

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**KILIMANJARO TO
NGORONGORO CRATER BIKE
CHALLENGE
TANZANIA**

Fri 08 Sep - Sat 16 Sep 2028

FADHI YA NGORONGORO
CONSERVATION

WELCOME!



charity challenge

KILIMANJARO TO NGORONGORO CRATER BIKE RIDE





In aid of your choice of charity

08 Sep - 16 Sep 2028

9 DAYS | TANZANIA | CHALLENGING

We are currently not offering this as an 'Open Challenge' but can offer it to 'Exclusive Groups' - please enquire for further information.

- 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

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.

YOUR CHALLENGE DAY BY DAY

DAY 1 Fri 08 Sep

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International departure from London

Meet the rest of the team at the airport for the long-awaited night flight to Kilimanjaro International Airport.

DAY 2 Sat 09 Sep

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Arrive Kilimanjaro and transfer to lodge, Moshi

You will be met 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. (D)

Accommodation: Lodge

DAY 3 Sun 10 Sep

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Weru Weru to Olpopongi (approx. 60km)

Saddle up for the early departure from Weru Weru! You 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 will push you along towards your overnight camp in the Maasai village Olpopongi. (B,L,D)

Accommodation: Camping

DAY 4 Mon 11 Sep

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Olpopongi to Arusha (approx. 78km)

A testing day across the hot, dusty landscape of the Amboseli/Ngasurai Basin. You 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, you head towards Mount Meru, following an increasingly dusty trail. Cycle a further 29 kms on tarmac, before heading off-road again towards your overnight stay. (B,L,D)

Accommodation: Camping

DAY 5 Tue 12 Sep

-

Arusha to Tarangire National Park (approx. 104km)

Leaving camp this morning you 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 your home for the night, Roika Camp, close to the entrance of Tarangire National Park. Then it's time to cool off in the camp's pool. (B,L,D)

Accommodation: Camping

DAY 6 *Wed 13 Sep*

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Tarangire to Lake Manyara (approx. 84km)

This morning you 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. (B,L,D)

Accommodation: Hotel

DAY 7 *Thu 14 Sep*

-

Lake Manyara to Ngorongoro Gate and optional game drive (approx. 40km)

Start this predominantly uphill day with a lung-busting ascent, after which your journey heads 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. (B,L,D)

Accommodation: Lodge

DAY 8 *Fri 15 Sep*

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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. Lake Manyara to Ngorongoro Gate and optional game drive (B,L,D)

DAY 9 *Sat 16 Sep*

-

Arrive in UK

As you 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

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.

Please contact our sales team on info@charitychallenge.com for an exclusive quote.

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

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.

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 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).

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.

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.

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 page:

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, 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 original packaging, as issued by the pharmacist. These should be carried in your 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, 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!

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.

Ngorongoro Crater Safari

This amazing bike ride finishes at the gates of the Ngorongoro Crater where you will have a chance to join a safari with everyone you've cycled here with! Home to the 'Big 5', bring some binoculars and a camera to make the most of it! This is an optional safari which you can pay for in-country. Please check for up-to-date prices, but it is currently (2017) US\$165.

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 9 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 6 to 8 people by charging a small group supplement of approximately £75, 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.

Please click [here](#) for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including [Outdoorhire](#), [Cotswold Outdoor](#), [Snow + Rock](#), [Water to Go](#), [The Altitude Centre](#), [Sporttape](#) and [Nomad Travel](#).

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 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.

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.

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 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.

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.

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.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or doctor.



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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



“

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

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Any more questions?

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