SPICE ROADS
CYCLING

TOURING

CYCLING KILIMANJARO TO THE NGORONGORO CRATER

Tour Code
TZA-KNG

9 DAYS
8 NIGHTS

Destinations	Tanzania
Tour Meets	Moshi
Tour Ends	Moshi
Fly in to	Kilimanjaro International Airport (JRO)
Fly out of	Kilimanjaro International Airport (JRO)
Group Size	2-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

5 Cycling days	**323** km Total cycling distance
65 km Avg distance / day	**621** m Avg climbing / day

PRICING

Price	US$ 3,750
Bike Hire (Mountain Bike)	US$ 245
Single Supplement	US$ 500

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Airport drop off
- ✓ Hotel pick up
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES

15 Nov - 23 Nov 2026
06 Dec - 14 Dec 2026
07 Feb - 15 Feb 2027
21 Feb - 01 Mar 2027
07 Mar - 15 Mar 2027
09 May - 17 May 2027
13 Jun - 21 Jun 2027
14 Nov - 22 Nov 2027
05 Dec - 13 Dec 2027

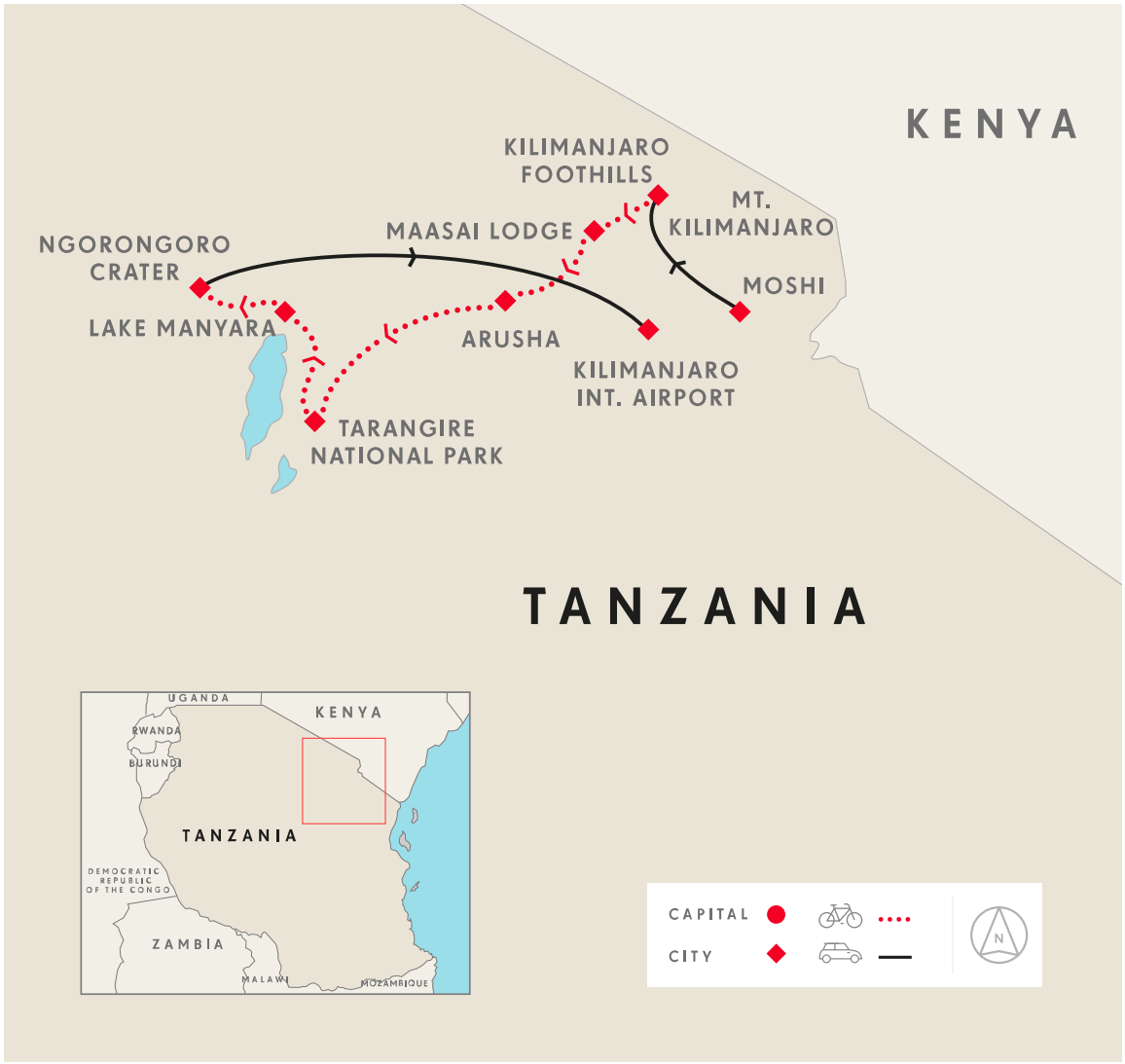
TRIP PROFILE

We ride a total of 323 km in 5 cycling days. The route is on a mix of paved roads and vehicle-width dirt roads through the foothills of Mount Kilimanjaro, the savannah, rural areas, towns, grass and shrublands, and the escarpment of the Great African Rift Valley. While the cycling component is a highlight of the tour, the journey also includes a diverse off-saddle program so you can experience Tanzania's vibrant cultures and world-famous wildlife. We have two days entirely off the bikes when we embark on jeep safaris in Tarangire National Park (Day 5) and the Ngorongoro Conservation Area (Day 8). We have designed this route to give you a good chance at wildlife sightings but it is important to be aware that encounters cannot be guaranteed. We encourage you to come with an open mind and let the whims of nature surprise us.

Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active level tour and riders can expect to be challenged by the route and terrain in a variety of ways! On most days, we navigate East Africa's renowned bumpy, dusty, and cratered dirt roads — good handling skills are an asset. Daily distances are generally manageable for most riders, but Day 4 features a 100 km stretch that will put endurance to the test. While climbs are typically gentle, Day 7 presents a leg-testing ascent up the escarpment to Ngorongoro. A basic level of physical fitness, comfort on a mountain bike, and adept handling skills enhance the enjoyment of the tour. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: Most of the riding takes place on paved roads but there are enough sections on dirt roads that a mountain bike is required! The tarmac roads are mostly in good condition though debris and potholes can present themselves. The conditions of the dirt roads, which tend to be vehicle-width (occasionally single track), vary widely depending on the specific location, but be prepared for dust! We have designed this route to feature quiet roads with little traffic, though at times - especially near towns or popular attractions - you should expect to share the road with cars, motorbikes, and buses. Please note that while we have scheduled our tours to avoid the rainy season, unseasonal showers can occur at any time – we generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



Day 1: Meet in Moshi

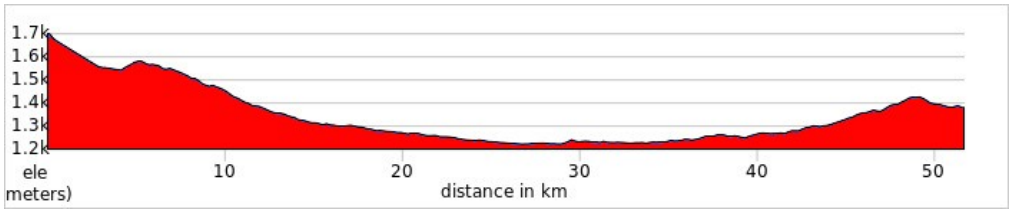
Let our Tanzanian adventure begin! Our team will pick you up from your pre-tour hotel in Moshi at 13:00 (01:00 PM). We transfer around 1.5 hours to our scenic farm lodge near the western slopes of Mount Kilimanjaro, the "The Roof of Africa" and the world's largest free-standing mountain. If you need assistance with your pre-tour hotel or airport transfers please let us know.

Simba Farm Lodge Dinner

Day 2: Kilimanjaro Foothills – Maasai Lodge

Our inaugural ride has us cycling from the foothills of Mount Kilimanjaro to the vast East African savannah, the homeland of the Maasai. With an early morning start directly from our lodge, we crisscross on dirt roads radiating across the landscape, at first surrounded by large wheat plantations and then the grasslands and open expanse of the plains. Towering In the background are the peaks of Mount Kilimanjaro and Mount Meru, casting their shadows over the rugged terrain. This is also the ancestral land of the Maasai people who live in small villages dotted across the landscape. We will be welcomed in a village style eco-lodge, arriving in time for lunch with the rest of the afternoon left to experience Maasai lifeways characterized by a vibrant culture, distinctive attire, and deep connection to the land. In the evening we will enjoy a local dinner and then gather around the campfire to witness Maasai song & dance under cover of the vast night sky before retiring in our cozy eco-lodge.

Osiligilai Maasai Lodge Breakfast, Lunch, Dinner

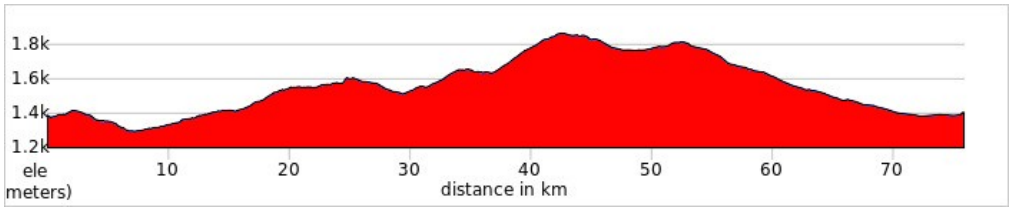


Ride 52km +337m -659m

Day 3: Maasai Lodge – Arusha

This morning, we say goodbye to our Maasai hosts and cycle southwest, tracing a wide arc around the slopes of Mount Meru, Tanzania's second tallest mountain. The first half of the ride (around 35 km) leads us along dirt paths in the savannah plains of Ngasurai. This is a vast, open, and arid landscape where elephants and other herds of wildlife are known to cross during their seasonal migrations. The riding is dusty but great fun! The second half of the ride (around 40 km) is on paved roads weaving through farmlands with the volcanic peak of Mount Meru looming in the background. We are now near Arusha - Tanzania's "safari capital" – where we spend the night at a cozy hotel on the city's western outskirts.

Forest Hill Hotel Breakfast, Lunch, Dinner

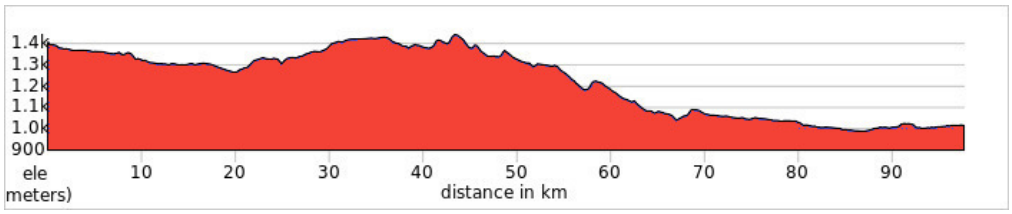


Ride 76km +821 m -802m

Day 4: Arusha – Tarangire National Park

We have a lot of ground to cover today! We saddle-up at our hotel near Arusha and, for nearly 100 km, ride along a paved road that takes us through villages, towns, open plains, and shrublands. This route provides a glimpse into the daily life and diverse landscapes of the Tanzanian countryside, right on the fringes of wilderness. Overall, the route slopes more downhill than up, making for a long but smooth ride! The last 5 km takes us into dirt roads leading to the edge of Tarangire National Park, where we spend the next two nights at a comfortable lodge. Reward your cycling efforts with a dip in the pool and a well-deserved sundowner.

Roika Tented Lodge Breakfast, Lunch, Dinner



Ride 98km +522m -910m

Day 5: Tarangire National Park Game Drive

Tarangire National Park is a natural wonder. Home to some of Tanzania's largest herds of elephants, this is one of the best places for a hopeful encounter with these magnificent giants! But there's so much more - its diverse landscapes of grasslands, acacia woodlands, swamps, and the banks of the Tarangire River host a myriad of other wildlife, including lions, zebras, giraffes, and various bird species. Also noteworthy are the iconic baobab trees whose swollen trunks spread like roots into the sky. Settled comfortably in the back of a jeep, we'll spend the day driving

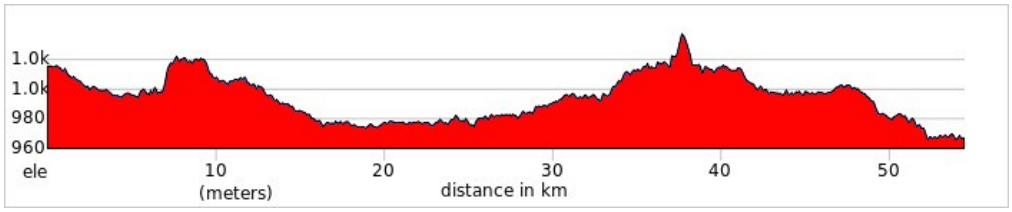
through the national park on the lookout for animals and learning about the park's ecosystem and conservation efforts. We'll enjoy a picnic lunch in the national park and, in the evening, convene for dinner at the lodge.

Roika Tented Lodge Breakfast, Lunch, Dinner

Day 6: Tarangire – Lake Manyara

Today's route takes us across the plains that stretch east of Lake Manyara, one of the region's most important watering holes attracting animals from near and far. Soon after departing from Tarangire National Park we venture off-piste, diverting on a dirt road with many circular Massai settlements dotted along the way. If we're lucky we may also spot some animals, such as herds of buffaloes and wildebeests or troops of baboons, making their way to the shores of Lake Manyara. Off in the distance we can make out the outline of the rocky escarpment of the Great Rift Valley blending into the horizon. After around 38 km we rejoin the paved road system and cycle to the vibrant town of Mto wa Mbu where we spend the night at a nearby lodge.

Ikumbi Safari Lodge Breakfast, Lunch, Dinner

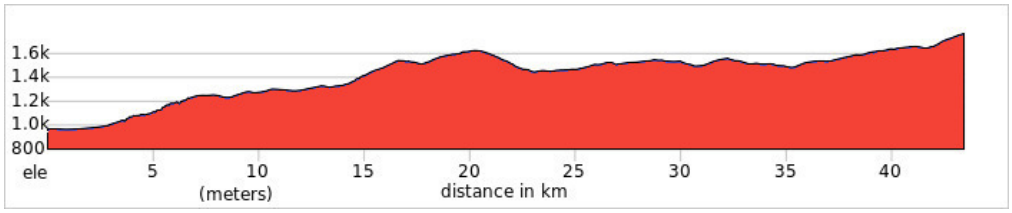


Ride 54km +227m -275m

Day 7: Lake Manyara – Ngorongoro Crater

Our last ride will be the toughest as we've got some hills to climb but also one of the most rewarding as we arrive near the Ngorongoro Crater! Saddling up at the hotel near Mto wa Mbu, we first ride through the town and, not long after, begin our gradual ascent up the Great Rift Valley escarpment. We'll take an early break at a gorgeous viewpoint located atop a ridge which overlooks Manyara National Park. We then continue into the highlands accompanied by panoramic vistas of the Rift Valley's wide expanse. The end point of the route is the entrance gate to the Ngorongoro Conservation Area which we'll explore the next day. We'll get off the bikes and hop in the van for a quick transfer to our lodge near the town of Karatu.

Tloma Lodge Breakfast, Lunch, Dinner



Ride 43km +1197m -400m

Day 8: Ngorongoro Crater Game Drive

The Ngorongoro Crater, the world's largest intact volcanic caldera, is an amazing sight to behold. The landscape is a striking mosaic of grasslands, swamps, forests, and a central soda lake, all surrounded by steep crater walls. Lions, elephants, buffaloes, leopards, and rhinoceros, collectively known as the "Big Five", roam freely across the crater's floor, offering an unparalleled safari experience. We dedicate our final day to cruising through the National Park in a jeep on the lookout for wildlife, admiring the scenery, and learning about the delicate ecosystem which thrives here. We'll enjoy a picnic lunch in the national park and, in the evening, convene for celebratory goodbye dinner.

Tloma Lodge | Breakfast, Lunch, Dinner

Day 9: Ngorongoro Departure

Time to say goodbye! After breakfast, we transfer you to Kilimanjaro International Airport for your onward flight. Please make sure to book afternoon flights only, as it is a 4-hour drive to get there from Ngorongoro. If you are extending your time in either Arusha or Moshi we can drop you off at your post-tour hotel there as well.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section.

If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

A visa for Tanzania is required for most nationals. Both E-Visa and Visa on Arrival are available, however we suggest obtaining the E-Visa as it will save you time on arrival in Tanzania. You may apply and make payment through this website here. For more detailed information on the process, fees, exemptions and more please refer to these visa guidelines and review the details carefully. Processing time for E-Visa can be up to 10 days so make sure you apply well in advance, we suggest no later than 2 weeks.

If you do not have enough time to procure an E-Visa or prefer to do Visa on Arrival, then please see here for further information and make sure you have all the required documents when travelling. Most important are the following:

- Applicant's valid passport. It must have at least 6 months validity and available blank pages;
- Respective visa fee depending on the type of Visa (only USD in cash is accepted);
- Passport sized photos (bring 2-3);
- Return ticket

Note for USA nationals: Due to a bilateral agreement with Tanzania, USA passport holders who visit Tanzania for tourism or holiday MUST apply for Multiple Visa even If they come for single entry. This applies to both E-Visa and Visa on Arrival.

IMPORTANT: MANDATORY INBOUND TRAVEL INSURANCE REQUIRED: Effective October 1, 2026, all foreign visitors entering Mainland Tanzania (via air, land, or sea) must hold valid Inbound Travel Insurance issued by the state provider, National Insurance Corporation (NIC). Please apply and pay ($44 USD) via the official portal here before your flight. Keep digital and printed copies of your certificate, as airline staff and Tanzanian border control will inspect it prior to boarding and at entry. This requirement is independent and does not replace your personal comprehensive travel insurance. (Note: EAC and SADC residents are exempt. If entering via Zanzibar first, apply via inbound.visitzanzibar.go.tz instead).

Health

For travel into Tanzania, some doctors recommend getting vaccinated for Hepatitis A and B, as well as for rabies. Visit your medical professional to confirm what precautions you should take, specifically regarding cholera and malaria. The government of Tanzania requires proof of yellow fever vaccination upon arrival only if you are traveling from a **country with risk** of yellow fever.

Weather

Tanzania, being close to the equator, has a pleasant, tropical climate that varies by region. The coast is the hottest and most humid area, while other low-lying areas are also hot but much less humid. The rest of the interior is much milder, cooling significantly after sunset. The main rainy season is during March to May. The dry season is longer, from June to October. November and December has the mildest weather, so it is a great time to visit.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Tanzanian cuisine is both unique and widely varied. Spicy foods are common, and there is also much use of coconut milk. In the interior of Tanzania, people eat cooked or steamed green bananas (matoke) or maize and millet meal eaten with relish made with beans, fish, or meat. There are also grilled meats (nyama choma) and plantain soup. We'll make sure you get to sample a large variety of local cuisine. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Money

The official currency of Tanzania is the Tanzanian Shilling. US Dollars are widely accepted and sometimes preferred, but you should have some shillings handy for small purchases. There are ATMs that accept foreign VISA cards in the more touristic locations, but you should ask your guide if you'll be heading into a remote area that may not have ATMs available or won't accept cards.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour

or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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