

Lusaka To Victoria Falls For Build It International



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

Meet at the Hotel North of Lusaka and close to the Build It International HQ. We have time for a bike fitting before dinner and a trip briefing. Night hotel.

(dinner included)

Drive approx. 1 hour

Day 2: Build It International HQ – Mazabuka

An early and short drive takes us to the Build It International HQ, the start point of our adventurous cycle challenge. Our first day gives us a great introduction to this beautiful country, as well as stopping off at some of the projects supported by the Charity. We ride on a mix of tar roads and good dirt roads, passing local villages and baobab trees. A transfer takes us to Mazabuka and our stop for the night. Night camp.

Drive approx. 3 hours; cycle approx. 35km

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. 80-90km

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 – 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. Night guesthouse.

Cycle approx. 80km

Day 6: 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 wellsurfaced 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 7: Livingstone/Vic Falls

Depending on your flight schedules, there may be some free time before transferring to the airport for your return flight

(Breakfast included)

Day 8: Arrive UK

WHAT'S INCLUDED:

- All accommodation
- All meals (exceptions detailed in itinerary)
- Discover Adventure leaders/mechanics and doctor depending on final group size.
- Full vehicle support and local guides, cooks, drivers, etc.
- 21-speed mountain bike

WHAT'S EXCLUDED:

- Flights
- Meals as detailed in itinerary
- Sleeping bag & sleeping mat
- Cycle helmet
- Celebration meal
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

GRADE | ORANGE

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 (see icon) are also taken into account.

[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.

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.

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

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

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, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

Travel Insurance

Travel Insurance is compulsory on our challenges; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed. Should you need to cancel on medical grounds, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

You should also ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation.

You can obtain a quote with Insure to Travel from our website [here](#), or you may choose to take out your own travel insurance, just remember to let us know the policy number and emergency phone number!

For more information about travel insurance, please click [here](#).

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!



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 6 Jul 2022, and the challenge is subject to change.