

# Cost

The trip itself costs \$5,000 paid directly to Adventure International, our safari partner for Team TFFT events.

## **Includes:**

- Bike rental and mechanical support
- Guide support
- All food and accommodation as listed on detailed itinerary
- Airport transfers as listed on detailed itinerary

## **Excludes:**

- Flights
- Accommodations for extended travel (Safari, Zanzibar, etc.)
- Airport transfers outside of designated group times
- Rescue and evacuation fees
- Insurance
- Laundry
- Tips (Gratuities for guide staff suggested at 10% of total trip cost)
- Immunizations
- Visa
- Single supplement (\$550)

## Cost (cont.)

The RIDETZ team works to ensure you spend every minute taking in your surroundings. When you arrive at camp each night, your tent is set up, showers are ready, and snacks are out while your dinner is being prepared. You will be woken up to breakfast in the morning and camp is taken down for you after you set out on your bike for the day. You can spend your evenings reliving the day with fellow riders over a Kilimanjaro lager, walking around camp and taking in the scenery, or journaling about all you've accomplished so far. All that is required of you each day is to fuel up, hydrate, and pedal! You, as well as every logistic, are taken care of by Adventure International's outstanding staff.

### **Fundraising Minimum: \$3,500**

Does fundraising make you nervous? You are not alone! You will have a fundraising coach dedicated to helping you meet and exceed your fundraising goals. You will also be provided with a comprehensive fundraising guide, example letters, and social media posts. The TFFT team will be with you every step of the way! 100% of our past riders have reached their goal.

# Itinerary

## Schedule

### Day 1: Arusha / Arrival

On arrival you are transferred to your lodge. There is time to meet some of the team for those arriving in the morning or afternoon.

Overnight Ngare Sero Mountain Lodge (dinner)

### Day 2 & 3: Arusha

There are 2 full days of site visits & programming with TFFT. We will also have a comprehensive trip briefing, bike fitting, and practice ride.

Overnight Ngare Sero Mountain Lodge (breakfast, lunch, dinner)

### Day 4: Arusha to Maji Moto (day one of riding)

From our lodge we ride on towards the Maasai steppe with a picnic lunch on route. The final section in the afternoon leads us to a camp near a spring. The riding is around 4 to 5 hours.

Ride distance: 45km

Overnight Maji Moto Camp (breakfast, lunch, dinner)

### Day 5: Maji Moto to Nyumba Ya Mungu

Early breakfast to fuel up and a relatively early start are essential. We set off through bush on dirt tracks and the pace varies according to the terrain. Lunch is taken in the heat of the day and then afternoon is back on our bikes. In the late afternoon, we arrive in camp to re-hydrate and refuel our bodies.

Ride distance: 65km

Overnight Wilderness Camp (breakfast, lunch, dinner)

# Itinerary (cont.)

## **Day 6: Nyumba Ya Mungu to Plains 1**

The routine starts to become apparent now and we are soon riding away from Nyumba ya Munga, a massive dam. The road now follows the Pangani River valley, along the very same trails of early explorers and slavers alike. In the late evening, we head into our camp near an ancient hill or inselberg.

Ride distance: 70km

Overnight Wilderness Camp (breakfast, lunch, dinner)

## **Day 7: Plains 1 to Plains 2**

The route continues down the Pangani River valley and on the left is a distinct mountain range. These are part of the 'Eastern Arc' mountains which are a biodiversity hotspot, veritable islands that have enabled endemic species to flourish over millennia. The going today is relatively easy but patience and determination are good tools to have! We rest in the heat of the day and then cycle into camp in the late afternoon.

Ride distance: 64km

Overnight Wilderness Camp (breakfast, lunch, dinner)

## **Day 8: Plains 2 to Plains 3**

Our final Pangani River section. We push on down the Pangani River valley and make the most of the early, relatively cool hours and keep in tune with our bodies' water and food needs. At camp we assess all team members for the upcoming sections and retire early to bed.

Ride distance: 56km

Overnight Wilderness Camp (breakfast, lunch, dinner)

# Itinerary (cont.)

## **Day 9: Plains 3 to Irente**

Today's section is a mix of both biking and hiking. We cross over the main Moshi - Dar road and then finish our cycling at the base of the Usambara mountains. Here we have a lunch break before hiking up the Usambara flanks into one of the most picturesque camps on this route. In the evening we take sundowners with views of the plains below.

Ride distance: 18km + 3km hike

Overnight Irente View Hotel (breakfast, lunch, dinner)

## **Day 10: Irente to Usambara Kati**

In the morning there is a short visit to the local orphanage before we head off on a mixture of uphill and downhill sections as we cycle through the very heart of the Usambara Mountains. Farming is the main source of income here, and despite the ridiculous slopes, villages are found throughout the ridges where the locals farm mostly maize. We camp near a forest.

Ride distance: 56km

Overnight Wilderness Camp (breakfast, lunch, dinner)

## **Day 11: Usambara Kati to Mashewa**

The downhill sections through the Usambaras are very steep. For those that are confident it is an adrenaline packed ride but never be shy to walk sections beyond your ability! We arrive at Mashewa, a trading junction at the base of the mountains, for dinner and overnight.

Ride distance: 52km

Overnight Wilderness Camp (breakfast, lunch, dinner)

# Itinerary (cont.)

## **Day 12: Mashewa to Manyoni**

From Mashewa we cycle around the East Usambaras and Amani reserve. The roads are generally quite good but we have to be careful of some traffic today as these are significant arteries in the local road network to the coast.

Ride distance: 55km

Overnight Wilderness Camp (breakfast, lunch, dinner)

## **Day 13: Manyoni to Pangani**

The final section. Most of this day is downhill and we move from the cool to the humid coast. Pangani was the final point before slaves and ivory were shipped out on the Swahili dhows to the wider world. In the late afternoon, we arrive into Pangani and head to the beach to our beach lodge accommodation for a grand finale beach barbeque and party.

Ride distance: 61km

Overnight Mkoma Bay Tented Lodge (breakfast, lunch, dinner)

## **Day 14: Pangani to Dar/Arusha**

After the ride, you will need to travel back to Arusha to fly home from Kilimanjaro. Transport by van is included in the trip cost. Just bear in mind that this is a long road trip (up to 10 hours) after 10 days of riding. The other option is a short, one-hour flight from Pangani. Should you want to fly home from Dar es Salaam, that can also be coordinated with a short flight from Pangani to Dar. The cost of flights from Pangani are additional. You can fly home this night from Kilimanjaro Airport. If you stay the night, you are responsible for your accommodations.

(Breakfast only)

# Itinerary (cont.)

## **Traveling Back After the Ride**

After the ride you will need to travel from Pangani back to Arusha to fly home from Kilimanjaro. Transport by van is included in the trip cost. Just bear in mind that this is a long road trip (up to 10 hours) after 10 days of riding. The other option is a short, one-hour flight from Pangani. Should you want to fly home from Dar es Salaam, that can also be coordinated with a short flight from Pangani to Dar. The cost of flights from Pangani are additional.

## **Extending your stay**

Some riders choose to extend their stay by lounging on a beach in Zanzibar for a couple extra days. If this is an option for you, we highly recommend it! Sunshine and relaxation will feel great! We can help you book a flight from Pangani to your choice destination. From there, we are happy to put you in touch with a travel agent to explore your options.

# Travel Insurance

Travel Insurance is also an important security measure that Adventure International strongly advises you purchase. For recommendations, you can review Adventure International's travel insurance page. Travel Insurance is there to cover things that the ground handler/safari company, Adventure International cannot - repatriation should you have a health emergency, costs of things like helicopters for evacuation, trip cancellation, and so on. Please do not rely on automatic cover from credit cards, read the small print, and if you need any help, email the Adventure International team.

**Insurance Information** It is essential that clients take out adequate insurance cover against all risks associated with adventure travel, this means appropriate travel and medical insurance prior to departure of clients from their country of origin. A bike adventure, climb, or safari is an adventure holiday and accordingly neither Adventure International, LLC nor their officers and employees shall be liable in way for any loss or damages expenses or costs arising from any incident involving clients that may occur whilst using any of the services provided by either Adventure International, LLC or third parties contracted by the company.

Insurance should at least cover: personal accident, medical expenses, hospitalization, repatriation, trip curtailment, cancellation, and loss of valuables.

For more information about insurance please visit: <http://www.adventure-international.com/footer/insurance/> OR visit TravelEx Insurance direct website: <http://www.travelex-insurance.com/> and make sure to provide #05-0804 as a reference locator to ensure proper routing of essential client information and documentation.

# Airfare & Immunizations

## **Airfare**

Depending on when you book and your flight preferences, airfare will cost anywhere between \$1,300 - \$2,500 for an economy ticket. There are direct flights to Kenya and Ethiopia from the US on Kenya Airways and Ethiopian Airways, respectively. Many people also take the KLM route through Amsterdam.

## **Immunizations**

You should also allocate \$600 for immunizations, malaria medicine, and your entry visa. Make an appointment with your doctor and/or Passport Health to discuss your personal medications for travel, vaccinations and anti-malarials. Specialized immunizations for TZ include Hepatitis A, Hepatitis B, Typhoid, and Yellow Fever\*.

\*Please note if you fly through a country that has Yellow Fever (most specifically African countries), even just for a layover, you will be required to have a yellow fever vaccination. Often times Passport Health tells you otherwise.

# Packing List

Due to the many climates experienced throughout RIDETZ, from the desert to high up in the mountains, the weather changes drastically throughout the ride. Therefore, bring whatever is most comfortable to you for long hours of riding, but bring layers to adjust as the weather changes. Additionally, there will be an opportunity to wash your clothes at camp each night with a bar of soap and bucket of water.

## **Clothes**

- Shirts x 5 (dry fit is best)
- Padded cycling shorts x 5
- Lightweight pants x 2 (not jeans)
- Lightweight rain jacket
- Lightweight fleece
- Socks x 10

## **Shoes**

- Cycling shoes + clips (your own clip in pedals) or running shoes
- Shoes/boots for the hike
- Sandals/Slipons

## **Gear**

- Cycling helmet
- Cycling gloves
- Gel seat!!!!
- Headlamp
- Sunglassess
- Warm hat/beanie

# Packing List (cont.)

## Cosmetics

- Small towel
- Bug repellent
- Sunscreen
- Soap

## Miscellaneous

- Camera
- Ear plugs
- Journal and pen/pencil
- Wipes
- Snacks/bars
- Laundry bags

## Luggage

One duffel for the ride. You will not want to bring your huge suitcase in your tent each night. You will be given this bag when you arrive at camp each day. Adventure International can keep a bigger suitcase or duffel in the trucks.

Backpack. What you will wear on your back each day. Filled with a camera, medicine, snacks, Camelback of water, and anything you will need throughout the day. But, make sure to keep it light.