

FURTHER INFORMATION



CYCLE AFRICA

Experience Africa at its best! This spectacular 366km cycling challenge has to be the best around – not only does the route offer some fantastic riding, but it also gives us the chance to see the best and most sought after sights that Africa and Tanzania has to offer.

Our charity challenge will see us cycle from the lower slopes of Mt. Kilimanjaro, through both Tarangire and Lake Manyara National Parks which boast some of this planet's most amazing wildlife. We'll ride through the Great Rift Valley and into Maasai villages to eventually finish at the jaw-dropping UNESCO World Heritage Site – the Ngorongoro Conservation Area.

Some say this is a cycling challenge safari, and we understand why! Join our team - train, ride and remember Africa with us on this super special challenge.



“BELIEVE YOU CAN”





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INTRODUCTION

This document will provide you with challenge and route information along with approximate timings for each day. It is hoped this will give you an insight into what you can expect whilst on this awesome challenge and help you to prepare further.

Taking part in one of our challenges undoubtedly requires commitment, determination and, above all, a positive attitude from the outset. From the moment you sign up there are steps in place to ensure that you have the correct level of support and help throughout the entire journey not just on the challenge itself. Each participant should approach the challenge with an open mind and prepare to be adaptable throughout. Whilst thousands of hours of work will have gone into the preparation across all of our challenges, the itineraries are complex and things can often need to change on the ground, therefore they are strictly subject to change.

If you have any questions about the challenge you are about to embark upon which are not answered in this document, please do not hesitate to contact the office on 01244 676454 or email customer.care@globaladventurechallenges.com.

FINANCIAL PROTECTION

By travelling with Global Adventure Challenges you are protected by the Civil Aviation Authority (CAA) under our ATOL licence number 6506.

When you buy an ATOL protected flight inclusive Overseas Challenge from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

The CAA are the UK's specialist aviation regulator. They are a public corporation, established by Parliament in 1972.

As the Tour Operator we are responsible for your travel package. The whole philosophy of this type of challenge is one which allows for changes and a substantial degree of on-tour flexibility. The outline itinerary given later in this document is an indication of what you and the group are aiming to accomplish and not a contractual obligation on our part.





ABOUT GLOBAL ADVENTURE CHALLENGES

Global Adventure Challenges have been organising world-wide charity challenge events and adventures since the year 2000. Since we began organising challenge events we have grown and developed very steadily – we believe that our charity partners, participants and corporate organisations – basically, our customer base – are the best form of advertising. Word of mouth, they say, is the best form of marketing and we believe this also.

Our challenges have helped raise well in excess of £15 million for a wide range of charities located throughout both the UK and overseas. Over the years, we have taken tens of thousands of people on exciting challenges all over the world, helping them realise their dreams and fulfil lifetime ambitions. Our challenge events are “life-changing...” and these are the words of our participants, not ours!

We are extremely proud of the events we organise and we are here to give you a memorable lifetime experience. Without doubt our success lies in the dedicated team we have working both in the office, and out in the field.

Our passion for adventure travel and pushing your ‘comfort zone’, combined with extensive fundraising

event experience, are what makes us different from other operators. We believe that from the moment you enquire, you will be embarking on a journey that you will remember forever.

Travelling with Global Adventure Challenges is an enjoyable and satisfying way to show your commitment to fantastic charitable causes. Come and be part of our success! We are taking more and more individuals away on exciting challenge events every year... join them... join us!

MINIMUM NUMBERS

Each of our challenges require a minimum number of participants to enable us to run the challenge at the advertised costs.

For this challenge the minimum number of participants is 15.

If the group is smaller or becomes smaller than this minimum number in the run up to the challenge, we may consider the option to continue to run the challenge with less than the minimum number, however a small supplement will be applicable.

In this instance we will communicate this to you no later than 11 weeks before departure.

Our average group size for this challenge is normally between 18 – 25 participants.

RESPONSIBLE TOURISM

At our overseas destinations we work with small, local ground handlers who employ local guides and we use as much local infrastructure as we can to boost the economy and income. We aim to ensure that all local guides involved with our events are given a fair wage in accordance with appropriate local standards and each of our challenges is designed using the knowledge of local experts.

We believe that we need to preserve and respect the locations in which our challenges take place in order for future generations to experience the same fantastic places as we do now. More information regarding our Responsible Tourism Policy can be found on our website.



CYCLE AFRICA

CHALLENGE HIGHLIGHTS

- Cycle from the iconic slopes of Mt. Kilimanjaro.
- Sleep in a traditional Maasai village (boma).
- Cycle through 2 National Parks – Lake Manyara and Tarangire.
- Finish at the UNESCO World Heritage site – the Ngorongoro Conservation Area.

A FEW NOTES ON TANZANIA

Tanzania is home to some of the most incredible tribal diversity in Africa. The country includes all of the major ethnic and linguistic groups on the continent - an amazingly varied population to inhabit a single country.

Home to approximately 120 tribal groups, most of these comprise small communities that are gradually being assimilated into the larger population due to changes in land use and the economic draw of city life. Over the past few years, cultural tourism has become an increasingly popular attraction for visitors from around the world and visits to tribal villages are often a highlight of many trips to the country.

The Masaai are perhaps the most well known of Tanzania's tribes and inhabit the northern regions of the country. Masaai tribal life revolves around

protecting and caring for their herds of cattle and finding ample grazing land in their region. The tribes live in circular enclosures called 'manyatas', or 'bomas', where small mud huts surround a secure open circle where their cattle and other herd animals sleep protected during the night. We'll get to witness such life on this fantastic challenge. We've worked hard on cramming this challenge itinerary full of amazing sights for you to see whilst you are cycling.

The local population in the Kilimanjaro region are very tolerant and open people, however, Tanzanians are conservative and while they are likely to be too polite to tell you, you should cover up shoulders and legs and avoid low necklines. Public displays of affection are frowned upon. Pleasantries count – even if you're just asking for directions, take time to greet the other person.

Fact File

- **Area Covered:** 945,203 sq km.
- **Population:** 43,739,000.
- **Religion:** Estimated 1/3 each Muslims, Christians and followers of indigenous religious groups.
- **Language:** Swahili, English.
- **GMT:** +3 hours.



CURRENCY

The unit of currency is the Tanzanian Shilling. Please try to obtain this before the challenge – contact your bank early as they may have to order the currency in for you. However, \$US can be used throughout the challenge.





CLIMATE, TEMPERATURE & HUMIDITY

Weather patterns across Africa are becoming increasingly unpredictable, probably due to global warming. The continent is seeing downpours in the middle of deserts and damaging droughts when rains should be falling.

Just south of the equator, Tanzania is huge and its sheer size means that the climate varies considerably within it. Tanzania has a pleasant tropical climate but has large regional climatic variations influenced by several factors, including altitude. However, the main rainy season generally lasts throughout March, April and May while the long dry season lasts from June to October, when rainfall is unusual, even on the islands.

The hottest and most humid part of the country is on the coast. Other low lying areas, such as the western and southern parks, are also hot but much less humid. The rest of the interior is much milder and cools down significantly at night.

The temperature chart gives you an indication of the approximate average minimum and maximum temperatures, along with average rainfall, throughout the year.

TEMPERATURE CHART

Month	Max Temp °C	Min Temp °C	Rainfall (mm)
Jan	29	10	58
Feb	29	11	84
Mar	27	12	178
Apr	25	14	368
May	22	11	211
Jun	21	9	33
Jul	21	9	15
Aug	22	9	20
Sep	24	8	20
Oct	27	11	36
Nov	27	11	112
Dec	27	10	102



SNAKES AND BUGS

There are snakes and spiders that inhabit Tanzania, however it is unlikely that you will encounter any of them, especially if you follow a few simple rules:

- Never put your hands or feet anywhere you cannot see.
- Shake out all clothes and shoes before reaching into them.
- Never go barefooted.
- Use a torch at night so you can see where you are walking.

Your local guides will inform you of any other precautions that may be necessary.

As with most wildlife they would rather avoid an encounter with you as much as you would with them!



HEALTH & VACCINATIONS

As part of the registration process we require you to complete a medical questionnaire in full. Your answers will be treated in the strictest confidence in accordance with the Data Protection Act and our policy is to encourage and support as many people as possible to take part in our challenges. We request medical information from you in an endeavour to minimise risk to all participants, and for that reason **we ask that you disclose all your medical history.** Depending on the answers given you may need to get your Doctor to sign and stamp your medical declaration. If you are 70 years of age or over at the time of travel you must be authorised by your Doctor regardless of the answers given.

It is strongly recommended that you consult a medical professional to ensure your vaccinations are all up to date. You must discuss your own particular needs and contra-indications to vaccines or tablets with them.

The following information is given as a guideline only – always seek professional advice:

- Confirm primary courses and boosters as recommended for life in Britain are up to date.
- Courses or boosters usually advised - Diphtheria; Tetanus; Poliomyelitis; Hepatitis A; Typhoid; Yellow Fever.

- Vaccines sometimes advised - Tuberculosis; Meningococcal Meningitis; Hepatitis B; Rabies; Cholera.
- Please also make sure you have up to date anti-malarial advice from your Doctor or practice nurse.

If you take prescription medication please make sure they are in the original packaging with a label showing your name, alternatively take a copy of the prescription with you or a letter from your Doctor confirming you have been prescribed this medication.

Wash your hands wherever possible to avoid stomach upsets. We highly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

We also recommend that you use a high factor sunscreen and re-apply regularly.

SAFETY & SECURITY

To ensure the safety and security of your group all guides will be in radio/phone contact with each other.

You should always be vigilant when staying in an unfamiliar environment and it is sensible to look after your personal possessions as you would do at home:

- Keep handbags closed and wallets in zipped pockets.
- Don't leave valuable equipment such as cameras and mobile phones unattended on tables etc.
- Don't wear expensive jewellery/watches or carry large amounts of cash.
- Use hotel safes and lock boxes where available for passports, tickets and other valuables when leaving your accommodation for the evening.
- Our recommendation is to leave valuables at home. If you don't need it, don't bring it!

Credit card for emergencies – in the unlikely event you have to curtail your challenge, it is expected that you will have to cover any additional costs such as extra accommodation, transfers etc. Often these additional costs incurred can be claimed back through your travel insurance on your return to the UK.

SOME USEFUL HINTS & TIPS

- The form of greeting in Tanzania is 'Hujambo' which is Kiswahili for 'Hello, how's it going'.
- Handshaking is a big thing in Tanzania! It is always polite to shake hands when introduced and the handshake often continues for several minutes.
- Don't eat or pass things with your left hand.
- Respect authority and avoid criticising the government; losing your patience or undermining an official's authority will get you nowhere, while deference and a good natured demeanour will see you through most situations.



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PASSPORT & VISA

Passports should have a validity of at least 6 months after your return. Please ensure that your passport is in good condition as you may be refused entry onto the plane if it is damaged in any way.

A Tanzanian Visa will need to be obtained prior to departure. It is your responsibility to ensure you meet all passport and Visa requirements to enter Tanzania including any entry requirements for countries visited whilst in transit.

We will send you further information on how to obtain your Tanzanian Visa and any entry requirements for countries visited whilst in transit in the lead up to the challenge. Please read all of the information provided carefully before applying. If you have any queries, please contact the Tanzanian Embassy directly as they will always have the correct, up-to-date information on the application procedure.

The current cost for a Visa to enter Tanzania is approximately £40.

TRAVEL INSURANCE

We strongly recommend that you take out comprehensive travel insurance at the earliest opportunity. A comprehensive travel insurance policy is available through Global Adventure Challenges and a travel insurance application form is enclosed with your welcome pack.

If you are opting to use your own personal travel insurance then details of your policy should be sent to us. Please be aware that we will not vet or check your own personal travel insurance policy details. Therefore you and you alone are responsible for ensuring that you have adequate personal travel insurance with protection for the full duration of the challenge in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. You should also make sure there are no exclusion clauses limiting protection for the type of activities included in the challenge.



CYCLE AFRICA

FLIGHTS

Flights normally depart the UK from mid-late evening and arrive back into the UK early to mid-morning. Your flights will normally have a combined total of approximately 10 to 11 hours flying time on both the outbound and inbound legs, plus any stopovers and can often include two separate flights on each leg. So you need to prepare yourself for long journeys at the start and end of the challenge.

Your exact flight details will be confirmed to you in the lead up to your challenge. Flight bookings will normally be made on a group fare basis and will be in economy class. If you would like us to look into upgrading to a different class please don't hesitate to contact Global Adventure Challenges at customer.care@globaladventurechallenges.com or by calling us on 01244 676454.

You are responsible for checking in at the correct time and for presenting yourself to take up all pre-booked components of your Challenge.

Unfortunately, we have no control over cancellations and delays, which are subject to operational decisions by carriers, airlines and/or traffic control authorities.

Where it is not possible to ensure your timely return to the departure point due to unavoidable and extraordinary circumstances, we will bear the cost of

any necessary accommodation for a period not exceeding 3 nights.

LUGGAGE

You will need a large holdall/rucksack for your main piece of luggage which will be transported by vehicle to and from our accommodation each day.

We recommend that you lock your luggage as the accommodation providers do not have a safe in the room.

We recommend that your main piece of luggage weighs no more than 20kg irrespective of whether the airline has a higher baggage allowance. Please remember our ground crew, porters and in some cases animals, will be transporting your luggage whilst you are on the challenge and so with their health and safety in mind, it is advisable not to pack any heavier.

You will also need a small backpack/camelbak to carry any essentials with you during the day i.e. sunscreen, tissues, camera, etc.

A great tip is to bring a couple of large strong plastic bags to use as a liner, this will help ensure the kit in your bags stay dry.



EXTENDING YOUR STAY

If you would like to take the opportunity to extend your stay, it might be possible for us to arrange an extension for you with the airline so you can spend some extra time immersing yourself in the culture and beautiful landscape on offer.

If you are interested, please contact the Customer Care team to request an extension form at customer.care@globaladventurechallenges.com or by calling us on 01244 676454. We recommend you do this as soon as possible as all extensions are strictly limited, subject to availability, given on a first come, first served basis and the final decision always rests with the airline. Your request will be placed on a list in order of receipt and we will contact you at the earliest opportunity before the date of travel to confirm whether the extension has been granted. Therefore please do not make any plans for your requested extended period until you have heard back from us.

There is a minimum £60 + VAT charge to have your return airline ticket extended.

Through our in-country ground handler it may also be possible for us to create bespoke/tailor-made extension packages to suit your needs.





ACCOMMODATION

For parts of the challenge, we will be staying in hotels and lodges with washing facilities, usually two people to a room. The hotels are clean and comfortable but please be aware that some of the lodges can be quite basic due to the remote location of the towns we stop at.

Whilst camping, all equipment will be provided including sleeping mattresses but you do need to bring your own sleeping bag.

We submit our rooming lists for your challenge 8 weeks before the challenge departure. Please make sure you have informed us of anybody you would like to share with along with your relationship to them before this time as we are unable to amend the rooming lists once submitted. If you are a solo participant we will partner you with another participant of the same sex, and where possible, of a similar age.

Please contact the Customer Care team at customer.care@globaladventurechallenges.com if you wish to enquire about a single supplement.

TOILET & WASHING FACILITIES

In the hotels there will be en-suite washing facilities and western style toilets. We will do our best to make sure toilets are available at our water and lunch stops – they are usually portable chemical toilets and will be set up and kept clean by our support crew.

Facilities are scarce elsewhere so you will have to be prepared to use the ‘great outdoors’ when necessary! You should carry your own supply of tissues but please dispose of these appropriately in the bins provided (nappy sacks are very useful!).

TELEPHONE AND WI-FI

Telephone and Wi-Fi are sometimes available when we stay in a hotel/lodge, but due to the type of terrain in the areas we cycle through mobile telephone signals will become patchy and shouldn't be relied upon. More information can be found on Wi-Fi and phone signal availability at the hotels/lodges and camps we stop at in the Accommodation Information Document.

Wi-Fi will also be limited along the route.

There will be the opportunity to charge electrical items at some of the hotels and lodges in the evening so make sure you bring the appropriate travel adapter for Tanzania.



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OTHER COSTS THAT YOU NEED TO BUDGET FOR

Below are some approximate costs for other expenditure you may incur for the challenge:

Item	Approx. cost
Kit and clothing	Please see kit list
Visa	£40 – this is subject to change
Travel insurance	£63
Spending money	£150 - £200
Hotels the night before your departure and/or the night of your arrival back into the UK	£60 - £100 per night
Airport car parking	£75 - £150
Travel to and from the UK departure airport	The cost depends on how far you need to travel and type of transportation you are taking – flights and trains are quicker but also more expensive than going by coach

Average costs - costs vary greatly from town to town, however a rough average for the price of a beer or coffee would be \$3.

How much spending money you will need usually depends on how many presents you wish to bring home!

TIPPING

Tipping your guide(s) is appropriate, customary and always appreciated. Your gratuity should reflect the quality of service you receive and anything special your guide(s) did to enhance your trip.

Please liaise with your Global Adventure Challenges leader regarding tips, as they will arrange this with the local head guide. We advise that you tip anything from £25 - £50 dependant on your budget and the service you have received.

Any old clothes, shoes, etc. that you would like to donate to the local crew would also be most appreciated.

If you feel at any stage any pressure regarding unofficial tips, please make sure you report this on the ground and it will be taken up accordingly.



CYCLE AFRICA



DIFFICULTY & TERRAIN

Our challenges are graded from 1 (Challenging), 2 (Tough) and 3 (Extreme). This challenge is graded at 2 (Tough).

You will be cycling for 5 consecutive days in hot and possibly humid weather.

The rides will involve some long days in the saddle and you will be tackling some significant climbs and varied terrain.

We would strongly recommend you increase your training preparation for this challenge.

Please contact the office and speak to our team if you are in ANY doubt regarding your suitability for your challenge.



CHALLENGE GRADING

Each of our challenge events are designed to be achievable by most individuals, providing you are prepared to put the effort into training. You do not need to be a professional athlete or 'super fit', however, the fitter you are the more you will enjoy the challenge!

Please keep in mind that these guidelines are to give an insight into the difficulty level associated with the challenge. You may find that an event rated 'Challenging', could have a 'Tough' day, or that a 'Tough' challenge, may have a 'Challenging' day.

TOUGH

A 'Tough' cycle features more demanding activities and the days are generally longer and harder than a challenge graded as 'Challenging'!

The challenge is likely to involve considerable amounts of camping using facilities that we aren't accustomed to in the UK.

The weather can be more unpredictable on this challenge and the temperature can be very hot!

TRAINING TIPS

Training is a critical component in the preparation for your challenge. Good cardiovascular fitness is essential and it is important that you are fit enough to complete this challenge, therefore prior fitness preparation is a MUST!

Training tips can be found on our website and in your welcome pack to point you in the right direction. We also offer training days and weekends to help you prepare.

As mentioned previously this challenge has been graded as 'Tough' and we strongly recommend training for this challenge.

Our training tips include:

- We recommend that you try and get used to riding on rough rocky and hilly terrain, visit a mountain bike centre or forest fire roads. If you haven't experienced a sore bum or aching hands then we suggest you probably haven't trained for long enough!
- Try to go training on consecutive days instead of doing one big day. This will help your muscles get used to the strains of cycling over consecutive days.
- Work on improving your stamina.



CYCLE AFRICA

SUPPORT ON THIS CHALLENGE

There will be a strong support team with a professional Global Adventure Challenges leader from the UK, knowledgeable, experienced local professional guides and a bike mechanic.

An air-conditioned vehicle/coach will also be providing support to the group.

There will be a comprehensive first aid kit carried with the group at all times. All Global Adventure Challenges leaders are 16 hour outdoor first aid qualified and we are never too far away from hospitals if needed.

It is likely that you will have to pay for any medical treatment in Tanzania.

FOOD, WATER & REFRESHMENT STOPS

Detailed information about the meals provided on the challenge can be found in the Accommodation Information Document. Most dietary requirements can be catered for as long as we know in advance. An example menu is as follows:

Breakfast - millet porridge, toast, jam, honey, bacon, eggs, sausages, coffee, tea.

Lunch - chicken leg, hard-boiled egg, wheat pancake, cake, crisps, fruit juice, fresh fruit.

Dinner - soup, rice/potatoes/noodles/pasta, meat/fish/vegetable stew, fresh fruit, tea, coffee, hot chocolate.

Breakfast and dinner on the challenge will be provided at the hotels we stay in or at our campsites. Lunch stops will be en route in a shaded area where we will experience open air buffets made and served by our support crew.

It is not safe to drink the water from the taps in Tanzania.

3 – 5 litres of drinking water, per person, per day, will be provided. Local snacks and fruit will also be provided at water stops on our cycling days. However, you may wish to bring your own snacks.



Tracker bars and fruit sweets such as jelly babies are ideal. Another tip is to bring along some of your absolute favourite snacks to give you an extra boost when you find the going tough.

Wash hands wherever possible to avoid stomach upsets. We strongly recommend that you bring a couple of small bottles of antibacterial dry wash, this is especially important when washing facilities aren't available.

TRAFFIC

We will encounter traffic on our cycle challenge so it's vital you wear your helmet at all times and pay attention to the instructions of your Global Adventure Challenges leader and local support crew. All traffic drives on the left hand side as per the UK.





TRANSFERRING YOUR PLACE

It may be possible to transfer your place to another person. Any transfer request must be made at least 7 days before the departure of your challenge. Costs associated with a transfer are detailed below.

- 56 days or more before challenge departure: £60.00 plus VAT.
- Within 56 days of challenge departure: £100.00 plus VAT.

Suppliers associated with the challenge may also charge additional fees (as an example an airline will often charge a name change fee).

All costs associated with a transfer must be paid in full before it can be confirmed / granted.

In addition to the costs above the person taking your place on the challenge must meet all registration formalities including completing a full registration form, medical questionnaire and if necessary get their GP's signature confirming they are physically and mentally fit enough to complete the challenge.

As you know our challenges are not your normal 'flop and drop' trips! Therefore, we reserve the right to decline a transfer request. For example, this may be because we don't feel there is sufficient enough training and preparation time before the challenge departs.

COMPLAINTS

We view complaints as an opportunity to learn and improve for the future, as well as putting things right for you.

If there is something that you perceive to be a lack of conformity during the performance of the challenge you must inform your challenge leader without undue delay. This will allow us the opportunity to remedy the situation on the ground.

If you have any form of complaint in the lead up to your challenge please contact the Customer Care team on the details below who will endeavour to put things right.

customer.care@globaladventurechallenges.com





DAY	TRANSFERS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 1: Depart UK	N/A	N/A	N/A	<ul style="list-style-type: none"> We depart the UK for our overnight flight to Tanzania.
Day 2: Arrive Kilimanjaro	Approx. 45 minute transfer from airport to hotel.	N/A	N/A	<ul style="list-style-type: none"> Upon arrival at Kilimanjaro airport we take our transfer to our overnight accommodation. Once we have settled in we will have a bike fitting and briefing before sitting down for an evening meal with our head guide.
Day 3: Weru Weru Lodge to West Kilimanjaro	N/A	Challenging	Distance: Approx. 64km Cycling time: 5 - 6 hours	<ul style="list-style-type: none"> 6.00am wake up call, as we aim to begin cycling at 7.30am. We cycle on a mixture of tarmac and dirt roads this morning as we meander through local villages with lots of ups and downs. Following lunch, we push on with amazing views of Mt. Kilimanjaro and Mt. Meru until we end our day at the Olpoongi Maasai Village.
Day 4: West Kilimanjaro to Arusha	N/A	Tough	Distance: Approx. 83km Cycling time: 7 - 8 hours	<ul style="list-style-type: none"> 5.30am wake up call, as we aim to begin cycling at 7.00am Today we ride from Olpoongi Maasai Village, passing through many Maasai villages towards Mt. Meru. This area is part of the Amboseli/Ngasurai ecosystem and helps preserve seasonal elephant routes. Many species are permanent residents so we need to keep our eyes open for some great wildlife action! The dirt road ends at the junction of the Arusha – Nairobi road and we then join the tarmac for around 30km. We turn off the road to join the track that will lead us to our campsite for the night.
Day 5: Arusha to Tarangire National Park	N/A	Tough	Distance cycled: 102km Cycling time: 8- 9 hours	<ul style="list-style-type: none"> 5.30am wake up call, as we aim to begin cycling at 7.00am. Today is our longest and probably one of the toughest days in the saddle. Our ride starts from the Tembo Club campsite; our destination being the amazing Tarangire National Park. It is this national park that hundreds of animals flock to knowing there is water here. Tarangire has the greatest concentration of wildlife outside the Serengeti ecosystem. We will cycle past Makuyuni, a busy junction town before finally reaching Tarangire Roika Lodge.





DAY	TRANSFERS	DIFFICULTY RATING	RIDE STATS (APPROX.)	ITINERARY NOTES
Day 6: Tarangire National Park to Lake Manyara	N/A	Challenging	Distance cycled: 74km Cycling time: 6 - 7 hours	<ul style="list-style-type: none"> ▪ 5.30am wake up call, as we aim to begin cycling at 7.00am. ▪ Our ride just keeps getting better and better! As our destination today is the amazing Lake Manyara – another National Park. ▪ The route taking us to Lake Manyara also has beautiful views of the Rift Valley directly in front of us. ▪ Our day’s ride will end at our lodge with a vista of the glimmering lake. ▪ An early night is recommended as we have a VERY early start the next morning.
Day 7: Lake Manyara to Ngorongoro Gate	Approx. 45 minute transfer from the finish point to the campsite.	Challenging	Distance cycled: 43km Cycling time: 4 - 5 hours	<ul style="list-style-type: none"> ▪ 5.00am wake up call, as we aim to begin cycling at 6.00am with the aim of finishing our cycle challenge by 10am. ▪ The route is tough as we climb up to our finish, taking us through small villages and townships all the way to the gate. ▪ After celebrating our achievements, we either take the optional safari drive around the Ngorongoro Crater Reserve (highly recommended), or take the transfer to the campsite. The optional safari drive carries an additional charge, and the cost will vary depending on number of participants. ▪ In the evening, we meet as a group again and celebrate our achievements at a special celebratory dinner!
Day 8: Moshi	Approx. 4 hour transfer from the campsite to airport.	N/A	N/A	<ul style="list-style-type: none"> ▪ We take our transfer to the airport for our flight back to the UK. ▪ Depending on flight times we may have time to stop at the vibrant town of Mto wa Mbu for some last minute souvenir shopping.
Day 9: Arrive UK	N/A	N/A	N/A	<ul style="list-style-type: none"> ▪ Arrive into the UK after our overnight flight from Tanzania.



