

# Kenya Bike

Challenge yourself on this 370km bike ride through Kenya's Great Rift Valley



Ultimate Challenges

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# Kenya Bike

## Discover some of the most prominent features of the Rift Valley

The Great Rift Valley runs the whole length of Kenya and forms the backbone of the country. It is a major geological feature of the country and incorporates spectacular gorges, volcanoes and soda – lakes fed by hot springs. It forms part of a system that stretches 6000km from the Dead Sea to Mozambique.

This challenging 370km bike ride includes some of the most prominent features of the Rift Valley in Kenya such as ascents of the dormant Volcanoes of Susua and Longonot, a journey through the famous Hell's Gate Gorge and a traverse of the Valley floor which is home to myriad wildlife including Giraffe, Zebra, Impala, Gazelle and the occasional cheetah.



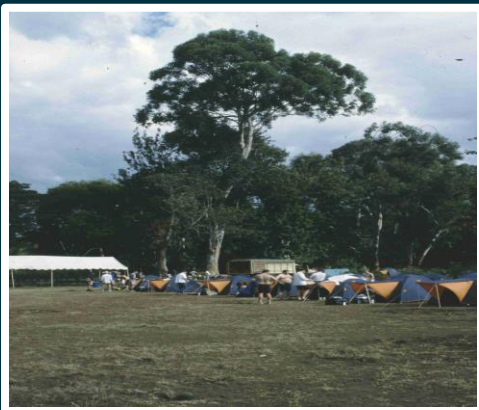
# Detailed itinerary

## Day 1: London to Nairobi

Depart London Heathrow on a direct overnight flight with Kenya Airways to Jomo Kenyatta Airport in Nairobi Kenya.

## Day 2: Nairobi to Naro Moru

Arrive into Nairobi early morning and then transfer by coach (approx. 4 hours) to the Mountain Rock Hotel near the town of Naro Moru based at the foot of Mount Kenya. Mount Kenya is Africa's second highest mountain at 5199m, which although on the equator has permanent snow at its summit because of its altitude. Picnic lunch on the way with tea on arrival during which there will be a short introductory briefing and after which there will be mechanics on hand to allocate and help set up the bikes. There will be an opportunity in the afternoon for a road test ride.



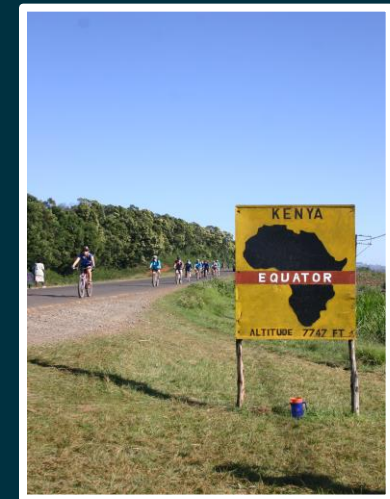
## Day 3: Naro Moru to Ngobit Fishing Lodge

After an early breakfast our challenge begins! The first 10km is on good tarmac road until we turn onto a dirt road that runs parallel with Solio Ranch (a Rhino Sanctuary) into the Laikipia plateau. From the road there is a good possibility of seeing white rhino, giraffe and other African Game. The road meanders across the plateau and within an hour of leaving the hotel you are in the African bush. Mount Kenya rises steeply behind us from the moment we leave the hotel. Due to the extreme heat of the tropical sun and the altitude of the plains there will be frequent water stops and we take lunch at a convenient point about 1.5hrs from camp.



## Day 4: Ngobit Fishing Lodge to Nyahururu

We start the day after an early breakfast with a hill climb on gravel roads and then across the plains to meet a tarmac road that will take us to the farming town of Nyahururu (7800ft). As we climb from the plains below Mount Kenya towards the foothills of the Aberdare Mountains famous for its treetop hotels, we take lunch at Ndaragwa Forest Ranger Station in a natural cedar forest on the slopes of the Abadares. After lunch we cross the equator for the first time during our challenge, back into the Northern Hemisphere. We spend the evening in the grounds of a lodge by the impressive Thompsons falls (2400m)



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## Day 5: Nyahururu to Gil Gil

Leaving our campsite we travel through the town of Nyahururu and along good tarmac roads through farmland and villages. We cross the equator for the second time with views of the Abadare Range and Mount Kenya in the distance on our left. This day is mainly downhill descending into the Rift Valley. Lunch will be taken on the roadside. After lunch the main descent starts with the views of the Volcanic Mt Longonot and the Rift Valley floor in front of us. Tonight is spent in the grounds of the comfortable and friendly Gilgil Country Club.

## Day 6: Gil Gil to Lake Naivasha

This is a big day we start early in the cool of the morning and travel through Gilgil township to find dirt roads that lead to an ancient Masai Cattle Trail to take us over the hills to the beautiful Lake Naivasha. Our best view of the lake is from the hilltop where we have lunch. The trail winds its way following contours without climbing unnecessarily. We cross Obsidian Fields, ash and lava flows through acacia bush. We eventually join the Lake Naivasha circular road and finish the day on dusty roads through beautiful monkey infested Acacia woodland to the lake itself.





# Detailed itinerary

## Day 7: Lake Naivasha through Hell's Gate to Susua

After breakfast we cycle out of Fisherman's camp onto the road to Naivasha Town. Turning off the main road after 5km's we join the dirt road into Hell's Gate National Park. The Park is a spectacular gorge and ancient overflow channel for Lake Naivasha. The mouth of the gorge is a typical African savannah full of Zebra, Giraffe and warthogs as well as a myriad of birds from bee-eaters to Fish Eagles. We eventually exit on the Rift Valley floor in the dry savannah country below Mount Susua, a volcano with a double cauldron. From there we take a rough mountain track that has excellent views of the volcanoes Longonot, Susua and the impressive Rift Valley Walls each side. Eventually we reach level ground near the Caldera rim. We then descend back along the plains and cycle to the finish line below the Ngong hills. Transfer from the finish line to Nairobi for overnight at hotel and a Gala at the famous Carnivore's Restaurant.

## Day 8: Nairobi

Free time in Nairobi to relax by pool, shop in markets and have lunch at a variety of excellent restaurants. Transfer to airport for over night flight to London Heathrow

## Day 9: Arrive London

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*This itinerary is complex and subject to change*

### Challenge grade

Moderate

### Best time of year

September to October



# Why choose Ultimate Challenges?

- We have over 16 years experience running pioneering charity challenges e.g. Kilimanjaro , the Inca Trail, California Bike
- We choose the most unexplored and upcoming regions for our amazing expeditions
- We are built on a team of Senior Event Fundraisers
- Our team is driven to provide inspiring, life changing and effective fundraising events for our charity partners
- We use the best ground agents, the most experienced trek staff and doctors to ensure your supporters have a safe and memorable challenge
- We operate an Ethical Code of Conduct with all our ground handlers to ensure fair treatment of all our local staff. We have high health and safety expectations and all our partnerships are conducted with respect for local cultures and environmental concerns
- We offer an end-to-end service to ensure our charity partners are given full support from our experienced staff ensuring you maximise your income

## Our pricing policy

We believe that we are very competitive and offer excellent value for money. However, it can be confusing when comparing prices, as small alterations in an itinerary, can make a substantial difference. We would be happy to review proposals you may have received from other tour operators, as we are confident that we can beat any genuine quote.

*‘ Choose your Tour Operator with your head, so your supporters can follow their hearts when they travel’*



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