



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

RIDE AFRICA
TANZANIA

Wed 25 Sep - Sun 06 Oct 2019

HI FADHI YA NGORONGORO
CONSERVATION





In aid of Railway Children

25 Sep - 06 Oct 2019



12 DAYS | TANZANIA | CHALLENGING

Cycle from Mt. Kilimanjaro to the foothills of Mt Longido; an active volcano and sacred Maasai mountain. You'll continue cycling across the floor of the Great Rift Valley heading to Lake Natron where 75% of the world's lesser flamingos are born. End your challenge with a great Safari experience in Serengeti national park where you will have the chance to see buffalo, lion, zebra, giraffe, rhino and elephants. If lucky, you'll also witness the greatest movement of wildlife on the planet; The Great Migration! This will be an adventure of your life time!

- Cycling across 455 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

YOUR CHALLENGE DAY BY DAY

DAY 1 Wed 25 Sep

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International departure from London

The day has finally arrived to depart for your Ride Africa challenge! Meet the rest of your team at the airport for the long-awaited flight to Kilimanjaro International Airport.

DAY 2 Thu 26 Sep

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Arrive in Tanzania; transfer to lodge

Arrive into Kilimanjaro International Airport (JRO) where you'll be transferred to the Weru Weru River Lodge in Moshi town, situated in the foothills of Mt. Kilimanjaro. Meet your guides who will brief you about your upcoming adventure and fit you with a bike ready for the upcoming challenge. (D)

Accommodation: Lodge

DAY 3 Fri 27 Sep

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Start cycling from Weru Weru River Lodge to west Kili (63km)

Your Ride Africa challenge starts this morning. It's a short day but not without challenges, as you cycle uphill around Mt. Kilimanjaro heading towards the western side of the mountain. Despite today's tough terrain, you will be rewarded with spectacular views of Mt. Kilimanjaro towering majestically into the African sky. You'll also have a chance to visit the traditional local Sanya Juu market. Spend the night at the Olpoongi Cultural Maasai Village, where you'll be able to experience Maasai culture first hand camping within an authentic Maasai Boma. (B,L,D)

Accommodation: Camp

DAY 4 Sat 28 Sep

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Cycle from Maasai Lodge to Longido (75km)

After a filling breakfast, start your journey through the Maasai grazing plains, meeting local Maasai people and enjoying views of Shira plateau, one of the three peaks of Mt. Kilimanjaro.

Cycle through the Sinya and Ngasurai open plains which serve as a wildlife corridor for animals moving from Amboseli National Park. The route is all off-the-beaten-path, with no tarmac, but has magnificent views of Mt. Kilimanjaro, Mt. Meru and Mt. Longido, on clear skies. You'll end your ride at Longido after crossing the beautiful plains of Ngasurai. (B,L,D)

Accommodation: Guesthouse

DAY 5 Sun 29 Sep

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Cycle Longido to Gelai Bomba - Hunters Lodge (72km)

Today's landscape consists of dramatic acacia plains and mountain forests with excellent views of Mt. Kilimanjaro, Mt. Meru, and the active volcano, Oldoinyo Lengai. Spot wildlife as you cycle past giraffes, hyenas, zebras, kudu, impala, ostriches and many other species of birds. The terrain is challenging with many ups and downs, be prepared to keep your energy levels up with lots of snacks and water. You should arrive into camp exhausted, but elated! (B,L,D)

Accommodation: Camp

DAY 6 Mon 30 Sep

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Cycle from Hunters Lodge to Lake Natron (75km)

Your ride today passes across the low saddle between the mountains of Kitumbeine and Gelai, with the magnificent view of Oldoinyo Lengai, known locally as the mountain of God. You'll see more of the wildlife that populates the region while on two wheels. Your bike ride journeys across hot, dry & dusty terrain heading to Lake Natron. Arriving here in good time you'll take an afternoon nature walk to explore the breeding ground of the lesser flamingos that populate the lake. (B,L,D)

Accommodation: Camp

DAY 7 Tue 01 Oct

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Cycle from Lake Natron to Waso Village Town (105km)

Today, your ride starts by heading towards Serengeti's Klein's gate. Almost immediately after leaving camp, there is a steady but gentle climb alongside the Great Rift Valley escarpment which looms up on the horizon forming an impressive background to the landscape. The terrain is mostly flat as the road cuts through the gently rolling hills covered in scrub and bush. You'll arrive late into the small, but bustling, Waso village and cycle to your hotel. (B,L,D)

Accommodation: Hotel

DAY 8 Wed 02 Oct

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Cycle from Waso Village to the Serengeti's Kleins Gate (65km)

Your final day of cycling heads towards Arusha through the hot, dry and dusty terrain passing through the lush tropical forest as you get closer to the boundary of the Serengeti National Park. The road undulates through Maasai villages and farmland until you reach Taasa Private Game Reserve and then to Klein's Gate, your finish line. Keep your eyes open for wildlife today as elephants and many other animals can be spotted on the way! (B,L,D)

Accommodation: Lodge

DAY 9 Thu 03 Oct

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Game drive in the Serengeti NP followed by land transfer to Mwanza

The day starts with early morning game drive in Lobo/ Kogatende area before proceeding to Ndabaka gate with a game drive en-route to Mwanza. You'll arrive in Mwanza at your Lodge in good time for a well-deserved hot shower,

dinner & overnight. (B,L,D)

Accommodation: Lodge

DAY 10 *Fri 04 Oct*

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Day to visit your project in Mwanza

You will spend the day visiting a project in Mwanza. Transfer back to your hotel later in the evening for dinner and overnight. (B,L,D)

Accommodation: Hotel

DAY 11 *Sat 05 Oct*

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Fly to Nairobi; transfer to hotel

Today you'll start your journey home, having had the experience of a life time. Transfer to Mwanza Airport for your short flight to Nairobi where you will overnight at a hotel before catch your flight back to London in the morning. (B,D)

Accommodation: Hotel

DAY 12 *Sun 06 Oct*

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Fly to London

It's time to bid farewell to Africa and reflect on your achievements over the past week. You will return home armed with stories and memories that will last a lifetime, or at least until the next challenge!

NB

B = Breakfast, L = Lunch, D = Dinner

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

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Pay a registration fee of £599.00 when you book

Then a balance of £2500.00 (9 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £599.00 when you book

Raise a minimum of £4995.00 for your charity.

FLEXI

-

Registration fee of £599.00 when you book

Then £599.00 towards challenge costs (9 weeks before your challenge)

Raise a minimum of £3880.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Access to your own password protected account including support materials and training schedules

On your challenge

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- 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
- Three meals a day (unless otherwise stated in the itinerary)
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All internal transfers
- All ground staff including English speaking guide, drivers, cooks, and porters
- Accommodation during the challenge (usually in twin share)
- A Charity Challenge T-Shirt

WHAT'S NOT INCLUDED

Before you go

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- 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

On your challenge

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- Tips
- Departure Tax (if applicable)

policy details)

THE DETAILS

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 17/07/2019), and the remaining 20% within 4 weeks of completing the challenge (by 03/11/2019). 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.

Raising the sponsorship

We will give you lots of help and advice with fundraising. We will help you set up an online sponsorship page and will send you our fundraising pack with lots of ideas for raising money. We can also send you collecting pots and buckets, t-shirts, posters, etc.

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 12-15 people, but there will be a small group supplement of £95. 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

Single room supplements*
Extensions at end of trip*
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 <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

The 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 challenge you will be:

- Cycling over 455kms 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

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 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

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 overnight from London to Kilimanjaro airport. 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).

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 and a transit visa for Kenya. Three months prior to departure we will provide you with the necessary application form and details to apply.

TANZANIA

By Post

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).

In Person

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.

E-Visa Application

Visa applications can now be completed online. If choosing to complete the application online, there is no need to visit the High Commission for applications to be completed and processed. Applicants will only be called to the High Commission if contacted and requested to do so.

KENYA

You need a visa to enter Kenya.

You can either get a visa on arrival at the airport, or before you travel. To minimise time spent queuing at the airport, get a visa before you travel.

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.

Vaccinations & Medicines

Vaccinations

For up to date vaccination information please check the Travel Health Pro website:

https://travelhealthpro.org.uk/country/220/tanzania#Vaccine_recommendations

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 so 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

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. 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!

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 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 12 to 15 people by charging a small group supplement of approximately £95, which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

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.

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.

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.

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 & Toilets

Accommodation

You will be staying in a mix of lodges, camps and hotels throughout the challenge. The camps are normally fixed campsites with excellent toilet and washing facilities. 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. Some campsites 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 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.

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 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.

Phone & Wi-fi

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.

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.

CH>RITY CH>LLENGE

Any more questions?

Contact us:

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www.charitychallenge.com

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