



ACE Africa presents

Cycle Kenya 2011

No Walk in the Park...

 **actionchallenge**



Cycle Kenya 2011

7th - 16th October 2011



Kenya is a country synonymous with wildlife safari, the colourful Masai Mara and the idyllic beaches of the Swahili coast. In fact Kenya is as diverse as it is wide and deserves its reputation as East Africa's premier travel destination. But Kenya is also home to some of the world's poorest, and remains blighted by the scourge of HIV/AIDS, particularly in rural areas. In Kenya, over 2 million people are living with the disease and it continues to have devastating consequences, not least on the resulting 1.2 million AIDS orphans.

Our sponsored bike ride will be a real challenge, covering over 400km. During this time we will have the opportunity to visit ACE Africa's community projects, witnessing first-hand how the money raised will be used locally. This cycle challenge travels through the very heart of the country, visiting some of the highlights for which Kenya is famed. Starting in Nairobi, the country's contemporary capital, we head out into the wilderness, past the rich abundance of wildlife at Lake Nakuru, through the stunning tea plantations of Kericho through to ACE Africa's rural project area of Bungoma and ending at the tropical rainforest of Kakamega. Cycling this route will give a real, sweeping snapshot of everyday life on and off the beaten track, and give lasting memories to participants, as well as to communities that we meet along the way!

THE CHALLENGE:

- **Day 1 (7th Oct) DEPART LONDON**

We depart London on an overnight flight to Nairobi, Kenya.

- **Day 2 (8th Oct) NAIROBI**

We arrive early in Nairobi where we meet our Kenyan support team and transfer directly to our comfortable hotel. This afternoon, we have a bike fitting with a full team to tell us all about the challenge ahead. We then sit down to a welcome dinner and an early night in preparation for the challenge ahead.

- **Day 3 (9th Oct) NAIVASHA 84 KM**

After breakfast we transfer by bus to the outskirts of Nairobi and set off north-east on a full day's cycle all the way to Naivasha in the Great Rift Valley. From lunch it is plain sailing all the way down to the famous fresh water lake at Naivasha (pictured right) home to over 400 species of bird, and boasts fantastic views of the Great Rift Valley. Here we will camp under the African stars.





• **Day 4 (10th Oct) NAKURU 99 KM**
 From Naivasha our route starts along the main road and then from the town of Gilgil we head off North and up the Rift Valley. We soon start to climb and for the first time get a great feel for rural Kenya as our smaller rd makes its way towards the Abedare mountains. Lunch will be 60kms into the ride and then we reach the highest point of the day 2425m before the last relatively easy last 30km to our Lodge at Thompson Falls. The Narok river comes from the rains of the Abedares and feeds the spectacular Thompson Falls by our hotel before heading east past Mt Kenya and eventually emptying out into the Indian Ocean.

• **Day 5 (11th Oct) KERICHO 66 KM**
 Today we can take it a little easier as we have less cycling to do. A morning visit to the viewpoint for Thompson Falls is a must before our hearty breakfast and we set off on our ride. After a short climb from the hotel we have a relatively easy first few kilometers before a splendid 10km downhill. We have a short climb before descending again to lunch and then an easy ride to the town of Nakuru where we stay at the Milele Resort. The town takes its name from the famous lake, and with only 66km to cycle today we might have enough time for an optional visit.



• **Day 6 (12th Oct) KERICHO TEA PLANTATION 97 KM**
 Today we wake up later and enjoy a relaxing breakfast before we cycle out through this beautiful region, which lies in the heart of Kenya's tea plantations. Kenya is the world's largest producer of tea after India and Sri Lanka, and Kericho lies amid strolling, lush green countryside. We lunch at the Tea Hotel, where we have the chance to sample and stock up on tea supplies. We arrive back to our accommodation in Kericho early evening— where we can enjoy another cup of tea!



• **Day 7 (13th Oct) KISUMU 86 KM**
 After breakfast we cycle from Kericho down to Kisumu, which lies at about 1000m on the Winam Gulf on Lake Victoria. This is a busy port city and is full of life. Tonight the program officer from one of ACE Africa project sites will join us for dinner, to brief us on the on-going work at the project prior to our visit the following day.

• **Day 8 (14th Oct) BUNGOMA PROJECT VISIT - TRANSFER TO KAKAMEGA (Some cycling & transfers)**



Today we depart Kisumu on tarmac roads. As we continue into the African wilderness we take in small towns and village settlements and continue on to Bungoma and the headquarters of ACE Africa's regional projects. ACE Africa's Executive Director, Augustine, will join us and talk about the work currently being conducted in country. After the project visit, we embark upon the last section of our African cycle odyssey to Kakamega Forest Reserve (pictured left). Arriving at our forest lodge we celebrate the end of our cycle with dinner in the African bush

- **Day 9 (15th Oct) KAKAMEGA FOREST RESERVE - NAIROBI**

Today we enjoy a free morning inside Kakamega Forest Reserve, a vast swathe of tropical rainforest in the heart of an intensively cultivated agricultural area. The reserve is home to a variety of indigenous wildlife including the red-tailed monkey, blue monkey and over 330 species of bird. There are a variety of different walking trails to explore at leisure. After lunch we will transfer back to Nairobi for our flight home.

- **DAY 10 (16th Oct) ARRIVE BACK IN UK**

This itinerary may be subject to minor change.



WHAT WILL A TYPICAL DAY BE LIKE ON CYCLE KENYA?



On ride days we will wake early for breakfast and then begin cycling. We will take regular breaks to fuel-up on snacks and fluids. After a lunch stop, we spend the afternoon cycling until we reach our accommodation where we secure our bikes, freshen up and have the evening to relax. Every evening the Action Challenge Rep will give a briefing about the following day, with information such as appropriate clothing, the topography and any 'hot-spots' to look out for.

We will be camping or staying in simple hotels and lodges, so accommodation for this challenge will be basic. Rooms are on a twin/triple, single sex sharing basis. Breakfast will be at our accommodation, lunch and regular snacks will be enroute and will usually be a packed. Dinner will always be in a good local restaurant or at our accommodation.

HOW FIT DO I NEED TO BE?

You will need to be of a good level of fitness and comfortable riding a bike to take part in this challenge. You will be in the saddle for between 4-6 hours a day (perhaps longer if you are less fit) on a mixture of tarmac and dirt roads. Aside from one rest day at the end of the cycle challenge, you will be cycling every day – a mixture of longer and shorter cycling days which you will be able to cycle at your own pace. The route has been checked by ACE Africa and Action Challenge, and there will be back-up support vehicles front and back as well as a team doctor and several guides to ensure you have a wonderful and safe trip.

WHAT WILL IT COST TO JOIN?

The cost of this trip is fully-inclusive, incorporating the following:

- International flights
- Internal transfers
- Front suspension Mountain Bikes
- Accommodation in lodges, hotels and camp sites
- All meals and snacks and water
- Celebratory Dinner
- Pre-trip event briefing
- Bike mechanics and full support team including guides
- Team doctor/medic
- Support vehicles



The total cost per participant is **£2,250** including a **£350** initial deposit - and there are **3** different ways to pay.

HOW CAN I PAY?

- 1. Self-payment option:** Pay your £350 non-refundable deposit upon sign up, then pay the full remaining cost (£1,900) yourself 10 weeks prior to departure. On top of this we ask that you aim to fundraise at least £1,500 for ACE.
- 2. Sponsorship option:** Pay your £350 non-refundable deposit upon sign up and raise through sponsorship a minimum of £3,400, which will cover all costs of the trip and donations for ACE Africa.
- 3. Flexible option:** Pay your £350 non-refundable deposit upon sign-up, pay £900 ten weeks before departure and raise a minimum of £2,500, which will cover the remainder costs of the trip and donations for ACE Africa.

HOW DO I SIGN UP?

The sooner the better as places are limited! You will need to fill in a sign-up form (please request from Sam on ukdirector@ace-africa.org). As soon as you have signed up you will be sent an Event Manual, fundraising pack, training guidelines and various other bits of helpful information to get you started.

WHAT'S THE BEST WAY TO FUNDRAISE?

Once signed up, we advise all participants to set up a fundraising page with Virgin Money Giving (or Just Giving) to advertise their challenge as soon as possible. This facility will allow you to take donations online, and you can email the link to friends, post the site to your facebook page, create a donate button at the bottom of your emails and more! We can help you set up the page and provide you with information about ACE.

The key is to start early, be organised, tell everyone you know about your challenge, and keep reminding them!

ABOUT ACE AFRICA



ACE Africa is a Comic Relief supported charity working in Kenya and Tanzania to better the lives of thousands of at-risk children living in poor communities affected by AIDS.

In the areas in which ACE Africa works, 60% of the people live on less than \$1 a day, and 40% are showing the signs and symptoms of AIDS. There are thousands of orphans and vulnerable children who need immediate and long term help.



ACE Africa trains communities to support the full range of child needs, including nutrition, shelter, education and basic health. ACE Africa also addresses longer term community needs, including organic farming skills and income generation, HIV prevention and awareness and child and women's rights. ACE Africa supports linkages between communities, available services and local government to ensure local people have the knowledge and ability to tackle problems themselves - now and in the future.



In just 7 short years ACE Africa is recognised as the leading NGO of its kind in Western Kenya, and is involved in cutting-edge international research. On a budget of just £600,000 ACE Africa works with over 4,000 Community volunteers and has tangible evidence of improving the lives of over 300,000 vulnerable people since its inception

By joining this challenge you will be helping us to make a real difference to whole communities in need, and will have a unique opportunity to witness the work we do, meet ACE Africa's Kenyan staff, and spend a little time with the communities with whom we work. Thank you for taking part!

ABOUT THE CHALLENGE ORGANISERS

Action Challenge has been organising challenge events for charities, corporate clients and private groups all over the world since 1997. With over 150 itineraries operating across all 7 continents they offer some of the world's finest treks, cycle challenges, and community based experiences. We are proud of the lengths we go to, to bring our clients experiences they would be unable to find anywhere else. Visit www.actionchallenge.com to find out more about who we are and what we do.

Overseas cycling challenges are one of our core specialities; generally these are bespoke events with new itineraries as we don't simply follow the tracks of others. The Cycle Kenya 2011 itinerary has been worked up to ensure participants will have a great time on the bikes and see the best of a wonderful country's culture and scenery.

We know that there's something strange that happens to people when they are out on a mountain pass or cycling through a totally foreign environment. You see their faces loosen and their bodies lighten as they look around and put life into perspective, it's seeing this transformation that gets us out of bed in the morning, and it's why our motto is.....

'Of all the paths you choose to take in life, make sure that some of them are dirt'



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