

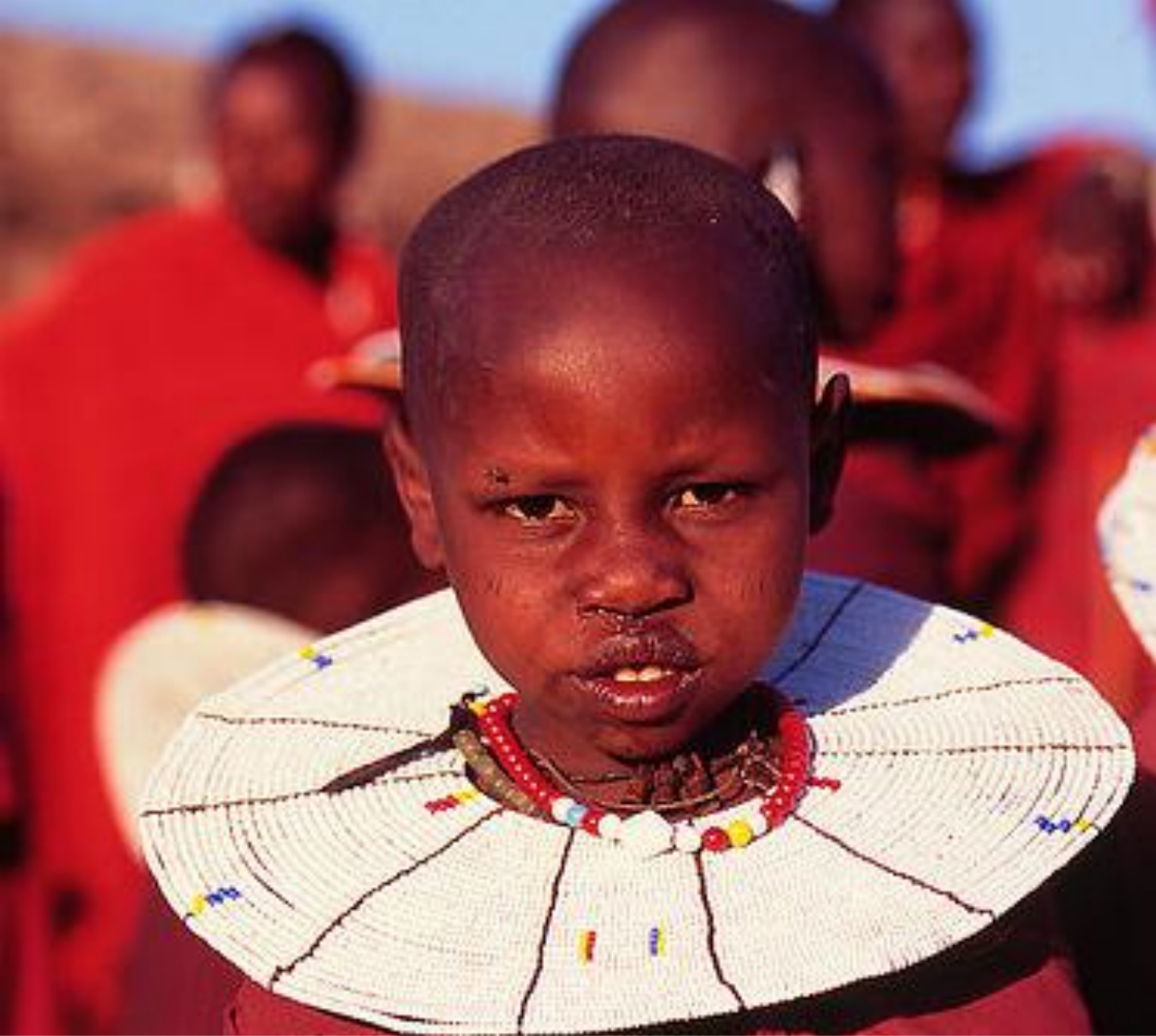


CYCLE NAIROBI TO KILIMANJARO



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ITINERARY – February 23rd – March 2nd 2012

This challenge is an exhilarating ride from Nairobi, through the Amboseli National Park and around the base of Mount Kilimanjaro, Africa's highest mountain. It is a once in a lifetime chance to visit the real Kenya and Tanzania that very few other tourists have the chance to see. The trip starts with an inspiring visit to AbleChildAfrica's partners who are based in Nairobi. The cycle challenge will be brought to life by our cycling and cultural experts who will be with us throughout our stay.

Day 1: 23 Feb DEPARTURE

We depart from the UK on an overnight flight to Nairobi.

Day 2: 24 Feb NAIROBI – ABLECHILDAFRICA PROJECT

We arrive in the morning and transfer direct to our hotel. After breakfast we have a bike fitting and briefing on the challenge ahead. In the afternoon we'll visit AbleChildAfrica's partners, who are working in Nairobi, to find out more about the important work they are doing. This evening we have a welcome meal before a good night's sleep in preparation for the next 5 days of cycling.

Day 3: 25 Feb DEPART NAIROBI APPROX 60KMS

After an early breakfast we begin with a 15km transfer to the outskirts of Nairobi before the heat and the hectic traffic really starts. Most cycling this morning will be on tarred and flat roads so it should be a relatively easy cycle. This afternoon we have a steep descent into our tented camp, which will be waiting for you along with a welcoming cup of tea or an ice cold beer. Tonight our camp team will prepare a great meal for us with just the right amount of carbohydrates and protein to charge us up for tomorrow's ride. We then collapse exhausted for our first night camping under the African sky.

Day 4: 26 Feb NZIU APPROX 80KMS

Today we experience some more traditional African dirt roads, which we'll have to get used to very quickly. The route takes us through countryside that is completely off the beaten track and something that very few visitors to Kenya would see. We will pass through small villages and catch a glimpse of rural Kenyan life with men and women tending to their animals in the fields and may even come across some wild game! The afternoon finishes with relatively flatter roads before we end at camp in the mid afternoon.

Day 5: 27 Feb EMALI APPROX 47KMS

Today is the shortest of all our cycling days and is also the halfway mark! We start a little later today, making tracks towards the Tanzanian border.

Day 6: 28 Feb RONGAI APPROX 76KMS

Today will be one of the hardest challenge days so we leave early after a good breakfast for 20km of relatively flat and downhill cycling. This is then followed by 50km of easy uphills before we get to the highlight of the day, the climb onto the slopes of Mt Kilimanjaro. Over the course of 20km we will climb 650m, arriving at our Rongai campsite in the North of Kilimanjaro exhausted but elated.

Day 7: 29 Feb TO MOSHI APPROX 76KMS

For our final and longest day of cycling we will predominantly head downhill. We start from our camp at Rongai and head to the west of the mountain to cycle a half circumnavigation. If we are lucky we will end our 5 day challenge with a unique and breathtaking view of Mt Kilimanjaro. We arrive at our comfortable lodge this afternoon and can finally relax by the pool with a beer and contemplate the last 5 days of cycling. Tonight we have a great meal to celebrate our magnificent achievement and party well into the night.

Day 8: 01 Mar DEPARTURE TANZANIA

Today we are free to relax and unwind, soaking up the sun after the challenge. This afternoon there will be time for any last minute shopping before we transfer to the airport in the late afternoon for our return flight to the UK.



LOGISTICS



DATES

23 February – 02 March 2012

COSTS OF CHALLENGE

£1899 for 35+ participants

£1995 for 25-34 participants

£2055 for 15-24 participants

Free organiser place for 20+ participants

Minimum number 15 participants

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge expedition leader

Expedition medic

English-speaking local guides

Luggage Transfer

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

Bikes

NOT INCLUDED

Alcoholic drinks

Travel insurance

Items of a personal nature

Single supplement

Visas

Local departure tax

Tips for staff

TOTAL DISTANCE CYCLED

Approximately 350km on a combination of tarmac/sealed surfaces and maintained dirt tracks. Suitable for hybrid/front suspension mountain bikes

RATING AND FITNESS

Moderate+. This challenge requires a good level of fitness to complete the route.

FOOD

There will be meals in the hotel on the first and last nights. Breakfast and dinner will be provided at camps with a lunch whilst cycling.

ACCOMMODATION

Good hotels on the first and last nights whilst during the challenge we will be camping with only basic facilities. Rooms/tents are on a twin/triple, single sex sharing basis.

WEATHER KENYA/ TANZANIA

This area can be visited during all seasons, although it is coolest from June to November with some rains likely by the end of November.

EQUIPMENT

An equipment list will be forwarded at a later stage.



These are complicated itineraries and may be subject to change.



ABOUT ACTION CHALLENGE



OUR CREDO

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of the lengths we go to, to bring our clients experiences they would be unable to find anywhere else.

But beyond the places that we go to, what makes our trips truly unique is the way we encourage our groups to bond together as a team. As the saying goes, it's through adversity that people come together; and in addition to the natural camaraderie that comes with passing round the Compeed and the muscle rub, we actively involve people in the way the adventure unfolds. We believe that through great organisation and a good relationship with our clients, the more we are out of the limelight, the more members of the group get to shine.

We're also rather keen on our work-hard, play-hard ethic. Many of the people who come on our trips literally have a mountain to climb in terms of the scale of the challenge they are taking on. We believe that with effort should come reward, and make sure that all our participants get the opportunity to celebrate their accomplishments in a truly befitting style.

And finally, we know that there's something strange that happens to people when they are out on a mountain pass or cycling through some totally foreign environment. You can see their faces loosen and their bodies lighten as they look around and put life into perspective. It's seeing that transformation that gets us out of bed in the morning and it's why our motto is....

“of all the paths you choose in life, make sure some of them are dirt”.



www.actionchallenge.com

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info@actionchallenge.com. Tel: +44 207 354 1465 Fax: +44 870 1351256