

Cycle To Victoria Falls



Duration: 9 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: Depart UK

Day 2: Arrive 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 3: 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 4: 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 5: 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 6: 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 7: 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 8: Kalomo – Livingstone/Vic Falls

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 either return to Livingstone or take a vehicle transfer to Vic Falls. A wonderful sunset cruise on the Zambezi then sets the scene for our evening of celebrations. Night lodge.

Cycle approx 40-60km

Day 9: Flight departs

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

(Lunch not included if not in-flight)

Day 10: Arrive UK

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

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh

wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

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.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation

Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

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.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance.

Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

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. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

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, with plenty of information, and we are always available if you need 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.

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!

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

BUY YOUR KITBAG

Only £45 (inc p&p) - designed to deal with the rigours of your challenge.

Easier for accessing gear than a rucksack (especially when camping) this is probably the most cost-effective way to take your luggage on a Discover Adventure challenge!



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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 17 Apr 2024, and the challenge is subject to change.