

Care International Cycle To Victoria Falls



Duration: 8 days

Zambia is a wonderfully diverse country with spectacular natural beauty and a friendly culture. Source of the mighty Zambezi River, Zambia's most famous and spectacular feature is the magnificent Victoria Falls, one of the largest waterfalls in the world, named in 1855 by Dr Livingstone for Queen Victoria and abbreviated affectionately to Vic Falls.

Our adventurous cycle challenge takes us on- and off-road through the friendly towns and villages of rural southern Zambia, passing farmland and sugar cane plantations, spotting wildlife, and enjoying the everyday scenes of untouched Zambian village life.

DETAILED ITINERARY

Day 1: Meet Lusaka

Transfer to our shady campground on a private game park near Lusaka. This is a wonderful introduction to Zambia, with curious zebra and giraffe wandering around the campground, which is set in native bush and has great facilities including a pool. We have time for a bike fitting before dinner – often a traditional BBQ or braai – and a trip briefing. Night camp.

Drive approx. 1 hour

Day 2: Rural Village outside of Kafue – Mazabuka

An early drive takes us from the meeting accommodation in Lusaka to a rural village east of Kafue, the start point of our adventurous cycle challenge. Our first day gives us a great introduction to this beautiful country. We ride on a mix of tar roads and good dirt roads, passing local villages and baobab trees before reaching fields and fields of sugar-cane plantations and the attractive tree-lined town of Mazabuka. Night camp.

Drive approx. 1.5 hours; cycle approx. 45-50km

Day 3: Mazabuka – Monze

A challenging but fantastic day of cycling through real rural Africa! The first 20km provide a great warm-up on tarred road, then we head into more adventurous terrain by taking to off-road tracks that wind between friendly Zambian villages. From good dirt roads to sandy tracks, it's challenging cycling but a very rewarding day which allows us to witness countless scenes of life in the subsistence farming villages we pass. The area is known for its agriculture, especially maize. We camp overnight on private farmland near the small town of Monze. Night camp.

Cycle approx. 70-105km

Day 4: Monze – Choma

Back on tarmac roads again, this is a longer day but on less challenging terrain! We head towards Choma, a friendly market town lying more than halfway along the main road to Livingstone. We pass more small villages many selling arts and crafts, and cross the railway line into Choma. Night camp.

Cycle approx. 75-110km

Day 5: Choma – Lake Kariba

A fabulous day's cycling awaits! After an undulating 25km ride on dirt tracks, we embark upon the wonderful road to Lake Kariba, an exhilarating downhill that's not to be missed! Most of our ride is on tarmac, with the last 25km on flatter dirt tracks, taking us to the edge of the lake. We can enjoy wonderful views of the rolling hills, and the surrounding islands on the lake. We spend the night beside the lake. Night camp.

Cycle approx. 70-95km

Day 6: Lake Kariba – Choma – Kalomo

An early start gives us time to transfer back up to Choma, where another fantastic day of off-road cycling awaits us. We pass through rural communities untouched by tourism – a rare insight into rural life here in southern Zambia and a real highlight of our African adventure. Many people rely on bicycles for transport, and we will generate lots of friendly interest! Our dirt roads are generally good, though there are some sandy sections which are more challenging and at times easier to walk through. Night guesthouse.

Drive approx. 2 hours; cycle approx. 50-60km

Day 7: Kalomo – Livingstone

Our last day, and the thought of the incredible Victoria Falls spurs us on! We start with a short transfer, then cycle on well-surfaced tarred roads, passing small communities and enjoying the scenery and the camaraderie of our last day's biking in Africa. It's a long day, but we eventually come to Livingstone and cycle through it – and on to the Zambezi, and Victoria Falls. Around 2km wide and plunging down over 100m, the Falls – known as 'the smoke that

thunders' – are truly spectacular. We stop at a wonderful viewing spot on the banks of the Zambezi approximately 1km before the boarder. We then take a vehicle transfer to our accommodation. A wonderful sunset cruise on the Zambezi then sets the scene for our evening of celebrations. Night safari lodge.

Cycle approx 40-60km

Day 8: Vic Falls; Flight departs

Depending on flight schedules or personal extensions, there may be some free time before transferring to the airport for our return flight. Discover Adventure services end after morning group transfer to either the airport or Livingstone town.

(Lunch not included if not in-flight)

WHAT'S INCLUDED

- All accommodation - twin share room or camping
- Meals
- Discover Adventure leaders
- Full vehicle support, local guides, cooks, drivers etc
- 21 speed mountain bike

WHAT'S EXCLUDED

- Flights
- Meals as detailed in itinerary
- Alcoholic drinks
- Sleeping bag and sleeping mat
- Cycle helmet and bike lights
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)
- Fuel supplement levied by airline at approx. £170pp
- Visa at approx. \$50

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum**

which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Accommodation

Accommodation is mainly camping on private land; facilities are generally good and camping offers a unique way to experience the African bush - in many cases with wildlife-spotting opportunities! Other accommodation includes a simple guesthouse and a lodge, on a twin-share basis.

PREPARING FOR THE CHALLENGE

Challenge Grading

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[Trip grading explained](#)

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 2 Jul 2025, and the challenge is subject to change.