

SPICEROADS

CYCLING



CYCLING KILIMANJARO TO THE INDIAN OCEAN

Tour Code
TZA-TZA

9 DAYS
8 NIGHTS

	Destinations	Tanzania
	Tour Meets Tour Ends	Kilimanjaro, Tanzania Dar es Salaam, Tanzania
	Fly in to Fly out of	Kilimanjaro International Airport (JRO) Julius Nyerere International Airport (DAR)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



7 Cycling days	380 km Total cycling distance
54 km Avg distance / day	185 m Avg climbing / day

PRICING



Price	US\$ 2,900
Bike Hire (Mountain Bike)	US\$ 210
Bike Hire (E-Bike)	US\$ 340
Single Supplement	US\$ 420

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

DEPARTURES



09 June - 17 June 2019
07 July - 15 July 2019
24 November - 02 December 2019
15 December - 23 December 2019
07 June - 15 June 2020
05 July - 13 July 2020
22 November - 30 November 2020
13 December - 21 December 2020

TRIP PROFILE

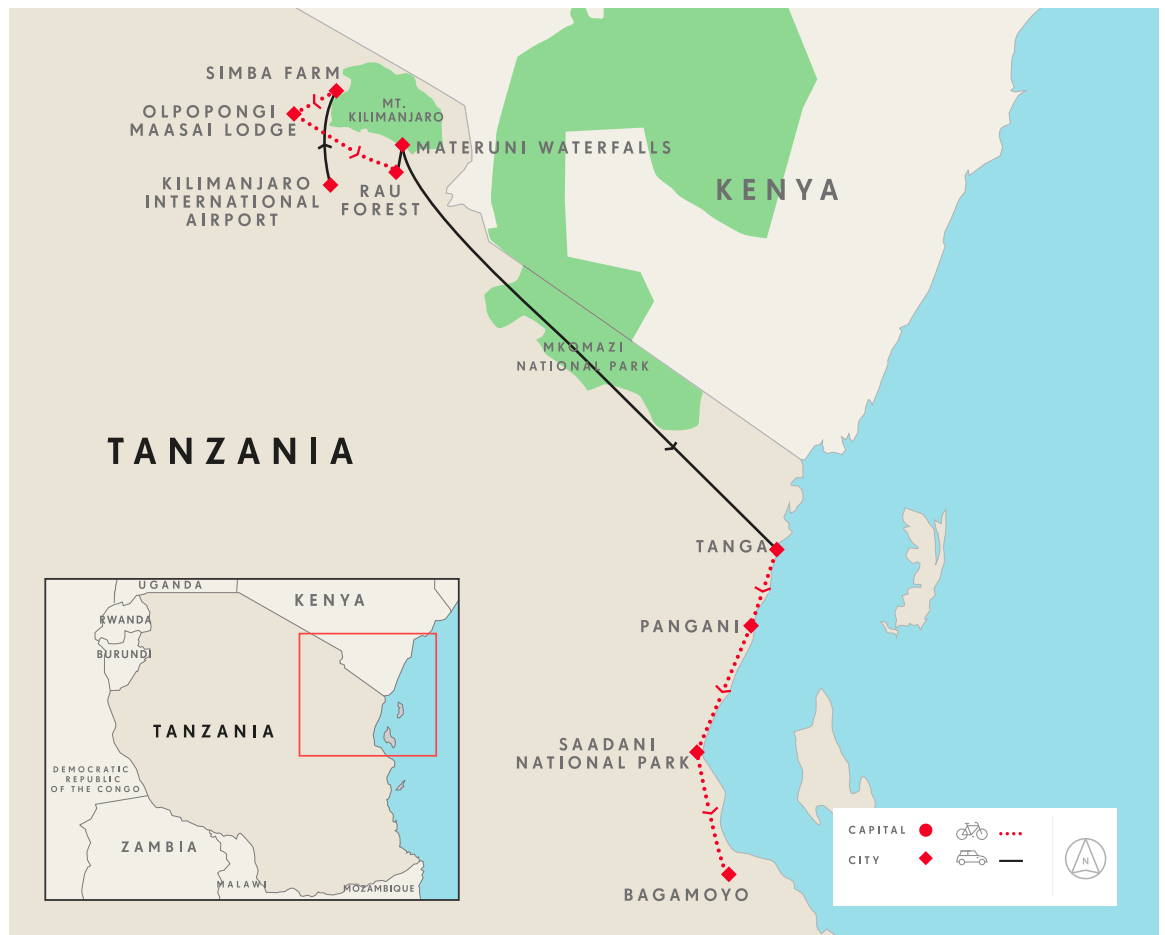
We ride a total of 380 km in 7 cycling days, on a mixture of vehicle-width dirt and tarmac roads in reasonable condition. Most of the rides are on flat terrain, through savanna and villages.

The trip is fully supported, and 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 cold drinks and fresh fruit.

You will be staying in lovely lodges or beach side cottages for most of the trip. On two nights it will be a bit more basic, as you will sleep in a Maasai hut and in the middle of a national park. The experiences will be worth any inconveniences.

Suitability: This trip has been designed to be an easy trip on flat terrain. Having a basic level of physical fitness will allow you to enjoy this tour more, especially having spent some time in the saddle.

Biking Conditions: The daily distances are reasonable considering the flat terrain. Roads are a mixture of tarmac, broken tarmac, and vehicle-width dirt roads.



Day 1 Arrive Tanzania

You will be met at Kilimanjaro International Airport by our guide and transported just 5 minutes away to our nearby lodge.

 KIA Lodge  Dinner

Day 2 Simba Farm - Olpopongi Masai Village

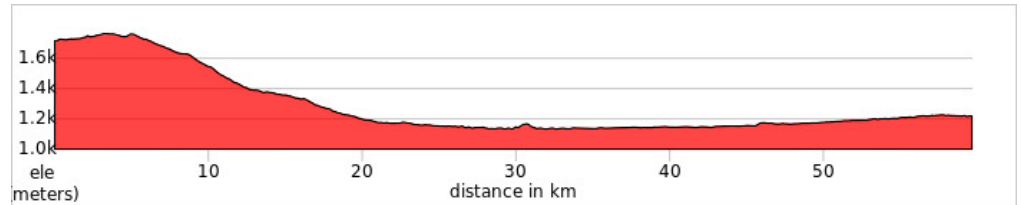
After breakfast we drive to West Kilimanjaro to start our cycling. Heading north and westwards we ride through rolling hills with breathtaking views of Mt. Kilimanjaro and Mt. Meru. Keep an eye out as there is a chance we will spot some wildlife during our ride. Tonight we will spend the night at Olpopongi Maasai-Village. This is a planned village and all the houses are built the traditional way with local and natural materials. By staying in this village we learn authentic Maasai life and culture without destroying the Maasai native homes, behaviors and environment. We'll have a BBQ dinner and a campfire in the evening where Maasai ceremonies will be performed.



Olpopongi Masaai Village



Breakfast, Lunch, Dinner



Ride 60km



+294m



-793m

Day 3 Cycle Olpopongi to Weruweru

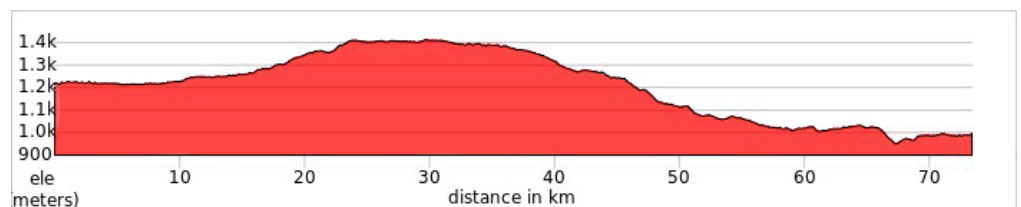
Our first phase of today's route takes us through the vast savannah land of the Maasai on dirt roads. Notice the iconic red and blue dressing style of the Masaai as we cycle past huts and daily livelihood. The ride continues into the farmlands of West Kilimanjaro as we approach Chagga land. Here the households change from huts to concrete surrounded by traditional gardens. Bananas were once the most common crop of the Chaggas, and though they still grow these, they now grow coffee as well. Our ride ends up in a beautiful dhow-wood themed lodge surrounded by coffee plantation with a background of the mighty Kilimanjaro.



Weruweru River Lodge



Breakfast, Lunch, Dinner



Ride 73km



+449m



-674m

Day 4 Forest, Waterfall and Coffee loop

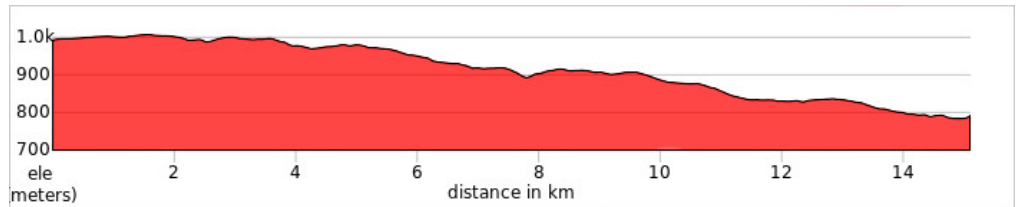
Today we cycle through beautiful blue Jacaranda flowers as we head towards the town of Moshi. On the outskirts is the Rau Forest Reserve. We have a shaded cycle as we cross the forest and listen carefully for animal sounds. There's a chance to spot Colobus monkeys with their long fluffy tails here. We come out to hidden green rice paddies which we will discover on foot. We change into our walking shoes as after a 2 hour transfer by vehicle we are at the foothills of Mt. Kilimanjaro and ready to hike to the 93 m high, Materuni waterfalls. As we walk into the jungle, we pass many plants, such as lemongrass, coffee, eucalyptus, passion fruit, mango and banana. Keep an eye out for chameleons as they are often sighted here. We end our day with a full demonstration of how we get a cup of coffee from a raw bean, then we can of course enjoy a cuppa.



Weruweru River Lodge



Breakfast, Lunch, Dinner



 Ride 35km

Day 5 Weruweru - Mkomazi National Park - Tanga

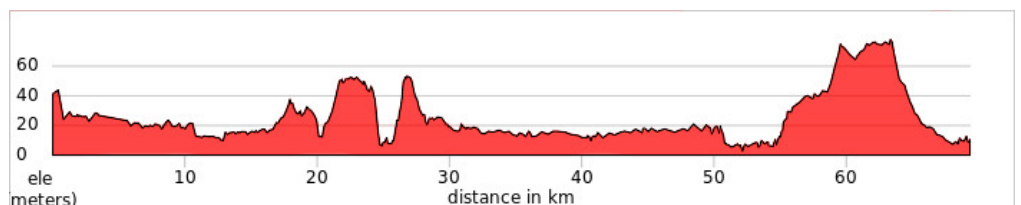
A day off the bikes and into the wilderness of Tanzania. Our first stop is to Mweka Wildlife College, a leading center for African wildlife managers that has trained over 5,000 wildlife managers from 52 countries worldwide. It's back in the car for a long transfer to Tanga via Mkomazi National Park. A picnic lunch in the park affords us lovely views. In the afternoon we'll go on a game drive in the park and learn more about the successful conservation efforts of the park's endangered black rhino and African wild dog. Tonight you'll be able to enjoy the cool Indian Ocean breeze from our hotel.

 Mkonge Hotel  Breakfast, Lunch, Dinner

Day 6 Tanga - Pangani

A historical day in that we learn about the beginnings of Tanga at the Urithi Museum and then cycle through the town of Pangani to see some of 200-year-old buildings. There are many reminders of the strong Arabic influence and later German and British colonial eras. Our cycle route is flat and on a mix of dirt and tarmac roads along the Indian Ocean coast. We can take a break and stop for a swim or you can wait until we reach our beach cottages.

 Mike's Beach Cottages  Breakfast, Lunch, Dinner

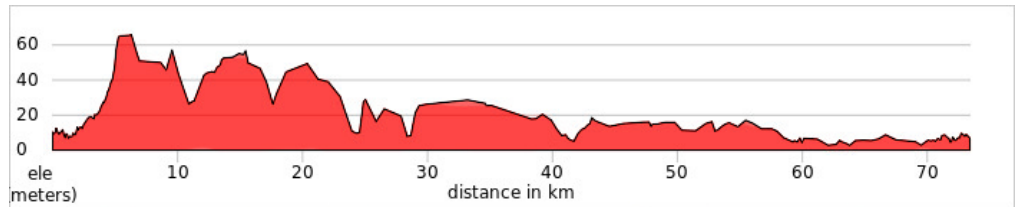


 Ride 69km  +271m  -303m

Day 7 Pangani - Saadani National Park

Another flat ride today on dirt roads as we head south towards Saadani National Park. Our route will take us past many coastal villages and we will have the Indian Ocean on our left the entire ride. Saadani is the only wildlife sanctuary in Tanzania bordering the sea and has four of the Big Five – East African lions, bush elephants, leopards and buffaloes. Our last 8 km are in the park so we will have our own game drive while cycling. We also overnight in the park so will get the chance to hear the wild animals at night.

 Saadani National Park  Breakfast, Lunch, Dinner

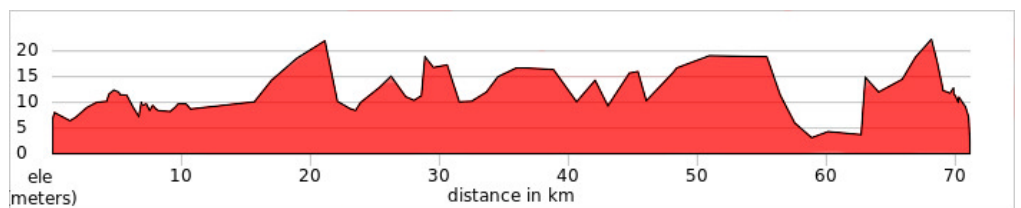


 Ride 74km
  +210m
  -213m

Day 8 Saadani National Park - Bagamoyo

Rise early to catch a glimpse of the grazers having their breakfast in the park. We leave the wild animals behind and continue down the coast. Our destination is the historical town of Bagamoyo, the former capital of German East Africa. Today it is known as a centre for dhow sailboat building. We'll have a celebratory feast tonight at our oceanside resort and reflect back on Mt. Kilimanjaro as we look out onto the Indian Ocean.

 Bagamoyo Country Club
  Breakfast, Lunch, Dinner



 Ride 59km
  +73m
  -76m

Day 9 Bagamoyo – Departure

In the morning we explore with our bikes Bagamoyo and have lunch at a local restaurant where you can try some seafood. In the afternoon relax at the resort or walk around town before we transfer to your Dar es salaam hotel or the airport to catch your flight. The transfer time from Bagamoyo to Dar es salaam is around 3 hours.

 Breakfast, Lunch

 Ride 10km

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. The bikes are Trek 4300 mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

There is also a limited number of electric bikes (or an E-Bikes) available for the price listed in the tour pricing section.

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

TANZANIA

Passports and Visas

A passport valid for at least six months beyond the date of entry to Tanzania is required by all nationals. A visa for Tanzania is required for most nationals except citizens of 57 countries, including Hong Kong and Singapore. Certain citizens can obtain single-entry visas on arrival at the port of entry into Tanzania. Passport photos are not required. Single-entry tourist visa: US\$50 on arrival and must be paid with notes of US\$50 or US\$100. [Click](#) here for more visa information.

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

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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