SPICE ROADS
CYCLING

TOURING

CYCLING KILIMANJARO TO THE INDIAN OCEAN

Tour Code
TZA-TZA

9 DAYS
8 NIGHTS

Destinations	Tanzania
Tour Meets Tour Ends	Moshi Dar es Salaam
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	**350** km Total cycling distance
50 km Avg distance / day	**157** m Avg climbing / day

PRICING

Price	US$ 3,850
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
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES

13 Sep - 21 Sep 2026
13 Jun - 21 Jun 2027
04 Jul - 12 Jul 2027
15 Aug - 23 Aug 2027
12 Sep - 20 Sep 2027

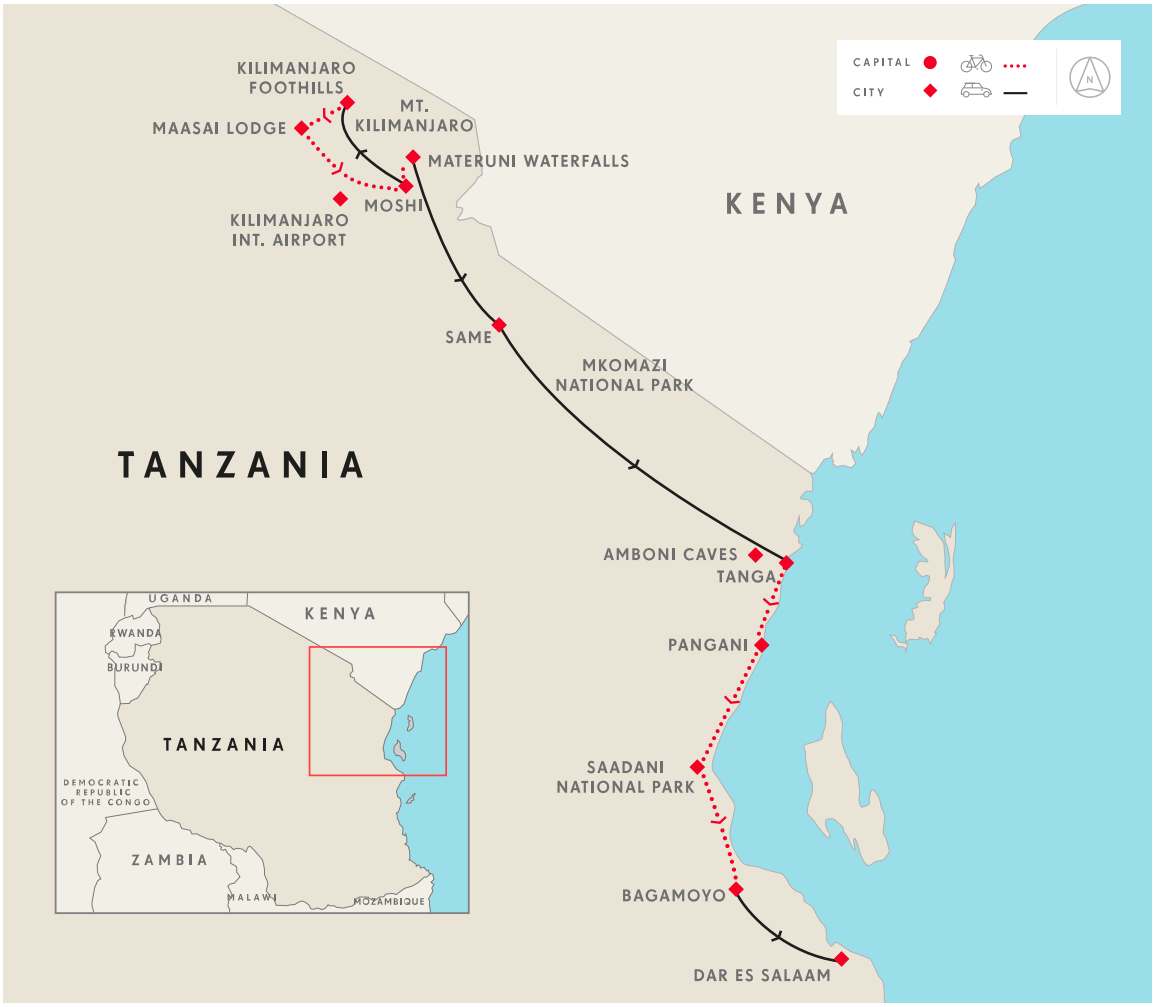
TRIP PROFILE

We ride a total of 350 km in 7 cycling days. The route is primarily flat and along vehicle-width dirt roads through the foothills of Mount Kilimanjaro, the savannah, and the shrublands of the Indian Ocean coast. 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 one day entirely off the bikes when we do a game drive in Mkomazi National Park and visit the Amboni Caves en-route to the coast.

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: While the terrain is mainly flat, the main challenge on this tour comes from navigating East Africa's notoriously bumpy, dusty, and cratered dirt roads. Having a basic level of physical fitness, being comfortable on a mountain bike, and possessing good handling skills will allow you to enjoy this tour more. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: Most of the riding takes place on vehicle-width dirt roads. The conditions of these surfaces vary widely depending on the specific location, but be prepared for potholes and dust! In more developed agricultural areas and near towns and cities, we'll be riding on paved roads. Tanzania is undergoing road construction projects, especially near the coast, and until these are complete, machinery and debris may impact conditions as well, though we avoid this as much as possible. Please note that while we have scheduled our tours to avoid the rainy season, unseasonal showers can occur at any time. This can cause water logging and render parts of the roads unrideable. Alterations to the cycling route or vehicle transfers may, at times, be required to cope with such situations.



Day 1: Meet in Moshi

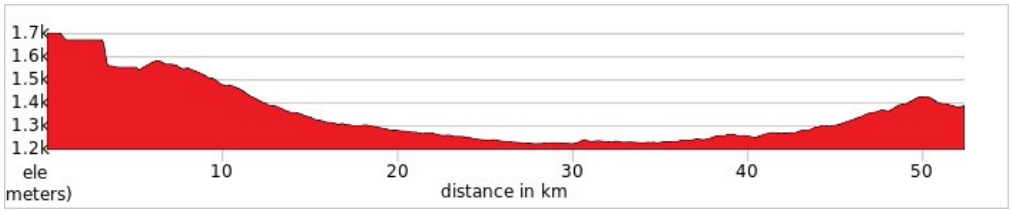
Let our Tanzanian adventure begin! We will pick you up from your pre-tour hotel in Moshi at 13:00 (01:00 PM). We transfer around 1.5 hours to our scenic farm lodge near the western slopes of Mount Kilimanjaro, the "The Roof of Africa" and the world's largest free-standing mountain. If you need assistance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

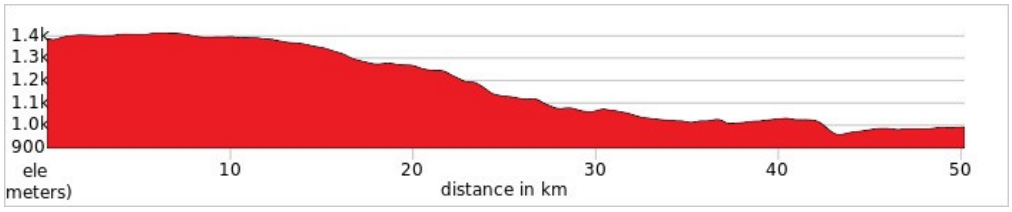


Ride 52km +337m -652m

Day 3: Maasai Lodge - Moshi Countryside

This morning, we say goodbye to our Maasai hosts and continue our ride eastwards. We begin by cycling on dirt roads in the savannah before our surroundings become decidedly more agricultural as we approach the southern slopes of Mount Kilimanjaro. This is the ancestral land of the Chagga, who have been expertly cultivating crops such as banana and coffee in the area's fertile volcanic soil for many centuries. Riding primarily on paved rural roads at this point, we will pass by farmlands and Chagga communities that thrive in the shadow of the world's tallest free-standing mountain. Our route ends at a cozy lodge nestled in the countryside near the town of Moshi.

Weruweru River Lodge Breakfast, Lunch, Dinner



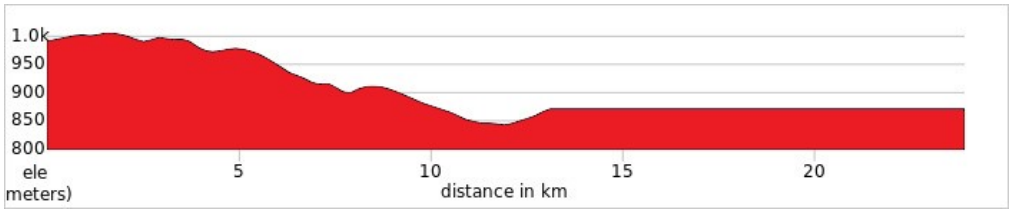
Ride 50km +128m -522m

Day 4: Moshi Countryside - Materuni Waterfalls & Coffee Farm - Same

We rise early for a gentle 24 km wake-up ride to the edge of Kilimanjaro National Park. We'll first continue cycling through the countryside surrounding Mochi, and even zip through parts of the lively city. We then turn north, enjoying 15 km of dirt roads surrounded by endless coffee plantations. Once we reach the frontier of Kilimanjaro's rainforest zone, we'll saddle-off and hike through the lush jungle foliage to reach Materuni Waterfalls. One of the country's most picturesque waterfalls, Materuni's raging waters cascade from a height of 80 meters. We'll take a moment to unwind surrounded by nature and then venture to a nearby Chaggu village. Local community members will share their culture with us and prepare a delicious traditional meal for lunch. Capping off the cultural experience will be a masterclass on the delicate art of Arabica

coffee production, learning all about the process from seed to shelf. We'll enjoy a fresh cuppa and then jump into our support vehicle for a 2 hour transfer south to the town of Same, the gateway to Mkomazi National Park.

Johnson Villas Breakfast, Lunch, Dinner



Ride 24km +61m -183m

Day 5: Mkomazi National Park - Amboni Caves - Tanga

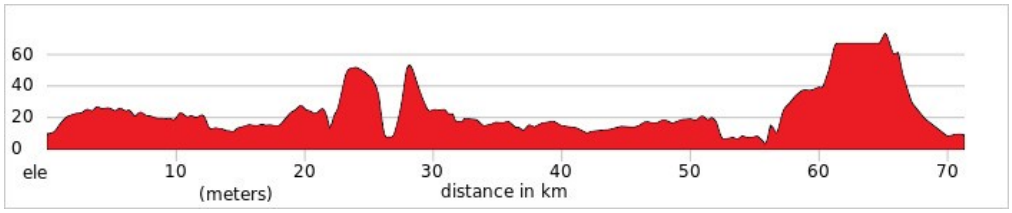
Today is entirely off the bikes as we immerse ourselves in Tanzania's wild side! Just 30 minutes from our lodge lies Mkomazi National Park. This protected natural area of vast savannahs, rugged hills and acacia woodlands, harbors a diversity of wildlife, including endangered black rhinos and wild dogs. Herds of gazelles, giraffes, and elephants as well as lions and leopards also roam these lands. We'll spend 3 hours on a guided game drive through the park - have your cameras ready as you never know when a wildlife sighting will present itself! We return to our lodge near Same where we'll pack up our things and jump in the support vehicle for the journey south to the shores of the Indian Ocean. It is a long drive of around 4 hours but we'll break up the journey with a visit to the mesmerizing Amboni Caves, Tanzania's most extensive network of limestone caves. We'll head into some of the chambers for a close look at the intricate formations of stalactites and stalagmites as well as listen to local folklore about cave-dwelling spirits! We then complete the transfer to our beach resort in Tanga. Welcome to the Indian Ocean!

Tanga Beach Resort & Spa Breakfast, Lunch, Dinner

Day 6: Tanga - Pangani

We start directly from our resort and cycle through the bustling town of Tanga. Once an important trading port, influences of Arabic as well as German and British colonial styles can still be observed in the city's architecture. As we head out of Tanga, our surroundings will become more subdued, with a long stretch of shrublands and plantations bordering the inland dirt roads. We'll catch the occasional glimpse of the Indian Ocean in the distance and, at around 55 km, we reach the town of Pangani. Located at the mouth of the Pangani River, this town also holds historical significance, bearing witness to centuries of trade and cultural exchange along the Swahili Coast. We'll catch a ferry to take us across the river and then continue cycling a final 15 km to the secluded, palm tree fringed, white sand beach of Ushongo. We arrive in time for lunch and the afternoon is free to relax and go for a swim in the ocean.

Mike's Beach Cottages Breakfast, Lunch, Dinner



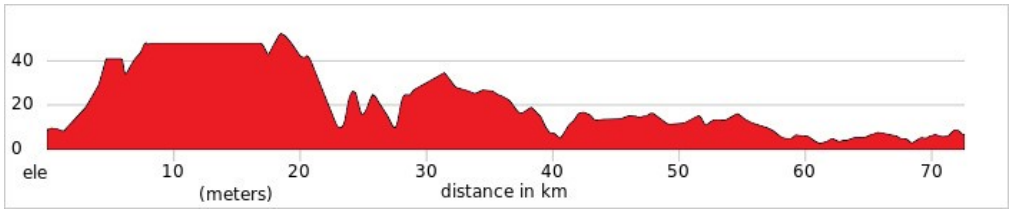
Ride 70km +230m -231m

Day 7: Pangani - Saadani National Park

We continue south on dirt roads, gunning for Tanzania's only wildlife reserve bordering the Indian Ocean: Saadani National Park. Starting directly from Ushongo beach, we head inland for 40 km of riding surrounded by shrubs, bushes, and small trees. This is a sparsely populated

region of Tanzania, dotted with only a few hamlets and coastal villages. As we again begin to approach the coast, we'll be accompanied by the glistening waters of the ocean leading us to the northern border of Saadani National Park. We embark on a 8 km safari by bike, traversing the homeland of elephants, buffaloes, lions and leopards. If we are lucky, we may be able to encounter some wildlife (from a safe distance, of course!), and we end the ride at our beachside accommodations. Tonight will be more rustic as we stay in "bandas" – basic yet comfortable cottages managed by the National Park.

Bandas Beach Lodge Breakfast, Lunch, Dinner

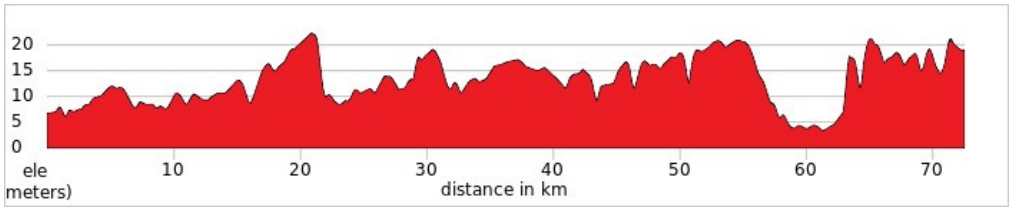


Ride 72km +154m -156m

Day 8: Saadani National Park - Bagamoyo

Our final major day of riding takes us from the heart of Saadani National Park to the historic coastal town of Bagamoyo. We begin early for a hopeful chance to spot the grazers – including buffaloes, zebras and warthogs – enjoying their breakfast in the grasslands. Cycling south, we say goodbye to Saadani and find ourselves, once again, winding on dirt tracks through the backwaters of coastal Tanzania. Our ride concludes at Bagamoyo beach where the salty air of the Indian Ocean will greet us for a final time! We'll celebrate our traverse from Kilimanjaro to the Indian Ocean with a final dinner at our seaside resort.

Family Cottages Breakfast, Lunch, Dinner

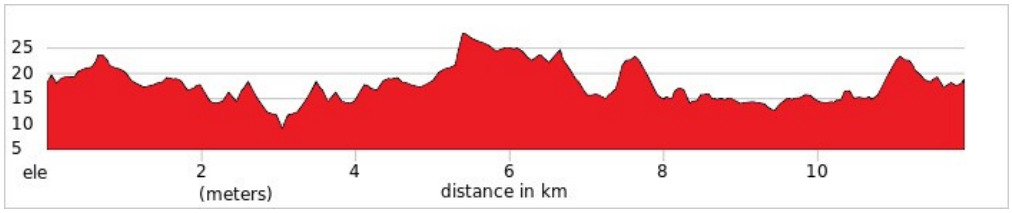


Ride 72km +127m -115m

Day 9: Bagamoyo - Dar es Salaam - Departure

We end the tour with an easy morning ride around the town of Bagamoyo, stopping often to learn about its deep and complex history as one of the most important trading ports on the East African Coast. We will visit the Kaole Ruins, an ancient Swahili settlement dating back to the 13th century. Here, two well-preserved mosques and various tombs offer a window into the early Islamic influence along the coast. In the 19th and early 20th century, Bagamayo was a pivotal node in German East Africa and even briefly served as the capital. Many colonial-era buildings and heritage sites still stand as a testament to this period. We enjoy lunch at a local restaurant and relax before transferring around three hours to Dar es Salaam, Tanzania's largest city, where we will drop you off at your hotel or the airport.

Breakfast, Lunch



Ride 12km +64m -64m

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. 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 are also a limited number of 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

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.

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

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad