



KENYA & TANZANIA

'The Ultimate Biking Adventure'

Travel at the pace of Africa on this 16 day mountain bike adventure, Experience the culture, wildlife and landscapes of an amazing continent.

Escape Adventures is a small personal travel company with a passion for getting out and exploring new and exciting destinations around the world. Most people believe that the only way to see Africa is by vehicle. We know from experience that after a couple of days biking with us you will realise that this is the only way to truly appreciate this magnificent continent.

On our 16 day biking adventure we travel from Nairobi in Kenya through Tanzania to Dar es Salaam on the Indian Ocean coast; or the reverse journey (see itineraries below). Biking far from busy roads and main tourist routes you will experience a different face of Africa - local villages and traditional tribesmen, breathtaking scenery and wildlife grazing on the plains. We travel through open savannah, desert, mountain rainforest and tropical coastline. We follow the foothills of Mt Kilimanjaro with its snow-covered peaks and camp in the wilderness under a cloudless African sky.

We take a break from our bikes to view Amboseli National Park and Ngorongoro Crater, which hosts the largest concentration of plains game anywhere in the world and gives you the wildlife experience that East Africa is famous for. Enjoy a day hike and visit a local school in the unspoilt Usambara Mountains. Biking through the Usambara Mountains and down to the tropical coastal forest and villages brings us finally to Dar es Salaam, "Haven of Peace".

Some people choose to extend their trip and follow with a trek of Mt Kilimanjaro or experience the culture and buzz of Zanzibar Island; either of which we can help you to arrange.

WHAT IS THE BIKING LIKE?

- 🚲 12 days biking - 90% on dirt and 4x4 roads, some paved roads, and a wee bit of non-technical single track. While most of the riding on this trip is non-technical some off road biking experience will help.
- 🚲 A good level of fitness will add to the enjoyment of your trip.
- 🚲 From 25km to 90km per day. Total distance approximately 550km.

THE BASIC LO-DOWN

- 🚲 We travel between Nairobi in Kenya and Dar es Salaam on the Indian Ocean coast in Tanzania.
- 🚲 100% vehicle supported. Our trusty support vehicle carries all your luggage, helps you up those hills (if you like) and always has lunch, snacks and water at hand.
- 🚲 Two Game parks included, Amboseli National Park (Kenya) and Ngorongoro Crater (Tanzania) included.
- 🚲 Group size minimum 4, maximum 10 plus Escape leaders and local crew.
- 🚲 Accommodation is twin share - 1 night in a hotel; and single or double for 14 nights camping. (Upgrades to rooms are available at some campsites at your own expense).
- 🚲 Food includes 3 meals per day from dinner on Day 1 to breakfast Day 16. This excludes 2 lunches and 2 evening meals which are at your own expense to give you the opportunity to experience local cuisine.
- 🚲 Includes visit to a rural primary school in Tanzania.

ITINERARY

Nairobi to Dar es Salaam

Day 1 – Arrive in Nairobi, free day. Airport transfers can be arranged. Alternatively taxis are available outside the airport, approx \$USD 20 to the Hotel where we will meet for a pre departure meeting at 5pm. **NOTE- please change money on arrival at the airport for at least the first week of your trip.**

Day 2 - We take a short drive out to the surrounding plains. From here we begin biking on undulating tarmac and dirt roads through the African savannah. A fairly gentle day of approx 25kms to ease us into the saddle brings us to an ostrich farm where we camp for the night.

ITINERARY

Dar es Salaam to Nairobi

Please note: The beach in Dar es Salaam is beautiful. If you care to spend some time lulling on the beach before the trip, please let us know and we can help you organise additional accommodation.

Day 1 – Arrive in Dar es Salaam "Haven of peace", free day. Airport transfers can be arranged. Alternatively taxis are available outside the airport, approx \$USD 20 to the Campsite where we will meet for a pre departure meeting at 5pm. **NOTE- please change money on arrival at the airport for at least the first week of your trip.**

Nairobi to Dar es Salaam continued...

Day 3 - Heading away from civilisation we bike on dirt roads towards Amboseli National Park, meeting up with Maasai tribesmen and various plains game along the way before spending the night under the clear African sky in the open bush. Approx 82kms biking.

Day 4 - We continue biking on dirt roads and tracks to Amboseli National Park, renowned for its huge herds of elephant and stunning views of Mt Kilimanjaro. We finish the day with a short game drive into the park to the campsite. Approx 50kms biking.

Day 5 - With an early start we spend the morning on a game drive through Amboseli. Leaving the park after lunch we bike across the dry bed of Lake Amboseli and around the lower slopes of Mt Kilimanjaro to camp in the shadow of the massive mountain. Approx 25kms biking.

Day 6 - A relaxed morning gives us the chance to visit a Maasai manyatta, (village) and experience their traditional culture and lifestyle. We continue biking around the lower slopes of Mt Kilimanjaro towards the Tanzanian border. Approx 45kms biking.

Day 7 - After crossing through the Kenya/Tanzania border we drive on towards Arusha the safari capital of East Africa. After lunch, back on our bikes and you choose between the paved road or dirt roads and tracks for approx 25kms to the Meserani Snake Park. Lunch at own cost.

Day 8 - A full day of paved roads to really stretch out the legs as we bike away from Arusha. We again encounter Maasai tribesmen herding their cattle and some plains game. The afternoon brings us to Mto Wa Mbu, a small town at the foot of the Rift Valley escarpment. Explore the town and visit local craft markets. Evening meal at own cost. Approx 89kms biking. (Upgrades to rooms available*).

Day 9 - With an early start we drive into the Ngorongoro Crater, a natural Garden of Eden, and spend the day game viewing the highest concentration of plains game in Africa, Returning to Arusha in the evening.

Day 10 - Departing Arusha we begin heading towards the coast, driving south past Kilimanjaro and the huge wide open spaces of the Maasai Steppe. We finish the day with a 40km ride to a secluded campsite on the banks of a quiet meandering river. Lunch at own cost.

Day 11 - Climbing away from the plains we head up into the Usambara Mountains, driving up for the main climb then biking on towards Lushoto - an old German colonial town nestled high in the mountains. From here we bike up to a viewpoint overlooking the endless plains below then continue further into the mountains to camp at a rustic colonial lodge. (Upgrades to rooms available*). Approx 45kms biking.

Day 12 - A well earned rest day for those who wish. Or join with a guide from the local village for a day hike into the stunning Usambara Mountains with unspoilt forests and views that go on forever. Here we have a chance to visit a local school. ** (Upgrades to rooms available*).

Day 13 - "The ultimate day" - What goes up must come down; biking further into these beautiful mountains we pass through pristine rainforest and village farmland. This is an area that rarely, if ever gets visited by travellers and the welcome and response we receive from the local population is fantastic. You have the choice of 2 routes back down, and then after lunch a gentle 14kms of scenic winding tarmac to get us back down to the plains below. (Upgrades to rooms available*). Approx 60kms biking.

Dar es Salaam to Nairobi continued...

Day 2 - We follow the coastal road away from Dar es Salaam and then bike through small old historic town of Bagamoyo - arriving in time to enjoy a swim in the Indian Ocean. On the beach bargain with local fishermen to choose our dinner. (Upgrades to rooms available*). Approx 25kms biking.

Day 3 - Departing the tropical coastline we bike along a little used dirt road and through sleepy palm lined villages. The route retraces the historical major slave and trading route through East Africa. (Upgrades to rooms available*). Approx 65kms biking.

Day 4 - Climbing away from the plains we head up into the Usambara Mountains, driving up for the main climb then biking on towards Lushoto - an old German colonial town nestled high in the mountains. From here we bike up to a viewpoint overlooking the endless plains below then continue further into the mountains to camp at a rustic colonial lodge. (Upgrades to rooms available*). Approx 45kms biking.

Day 5 - A well earned rest day for those who wish. Or join with a guide from the local village for a day hike into the stunning Usambara Mountains with unspoilt forests and views that go on forever. Here we have a chance to visit a local school. ** (Upgrades to rooms available*).

Day 6 - "The ultimate day" - What goes up must come down; biking further into these beautiful mountains we pass through pristine rainforest and village farmland. This is an area that rarely, if ever gets visited by travellers and the welcome and response we receive from the local population is fantastic. You have the choice of 2 routes back down, and then after a relaxed lunch a gentle 14kms of scenic winding tarmac to get us back down to the plains below. We camp at a secluded campsite on the banks of a quiet meandering river. Approx 60kms biking.

Day 7 - We start the day with a 40km ride taking in the huge wide open spaces of the Maasai Steppe. In the afternoon we transfer north by vehicle, Camping near the base of Mt Kilimanjaro. Evening meal at own cost.

Day 8 - A short morning transfer brings us to Arusha. After lunch, back on our bikes and you choose between the paved road or dirt roads and tracks for approx 25kms to the Meserani Snake Park. Lunch at own cost.

Day 9 - A full day of paved roads to really stretch out the legs as we bike away from Arusha. We encounter Maasai tribesmen herding their cattle and some plains game. The afternoon brings us to Mto Wa Mbu, a small town at the foot of the Rift Valley escarpment. Explore the town and visit local craft markets. Evening meal at own cost. Approx 89kms biking. (Upgrades to rooms available*).

Day 10 - With an early start we drive into the Ngorongoro Crater, a natural Garden of Eden, and spend the day game viewing the highest concentration of plains game in Africa, Returning to Arusha in the evening.

Day 11 - We depart the city in the morning and drive towards Kenya. After crossing through the Kenya/Tanzania border it's back on our bikes. From dirt roads, to less used tracks then out into scrubland and finally more open savannah and around the lower slopes of Mt Kilimanjaro to camp in the shadow of the massive mountain. Approx 45kms biking.

Nairobi to Dar es Salaam continued...

Day 14 - With the tropical coastline as our goal we bike along a little used dirt road and through sleepy palm lined villages to meet the Indian Ocean at Bagamoyo. This small historic town right on the coast is at the end of what once was the major slave and trading route through East Africa. We camp at a lodge right on the beach. Evening meal at own cost. (Upgrades to rooms available*). Approx 65kms biking.

Day 15 - We bike through old Bagamoyo town then follow the coastal road to Dar es Salaam "Haven of peace". A quick check of the local fish market to choose our dinner then a last gentle ride along the coast to our campsite - arriving in time to enjoy a swim in the Indian Ocean. Approx 25kms biking.

Day 16 - If you are flying out today we can arrange a transfer to the airport or to your hotel if you are staying on in Dar es Salaam. If you are staying on in Africa, we can help you arrange beach bungalow accommodation or a trip to Zanzibar Island.

Dar es Salaam to Nairobi continued...

Day 12 - A relaxed morning gives us the chance to visit a Maasai manyatta, (village) and experience their traditional culture and lifestyle. Leaving the village we bike across the dry bed of Lake Amboseli to the edge of Amboseli National Park renown for its huge herds of elephant and stunning views of Mt Kilimanjaro. We finish the day with a short game drive into the park to the campsite. Approx 25kms biking.

Day 13 - With an early start we spend the morning on a game drive through Amboseli. Leaving the park we bike into increasing scrubland - meeting up with Maasai tribesmen and various plains game along the way before spending the night under the clear African sky in the open bush. Approx 50kms biking.

Day 14 - We make an early start for a big day of biking. The dirt roads meandering through varying terrain, bush land, small villages and African savannah brings us to an ostrich farm where we camp for the night. Approx 82kms biking.

Day 15 - A very relaxed start to the morning prepares us for our final ride together. On the out-skirts of Nairobi city we load the bikes up and drive into the heart of the city. In the evening we enjoy a final evening meal together in true African style. Accommodation - Hotel. Approx 25kms biking.

Day 16 - If you are flying out today we can arrange a transfer to the airport or help you plan sight seeing in Nairobi City.

Please remember that this is a guide only and due to unforeseen circumstances it may be necessary to make changes to the itinerary.

*Room upgrades are at your own cost and are subject to availability.

** School visits. The local schools in East Africa are very different to what we are used to in the western world. We have established a relationship with a school along our route which we try to visit on every tour and help in a small way with practical gifts etc. Please contact us for more information regarding these school visits and how you may be able to help them.

DEPARTURE DATES FOR 2009

Sat June 20th to Sun July 5th 2009: Nairobi to Dar es Salaam ~ Unicycling trip

Sat July 18th to Sun Aug 2nd 2009: Nairobi to Dar es Salaam ~ Family itinerary

Tues Aug 6th to Mon Aug 24th 2009: Dar es Salaam to Nairobi ~ Special 19 day itinerary*

Sat Aug 29th to Sun Sept 13th 2009: Nairobi to Dar es Salaam.

Sat Sept 19th to Sun Oct 4th 2009: Dar es Salaam to Nairobi.




Sat Oct 10th to Sun Oct 25th 2009: Nairobi to Dar es Salaam.

PRICES FOR 2009



New Zealand dollars: \$4190 (Plus local payment USD\$300, bike hire in country USD\$200)

*19 Day Itinerary - NZ\$5890 (Plus local payment USD\$300, bike hire in country USD\$200)

To check price conversion to your own currency check: <http://www.xe.com>.

-  Prices include transport, meals, accommodation and activities for the duration of the trip as per detailed itinerary.
-  Prices do NOT include airfares, visas, airport taxes, optional meals, optional activities and excursions, vaccinations and personal equipment.
-  LOCAL PAYMENT is a part of your trip cost and is payable at the beginning of your trip to your tour leader at the pre-departure meeting on your arrival in Africa, rather than at the time of invoicing. (See Pre-departure Information)

WHAT IS ADVENTURE BIKING?

-  We get off the beaten track onto remote and little used dirt roads as much as possible. Some of the time we use paved roads and also at times single track, the later with not too much technical difficulty. There is sometimes the opportunity for getting off the main tracks and onto some more serious off road biking if you wish.
-  All our biking is vehicle supported which means all your gear is carried for you. Lunch and water are always at hand.

- 🦘 If you need a break from the saddle you can ride in the vehicle at any time.
- 🦘 You don't need to be a fitness fanatic to come with us, but a reasonable standard of fitness is required and makes your trip more enjoyable.
- 🦘 This trip is not about covering as many miles as possible. It is about experiencing Africa from a different perspective, meeting the local people and experiencing the sights sounds and smells of Africa. You will become part of the landscape and environment we are passing through, merging with the people and wildlife that we encounter along the way.
- 🦘 People who come with us enjoy the active outdoors and want something different in a holiday. By doing one of our trips you're not just a spectator, but part of the scene getting to touch, smell and see what's going on from close-up rather than as a passer-by.

Some facts about TANZANIA

AREA - 945,090 sq km

POPULATION - 29 million

GOVERNMENT - Republic

ECONOMY - Agriculture, Mining, Tourism

RELIGION - Muslim, Christian

LANGUAGE - Official-Swahili, English and tribal spoken

MONEY - Tanzanian shillings. \$USD 1= TSH 1050

CAPITAL - Dodoma

Some facts about KENYA

AREA - 583,000 sq km

POPULATION - 29 million

GOVERNMENT - Republic

ECONOMY - Tourism, Agriculture and Primary production

RELIGION - Muslim, Christian

LANGUAGE - Official-Swahili, English and tribal spoken

MONEY - Kenya shillings. \$USD 1= KSH 80

CAPITAL - Nairobi.

Escape Adventures
Small Group Biking and Active Adventures
in Africa, New Zealand, South America & Asia
www.escapeadventures.co.nz