

Cycle Kilimanjaro

Tanzania



360 
EXPEDITIONS

www.360-expeditions.com

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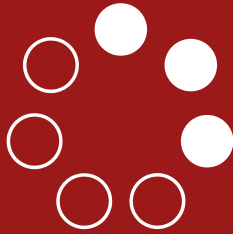


Explore the foothills of Kilimanjaro, Africa's highest peak on two wheels, circumnavigating 314km around the largest free-standing mountain in the world. Over 6 days we'll pass through colourful Chaga and Massai villages, experience rich culture and see unparalleled African landscapes.

Through farmlands, forest and on and off-road riding, this cycle tour packs a punch and leaves you curious about what's around every corner. An iconic mountain and a unique experience, see Kilimanjaro from two wheels and experience an unfiltered and up-close flavour of Tanzanian life by peddle power.

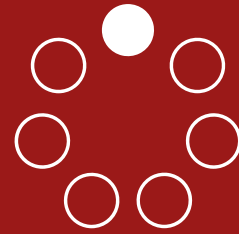
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Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



Technical – T1

No technical skills are needed. A good steady walking ability only is required.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

Today we will depart the UK, normally from London Heathrow airport.

DAY 2 : Arrive in Tanzania

From Kilimanjaro International Airport, you will be taken to Moshi town at the foot of Mt. Kilimanjaro ready to prepare for your challenge. After a quick briefing on the days ahead with your guide, it is time for your bike fitting. There will be time to go for a quick test ride through the nearby coffee plantation and surrounding villages before hunkering down for the night.

(D)

DAY 3 : Moshi Town - TingaTinga Village

Today we will start out cycling journey from the greener southern side of Kilimanjaro, home of the Chagga people, through coffee and banana plantations, trending westwards towards the more arid side of the mountain where open plains and acacia woodlands lie. A base with an abundance of wildlife and mesmerising mountain views, these plains otherwise known as the Maasai Lands, are alive with sounds and rustles and the stomping ground of the nomadic Maasai people who co-exist with the surroundings wildlife. Following dirt tracks to gravel and then satisfying tarmac roads, we arrive at the Ngabobo village where we rest for the night.

Cycling distance: 70km

(BLD)

DAY 4 : TingaTinga Village - West Kilimanjaro Farms

There are two routes that we can choose from today depending on our energy levels; both of which pass through the Enduemet Area. The Enduemet Wildlife Management Area is one of Tanzania's 'best kept secrets' otherwise known as the 'small garden of Eden' – it borders the Amboseli National Park and is a critical migratory route for wildlife including the African Elephant. Many tribes congregate here from the Meru to the Pare people but it is largely inhabited by the Maasai.

Sprawling open plains scattered with acacia trees stretch beyond us until we hit the lush green slopes of Kilimanjaro. We finish up at Simba Farm, perfectly situated overlooking the west Kilimanjaro plains.

Cycling distance: 60km

(BLD)

DAY 5 : West Kilimanjaro Farms - Nalemoru Village

Cycling towards the north east side of Kilimanjaro, we'll pedal to the Nalemoru village near the Kenyan border where the Rongai route up to the mountain begins from. We ride through open farmlands, with vistas of the west Kilimanjaro plains on our tails.

Traversing through vibrant towns, we snake through the foothills of the mountain towards the Rongai forest. With weather on our side, we should be able to feast on views of Kilimanjaro's Kibo and Mawenzi peaks.

Cycling distance: 66km

(BLD)

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ITINERARY

DAY 6 : Nalemoru Village – Marangu Village

The downward hill ride towards Marangu village on the foothills of Kilimanjaro is a welcomed treat after several days on the saddle. Pedalling through the Marangu village and passing banana and coffee plantations along the way, we will likely get a few waves and “Jambo!” from the Chagga people as we cycle by.

Before reaching camp for the evening, a detour to the iconic Kinukamori waterfalls takes place – here we can take a short stroll to the base of the waterfalls. We will hear mystical legends of the waterfalls and learn about the traditions and history of the locals.

The finisher sees us glide downhill for the last stretch where a hot meal awaits.

Cycling distance: 64km

(BLD)

DAY 7 : Marangu – Moshi

For our last day of riding we’ll explore the villages and plantations on Kilimanjaro’s slopes, with the first half of our day being made up of several steep ascents and descents followed by a gradual downhill ride towards the bustling town of Moshi.

After riding through the suburbs of Moshi, we’ll return to the back roads as we near the our lodge and the completion of our cycle challenge. A celebration dinner is in order for this evening and some well-earnt recovery and refuelling.

Cycling distance: 50km

(BLD)

DAY 8 : Departure

You can recover from the cycle and spend some time visiting Moshi for a chance to buy souvenirs before your transfer to the airport for the evening flight home.

(B)

DAY 9 : Arrive home

Today we will arrive back home.

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KIT LIST

Bags & Packs

Kit bag

Duffel bag or similar for your kit which is carried in vehicles between nights

Daysack

Small daysack for kit you carry during the day, keep this SMALL

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Padlocks

To keep your bag contents safe

Headwear

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Julbo is our preferred supplier

Sunblock

High factor as the sun is reflected off the road into your face

Upper Body

Cycling gloves

Blister prevention

Cycling jersey x 3

Breathable base layer

Bring some with long and some with short sleeves, these are designed to draw sweat away from your body to keep your skin dry and cool / warm

Fleece top

Another thermal layer in the event of cold spells, and useful for when you stop

Waterproof jacket

Avoid getting wet when it rains or you will get cold quickly

Lower Body

Cycling shorts

Spend more to get more padding so you can sit easy at night!

Cycling tights

These are a thermal layer to keep you warm if the temperature drops

Waterproof trousers

Avoid getting wet when it rains or you will get cold quickly

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KIT LIST

Feet

Trainers

Both for cycling (or an additional pair for cycling in) and for padding around off the bike in town

Socks

Change of socks

Evening Wear

Evening clothes

To change into around town and evenings

Technical Equipment

Helmet

Cycle Helmet is provided but you may prefer your own that you know fits you well

Pedals / cleat shoes

Standard pedals will be provided but if you'd prefer to use cleated pedals these will be fitted for you

Hydration

Water bottles / bladder

Bottles will be provided, but bring your own if you prefer

Toiletries

Wash kit

Personal wash kit and toiletries

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes biking

Useful for degreasing your hands after putting your chain back on or after lunch

Chamois cream/Vaseline/Body Glide

Vital anti chaffing!!

Mosquito/Insect repellent

Just in case

Medications

Personal first aid kit

E.g. plasters, deep heat gel, ibuprofen and pain killers

Personal medication

Keep this in your daysack

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KIT LIST

Miscellaneous

Waterproof pocket or wallet for passport

(If you intend to carry it with you)

Multi tool

Including allen keys

International plug adapter

Camera

Bring plenty of spare batteries and memory cards

Ear plugs

For protection against the inevitable snorers!

Snacks

For when your energy levels flag and you need a pick me up (See FAQs)

Entertainment

A book or other entertainment for evenings

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Just in case

Passport photos x 4

We need these to obtain your climbing and trekking permits

Visa

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. And that your insurance includes medical evacuation.

Money

Tips for local guides (tipping your 360 leader is optional) plus any extra cash for meals not included, or additional drinks, snacks or souvenirs on the trek. Please see the FAQs or for advice on additional spending money.

Smartphone, GPS or Route Map

To help with route navigation

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FAQ'S

Guides

Is there a support team?

From the very start when you booked your place on this trip to the moment you arrive back in London you will be in the capable hands of experienced 360 Staff.

All of our staff have extensive knowledge of world travel, event support and other skills that are ideal for the job they are doing and situations that might arise. As well as this they are motivated, friendly and approachable. While out on the road the support team also have great back up from the office with a 24 hour emergency number just in case.

Back up team numbers and number of vehicles vary depending on the group size and the logistics of the route, but we ensure that there are enough staff to provide you with a great and enjoyable trip.

The team are there to look after the running of the trip and all the aspects that are involved. From route-marking to luggage transportation, or motivating to puncture repair, the back-up team are there to help you complete your challenge and enjoy every minute!

The Bikes

Will the support team provide bike maintenance?

The other big job for the back-up team is to keep your bike on the road so you can keep pedalling! We carry a range of spares and inner tubes should something happen to your bike on the trail and will be along before long to fix you up and keep you cycling. We also carry spare bikes.

Do I need to bring my own bike?

If you wanted to, you could, but do be aware you'll likely be charged extra for luggage on the flights. We have bikes for the team's use in-country, but please do chat to us if you want to make alternative arrangements and we'll be happy to help out.

Can I hire an electric bike for the trip?

There is a rare opportunity to hire an electric bike if you so need it, however we cannot promise as they are few and far between in the location as you can imagine.

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FAQ'S

What bikes do you use?

The bikes we use are mainly Trek and Avalanche mountain bikes – perfect for cross-country riding as they are lightweight frames. We've got the full spec in the office, just ask and we can send it to you! Please bring your own helmet, this is a must. Safety first!

Food and Water

What is the food like on the ride?

Meals will vary from day to day as we move across the land and stay in different wonderful accommodation.

Your meals will include a variety of the following...

Breakfasts: Full English, porridge, juice, hot beverages including Kilimanjaro coffee, pancakes

Snacks: Sausages, pancakes, toast, cheese, baked beans, omelette, fruit, bread rolls, garlic bread, potatoes

Water stops: Chocolate, fruits, nuts, drinks (water and coca cola)

Lunches: Chicken, sausage, soup, eggs, hot dogs, chocolate, fruit, coca cola,

Evening snacks: Nuts, popcorn, oranges, bananas, hot beverages, coca cola

Dinners: local dishes including machalari, soup, various meats, chips, vegetables, curry

I have food allergies, can these be catered for?

Absolutely, please let us know in advance.

Should I bring snacks?

It isn't really necessary to bring snacks. We provide a brilliant range of snacks from local snacks, fruit and chocolate. If you want to bring energy snacks, such as power bars or gels which are not usually available in the country then please do.

In the evenings before dinner and as you first head in from your day's riding, the snacks include banana crisps, popcorn, nuts and biscuits as well as hot and cold drinks and a well-earned beer.

Where does the drinking water come from?

Purified drinking water is available at all stages of the trip (with the exception of restaurants, where we do not include beverages). In restaurants, we recommend you purchase bottled water and refrain from drinking anything with ice. Do not drink the water from the tap. If you think you might be filling up outside our planned water stops, bring purification tablets.

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How often is fresh water available for replenishing during the day?

Water stops will be after every 15 kilometres for longer days and less than that for shorter days. You can refill water bottles at any of these stops. We absolutely ensure you are kept well hydrated and remain flexible to our cyclists so that you have the best experience possible.

Accommodation

What type of accommodation will I be staying in?

Hotels and guest houses, which by local standards will be good, by western standards may seem a little simple in places, in more developed areas will be very respectable with western toilets and hot showers. Remember these are developing countries, but they do try hard to cater for western tourists.

Will I be sharing a room?

Yes. All accommodation on the trip is shared (unless you pay a single supplement rate). If you have a friend on the ride let us know and we will make sure you share with them.

What will happen to my luggage?

All your overnight luggage will be transported for you from hotel to hotel, but this does mean that it will be very awkward to access this bag during the day. Therefore we suggest if you have a few things you might need out on the road then you bring a small daysack or large bum bag to carry things while on your bike. Do keep your backpack small though otherwise you'll find your shoulders get very stiff very quickly and you will get hot quickly. Better still get bike bags for the handlebars or under seat compartments for any essentials. Small daysacks are often more accessible on the bus during the day.

Space is limited in the luggage vans so we ask you not to bring suitcases but stick to soft duffel bags or kit bag and not one that is precious to you as they may be put on the bottom of the pile. Your bag should weigh no more than 15kg.

What are the facilities like?

Western toilets are available at accommodation. In the countryside and as we ride through small villages, we cannot guarantee that a toilet will be available so embrace the elements: bushes will be your go-to.

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Health and Safety

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem if you need to take more rest stops. A support vehicle will be bringing up the rear of the group on the cycle ride ensuring nobody is left alone – remember, this is not a race!

Do I need to take malaria drugs?

Around Moshi and Arusha, particularly after the wet season, have frequent incidents of malaria amongst the local inhabitants of these towns. You should take them, as well as applying precautions such as sleeping under mosquito nets, applying insect repellent and wearing long sleeve shirts and trousers. Speak to your doctor before the trip to ensure you are correctly prepared.

You advocate taking a small first aid kit, what should it contain?

The same sort of things you would take on any holiday, but consider particularly Ibuprofen to relieve muscular pain, Compeed blister treatments, rehydration sachets, plasters and antiseptic to treat minor scrapes. If you have medicines that you take regularly you should take those with you in case the van carrying them is held up, preventing you from keeping to your normal regime.

What vaccinations do I need?

The following vaccinations are recommended:

- Hepatitis A
- Typhoid
- Diphtheria
- Tetanus
- Polio
- Yellow Fever (see below)

This list is not absolute and it is important you should see your GP Surgery or travel clinic for latest recommendations and to ensure you are up to date on necessary vaccinations.

Do I need a yellow fever vaccination certificate?

The advice about Yellow Fever vaccinations for travelling to Tanzania changes frequently and you must check with your GP surgery or Travel Clinic for the latest advice before you travel. We cannot advise you on this due to the frequency with which the advice changes.

What happens if there is a problem and need to leave the expedition?

Vehicle transport will always be available. If it's not a medical problem but you need to get home then equally arrangements can be made. Evacuation costs will need to be met by the client or their insurer.

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FAQ'S

Kit

What personal equipment and clothing do I need?

It is a rule that while cycling you must wear a cycle helmet. There is a two strike rule – if the back-up team see you riding without a helmet twice then you will be asked to retire from the event. This is entirely based on safety reasons. During the trip there's a chance you could be exposed to extremes of weather so we encourage you to be as prepared as possible to handle those extremes and remember they can change very quickly. We have provided a kit list in this document, if you have any concerns or questions about kit please do not hesitate to get in touch.

We highly recommend when buying cycling shorts you do not go for the cheapest as your bottom will be doing a lot of the hard work and needs good padding! You'll look a bit funny standing up at the dinner tables in the evening. Also the heat and humidity will play a big part in your comfort levels, so spend a little more on good BREATHABLE kit.

The Trip

Is the trip for me?

Definitely! There are plenty of like-minded riders taking part who are thinking the same thing so you will be in good company and you will meet new friends. Some people come with friends or family but most people come on their own. Sign up today for a fantastic experience and the opportunity to make life long friends.

How fit do I need to be?

If you engage in fitness activities at least 3 times per week, or do a physical job, this will be easily achievable. The most important thing is to get "saddle time" – get on a bike, either outdoors or in the gym, as the skin – and the heart – can take a little time to adapt to cycling all day. The aspect people often find hardest is acclimatising to riding in the heat.

Is there a minimum/maximum age to take part?

The minimum age to take part is 18 and there is no maximum age limit, but if you are over 65 years we will ask you to provide us with a medical certificate from your doctor.

What is a normal day on the trip?

Normally the day would start with a wake up call and then breakfast. We ask that on your way down to breakfast you bring down your overnight bag. After breakfast there will be a few minutes to check your bike and tyre pressures. Before you set off there will be a short recap on the dinner briefing and then it is off. The ride will be broken down into sections with water stops, and lunch out on the road. Arriving at the hotel or guest house you will be shown where to leave bikes, you will check in and be told where your bags are so you are able to go and freshen up before dinner. During dinner you will also have a safety briefing for tomorrow's ride.

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FAQ'S

What are the roads and terrain like in Tanzania?

In Tanzania it will be...

The cycling would be classed as easy to moderate for an averagely fit person.

What mileage will be covered during this trip?

Distances vary between 50 to 70 kilometers per day, covering 314km in total (distance may vary slightly due to changes of hotels or exact route). While you are training we recommend several days of these distances on consecutive days to get used to the distances day after day. If you are planning to track your route please remember that all computers and GPS devices vary slightly in readings.

What other modes of transport will we be using?

Apart from the bicycles, we use different vehicles depending on the group size. Bike, bus, speedboat, small wood built "ferries", tuk tuk, plane! This trip is not all about the cycling, it's more by any means necessary and people should expect to be getting on and off vehicles each day, whether that's the bus, a ferry etc. Generally though, we use buses or vans of varying size with trucks to support with equipment, with some interesting river crossings along the way.

Will we see lots of other westerners or will it feel remote?

In Vietnam we will be visiting mostly remote areas. Phnom Penh and Siem Reap are tourists hotspots. In the Cambodian provinces of Kampong Cham and Kampong Thom, we may see a few more tourists, but only at major stops like Sambor Prey Kuk and Angkor Wat.

The Weather

What is the best time of the year to do this ride?

It can really vary but February-March and September-October are great times of year to visit Tanzania due to better weather conditions. The summer can reach temperature heights that would perhaps not make for comfortable riding!

How cold / hot can it get?

Tanzania is located in the tropics, so it has a tropical climate. The temperature ranges from about 18°C to 29°C year-round, and there's plenty of rainfall throughout the country.

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FAQ'S

Insurance

What about insurance?

You must carry individual travel insurance to take part in the expedition. We cannot accept you on to the trip without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. With your insurance coverage to include medical evacuation.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

Entry into Country

Do I need a visa for Tanzania?

Visas are compulsory for entry into Tanzania for UK citizens. Although these can be acquired relatively easily at the border, we recommend that you contact your nearest Tanzanian embassy to avoid queuing, unnecessary delays and potential clearance.

Tanzania High Commission UK

3 Stratford Place W1C 1AS

London, UK

Tel: +44 (0) 207 569 1470

<http://tanzaniahighcommission.co.uk>

My passport runs out 3 months after this trip, is that okay?

Your passport should be valid for 6 months after the date the trek starts. If it runs out before you may be refused entry. It is also advisable to have a couple of photocopies of your passport in case of loss.

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FAQ'S

Finance

What do the trip costs cover?

The trip costs cover all of your accommodation (twin room basis), travel, all meals except for ones mentioned in the itinerary and luggage transfer. They also include trip support by experienced 360 leaders; support, mechanical and medical staff and vehicles.

Costs do not include visas, personal travel insurance, meals mentioned on the itinerary, drinks, extra food, extra personal items and any other costs not mentioned.

You will need to allow extra for snacks, drinks, souvenirs and other personal extras. We would also recommend carrying a credit card to cover any personal emergencies that might arise.

Electronics

Is there mobile phone reception?

Yes. In the countryside there are pockets of dead space or low signal but these are usually small.

Will I be able to charge my camera or phone on the trek?

Yes. Be sure to bring appropriate adapters. Most outlets in major cities can accept several types of plugs, but it is not guaranteed in the provinces. We also recommend a power bank, helps with charging when you're out and about – we recommend [PowerTraveller!](#)

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

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"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.