

TEAM KENYA

Kenya Cycle Challenge

Join us for the trip of a lifetime as we cycle 225km through some of the wildest and most scenic parts of Kenya.

This four day cycle challenge starts on the edge of the Maasai Mara, where you can expect to see stunning countryside and East African wildlife. Over the next four days you will travel through traditional Maasai villages, immerse yourself in Maasai culture and sleep under the stars!

We end our cycle challenge in Ndhiwa, where we will visit Team Kenya's projects and see the impact your support has had. From here you will be free to head home, go off on safari, take some well-earned rest on Kenyan beaches or stay on in Ndhiwa and volunteer with our projects.

How tough is it?

You don't need to be an experienced cyclists to complete this challenge, but we do recommend that you get out on your bike and do some training prior to the trip to make the challenge as enjoyable as possible. There will be plenty of support on the trip, ensuring that you can go at your own pace – this is not a race.

Trip overview

26/07/2019	Arrive in Nairobi and spend the night at wildebeest
27/07/2019	Bike fit and travel to Narok
28/07/2019	Warm up day biking to Aitong
29/07/2019	Cross Aitong Plains and climb Olololo Escarpment
30/07/2019	Traverse Lolgorien Plateau to Migori
31/07/2019	Final leg to Ndhiwa
01/08/2019	Visit Team Kenya Projects in Ndhiwa
02/08/2019	Return to Nairobi – or continue your trip in Kenya
03/08/2019	Depart Kenya (if not continuing trip in Kenya)

Important information

- You will be cycling through very remote areas and there will be times when you need to find a bush to use as a toilet
- There is no mobile phone reception on the majority of the route
- There is no running water, you will need to carry enough water with you each day

- There is no electricity so bring a power bank if you have one, or a spare battery for your camera!
- The weather is unpredictable so we may need to alter the itinerary slightly at short notice
- It can be extremely hot so bring plenty of suncream and wear something under your helmet to protect your head

Funding options

£100 deposit, contributes towards £2,500 fundraising target

What's included

- All transport in country
- All meals and accommodation on the cycle ride
- Bike (optional, you can bring your own if you'd prefer)
- Puncture repair kits
- Pillows and mattresses
- Return flights

Not included

- Visa (50USD) – Available online here: <http://evisa.go.ke/evisa.html>
- Sleeping bag
- Bike helmet

The bikes



Bikes are provided in country by Willetts Safaris, however you are welcome to bring your own. If you would like to bring your own bike please let us know so that we can organise transport in country, and please consult with your airline if any additional charges apply.

Day 1 (26/07/2019) Travel to Nairobi

Your team leader will organise flights to Nairobi. You will arrive by the evening of the 26th July at the latest, with the exact flight times to be confirmed closer to the time. You will spend the evening at Wildebeest Eco Camp (www.wildebeestecocamp.com).

Day 2 (27/07/2019) Travel to Narok

Today we will travel to Narok, a town in South West Kenya with a population of 40,000 people, mostly Maasai. Here we will fit our bikes and rest up for the challenge ahead.

Day 3 (28/07/2019) Main Road to Aitong - Distance 30km, elevation Gain 14m

After breakfast we will set off for what will be a relatively short day and easy route, aimed to get everyone warmed up and ready to go!

Day 4 (29/07/2019) Aitong to Oloololo - Distance 75km, Elevation Gain 347m

Today will be a tougher challenge as we begin to take on the undulating hills surrounding the Maasai Mara. The pain will be worth it though, as we reach the top of the Oloololo escarpment with spectacular views of the Mara triangle.

We will be camping here overnight in a beautiful setting where there is a good chance of hearing wildlife such as elephants, lions and hyena's at night!



Day 5 (30/07/2019) Oloololo to Migori - Distance 75km, elevation gain 57m

Today we are tackling a longer distance, but over easier terrain as we spend a large part of the day cycling downhill. When we get to Migori, the capital of Migori County and home to the Luo community, we will relax and enjoy the wide variety of birdlife on show. Tonight we will stay in a hotel, and enjoy the luxury of showers and a bed!

**Day 6 (31/07/2019) Migori to Ndhiwa-
Distance 50km, elevation gain 372m**

Today will be our toughest day, as we tackle fatigue, tired legs, and our longest and hilliest journey. When we arrive in Ndhiwa we will celebrate this fantastic achievement and relax at Team Kenya's Karibuni Eco Cottages.



**Day 7 (01/08/2019) Visiting Team Kenya
projects**

Today we will visit a number of Team Kenya's projects and see first-hand the impact that your fundraising has had!



Day 8 (02/08/2019)

On day 8 you will have the option of taking transport back to Nairobi, continuing your stay with us by volunteering in Ndhiwa, going on safari with Willetts Safaris in the Maasai Mara, or planning the next leg of your trip yourselves. Whatever you decide to do we will offer advice and support to make this possible.

Kit list

- Bike helmet
- Sun cream (high factor)
- Sunglasses
- Sleeping bag
- Camelback and water bottle (3 litre capacity recommended)
- Day bag to carry water and snacks
- Snacks
- Rehydration salts
- Waterproof jacket
- Waterproof pouch for important documents
- First aid kit (creams and plasters for scrapes and cuts)
- Insect repellent

- Towel
- Wash bag
- Hand sanitiser and wet wipes
- Kenyan Visa (apply online here: <http://evisa.go.ke/evisa.html>)

Signing up

To confirm your place on the cycle challenge please email brad@team-kenya.co.uk, who will provide you with instructions on signing up.