

as much money as possible is retained within the local economies and the host communities. With our responsible tourism policy we are continually reassessing our holidays, trying at all times to ensure that they are socially, economically and environmentally sound.

Awards for our work on Responsible Tourism

2009. British Travel Awards: Small Tour Operator, Highly Commended

2006. British Travel Awards: Environmentally Responsible Tourism Company.

2004. Responsible Travel Awards: Best Tour Operator.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel.

JOINING THE TRIP

For those starting in London

Duration: 15 days. Departs London on Saturday, returns London Saturday.

Flights from London

We normally use the scheduled services of Kenyan Airways (depending on availability). As flight timings and schedules change regularly we recommend calling one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

Regional Flights

Exodus can arrange flights from the majority of the UK's regional airports to connect with the group flights from London. It may also be possible to fly to the destination either direct or via alternative hubs from some regional airports. If you are arriving on different flights to those above, please see the **Airport Transfers** section in Practical information below.

Please contact our sales team or your agent for help with regional flight requirements.

For those joining the tour in Arusha

Duration: 13 days. Start Arusha Sunday end Arusha Friday.

Full joining instructions, including local emergency numbers, will be sent to you as part of our Final Joining Instructions. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Clients travelling on land only arrangements will be asked to make their own way to the start point (see above): details of how to reach the start point are given in the Final Joining Instructions. If you require airport transfers, please see **Airport Transfers** section below.

Airport Transfers

Transfers are arranged to coincide with the arrival time of the group flight. If you arrive before the group flight, you may (by prior arrangement only) be able to join the group transfer. Group flights can be rescheduled, so you must check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense. Joining the group transfer is free of charge.

Please note that the cost of a taxi from Kilimanjaro Airport to Arusha is likely to be about US\$50.

LAND ONLY ITINERARY

Please note the group flight from London is an overnight flight departing the day before Day 1 of the itinerary.

The entries in **bold** at the end of each day indicates the type of accommodation normally used (see accommodation section overleaf for key to codes) and meals included (B=Breakfast, L=Lunch, D=Dinner).

Day 1 Start Arusha. Morning briefing; the afternoon is free to relax after your flight, lie by the pool or explore the town. **SH (D)**

Day 2 Starting from our Arusha lodging, we cycle a route through banana and coffee plantations before heading west towards the Monduli mountain range. Open farmland leads us past the foothills of

the mountains. The earth here is known as 'Black cotton' and is very prone to erosion. We weave through various small valleys and Masai homesteads as we traverse the foothills. Once we are above Mezerani town we descend straight down, freewheeling into camp. We will be carrying a packed lunch to re-energise at a convenient point on the way. We camp tonight at the 'Snake Park', where there is an excellent display of local reptiles. **FC (B,L,D)**

Total distance 40-60 km

Day 3 Cycling straight from our camp, the route follows the old tarmac road, which weaves back and forth over the new road. It is broken up a lot, and at times goes some distance away from the main road. After lunch, depending on the distance covered, we either get a lift or keep cycling straight towards the Rift Valley wall, which is seen in the distance, with Lake Manyara glistening at its foot. After Manyuki we follow the main road all the way to Mto wa Mbu. This is open country, and giraffe, ostrich, gazelles and occasionally elephant are seen. We camp tonight at an attractive campsite on the edge of Mto Wa Mbu town. **FC (B,L,D)**

Total distance 60-90 km

Day 4 After breakfast we are joined by local guides and cycle towards the northern edge of Lake Manyara. At first the track is in yellow acacia woodlands, but it suddenly bursts out into a vast plain where there is normally an abundance of animals, including zebra, wildebeeste, buffalo and giraffe, as well as a hippo pool.

We return to Mto wa Mbu campsite for lunch, and then in the afternoon we cycle along the Rift Valley, a spectacular ride with the backdrop of the Rift wall and forest edges on the eastern side. Cycling through a village and sprawling Masai homesteads, young children will probably run out to greet us. Around the village we will see more cattle than wildlife, but as we leave the populated area there is normally plenty of game including zebra, wildebeeste, giraffe and more gazelle.

Our destination is Selela forest, a 1000 hectare forest and home to a variety of animals. Expect to hear baboon, blue monkey and the common vervet monkey this evening. The local Masai village is very friendly and just before entering the campsite we cycle through a dense banana plantation. We camp at the Selela Forest campsite. **FC (B,L,D)**

Total distance 30-50 km



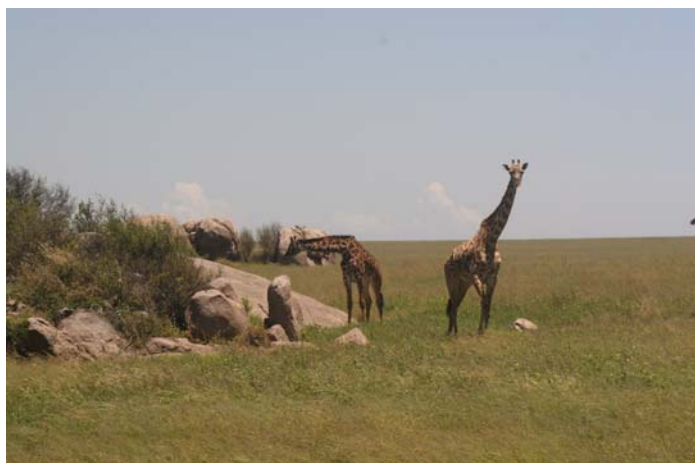
Day 5 We have a relaxed morning after our first three days cycling. There is still plenty to do: you can spend the day exploring the forest and farmland, or walk or cycle out amongst the Masai homesteads. Lunch will be set up at the campsite and an afternoon hike is possible up onto the Rift wall. The hike follows an elephant migratory route and is 500 metres to the top, which will award amazing views across the Rift Valley. If you choose to visit the Masai village they are very welcoming but it can be quite overwhelming as the lifestyle is in stark contrast to what we are used to. We camp back at the forest campsite. **FC (B,L,D)**

Day 6 Today all the bikes are packed onto our vehicles and we drive to Ngorongoro Conservation Area. Ngorongoro is a special place in that it is a Conservation Area, not a National Park; which means that the whole area is managed for both the animals and the local Masai people

who graze their cattle alongside the indigenous wildlife. After stopping at the entrance gate, where there is a chance to learn about this fascinating volcanic landscape, we drive around the rim of the Crater itself, from where we can look down and see herds of wildebeeste and elephant. Then we descend into the crater. The crater walls provide a natural sanctuary for the animals, which means there is plenty to see, lions, elephants, buffalo, rhino and, if we are lucky, leopard. The only animal we won't see in here is a giraffe whose long legs are unable to cope with the steep sides of the crater. We drive up the crater wall in the afternoon and camp on the rim at Simba campsite. **FC (B,L,D)**

Day 7 After an early breakfast we have a spectacular drive down the outside of the crater and come to Oldupai Gorge, where the Leakey family have unearthed the remains of some of man's earliest ancestors. We then drive on to Naabi Hill, which marks the boundary between Ngorongoro and Serengeti – the Masai's 'Endless Plains'.

We have the rest of the day wildlife spotting in Serengeti. Where we go depends on the time of year; we can spend time at the Hippo pool watching these majestic animals laze about in the cool water happily living alongside the crocodiles, watch a big pride of lions, be in the middle of the migration, sometimes surrounded by wildebeeste, sometimes by zebras, who travel with the wildebeeste. We journey from the wide open plains to the kopjes: these volcanic rocky outcrops provide protection and shelter for a wide variety of animals and from the top we can look out across the vast grasslands of the Serengeti. This diverse and interesting landscape will provide us with the ultimate in game viewing, and we will hopefully see all of the plain games; elephants, giraffe, zebra, wildebeest, lions and maybe the elusive leopard and cheetah, as well as huge amounts of interesting birdlife, from the elegant Secretary birds to the flightless ostrich. We spend the night in the middle of the plains at Seronera campsite. **FC (B,L,D)**



Day 8 Our second day in the Serengeti: again we will rise early and have a full day in the park, heading the north and enjoying the animals and scenery as we go. This is a long day driving but there is plenty to see on the way. We camp tonight at Lobo camp, in a stunning setting. **FC (B,L,D)**

Day 9 We get back on the bikes today. It is a short drive to the national park gate from where we can start cycling. The next two days will be on dirt road with some sandy sections. The route is rolling, and you will be glad to be back in the saddle again. As we are on the edge of the game park we may see more wildlife en route, as well many colourfully-dressed Masai. We set up camp late afternoon at a local campsite in the little town of Wasso. **FC (B,L,D)**

Total distance 40-50 km

Day 10 Today is a potentially our longest day of cycling. We cycle southwards through the hills bordering the Serengeti and down through an area populated by the Songo tribe, dressed in their bright orange attire. Our route is along a rough dirt road with some sandy sections and the countryside is as the previous day. We need to stop for an early lunch, after which we pack the bikes on the vehicle and we all get a transfer to the top of the Rift Valley escarpment overlooking Lake Natron, an awesomely spectacular view. The descent is on a gravel road with switchbacks, so a steady handlebar is necessary! The road descends steeply to the side of Lake Natron and then follows the

lakeshore to a village. The road surface changes, becoming stonier, and requires more concentration. It is a real challenge to reach camp on the bikes but we will go as far as possible. Camp at the Lake Natron campsite. **FC (B,L,D)**

Total Distance 50-100 km

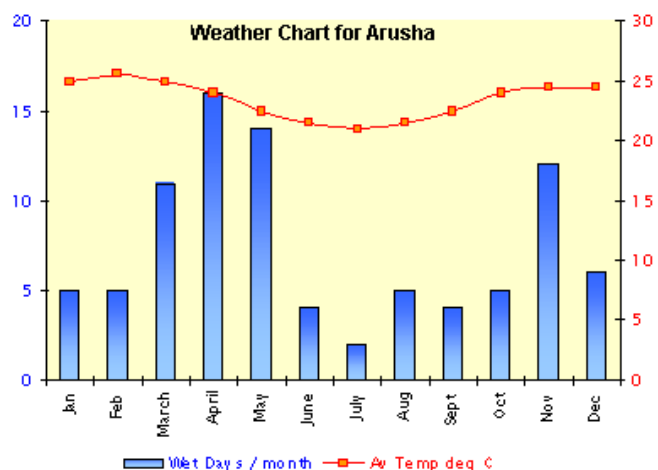
Day 11 Today is a free day to relax at Lake Natron Camp; we can sit and enjoy the view of the lake from the camp, which appears almost mirage-like in the distance. If we can convince the manager to fill the fresh water pool we can relax there with a cold beer! A short drive or walk to the lake is well worth it: the flamingos, pelicans and egrets are great. It is however VERY hot. Lake Natron is known as one of the world's largest breeding grounds for lesser flamingos. A late afternoon walk to the local waterfalls is a great way to finish the day. The water is cool and refreshing, and you can almost swim in places. Some people have taken the opportunity to climb Ol Doinyo Lengai but this is a tough climb. Camping back at Lake Natron campsite. **FC (B,L,D)**

Day 12 Return to Arusha. It is a long drive, approximately 6hrs, and is also quite dusty! We follow the foothills of the Rift Valley wall over open plains on which also live the plains animals, a familiar sight by now. Once we reach the tarmac road you will all probably go to sleep as we drive the final 2hrs back to civilisation. We return to our comfortable starting hotel. **SH (B,L,D)**

Day 13 A free morning in Arusha: there is time to explore the town and pick up some last minute souvenirs or just spend the day relaxing by the pool and recalling your wonderful adventure over the last few days. We will leave Arusha late afternoon for Kilimanjaro airport for our flight home. **(B)**

The group return flight to London is an overnight flight arriving home the following day.

WEATHER



Tanzania lies just south of the equator and therefore is hot most of the year. Traditionally there are two wet seasons, long rains in April and May and short rains in November. However, in recent years weather patterns have been changing, and some rain can occur between December and February. During the long dry season from June to October rain is unlikely.

Between December and February it can be very hot, up to 35°C or above during the day, and nights are warm. Between June and October it will still be hot during the day, but it can be considerably cooler at night, and the night camping on the rim of the Ngorongoro crater can be close to zero in June, July and August, due to the altitude.

IS THIS TRIP FOR YOU?

Cycling Conditions

This trip is classified off-road and graded B/C. Please see the introductory pages of the cycling holidays brochure for more important information on classification and grading.

Av. daily distance: 50km (35m)

Terrain and Route: 90% off-road. A remote cross-country trip which mostly follows dirt roads/tracks, mainly on rolling hills; some sections

will be sandy and dusty. The descent down to Lake Natron is more technical with spectacular views.

For off-road cycling trips of grade B and above, we strongly recommend that you have some off-road cycling experience: this should include some (gentle) ascents and descents over loose or rutted surfaces.

Cycle Safety

You should be aware that cycling of all kinds has its dangers and that accidents can happen from time to time. Please ensure that both you are properly prepared for the riding you are going to undertake. Please note that helmets must be worn when riding off-road on all our cycling holidays, they are also highly recommended on road trips.



The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

PRACTICAL INFORMATION

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit.

Tanzania: most nationalities, including British, require a visa for Tanzania: this can be obtained on arrival, and currently costs US\$50.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For UK residents, Exodus recommends the visa agency Travcour for obtaining your visas. They can be contacted on 020 7223 5295 or www.travcour.com

Vaccinations and Health

An International Certificate of Vaccination against yellow fever is required when entering Tanzania: a medical checking desk has been set up at most Tanzania airports where you may be asked to produce your certificate, so you must carry this with you.

We also recommend that you be vaccinated against typhoid, polio, tetanus, hepatitis A, and meningitis.

Malaria is widespread throughout Tanzania, and although the risk is low on this trip due to the altitude, we recommend taking a malaria prophylactic.

Please consult your doctor or vaccination centre for up to date information.

Insurance - Are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance

Local Time is GMT + 2 hours (summertime), +3 hours (wintertime).

Group, Staff and Support

The trip is led by English speaking local guides.

Minimum group size is 4, maximum 16.

The minimum age of clients on this trip is 18 years.

Bike Hire Options

Local bike hire: Trek Hard Tail £100 or full suspension £160, paid on booking. 'In-country' bike hire should be arranged at the time of booking, and the cost will be added to your invoice. Please note that in a few locations, there is limited number of bikes available locally, and very occasionally late bookers may be required to bring a bike from the UK (either a UK hire bike, or their own).

Bringing your own bike*: Plenty of people choose to bring their own bikes on our trips. If you wish to bring your own bike, please note that we cannot guarantee against small scratches and paintwork damage involved in the loading and unloading from support vehicles. Please note to check with the airline you are flying with as they may have restrictions on the carriage of a bike.

For more detailed information on bringing a bike from the UK (hired from Exodus, or your own), Information Sheet MBX will be sent to you on booking. This can also be found on our website at: www.exodus.co.uk/assets/pdf/MBX.pdf

Electricity

230V AC, 50 Hz. Batteries can be charged from inverters in the vehicles

ACCOMMODATION

Accommodation

We indicate in the itinerary what type of accommodation is provided on each day. The descriptions below are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

SH Standard Hotel, Lodge or Gite – no-frills hotel, usually with twin rooms and en suite facilities. Service and amenities are generally adequate.

FC Full-service Camping – two person tents sometimes in a private or public campsite that contains a communal ablutions block and other amenities and sometimes in a wild camp with toilet tents and mess tent or dining equipment provided. All camp chores are done for you from erecting / dismantling of your tent, to cooking & washing up.

Whilst in Arusha we stay in a hotel, which has a small pool.

The camping uses public campsites, which vary in cleanliness and services. While in the parks there may well be a shortage of water supply to the campsites so you may have a day or two without a shower. A box of wet wipes is always handy! A mess tent with chairs and tables is provided and we do carry simple toilet tent and shower tent if required. All the duties are performed by our camp staff so there is no need to lift a finger. The tents are mostly 3-man dome style from South Africa. On larger groups we may have to use some more traditional 'A' style tents. You will have a 2" foam mattress to sleep on. Tents are shared unless you have paid the single supplement. Camp lighting is by Kerosene lights, which we don't use in the tents! You will need your own head torch for the tent.

Optional Single Supplement

There is an option of a single supplement and it will apply to all nights, at a cost of £330.

FOOD & TRANSPORT

Food

In the itinerary we state which meals are included on which day.

The food is excellent throughout the safari whilst camping; it's surprising what the cooks can produce under very simple conditions. The food in the hotel is quite simple, but if something more special is wanted, there is the option of eating out in Arusha. Please note we can cater for most special dietary requirements, but you must advise on booking.

Allow US\$30 for meals not included in the itinerary.

Transport

We travel in 4WDs that comfortably carry 5 or 8 passengers. There is a roof hatch, which greatly enhances game viewing. A support vehicle carries the camp.

There is 95% vehicle support.

Airport transfers and other transfers are by private minibuses and mostly on tarmac roads.

MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. As of 1st January 2008, Exodus no longer use 'local payments' to cover part of the cost of the holiday. While some of the headline prices seem higher, we have not added any extra costs into the total price, apart from the local payment and any standard annual fluctuation in price.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus offers the best balance between value for money and operational quality.

Currency Information

The Tanzanian unit of currency is the shilling (TZS). At the time of writing the rate of exchange is £1 = 2139 TZS.

We recommend that you take most of your money in Sterling, Euros or US dollars cash. US dollar bills should be no older than 2003 issue. These currencies can be changed easily in Arusha or at Kilimanjaro airport.

Traveller's Cheques can also be changed in Arusha, but the rates are substantially lower than for cash. If you do opt for Travellers Cheques these should either be from Thomas Cook or American Express, as cheques from lesser-known banks may not be accepted. Bring a sensible mix of denominations, and it is useful to bring a small amount in cash US dollars.

After leaving Arusha at the start of the trip there are very few opportunities to change money.



Extra Expenses and Spending Money

Whilst on safari there will be little to spend your money on. You should allow between US\$5 and US\$15 a day for incidentals, drinks and postcards. There may be opportunities for souvenir shopping in which case you should allow some money for this.

Visit to the Masai village on Day 4: £5

See also 'Food' and 'Visa' sections.

Drinks are at your own expense. The vehicles carry a small fridge which can be used for beer or soft drinks when not needed for food.

Tippling: We recommend about US\$100 - \$150 to cover the drivers, guides, cook and camp assistants. This is of course only a recommendation and totally at your own discretion.



WHAT TO TAKE

Essential Equipment and Clothing

Personal Safety Equipment:

On all Exodus cycling holidays you are required to bring the following personal items, which we view as crucial for the safety of our clients:

A helmet, eye-protection (sunglasses), cycling gloves and waterbottles or hydration system (e.g. camelbak).

Recommended cycling clothing:

Padded cycling shorts (with loose 'over-shorts), breathable clothing, and a lightweight waterproof / windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances.

Other essential equipment or clothing:

Sleeping bag for camping (any bag is adequate for December - February; 3 seasons bag for June - October), wet wipes, sun-cream, warm clothes for the cold nights and a head torch.

Extra bike bits

You may also like to bring your own pedals and saddle (excluding the seat post), or a gel cover to fit the hire bikes. We encourage this, if it is your preference.

If you are bringing your own bike please see document 'Flying with a Bike' (MBX) for a list of the usual spares and tools required.

If you are hiring a bike, and have access to the following, we suggest you bring: mini-pump, tyre levers, small universal bike tool. Having these to hand will aid speedy roadside repairs for simple issues such as punctures or saddle adjustment, when the leader or support vehicle are not close by.

EXODUS' EXCLUSIVE CYCLE RETAIL PARTNER IS EVANS CYCLES.

For all your clothing and equipment requirements we recommend Evans Cycles, the UK's largest retailer of bicycles, clothing and accessories. To locate your nearest store, or to use their excellent on-line mail order service, see www.evanscycles.com. We offer a 10% discount to all our clients (voucher included with booking confirmation).

Reading List

East Africa - a Travel Survival Kit

G. Crowther (Lonely Planet Publications) Useful and practical guide.

Guide to the National Parks of East Africa

Collins, Overall guide to the parks, the animals and the birds. Good value.

Field guide to the Birds of East Africa

*J.G. Williams (Collins, 1980,)*Very useful and practical guide.

Field guide to the Mammals of East Africa

Hatlenorth and Diller (Collins) Excellent guide to the animals.

The Tree Where Man Was Born

Peter Matthiessen (The Harvill Press 1994)

A beautiful description of the peoples and landscape of East Africa in the early 70's.

Masaai dreaming

Justin Cartwright (Picador London), A fascinating fiction book, partly happening around Lengai.

There are numerous road maps, none 100% accurate. Perhaps the best at present is the 1:1 100 000 from the Nelles Maps series.

For further information contact Stanfords at Long Acre, London, WC2E 9LP. Tel: 020 7836 1321. Website: www.stanfords.co.uk

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HOW TO BOOK YOUR TRIP

1. Check availability Go online to check availability, or contact us by phone or email.

2. Secure your place You can provisionally hold a place on this trip, usually for between three and seven days.

3. Complete your booking and payment When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

