

# 10 Day Mountain Bike Adventure in Lesotho

## Itinerary

This trip is designed to show you some of the highlights of what Lesotho has to offer! On this trip, we will spend time riding the best trails in the country, riding with the local women, and experiencing the first Pump for Peace pump tracks. This will be our kick off trip to Lesotho and we will have a female guide-in-training as part of our trip.

We are very excited to partner with Shredly to offer this opportunity to visit Lesotho! Shredly has been a long time supporter of World Ride and we could not be more thrilled to have them join us on our first trip to beautiful Lesotho. Shredly founder and owner Ashley Rankin, as well as World Ride Director and founder Julie Cornelius will both be joining on this trip. Thank you for joining us on this once-in-a-lifetime experience that will help to provide the opportunity for women in Lesotho to experience the sport of mountain biking!

- **Day1** Thu: Arrival at Maseru Central (20min drive from airport).
  - Accommodation at Kick 4 Life Hotel.
- **Day2** Fri: Bike setup at Lesotho Bike hangar in Maseru, test ride and meet the bike shop team and the female bike guide(s) followed by MTB ride from Maseru to Roma (approx. 40km).
  - Accommodation at Grace Lodge.
- **Day3** Sat: Local MTB ride (25 - 40km) in the morning and Pump Track Training and skills session with the club (focus on girls and female club leaders) in the afternoon.
  - Accommodation at Grace Lodge.
- **Day4** Sun: Local MTB ride (15 - 25km) in the morning and Pump Track Race Day with timing system and all club riders in the afternoon.
  - Accommodation at Grace Lodge.

- **Day5** Mon: 55km MTB ride to Morija. Post-ride: Visit the only Museum of the country and enjoy the scenic views of Morija Guest House and pizza at a local restaurant in the evening
- **Day6** Tue: 45km Morija MTB Loop. Post-ride: Short hike to dinosaur footprints in the afternoon.
- **Day7** Wed: Transfer to Semonkong (2h), followed by scenic MTB loop (tarred road + gravel road mix)
  - (optional recommended adventure in Semonkong: longest commercial abseil in the world)
- **Day8** Thu: Semonkong Queen MTB Loop (55km off-road with tough single track at altitude) ending with visit of Maletsunyane Waterfall and scenic views of the Canyon
- **Day9** Fri: Semonkong Traditional Basotho Blanket Tour (1h) followed by MTB River meander Loop (30km) and bike boxing in the afternoon
- **Day10** Sat: Airport transfer & departure (2h drive to airport)

## Important details

### Accommodations

While in Lesotho, we will be staying in a hotels in multiple spots around the country. Accommodations will be double occupancy.

### Food

Food is not included in the tour. Some rides will stop at restaurants for lunch or for a post ride meal.

### Flights/Arriving in Lesotho

Some of the airlines have baggage policies that allow a bike as one of your checked bags. Make sure to check your airlines baggage policy before booking your flight. We do recommend bringing your own bike for this trip.

Also, please make sure your flight arrives into Maseru early in the day on the arrival day (the first day of the trip) or arrive a day early. If you decide to arrive early,



please let us know and we can arrange for an extra night of accommodations for you.

## **Flying with a bike vs. renting one in Lesotho**

There are limited quality bike rentals in Lesotho, so we recommend to travel with your own bike. If you have never flown with your bike before, we have created a guide to help you with the process : [Traveling with your bike](#). Reach out if you have any questions about this!

## **Upon arrival in Lesotho**

A driver will be at the airport waiting for you when you land in Maseru if you arrive the morning of the trip. They will be at the exit of baggage claim/customs and will have a sign with your name on it. If you are traveling with a bike bag, they will be able to easily spot you. If not, make sure to look out for them. If you are arriving the day before the trip, please send us your hotel information so that the driver knows where to pick you up.

## **Visa**

There is no need for a visa if traveling to Lesotho for less than 30 days. When you arrive in the country, you will go through customs and immigration with your passport. Make sure your passport is current and does not expire within 6 months of your travel date.

## **Currency**

Some places accept credit cards in Lesotho, but it is mostly a cash based culture. It is recommended to get Lesotho currency from an ATM once you arrive in Maseru. You can also exchange US dollars at a foreign currency exchange.

## **Luggage**

We will be bringing all of our luggage with us along the way, and will have secure storage for bike bags and boxes.

## **Weather**

The weather in Lesotho is generally nice during the month of August, sunny with highs in the 60's and 70's F and lows in the upper 30's and 40's F. It is unlikely to

rain but we do recommend being prepared in case it does. The nights can be quite chilly, so make sure to bring a jacket and some warmer layers.

## **Gratuity**

Gratuity is not included in your trip and can make a big difference for your guide. We recommend around \$10 which is around \$150 ZAR per guest per day. These get split between your guide and driver. If you would like to tip more, your guide and driver will very much appreciate it!

## **Gear Donations**

World Ride trips help to support the growth of women's mountain biking in Lesotho. Gear is a limiter for the ladies of Lesotho who are getting into mountain biking due to financial limitations. Any donations that you can bring to Lesotho to leave with the ladies is very much appreciated! Things that are needed include:

- Bikes (getting a new one? Travel with your bike and then leave it there!)
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

## **Travel Insurance**

Travel insurance is recommended for your trip that includes medical. Typically bikes are not 100% covered by travel insurance policies. Many homeowners or renters policies do cover bikes while traveling abroad, so be sure to check into this before the trip. If you wish to get extra insurance for your bike, we recommend Velosurance.

## **Packing List**

Anything you need for your own bike if bringing

- Derailleur hanger
- Extra brake pads



- Any special bike tools -Multitool, mini pump, spare tube

#### Bike gear

- Helmet (we highly recommend a full face helmet for this trip)
- Sunglasses (or goggles)
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 3L of water)
- Bike shoes
- Gloves
- -3-4 pairs of bikes shorts or more depending on preference. (There are laundry services in Ollantaytambo that take a day or two to get your laundry back to you)
- -3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket

#### Other gear

- Warm jacket (the nights can be chilly)
- Either a bike light or a headlamp
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen

#### Personal items

- Passport
- COVID-19 Vaccination card
- Proof of travel insurance if you purchased it
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- USB Battery pack (optional- there are outlets in all of the hotels)



- Electronics cords and chargers
- Power adapter (Lesotho uses 220v and outlet type M)

#### Misc

- Any extra mountain bike gear you might be able to collect for the ladies over there :)