

# CYCLE KENYA



# CYCLE KENYA – OUTLINE FOR BESPOKE TRIPS

Kenya has many highlights; wildlife, tribal heritage and a topography suited to challenges. This ride takes us off the beaten track and into the rural landscape of Kenya, rarely seen by foreigners, let alone foreigners on bikes! As our cycle challenge takes us from Nairobi to Kisumu, the sights and sounds of this country, along with the tough-going cycling, ensure a memorable trip.

**DAY 1** **DEPART UK**

**DAY 2** **NAIROBI**

On arrival in to Nairobi we transfer directly to our hotel where we have a quick breakfast and then a bike fitting with our team to tell us about the challenge ahead. Tonight we have a welcome dinner and an early night.

**DAY 3** **NAIVASHA 100 KM CYCLING**

We transfer to the outskirts of Nairobi and set off north-east to Naivasha in the Great Rift Valley. From lunch it is plain sailing all the way down to the fresh water lake at Naivasha in the Great rift valley and our hotel there.

**DAY 4** **NYAHURU 100 KM CYCLING**

From Naivasha our route heads north on the quiet rural roads that climb all the way into the Aberdare mountains to Nyahururu. Here we stay at a lodge by the famous Thompson Falls one of our favourite waterfalls in Kenya.

**DAY 5** **NAKURU 66.5 KM CYCLING**

Today we have a hearty breakfast before the relatively easy 10km downhill ride. Lunch will be before our arrival into Nakuru. The town takes its name from the famous lake which we might have enough time to visit.

**DAY 6** **KERICHO 97 KM CYCLING**

Kericho is our destination tonight on a road that generally climbs most of the way to Kerichovia Molo with its magnificent view of carpets of tea plantations. Our hotel tonight is the slightly antiquated but charming local Tea Hotel.

**DAY 7** **KISUMU 86 KM CYCLING**

For a final cycling day we wake early cycle downhill most of the day through beautiful forest to Kisumu, which lies at about 1000m on the Winam Gulf on Lake Victoria. We should arrive at mid afternoon and have a little time to discover this vibrant and energetic town. This evening we celebrate the end of our tough challenge with a big meal and party through much of the night.

**DAY 8** **NAIROBI**

After a hearty breakfast today we transfer back to Nairobi in time for our overnight flight back to the UK.

**DAY 9** **ARRIVE UK**



LOGISTICS

 **actionchallenge**  
challenge events worldwide

## **COSTS OF CHALLENGE**

From £1,799pp

For groups of less than 15, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge cycle guide

First Aid Trained member of staff/ doctor

English-speaking local guide

All accommodation

All meals, except in free time

All transfers

All National Park fees

Bikes

Drinking water on the ride

## **NOT INCLUDED**

Alcoholic drinks

Travel insurance

Single supplement

Visas (if applicable)

Local departure tax (if applicable)

Fuel supplement

## **FITNESS**

This challenge requires a good level of fitness to complete the route.

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **TOTAL DISTANCE CYCLED**

Approximately 450km

## **RATING**

Moderate/Tough

## **ACCOMMODATION**

Accommodation on this route is basic with simple hotels and lodges. Some have only basic facilities. Rooms are on a twin/triple, single sex sharing basis.

## **FOOD**

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be at the hotel or in a local restaurant.

## **WEATHER**

Kenya's diverse geography means that temperature, rainfall and humidity patterns vary widely. Jan, Feb and June to October are great months to visit. Thus departing in September we avoid the long rains and the heat isn't too oppressive. Rain can however fall at any time of year.