



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**CYCLE KENYA
KENYA**

Fri 07 Jun - Sun 16 Jun 2019





In aid of Amref Health Africa UK

07 Jun - 16 Jun 2019



10 DAYS | KENYA | CHALLENGING

Cycling 350km, this exhilarating ride starts in the outskirts of Nairobi city, then heads north towards Mount Kenya going through undulating countryside that's naturally appealing to nature lovers.

You'll get a chance to ride through UNESCO World Heritage areas and game conservancies found within the savannah that offer the very best chance to see all the 'big 5' animals.

Crossing the equator and a savannah rich in wildlife, the route also passes areas of pineapple, coffee and tea plantations that make up for the region's thriving agricultural sector. You pass an area of mountain peaks and indigenous forests and even have a treetop walk. This challenge has it all!

- Cycle 350km through African forests and savannah
- Ride through game conservancies and the UNESCO world heritage listed Mount Kenya National Park
- Chance to spot the 'big 5' animals – elephants, lions, leopards, buffalo and rhinos
- Visit Ol Pejeta conservancy, where the last remaining northern white rhinos live
- Cycle through Ngdar Ndare forest, past azure pools and waterfalls

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 07 Jun

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International departure from London

All your hard work and training is about to pay off, it's time to depart for Kenya. Say farewell to friends and family, you're off on the adventure of a lifetime.

You'll meet the rest of your team at the airport, before departing London for Jomo Kenyatta International Airport, Nairobi. On arrival, you will be met and transferred to your hotel.

Accommodation: Hotel

DAY 2 Sat 08 Jun

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Nairobi Project Visit and then transfer to Thika

Today you will visit the Amref Flying Doctors at Wilson Airport to see first hand their life-saving work. You'll also visit an Amref Health Africa project in either Kibera or Dagoretti. Lunch will be organised by the charity and later in the afternoon, you will transfer to Thika and prepare for the cycling days ahead.

Accommodation: Hotel

DAY 3 Sun 09 Jun

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Thika to Castle Forest Lodge (approximately 99km)

It's time for the challenge to begin. After breakfast, you will mount your bike and ride past Kenya's largest pineapple plantation. The ride is mostly downhill until the Sagana river bridge (1200m) where the terrain changes and starts to rise gradually with undulating hills as we approach Mount Kenya forest (2166m).

Your ride passes through rich agricultural areas growing a range of tropical fruits & vegetables. The cooler Mount Kenya region also allows coffee and tea plantations to flourish.

The lodge where you stay overnight is located within the UNESCO World Heritage-listed Mount Kenya National Park. You'll have the chance to spot elephants, buffaloes, diverse antelopes, monkeys and over 175 species of birds.

Accommodation: Lodge

DAY 4 Mon 10 Jun

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Castle Forest Lodge to Bantu Mountain Lodge (approximately 94km)

Your route today skirts the edge of Mount Kenya forest. You'll ride through an area rich in tea plantations, intertwined with settlements and market centres towards Karatina University. As the road gradually enters open terrain at Chaka, there are splendid views of Aberdare's Mountain Ranges on our left and Mount Kenya on the right.

This afternoon's terrain is dominated by large cattle ranches, with very few villages or towns, but further on you re-enter the Mount Kenya forest.

Accommodation: Lodge

DAY 5 Tue 11 Jun

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Bantu Mountain Lodge to Sweetwaters - Ol Pejeta Conservancy (approximately 25km)

Your day starts with a short ride to the Equator line, where you'll have the chance to be in two hemispheres at once. You'll then head due west towards Sweetwaters, located in Ol Pejeta Conservancy. Ol Pejeta is the largest black rhino sanctuary in East Africa, and home to the two last remaining northern white rhinos. Ol Pejeta Conservancy is one of the best and easiest locations to spot all the 'big 5' (elephants, rhinos, lions, leopards and buffalo) in the shortest time span.

This is also the only place in Kenya to see chimpanzees. The sanctuary was established to rehabilitate animals rescued from the black markets of West Africa.

Today's shorter ride of 25km will allow plenty of time in the afternoon for a safari through the conservancy. You'll spend the night at a special camp inside the conservancy.

Accommodation: Camp

DAY 6 Wed 12 Jun

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Ol Pejeta to Ngare Ndare forest (approximately 72km)

Ride through the fascinating and famed conservancy this morning before passing through settlements, small-scale farms and wheat plantations to the Ngare Ndare forest reserve.

Ngare Ndare reserve is a lush forest at the foothills of Mt. Kenya, and among one of the few indigenous forests in Kenya with an expanding canopy cover. Azure pools glisten at the bottom of waterfalls and 200-year-old trees stretch into the canopy supporting a rich variety of bird and animal life. The forest is a vital elephant corridor that links the Lewa Wildlife Conservancy to Mount Kenya. In the late afternoon, you will enjoy a canopy walk near your campsite.

Accommodation: Camp

DAY 7 Thu 13 Jun

-

Ngare Ndare to Meru (approximately 70km)

After breakfast, you cycle through Ngare Ndare forest, going past Ngare Ndare settlement to Lewa Conservancy. Lewa is the heart of wildlife conservation, sustainable development and responsible tourism in northern Kenya and is one of the last remaining sanctuaries for endangered black and white rhinos.

There is a high possibility of spotting endangered rhinos, giraffes and other savannah wildlife. You will exit the conservancy and ride through settlements and farms before finishing on the outskirts of Meru town.

Accommodation: Hotel

DAY 8 Fri 14 Jun

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Project visit and transfer to Nairobi

Today you will visit a project in Meru organised by Amref Health Africa. After lunch, you transfer by bus to Nairobi for a celebration meal to toast your achievements!

Accommodation: Hotel

DAY 9 Sat 15 Jun

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Free day in Nairobi before an evening flight to London

Today is free to explore bustling Nairobi before you transfer to the airport for your flight to London. Take time today to sit back and reflect on your Kenyan experience and swap contact details with new-found friends and cycling partners. Please note, lunch and dinner are not included today.

DAY 10 Sun 16 Jun

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Arrive home

After an overnight flight, we arrive back in London and you can head home to share your memories with friends and family.

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 **£495** when you book.

Then a balance of **£2,170**
(8 weeks before your challenge).

Raise a minimum of **£2,170** for Amref Health Africa UK .

MINIMUM SPONSORSHIP

Pay a registration fee of **£495** when you book.

Raise a minimum of **£4,340** for Amref Health Africa UK .

Please note that you can pay your registration fee in instalments. Refer to 'The Details' below.

FUNDRAISING

Cycle Kenya is the culmination of an exciting match-funding campaign that Amref Health Africa will be running from March-June 2019. Our partner will match fund all donations and fundraising in that period, up to a maximum of £2 million. This means that participants in Cycle Kenya will be encouraged to do the majority of their fundraising in this period, so they can benefit from the match-funding and raise even more for our projects in Africa.

Participants will still need to pay their £495 registration fee up-front upon booking. Whether you plan to 'self-fund' or fundraise for your challenge costs, please contact us (info@amrefuk.org) before you book for a chat about the dates and deadlines that will apply to you. No matter which option you choose, we are looking forward to working with you to create a personalised fundraising plan that is achievable for you and raises as much as possible for Amref. The written agreement that we will create together will be the definitive confirmation of your payment and fundraising deadlines.

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

- International flights to and from the UK (including all known UK air taxes at the time of costing)
- Full back-up support including first-aid qualified staff and first-aid supplies
- Three meals a day (unless otherwise stated in the itinerary)
- All internal transfers
- All ground staff including English speaking guide, drivers, cooks, and porters
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Accommodation during the challenge (usually in twin share)
- A Charity Challenge T-Shirt
- Entrance fees to national parks or other places of interest visited on the itinerary

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)

ON YOUR CHALLENGE

- Tips
- Departure Tax (if applicable)

THE DETAILS

REGISTRATION FEE IN INSTALMENTS

The first instalment of £250 is due at the time of booking. The second instalment of £245 will automatically be debited from your credit/debit card 31 days after you book. We can only accept payment for your registration fee by instalments if you book and pay online. Please note that when paying your registration fee in instalments, a £10 admin fee will be added to your first registration fee payment. Please note that your booking will not be processed (and we will not send an authorisation request to your charity) until we receive the payment for your second instalment. Your place on the challenge will only be held until 31 days from your initial booking. If we are unable to take your second instalment, your booking will be cancelled and normal cancellation terms will apply.

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. If the air taxes increase between the time of costing and your departure, we will absorb up to £50 (depending on the challenge) before passing on any increased costs. 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 12 - 40 participants

OPTIONAL EXTRAS

Single room supplements*

Extensions at end of trip*

Business class upgrades*

(*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 £81.90.

Level of difficulty

Challenging: A “challenging” trip will test someone who is relatively fit and has a spirit of adventure. You may have had some previous experience, but this is not necessary as long as the correct training is undertaken. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone. You can tell your supporters that on your challenge, you will be:

- Cycling over 350kms across the African savannah
- Tackling tricky terrain, dirt roads, undulating roads and heat
- Looking out for lions, giraffes, elephants and rhinos
- Covering distances of up to 100km per day

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. 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.

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 Kenya is a major challenge in itself so make sure you are well hydrated throughout
- This trip involves cycling on roads and dirt tracks with lots of loose stones and rocks so concentration while riding through these areas is essential

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.

Flights

You will be flying during the day from London to Nairobi airport and on a night flight from Nairobi to London. Your flight tickets will be e-mailed to you before departure. 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). Please note that flight timings are subject to change by the airlines.

Visa

If your expedition ventures to a country which requires a visa, this information will be uploaded to your Account Area 3 months prior to departure. The visa info is per the FCO website where a link will be provided together with a link to the visa office for that country.

All foreign nationals require a visa to enter Kenya. Please note that British Citizens are now eligible to get an online visa before arrival in Kenya.

Insurance

It is a condition of travelling with Charity Challenge that you have a suitable travel insurance policy which covers you for your entire 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 must complete and return to Charity Challenge prior to travel.

For more travel insurance questions, please refer to our main FAQs page or for any specific queries, please contact us at bookings@charitychallenge.com.

Vaccinations

For up to date vaccination information please check the Travel pro health page:
<https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

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.

Medication

- Carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage.
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage.
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- Take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses
- N.B. Some medications are banned abroad so please check you can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

Climate & Terrain

You are cycling in the dry season. However, the weather has been very unpredictable in East Africa in recent years, and it is always possible that it will rain.

The average maximum temperature ranges from 22c to 27c, so sun protection is absolutely key. We will start cycling as early as possible and may take our long lunch break in the middle of the day to avoid the hottest time. Temperatures can get into the 30's.

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 heat and humidity which will be a challenge in itself. 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!

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.

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](#)

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.

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.

Group size

Each group is intended to be a minimum of 12 people in order to run and a maximum of approximately 40 people due to the wilderness environment in which the challenge takes place.

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 Outdoorhire, Cotswold Outdoor and Cycle Surgery.

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 Kenya with you. Be aware that cycling can be dangerous and accidents do happen – you must take responsibility for your own safety whilst riding.

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

No, these will be provided for you.

What are the bikes like?

The bikes are good quality 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.

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 and as much as possible, we will try and ensure that the group does not spread out too much. 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 & toilets

Accommodation

You will be staying in a mix of lodges, camps and hotels throughout the challenge. 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.

Toilets

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

Food & drink

The food will be plentiful and very filling. Staples will mainly be potatoes and rice served alongside meat (they eat goat in Kenya) 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 in Kenya!

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

Money

Currency: The Kenyan shilling is a soft currency and you cannot obtain shillings before leaving the UK.

Exchange: Currency exchange is widely available at banks in Kenya. 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 for travellers' cheques 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 Nairobi, 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 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 \$10US (or equivalent) per day 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 bills for tipping at lodges and for drinks/meals.

Phone & Wi-fi

There is Wi-Fi at the hotels, but not normally 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.

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.

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Any more questions?

Contact us:

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