



LIFESTYLE HOLIDAYS – AFRICA/TANZANIA

Tanzania Mountain Biking Tour – 16 days ex Nairobi



Our Tanzania biking tour offers diversity – a range of biking terrain combined with fantastic scenery! Jam-packed with National Parks and game drives, this tour offers the opportunity to see the Big Five, Mt Kilimanjaro, the Ngorongoro crater and the stunning beaches of Zanzibar. Tanzania has stunning landscapes - from the slopes of Mt Kilimanjaro to the Rift Valley. This trip offers biking as it should be - off the beaten path and great fun! This trip can be tailored to suit everyone's interest and abilities. It does not matter what your fitness level and experience, we can tailor the rides to suit. Non biking partners are welcome to join us too.

Experience the true Africa

We visit Mt Kilimanjaro, along the way we meet Masai people and learn more about their way of life, we see the endless landscape, the white beaches of Zanzibar, stone town, the animals and so much more. Experience wildlife in their natural environment. The riding is varied.

Zanzibar: an island jewel of the Indian Ocean

On a visit to Zanzibar, experience its fascinating historical Stone Town, hospitality of the Swahili people, beautiful white sandy beaches and the mystique of the Island's regal history.

Diverse accommodation

From basic tent accommodation to luxury camping; boarding school dormitory to 4 star hotel accommodation. This tour offers a great mix of accommodation!

Tour Itinerary

Day 1: Nairobi (Kenya)

Arrive in Nairobi (Kenya) late afternoon and be greeted by your tour guide. You will be transferred to the Heron Hotel, which is situated about 2km west of Nairobi CBD. Depending on your arrival time, you can explore Nairobi after you have checked into your room.

Accommodation: Hotel

Meals: Dinner

Cycling / Elevation: No biking

Day 2: Nairobi (Kenya) to Ngorongoro Crater (Tanzania)

After an early breakfast, we leave Nairobi at 6:30am and travel by bus to Arusha (Tanzania). We will have lunch at the Franciscan Mission, where we will build our bikes and leave our main luggage, as we are now traveling in Land Cruisers to the world famous Crater Rim at 2000m, which takes about 4 hrs (460km). The journey takes us through hilly farmland with cornfields and coffee trees. We may see our first monkeys beside the road and trees full of storks and their nests. Our tent site is set in a lovely natural camp with a spacious sitting area.

Accommodation: Camping

Meals: Breakfast, Lunch, Dinner

Cycling / Elevation: No biking



Day 3: Ngorongoro Crater (Hole-Hole is the Masai name)

After a 1 hour drive we have a full day game drive into the famous Ngorongoro Crater Conservation Area, where there is an excellent chance of seeing the Big Five (elephants, lions, rhinos, buffalos and with luck leopards, plus much more including giraffe, baboons, hippo etc). During the middle of the day, when the animals are more elusive, we will have our picnic lunch beside a lake.

Accommodation: Camping at Sunbright Campsite with hot showers and toilets

Meals: Breakfast, Lunch, Dinner

Cycling / Elevation: No biking

Day 4: Ngorongoro Crater to Mkuru Camel Camp (north of Mt. Meru)

In the early morning we take a game drive through Lake Manyara National Park, which stretches for 50km along the base of the rusty-gold 600m high Rift Valley escarpment. We will see flamingoes and pelicans and with a little bit of luck, lions resting in trees! We travel to Arusha and enjoy lunch in a beautiful African restaurant where we have the opportunity to buy handcrafted items from local handicapped people. In the early afternoon we continue to Oldonio Sambu where we will have the opportunity to cycle to a remote camping ground north of Mt. Meru.

Accommodation: Camping in fixed tents **Meals: Breakfast, Lunch, Dinner** **Cycling: Short ride / 130m**

Day 5: Mkuru Camel Camp - Ndarakwai

We start biking to Tinga Tinga and along the way we see Masai settlements and continue on to Ndarakwai. We see Masai cattle and zebra while we enjoy our lunch. Mount Kilimanjaro (5895m) is just in front of us. We overnight at the wonderful Ndarakwai Lodge where the slogan 'Luxury in simplicity' is effective. On our way we may see Zebra and Giraffe crossing our path.

Accommodation: Luxury lodge **Meals: Breakfast, Lunch, Dinner** **Cycling / Elevation: 39km / 206m**

Day 6: Ndarakwai - Kamwanga

We cycle along the foothills of Mount Kilimanjaro through grain fields and Masai land. We will see many traditionally dressed Masai and hilly scenery. The people are very friendly and the children particularly will call out 'jambo' which means 'Hello' in Swahili. Our campsite tonight is a school ground surrounded by classrooms. This is a true African experience. We may see Mt. Kilimanjaro in the morning on this elevated site.

Accommodation: Camping Meals: Breakfast, Lunch, Dinner Cycling / Elevation: 59km / 1300m

Day 7: Kamwanga – Lake Chala

We cycle around a quarter of Mt. Kilimanjaro. Our route leads us through savannah, forests and banana plantations where we see the natives going about their daily work. We ride remote single trails which lead us to our beautiful camp for tonight. Set in Savannah-like grounds and only a short walk away from Lake Chala. A swim and an evening around the campfire will be memorable.

Accommodation: Camping Meals: Breakfast, Lunch, Dinner Cycling / Elevation: 83km / 745m

**Day 8: Lake Chala - Marangu**

This morning we have a short ride up to Marangu the main village which services Mt Kilimanjaro tourism. The higher we climb, the greener it becomes. We reach Lucerne Inn (which incidentally is owned by our guide Serverin) before lunch time. After lunch we ride just a few metres to our hotel which is set in a lovely green garden for an afternoon of relaxation.

Accommodation: Hotel Meals: Breakfast, Lunch, Dinner Cycling / Elevation: 26km / 755m

Day 9: Marangu - Mambo View Point

After breakfast we will be driven southward to the Usambara Mountains approximately 250km away. At the foot of a remote and steep road to Mtae (a wonderful village at the top), where we have lunch before starting to cycle, push bike-walk or just walk. There is also the possibility to be driven up as it is a steep climb, but well worth it when you reach the top and have a panoramic view to both sides. We travel/cycle along the ridge through picturesque villages and further up to Mambo View Point, a genuine Eco Lodge which is situated at an altitude of 1900 metres. From here you will have breathtaking views over the Pare Mountains, the Mkomazi National Park and Kilimanjaro.

**Accommodation: Camping at an Eco Lodge Meals: Breakfast, Lunch, Dinner
Cycling / Elevation: 19km / 1400m**

Day 10: Mambo View Point - Muller's Lodge in the Usambara Mountains

Much of Tanzania's produce is grown in the Usambara mountains and today offers paradise-like biking through this well cultivated farmland. We will stop in one of the villages to sample the local coffee or tea. Our accommodation tonight is in a mountain lodge built in 1935 and located 1700m amongst rolling forested hills above Lushoto, the main town of the region. The lodge is solidly built of brick and is renowned for its splendid and well-cared for woodwork and furniture.

Accommodation: Muller's Lodge Meals: Breakfast, Lunch, Dinner Cycling / Elevation: 58km / 885m

Day 11: Muller's Lodge to Korogwe

Today we cycle through terraced hillside plantations to the south edge of the mountains. This is the main tea growing area and just before lunch we climb into the rainforest for the last time. This is followed by a very long and amazing downhill out to the plains.

Accommodation: Twin rooms at a mission with shared facilities

Meals: Breakfast, Lunch, Dinner

Cycling / Elevation: 86km / 815m

Day 12: Korogwe to Pangani

This is a long day. We ride a mostly flat route alongside sisal plantations and palms to the Indian Ocean. Our accommodation for the next two days is a small friendly lodge built in a coconut grove on the shores of Tanzania's mainland, just opposite Zanzibar Island.

Accommodation: Tented lodge

Meals: Breakfast, Lunch, Dinner

Cycling / Elevation: 101km

**Day 13: Pangani**

Pangani is an ancient town and is believed to have been established before the 6th Century BC. A walk through the town shows buildings that are over 200 years old. You can visit the Pangani Falls, which provide electricity to several mayor towns or just relax on it's beautiful beach and enjoy a well-earned rest.

Accommodation: Tented Lodge Meals: Breakfast, Lunch, Dinner Cycling / Elevation: No biking

Day 14: Pangani to Nungwi

A very early boat transfer (before sunrise) takes us to Nungwi at the north end of Zanzibar, known as the 'Spice Island', because of its production of cloves, nutmeg, cinnamon and pepper. The boat trip takes about 2 hours.

Our accommodation tonight overlooks the sea to the distant island of Tumbatu and its lighthouse. The beautiful white coral and seashell beach is the perfect place to enjoy an incredible sunset.

Accommodation: Hotel

Meals: Breakfast, Lunch, Dinner

Cycling / Elevation: No biking

Day 15: Nungwi to Zanzibar

Zanzibar Island is a destination that has lured traders, adventurers and explorers to its shores for centuries and for visitors nowadays, the contrast to mainland Tanzania is quite startling.

We explore the island by bike ending up at the main town called 'Stone Town'. It is the cultural heart of Zanzibar and has remained relatively unchanged for 200 years. It is a place of winding alleys, bustling bazaars, mosques and grand Arab houses. You can spend many idle hours just wandering through the fascinating labyrinth of narrow streets and alleyways.

Today we ride on single speed local bikes. In the meantime our bikes will be transported to Dar es Salaam, as we are unable to take them on the small plane.

Accommodation: Hotel in Stonetown

Meals: Breakfast, Lunch, Dinner Cycling / Elevation: 56km / 386m

Day 16: Departure Day: Stone Town (Zanzibar) to Dar es Salaam

Transfer to the airport for our flight to Dar es Salaam.

Accommodation: Camping

Meals: Breakfast

Cycling / Elevation: No biking

Tour Information

Included in the tour price:

- all meals
- 4-5 litre of mineral water per day
- entrance fee to 2 Game Parks
- boat transfer to Zanzibar
- flight back to Dar es Salaam
- accommodation as stated in the itinerary

Tour Grade

This tour is graded 5/6 active (on a scale of 1-10 with 9/10 being extreme).

Pre/Post Tour Extensions

We are able to provide both pre and post tour extensions to many destinations in and around Tanzania and Africa. Should you have a little more time to spare we would be happy to assist with your arrangements.

Recreational Riders & Sightseeing Passengers

Whilst this tour is graded moderate, we are happy to cater to a small number of recreational riders who may wish to take part with shorter daily rides. We also welcome limited numbers of non-riders on our tours. If you are keen to experience Tanzania but prefer to do this on four wheels rather than two, please do not hesitate to check our availability on your departure of choice.