

Kenya Bike

380km Challenge from Mt Kenya to The Great Rift Valley



Ultimate Challenges

T: 020 7386 4680

events@theultimatetravelcompany.com

www.ultimatechallenges.co.uk

Detailed itinerary

Day 1: London to Nairobi

Depart London Heathrow on a direct flight to Jomo Kenyatta Airport in Nairobi Kenya. On arrival transfer to the hotel. There will be a short introductory briefing, after which there will be mechanics on hand to allocate and help set up the bikes.

Day 2: 55km - Mount Kenya to Ngare Ndare Forest 6-7hrs cycling

After breakfast we transfer towards the mighty Mount Kenya standing at 5,199m. Our ride starts on the lower slopes (2,700m). The views to northern Kenya and the great massif of Ololokwe are visible over 60km in the distance. We ride on wide tracks through heathland which leads to small dirt roads, passing through a highland farming area with flower farms. These, a major employer in this region. After a quick visit and break at a farm, we descent to a flat rural dirt road that leads us into the Ngare Ndare Forest, a pristine escarpment forest, with wildlife, freshwater springs with blue pools, waterfalls and endemic trees. Ngare Ndare Forest is one of the most beautiful places in Kenya. Overnight camp.

Day 3: 60km - Ngare Ndare to Il Polei/ Twala camp 7-8hrs cycling

Up early and a great start as we ride to visit Ethi primary school. From here we tackle the Chumvi hills. At the top, we take a break to enjoy the stunning scenery of Borana and Ole Naishu Conservancies before heading down the old stock route into the Mukogodo, home to the Laikipiak Maasai.

At around 30km we will have an awe-inspiring ride gaining an insight in the lives of the semi-nomadic pastoralists. There is also a chance of riding alongside some wildlife including zebra, giraffe, elephant and gazelle. We finish our ride at Twala campsite in Il Polei/Makurian Group Ranch. Twala is a women's group camp and cultural centre that includes authentic Maasai huts.



Day 4: 60km - Twala Camp to Ol Gaboli 6-7hrs cycling

Our day starts early with the sound of the morning bird calls. We begin with a 2km steep climb to the outback rural Il Polei Village. We continue through community ranches and incredible wildlife territory, as we spot giraffe, gazelle, elephants, kudu and if lucky even the endangered Grevys Zebra.

We tackle 18km of steep up and down trails. The dirt road eventually connects to the Maasai village of Kimanjo, an epicentre for everything Laikipaik Maasai, hopefully its market day, a very colourful scene. Departing Kimanjo we enter Il Motioj Group Ranch, and a two-hour cycle down to Ol Gaboli Community Lodge and our campsite. Here we can soak our feet into the river and have a swim in the fresh rock pools.



Detailed itinerary

Day 5: 70km - Ol Gaboli circuit 7-8hrs cycling

This is it, the biggest day of cycling challenge as we ride through the community group ranches in Laikipia, a rewarding and challenging experience. Today's route has some climbing, so be ready for a bit of leg burn! After climbing up from the river crossing at 'Crocodile Jaws' we hit the upper plateau that has stupendous views over the great expanse of rangelands back to the 5,199m peak of Mount Kenya.

We cross through Suyian Ranch, which is the Maa name for the African Wild Dog, a rare predator. The large-scale properties surrounding Suyian Ranch are all involved in wildlife conservation and together these properties collectively harbour the largest concentrations of wildlife in the Laikipia ecosystem, and we get to immerse ourselves in this dynamic landscape.



Day 6: 65km - Ol Gaboli to El Karama/Mogwooni 5-6hrs cycling

A beautiful morning, with a downhill section which takes us to a river crossing and then undulating tracks both hard packed and sandy through Mpala Conservancy, that hosts a research centre for all ecological sciences. Passing over the Ewaso Nyiro River once again we head back to the mountain between El Karama and Ol Jogi passing through small villages. Our camp is a welcome sight!

Day 7: 71km - El Karama/ Mogwooni to Ol Pejeta Camp 6-7hrs cycling

The final day of our life changing ride! We set out for a wildlife experience like no other. We ride through Naibor and Jua Kali villages. What's better than the opportunity to cycle through the African bush and come face to face with some of Kenya's best game.

We head across the plains of Ol Pejeta in the shadow of Mount Kenya to view cheetah, buffalo, rhino, lion and a variety of plains game on a unique and exciting game viewing experience.

Day 7: cont.

After a picnic lunch and a visit to the world-famous Rhino Sanctuary, our finish is at the Ol Pejeta Wildlife Camp (fixed camp/lodging) for hot showers and a big celebratory BBQ.

Day 8: Nairobi

Free time before transferring early afternoon to the airport for overnight flight to London Heathrow.

Day 9: Arrive London

© Ultimate Challenges

This itinerary is complex and subject to change

Challenge grade

Tough

Best time of year

September to October

