

source in Bihar, and at destination in Jaipur. We have developed an approach, working with businesses to combat trafficking and child labour within their supply chains, helping them to identify exploitation of children and gradually transition to non-exploitative adult labour.

Our work with these organisations includes a number of different elements including working with them to design the most impactful and effective programme interventions and ensuring that we are encouraging collaboration, learning, influence and directly supporting the delivery of their work. In addition to this, we provide a number of additional essential functions including due diligence, safeguarding and reporting. This strategic input is what makes supporting the work of the British Asian Trust particularly impactful.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

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.

Climate & Terrain

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.

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!

Vaccinations

For up to date vaccination information please check the NHS 'Fit for Travel' website:
<http://www.fitfortravel.nhs.uk/home.aspx>.

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting and as such it may be useful to take a copy of your itinerary with you.

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 to Charity Challenge prior to travel.

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

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. Three 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.

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.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up Challenge Safe one of the most advanced and thorough safety management systems in the industry. Challenge Safe 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 absolutely 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

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.

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



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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



“

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



“

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

Katherine Irvine

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Any more questions?

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