

10 Day Mountain Bike Adventure on Mount Kilimanjaro, Tanzania

A very special way to conquer majestic Mount Kilimanjaro is to summit by mountain bike. We are thrilled to partner with some amazing women in Tanzania for this epic adventure. An all female team of guides and porters will lead you along the famed route up to the highest point in Africa.

This mountain bike tour to the summit of Mount Kilimanjaro (5,895 m / 19,340 ft) is done on Kilema Route. This trip is fully supported and your luggage and includes one night of camping and the remaining nights in comfortable mountain huts. Along with summiting Mount Kilimanjaro, our trip begins with a coffee tour to help you beat the jet lag, and concludes with a Jeep safari to view wildlife and celebrate this trip-of-a-lifetime!

Itinerary

Day 1

Arrival in Tanzania and find a shuttle waiting for you at the airport. We will transfer to our hotel, meet our guide and go on a short tour of the city.

- Accommodations: Hotel

Day 2

Today, we work on beating the jet lag while doing a coffee tour on bikes. We start with a ride through coffee and banana plantations, two trees that are always cultivated together because the coffee plant needs shade. After that, we will observe and participate in the entire process of making coffee from seed to cup. At the end we will be rewarded with a cup of freshly brewed coffee. We will also have

the opportunity to hike to a waterfall and tour the local area. A perfect way to start our trip!

- Accommodations: Hotel

Day 3

This day marks the start of our journey up Mount Kilimanjaro. After breakfast we will pick you up from your hotel and drive to Marangu Gate, the entrance to the Kilimanjaro park. At the gate we will complete the required registration and then drive the rest of the way to our starting point; Kilema gate. From here, we will then start riding through the lush rainforest that flanks the lower parts of the mountain, spotting some Colobos and blue monkeys. We will enjoy all of the fascinating flora and beautiful flowers until we reach the camp, where your tent and a hot dinner will already be waiting for you. This is the only night we will spend camping.

- Distance: 8 km / 5 miles
- Riding time: 4 hours
- Elevation gained: 1,150 m / 3,773 ft
- Accommodations: camping

Day 4

We will continue our journey up the mountain today on a steeper trail. The day will be a combination of riding and some hike-a-bike. We will reach our mountain hut at Horombo in time for a hot lunch and plenty of time to relax in the afternoon. We will need the rest as we get ready for the days to come!

- Distance: 8 km / 5 miles
- Riding time: 4 hours
- Elevation gained: 620 m / 2,030 ft
- Accommodations: mountain hut

Day 5

Today we have an important acclimatization day. We will have the choice to ride or hike up to 4000 m / 13,150 ft and return back to Horombo hut for a hot lunch. The trail is quite rocky, so many people prefer to hike, leaving their bicycle at the hut. Those you like to mountain bike usually carry their bikes up and then ride down. We will spend the afternoon relaxing and enjoying the magnificent views.

- Distance: 5 km / 3 miles
- Riding time: 2-3 hours
- Elevation gained: 280 m / 920 ft (up and down)
- Accommodations: mountain hut

Day 6

We will start the day with a hike-a-bike and then continue with riding toward the alpine desert. Kilimanjaro is a dormant volcano and we will get to ride through volcanic rock while getting unforgettable views of Mount Mawenzi and Kibo. The last bit up to Kibo Huts is challenging as we reach higher elevations, but going “pole pole” (slowly and steady) is the way. We will be rewarded with a hot dinner at Kibo hut before an early bed time to get ready for our summit day.

- Distance: 10 km / 6 miles
- Riding time: 6-7 hours
- Elevation gained: 1000 m / 3200 ft
- Accommodations: mountain hut

Day 7

Summit day! We will wake up around midnight for our summit push. We have the option to hike with or without our bike up to Uhuru Peak. If you choose to take your bike, you can hire a summit porters to help you carry it. We will aim to reach Gilman’s Point (5,756 meters /18,885 ft) by dawn, the first of three official summit points of Mount Kilimanjaro. We will then follow the edge of the crater and stand at Uhuru Peak, the highest point of Kibo and the roof of Africa! After taking pictures

and enjoying the precious moment, we will start our descent down to Horombo hut. Below 5.000 m / 16,400 ft you can get on your bike as it is not as sandy anymore. Still you need to be very careful. Because you will need some energy to make it to the summit, we recommend to leave your bike at the hut or to hire an extra summit porter for that. From Kibu hut, where you will celebrate with our team and get a well deserved hot lunch, we will be cycling down to Horombo hut.

- Distance: 21 km / 13 miles
- Riding time: 8-12 hours
- Elevation gained: 1200 m / 3900 ft, descent: 2,175 m / 7,135 ft
- Accommodations: mountain hut

Day 8

Today will be our victory lap! The whole ride will be an exhilarating descent 6000 ft downhill! We will ride all the way back down to the main gate to a prepared lunch. We will receive summit certificates and take our last photos with the team. We will then drive back to the hotel for some much earned rest.

- Distance: 18 km / 11 miles
- Riding time: 5-7 hours
- Elevation of descent: 1880 m / 6050 ft
- Accommodations: Hotel

Day 9

We will enjoy a slower morning, followed by a jeep safari in Tarangire National Park. We will likely see zebra, elephant, Maasai giraffe, wildebeest, buffalo and, many beautiful bird species. We also have the chance to see predators such as lions, and with a bit of luck even cheetah and leopard. The national park is famous for its unrivaled landscapes of open plains with an abundance of fascinating ancient baobab trees and magnificent views of rolling savannah and acacia forests. The park is known as the home of the elephant as it has the highest density of elephants in the country, offering unique opportunities to see elephant families interacting.

Accommodations: Hotel

Day 10

Today, we will say our “see you later’s” as we depart Tanzania. We will transport you to the airport to catch your flight home.

*Itinerary is subject to change.

Important details

Accommodations

While in Tanzania, we will be staying in hotels and mountain huts. We will also spend one night camping (you will need to bring your own sleeping bag or can rent one for an additional cost). Accommodations will be double occupancy.

Food

All meals are included in the tour. Alcohol and any extra snacks and drinks are an additional cost. Please note any dietary requirements in your online booking notes.

Flights/Arriving in Kilimanjaro Airport

For this trip, it is best to fly into Kilimanjaro International Airport (JRO). It is possible to fly into Nairobi, Kenya and take a bus, but please account for the bus schedules and plan to arrive the day of the trip start.

Rental Bikes

Rental bikes are limited and we highly recommend you bring your own bike for this trip. Any type of bike will be suitable and a XC style bike is ideal for the extended uphill.

Visa

US citizens will need a visa to enter Tanzania. You can apply for one in advance (<http://www.immigration.go.tz/>) or upon arrival. Please note that the cost is \$100



and if paying upon arrival, you will need cash. If you are a citizen of a country other than the US, please check the visa requirements for your country.

Currency

Some places accept credit cards in Tanzania, but it is mostly a cash based culture. It is recommended to get Tanzania currency from an ATM once you arrive or exchange US dollars.

Luggage

Please bring a duffel bag to be used while climbing Mount Kilimanjaro. Any wheeled bags will not be allowed as they are difficult to carry by the porters. There will be a weight limit of 15kg per person for gear to be used while on the climb. There will be secure luggage storage at our hotel to store extra items.

Weather

The weather on Kilimanjaro will vary drastically between the base and the summit. We recommend bringing layers and rain gear. We run our trips when it is generally dry, but weather can always come in unexpectedly.

Gratuities

Gratuities are not included in your trip and can make a big difference for your guide. We recommend around 15% of your trip cost that will be split between your guides and porters. If you have a good experience and can afford tipping more, it can really make a difference in the life of these amazing women!

Gear Donations

World Ride trips help to support the growth of women's mountain biking in Botswana. For these trips, we can accept some gear donations (they will have to be transported across the country to where our ladies ride). Donations that you can bring to Botswana 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 required for your trip that includes medical. This is a requirement by the national park in order to climb Mount Kilimanjaro. Please print a copy of your travel insurance and bring with you.

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)

- Deraillieur hanger
- Extra brake pads
- Any special bike tools -Multitool, mini pump, spare tube

Bike gear

- Helmet
- Sunglasses
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 3L of water)
- Nalgene water bottle to bring hot liquids on summit day
- Bike shoes
- Gloves
- 3-4 pairs of bikes shorts or more depending on preference.
- 3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket and rain pants

Other gear

- Sleeping bag rated between 0-20 degrees Fahrenheit
- Duffel bag to transport gear during the time on the mountain- *Roller bags will not be allowed due to difficulty of porters carrying them!*
- Warm packable jacket and other layers (the nights can be chilly)
- Either a bike light or a headlamp (we will start our summit push in the dark!)
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Hiking boots for if you choose to hike instead of ride on the acclimitization day
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen
- Bug spray
- Quick dry towel
- Wet Wipes

Personal items

- Passport
- COVID-19 Vaccination card (check to see requirements as they are constantly changing)
- Proof of travel insurance
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone
- USB Battery pack for charging devices
- Electronics cords and chargers
- Power adapter- Tanzania has 230V Plug Type G outlets

Misc

- Any extra mountain bike gear you might be able to bring or collect and donate for the ladies over there 😊 See above for what we could use!