



ICT CYCLE TANZANIA 09



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# ITINERARY



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## DAY 1

### DEPARTURE

We depart London on an overnight flight to Dar Es Salaam.

## DAY 2

### DAR ES SALAAM

We arrive into Tanzania's capital city around midday and then transfer up the coast to our hotel on the northern beaches. Here we are able to relax and recover from our long journey with a quick dip in the Indian Ocean overlooking the Island of Pangavini within Dar's Marine Reserve just off the coast. This afternoon we have a bike fitting and a briefing before a welcome meal and an early night.

## DAY 3

### BAGAMAYO

60KM

After a good breakfast we start our Tanzanian Cycle adventure on the tarred and busy roads of Dar es Salaam. Departure is early so that we can avoid the worst of the days' heat and traffic as we head north to the historical town of Bagamoyo. The going will be relatively fast and acts as a good warm up for what lies ahead, a ride into the heart of unseen Tanzania. Bagamoyo whose name translates as "bury my heart" was mainland embarkation point for Tanzanian slaves being shipped to Zanzibar and then onto foreign lands. It was also the starting point in 1871 of Henry Morton Stanley's journey to search for Livingstone and utter the immortal words "Dr Livingstone I presume". Tonight we sleep early in preparation of the tough day ahead.

## DAY 4

### SAADANI SAFARI LODGE

77KM

Today we are treated to one of the most exciting but toughest parts of the challenge, 77km of tough dirt road and trail riding! The day starts with 20km of good classic African dirt road and then switches to 20km of single track dirt path heading north and running alongside an almost disused railway line. At midday we should have arrived at the bridge over the Wami River where we can have a good relax and lunch in Matipwili village. This afternoon we cycle 30km through Saadani National Park where we keep our eyes peeled for giraffe, wildebeest and kudu. Our park rangers will be there to protect against the larger buffalo, hippo and elephants that are found in the park but will tend to shy away from a herd of noisy cyclists! Camp tonight is at the incredible Saadani safari lodge based on the ocean front, and our meal at the lodge as we watch the moon rise in the east promises to be a special occasion.

**DAY 5** **MANDERA AND LUGOBA** **61KM**

We have a well deserved later wake-up call this morning and even manage to fit in an Indian Ocean swim before breakfast. Finally we leave the coast and head inland away from the coast, climbing throughout the morning almost 350m along the tough Tanzanian roads. Once again we are able to spot wildlife as the first 20km today are to the Mvave Gate, the main entrance to the National Park. We see the kilometres clock up gradually as we pass through the villages of Mkange, Manda, Miono and end the day at the main road junction at Manderā. Here we regroup and then make our way together to our camp at Lugoba under the shade of the mango trees.

**DAY 6** **NGERENGERE** **54KM**

Today is a stunning ride, accompanied by beautiful scenery as we head ever closer to our destination in the Uluguru Mountains. After 30km we stop for lunch at the bustling village of Ubenazomozi, the point where our ride crosses the main highway from Dar to the central reaches of Tanzania. This afternoon we mostly descend to Ngerengere where after 25km in the hot afternoon sun we are able to relax with a beer in the local bar. From here the road to the mountains becomes almost impassable so we transfer back to the main road and onto our final camp at the town of Mikese.

**DAY 7** **MOROGORO** **52KM**

And so to our final cycling day and as is almost a tradition with ICT challenges throughout Asia and Africa we end with a hill climb! By now we are quite used to the quality of the dirt roads and our strength and ability means that we pass through Msumbisi and Kingulwira to reach the highest point on the challenge in good time for lunch. Just as we approach the toughest part of the climb the road transforms to a delightful tarmac surface and we almost float to the pass! After lunch the feeling of elation grows constantly as we close in on Morogoro and our final destination. We should arrive into our hotel by mid afternoon with time to have a good cooling swim in the pool before we have supper in the hotel restaurant. Tonight we can relax and enjoy the evening in the knowledge that there will be no more riding in the morning.

**DAY 8** **ICT PROJECT AND DAR ES SALAAM**

After breakfast we make our way to the head office of the Faraja Trust Fund that works in partnership with ICT. The three projects that they are working on are: an education centre for street children, a monthly day centre and testing clinic for children with HIV/AIDS and finally the incredible and uplifting Naema Yamtoto Project in the slum areas of Morogoro that aims to teach 150 children on a daily basis. After lunch we will be returning to Dar Es Salaam by the direct route and be safely in our beachfront cabins by late afternoon.

**DAY 9** **RELAX - DAR**

Today we relax by the pool before transferring to the airport for our flight back to UK.

**DAY 10** **ARRIVE HOME**



LOGISTICS

## INCLUDED

International flights  
ACUK rep  
English-speaking local guides  
All accommodation  
All meals, except in free time  
All transfers  
All entrance fees as per the itinerary

## NOT INCLUDED

Sleeping bag  
Alcoholic drinks  
Travel insurance  
Items of a personal nature  
Single supplement  
Visas  
Local departure tax (if applicable)

## EQUIPMENT

An equipment list will be forwarded at a later stage.

## TOTAL DISTANCE

304km

## RATING

Moderate+

## FITNESS

This challenge requires a good level of fitness to complete the route.

## ACCOMMODATION

Accommodation on this route is comfortable 3\*hotels and camping en-route.

All accommodation is on a twin/triple, single sex sharing basis. Single supplement may be available on request.

## FOOD

Breakfasts each morning will be at the accommodation, lunch en-route and evening meals will be in camp/hotel or at a local restaurant.

## WEATHER

Tanzania can be visited during all seasons, although it is coolest and driest from June to October. January and February have higher temperatures but the heat isn't oppressive and there are less tourists around. The rainy season is from March to May, although rain can fall at any time of year.



These are complicated itineraries and may be subject to change.

# WHY TAKE PART?

By choosing to take part in an event for us you will help us to continue to support programmes that protect the rights of, and provide opportunities to, some of the world's poorest and most marginalized children and young people. Your support will be greatly appreciated and will make a real difference for the future.

ICT is a small London based charity. We are currently supporting some of the world's most vulnerable children in Kenya, Tanzania, Uganda, India, Sri Lanka and Cambodia who have been displaced by extreme poverty; family dysfunction; armed conflict; and disease (most notably AIDS). Displaced children, whether street children, child labourers or child soldiers grow up too fast and lose their childhood.

## The Facts

- 28 Million children die from easily cured diseases each year;
- 17 million children die from malnutrition and starvation each year;
- 1/3 of the world population is malnourished;
- 20% of the world has no access to safe water and 40% have no access to sanitation;
- 10 million children are involved in the sex industry;
- 100 million children are on the streets;
- 200 million child labourers; and
- 1.4 million children under the age of 15 are living with HIV



## International Childcare Trust – Giving children a chance in life

International Childcare Trust (ICT) believes that all children, regardless of socio-economic background, have the right to enjoy their childhood and to reach their full potential. We partner work local grassroots NGO's in Kenya, Tanzania, Uganda, India, Sri Lanka and Cambodia that protect children's rights; such as their right to education and to a healthy and happy childhood.

Our partners take a preventive approach by working in secondary towns, cities or remote areas, where the opportunities for rehabilitation and reintegration of displaced children into society are greater. The programme activities encompass children's support centres, night shelters, psychosocial support, primary education, income generation schemes, primary healthcare, family reintegration and vocational training in marketable skills.

- **£5** will pay for tetanus vaccinations for 20 kids.
- **£15** would provide 2 street children with healthcare for one month.
- **£20** would cover the cost of school uniform and annual school fee for one child per year.
- **£50** would provide a child with daily meals.
- **£100** would offer care and support to a child worker/orphan and their family for two months.

## WHAT NEXT?

Signing up to Cycle Tanzania is the easy part. Then it is up to you to get fundraising and training. But don't worry, we provide all the support and guidance you need to help get you there. Remember the earlier you sign up then the sooner you can start your fundraising.

To join this cycle simply return your completed registration form and medical form with your registration fee of just £300 (can be paid in two instalments) and commit to raising a minimum of £3,500 in sponsorship.

If you have any more questions before signing up for the experience of a lifetime please call us on 0207 065 0970 or email [cycletanzania@ict-uk.org](mailto:cycletanzania@ict-uk.org)

Once you have decided that this is the challenge for you, please

- complete and return the registration and medical form with one passport size photograph.
- pay your non-refundable deposit of £300. Make cheques payable to 'International Childcare Trust'.

Once you register you will receive everything you need to prepare for the trip including training and fundraising tips, a kit list and country information. We will also organise an informal dinner and training days to help you prepare and meet your fellow cyclists.



ABOUT ACTION CHALLENGE



## OUR CREDO

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of the lengths we go to, to bring our clients experiences they would be unable to find anywhere else.

But beyond the places that we go to, what makes our trips truly unique is the way we encourage our groups to bond together as a team. As the saying goes, it's through adversity that people come together; and in addition to the natural camaraderie that comes with passing round the Compeed's and the muscle rub, we actively involve people in the way the adventure unfolds. We believe that through great organisation and a good relationship with our clients, the more we are out of the limelight, the more members of the group get to shine.

We're also rather keen on our work-hard, play-hard ethic. Many of the people who come on our trips literally have a mountain to climb in terms of the scale of the challenge they are taking on. We believe that with effort should come reward, and make sure that all our participants get the opportunity to celebrate their accomplishments in a truly befitting style.

And finally, we know that there's something strange that happens to people when they are out on a mountain pass or cycling through some totally foreign environment. You can see their faces loosen and their bodies lighten as they look around and put life into perspective. It's seeing that transformation that gets us out of bed in the morning and it's why our motto is....

**“of all the paths you choose in life, make sure some of them are dirt”.**



[www.actionchallenge.com](http://www.actionchallenge.com)

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