

EXPLORE!



Cycle Tanzania - Kilimanjaro to Ngorongoro
8 days

Tanzania - Trip code CTZ

Cycle Tanzania - Kilimanjaro to Ngorongoro

Join us on this cycling adventure from Kilimanjaro to Ngorongoro, the world's largest volcanic caldera. We cycle on a mixture of rough dirt tracks and paved roads from the slopes of Kili past Mount. Meru to the spectacular Rift Valley, traversing savannah, bush, forests and wildlife migration corridors. We go on safari game drives in Tarangire and Lake Manyara National Parks and the Ngorongoro Crater. Along the way we gain an insight into local life as we pass lively towns and remote Maasi villages.

Trip highlights

- ★ **Migration corridors** - wildlife spotting on game drives and by bike
- ★ **Ngorongoro** - cycle through small villages and townships to the crater
- ★ **Meet the Masai** - Cultural interaction at the Olpopongi Village and Museum
- ★ **Game drives** - look out for the big 5 on an included game drive in Ngorongoro Crater and optional safaris in Tarangire and Lake Manyara

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

CYCLING GRADE:

Moderate To Challenging

Combining moderate grade rides with some challenging days in the saddle, this grade is ideal for reasonably fit cyclists who want to challenge themselves.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

Cycling information

DAILY DISTANCE



Optional Rides

General cycling information

On this tour we cycle 216 km over five days (an average of 43 km per day). The terrain is undulating and varied with a few steep hills. We cycle on a mixture of tarmac roads (38%) and gravel or dirt tracks (62%). A support vehicle accompanies the rides throughout the tour. You do not require previous experience riding on dirt tracks; this trip should be within the capabilities of anyone reasonably fit and used to riding a bike. We have graded the route as moderate to challenging.

Bike included

21 gear Trek 4300 or Merida Matts 20D mountain bikes with front suspension. Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

Bike information

Your included bike for this trip is a 24 gear Trek 4300 or Merida Matts 20D mountain bike with front suspension and will be the correct frame size for your height. This bike is provided with a water bottle holder, but does not have a pannier fitted. The bike mechanic can fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies all rides. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet. Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. Please contact us for more details or to request your e-bike.

Cycling grade

ModerateToChallenging



What's included?



Included meals

Breakfast: 7
Lunch: 6
Dinner: 7



Transport

Bus
4WD
Bicycle



Trip staff

Explore Tour Leader / Cycle
guide
Driver(s)

Trip information

Country information

Tanzania

Climate

The climate is tropical but varies greatly with altitude. Coastal areas and islands are hot and humid, while the central plateau is dry and arid. Tanzania can be visited all year round and its seasons can be defined as green and dry. The dry season is generally from June to October and January to February, with most days being fine and sunny weather with temperatures and humidity rising throughout the day. It can be cold at night, particularly in June & July. The green season includes the rains of March to May (with the peak in April – generally during the afternoon) and November to early December. This pattern can be unpredictable. The weather system during these periods refreshes the landscape creating lush green scenery which is not witnessed during the dry season. The Zanzibar archipelago is a year-round destination but does have dry and rainy seasons. The dry season is between June to October and January to February. The 'short rains' are between November to December, when a short, afternoon rainstorm can be a daily occurrence. The 'long rains' occur between March to May, when days can be humid and rainy, however, sunshine is still often frequent. The changing weather patterns does mean the 'rainy' season is becoming less predictable. Weather at altitude can vary to the above seasons, with the evenings being cold. Kilimanjaro features its own array of climates and biomes; between 1,800 to 2,800 metres is a rainforest climate (humid and hot), from 2,800 to 4,000 metres is dry mountain vegetation – please note night time temperatures can fall to below 0 degrees from this level. A cold desert climate with a strong equatorial sun during the day but cold nights is found between 4,000 to 5,000 metres. The summit generally has clear days though the evenings can be very cold featuring snow. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Time difference to GMT

+3

Plugs

3 Pin (as per the UK), best to travel with an adapter as some lodges have 2 pin sockets.

Religion

Christian, Islam

Language

Swahili, English

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Sleeping Bag Hire - US\$25 per person for the trip - must be requested with Explore at least 10 days prior to departure.

Tarangire Camp - Upgrade to Tented lodge is US\$145 per night for a single room (one person only) and US\$126 per person for a twin room per night.

Tarangire National Park - Game Drive US\$120-280 per person (depending on numbers - minimum 2 persons)

Mto wa Mbu - Lake Manyara Safari US\$120-280 per person (depending on numbers - minimum 2 persons)

Arusha National Park - Game Drive US\$122-328 per person (depending on numbers - minimum 2 persons)

All optional prices depend on the number of persons booking.

Clothing

Clothing should be lightweight. However, a warm sweater or fleece and a wind/water-proof jacket are advisable for early morning game drives. Take thermal underwear for the occasional very cold night at altitude at places like Ngorongoro (even in summer). A scarf is recommended as protection against dust and dirt on game drives. A waterproof is advisable. Padded cycling shorts and quick drying tops will be useful.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

15Kg

Luggage: On tour

A flexible holdall (suitcases are not suitable for vehicle luggage racks) and a daysac.

Equipment

Bring a small torch or head torch, sunglasses, sunhat and sunblock. We also recommend you bring binoculars. A bandana or similar to wear over your mouth and nose will be useful for dusty rides. A quick drying towel and a sleeping bag will be needed for camping nights.

Tipping

Explore leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Local Crew: Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow approx US\$50.

Country Information

Tanzania

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£13

Beer price

£1.6

Water price

£0.7

Foreign Exchange

Local currency

Tanzanian Shilling.

Recommended Currency For Exchange

US Dollars are preferable. Please be aware that any notes issued before 2006 will not be accepted

Where To Exchange

Banks or 'Forex' offices only in main towns/cities. Your Tour Leader will advise you on arrival.

ATM Availability

Major towns and cities will have ATMs available.

Credit Card Acceptance

Credit cards are generally not accepted.

Travellers Cheques

Take some to act as reserve funds.

Transport, Accommodation & Meals

Transport Information

Bus, 4WD, Bicycle

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Tanzania: A single visa is required by UK, New Zealand, Australian, US & Canadian citizens. Visas can be arranged on arrival, but due to queues at immigration we recommend for the visa to be arranged in advance.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom. Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid

paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Tanzania

Vaccinations

We strongly recommend protection against malaria, hepatitis A, tetanus, typhoid, polio and yellow fever. Please note you are required to produce a valid yellow fever certificate on arrival in Tanzania if you have spent 10 hours or more transiting through an endemic country. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may also wish to take immunisation against meningococcal meningitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
