

## Self Help Africa Lusaka To Victoria Falls Cycle



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: Arrive Lusaka

Arrive at our shady campground on a private game park just south of 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 starting point of our adventurous cycle challenge. Just before we start cycling we will have the opportunity to visit a Self Help Project in Kafue. 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. 45km**

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### 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. The distance achieved very much depends on the temperature and road conditions which is why there is such a big range.

Night camp.

**Cycle approx. 70-105km**

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### 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**

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### 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**

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### Day 6: Choma – Kalomo

An early start gives us time to transfer back up to and beyond 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. 3 hours; cycle approx. 50-60km**

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### Day 7: Kalomo – Livingstone

Our last day, and the thought of the incredible Victoria Falls spurs us on! We start with a transfer and 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 round off the day and challenge with a wonderful sunset cruise on the Zambezi that sets the perfect scene for our evening of celebrations.

Night lodge.

**Cycle approx 40-60km**

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### Day 8: End of services

After breakfast you're free to continue on with your own arrangements in Zambia or Zimbabwe or enjoy a bit of free time before your return flight home. The crew will be heading off after breakfast but would be happy to drop those that want into town before they depart.

(Lunch not included)

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## COSTS AND TARGETS:

- £300 to pay at Registration
- £2,249 Tour Cost to pay at 8-10 weeks prior to trip departure (price may change dependent on group size)
- Minimum £1,100 fundraising target for Self Help Africa.

## 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
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc)

## 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.

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#### 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](#).

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### PREPARING FOR THE CHALLENGE

#### 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 **10% off** any purchases you make with them. Please ask us for the code if you do not have this already.

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