

Mt Kenya 360 Degrees Mountain Bike Safari

7-day mountain bike ride around Mt Kenya



Circumnavigate the base of Mount Kenya on this low-impact cycling itinerary. The 7-day programme (6 days riding) will see you follow a newly-established cycle route which avoids the busy highways and populous town centres in favour of the Kenyan countryside and tribal regions. The terrain varies from rainforest to dry savannah and on to the lush farmlands on the eastern slopes of the mountain, where you'll pass through small rural communities.

This is a fully-supported cycle ride, during which you'll be escorted by a vehicle ahead and a vehicle behind the riders, whatever the group size. The support team will be comprised of a local guide, bike mechanic, first aider, and additional camp support. You'll stay in a mixture of mobile camps and local lodges along the route. Upgrades are possible. This is intended to be a relatively approachable ride suitable for amateur cyclists as well as accomplished mountain bikers!

Day 1: Arrival, Mountain Rock Lodge

You'll be met on arrival in Nairobi and transferred to Mountain Rock Lodge, on the western slopes of Mount Kenya, in time for lunch.

After lunch at the lodge, there will be a briefing about tomorrow's ride and a chance to check the bikes and fittings. A late afternoon test ride within the vicinity of the lodge will allow you to ensure that you are comfortable with the bike allocated to you.

On return to the lodge, enjoy a relaxed evening and dinner with the rest of the group. Overnight at Mountain Rock Lodge.

Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

NB. If arriving into Kenya in the evening, it may be necessary to overnight in Nairobi before the start of the ride, adding an extra day to the programme.

Day 2: Ngare Ndare Forest (35km)

We start the day with a relatively easy 20km ride through farmland and rainforest on the lower slopes of Mount Kenya. This initial ride is meant to get us better accustomed to the mountain terrain, with much of the morning spent on scenic forest trails. There will be time to stop along the way at the Mau Mau Caves and the Gathiuru Forest station, before reaching the William Holden Wildlife Foundation, where we regroup with the vehicles and transfer by road through the bustling town of Nanyuki (with a brief stop at the Equator crossing) to Kisima.

After a picnic lunch in Kisima, we continue with a relaxed 15km ride through farmland and down to our campsite in the Ngare Ndare Forest.

Ngare Ndare is a lush indigenous forest supporting a rich variety of bird and animal life. Elephant and buffalo are frequently seen here, as they make their way from the wildlife conservancies of Laikipia to the rich grazing lands around Mt. Kenya.



This evening, you'll have a chance to explore the forest on an exciting canopy sundowner walk, before returning to the campsite in time for supper.

Day 3: Lewa Down Wildlife Conservancy to Nkubu (45km)

This morning sees us cycle through forest and open savannah, as we continue along the Ngare Ndare forest trail before joining a dirt road that traverses the Lewa Down Wildlife Conservancy. At the end of a gripping 20km ride we emerge into the local farming area around Meru. After a picnic lunch, we climb back into the vehicles for a driven transfer through the busy town of Meru.



Our afternoon ride is along the Old Meru Road to Nkubu. This meandering 25km road takes us through scenic farmland carpeted with maize, beans, banana plants, coffee and tea bushes – the beauty of the route is enhanced by massive tree cover and dozens of sparkling waterways. We'll aim to arrive at our campsite in the grounds of Nkubu River Bank Hotel late this afternoon.



Day 4: Nkubu to Thuchi River Lodge via Chogoria (40km)

From Nkubu, we ride for 28kms on village roads that take us past the tea growing areas of Machikine and Kionyo villages to Kiangua town centre, where we stop for a picnic. Lunch is followed by a driven transfer through the busy Chogoria Market to the Chogoria trailhead. The afternoon's ride involves a steep ascent part-way up the Mt Kenya Chogoria route, stopping at the forest station and then continuing down to the main Meru-Embu road and past the Weru Tea Factory. It's a tough but fairly short ride at 12km, followed by a driven transfer to Thuchi River Lodge, where we sleep in cottages.

Day 5: Embu and Kerugoya (35km)

Leaving Thuchi River Lodge after breakfast we drive to the edge of Embu Town, where today's ride starts. The morning's ride will see us cycle through farmland and tea plantations between Embu and Kerugoya, similar to yesterday, stopping for a picnic lunch along the way.



The day ends with a tough uphill ride through montane forest to Castle Forest Lodge, where we stay tonight in the lodge's campsite.

Day 6: Castle Forest Lodge to Hombe Guest House, via Gathaithi (49km)

The penultimate day of our itinerary, today will see us cover some tough terrain as we cycle close to 49km through forest trails and along off-road tracks.

We start with a tough 27km stretch of dirt road from Castle Forest Lodge to the village of Gathaithi, where we briefly join a tarmac road for 3km. Then, we turn off onto another dirt road for 4km before stopping for lunch at the 34km mark.



Lunch is followed by a 10km ride along a tough, hilly dirt road through Karatina University before we ease off to a final 5km of tarmac to get to Hombe Guest House campsite.

Day 7: to Mountain Rock Lodge (34km)

Today's ride offers a relaxing coda to the itinerary. It's a short and largely downhill ride back to Mountain Rock Lodge via the town of Naro Moru.

After a leisurely breakfast, we start the day with an 8km downhill ride on a tarmac road with minimal traffic, before turning off onto a dirt road – a 26km stretch with moderate down and uphill sections – that takes us through Munyu town and on to Naro Moru.

We re-group at Naro Moru town for a short transfer to Mountain Rock Lodge, where our celebratory lunch will be waiting, along with certificates to mark our achievement!

The rest of the afternoon is at leisure. Dinner and overnight at Mountain Rock Lodge.

Day 8: Departure

At leisure until your scheduled transfer to Nairobi for your return flight home or onward travel connections. You may like to extend your holiday with a safari or Mt Kenya climb.

See next page for prices.

Price per person based on group size (private groups)

This tour is available to book as a private departure for group sizes of up to 15, and can run Jan-Feb and Jun-Oct.

£1,613 (\$1,968) per person for group of 9+

£1,721 (\$2,100) per person for group of 7-8

£1,770 (\$2,160) per person for group of 5-6

£1,948 (\$2,376) per person for group of 4

£2,262 (\$2,760) per person for group of 3

£2,931 (\$3,576) per person for group of 2

Additional surcharge for upgrade of accommodation from camping/basic lodges to available comfortable lodges estimated at £235 per person.

Includes:

- Transfers in Kenya
- Mount Kenya 360 Degrees Bike Safari fully supported with bikes (Raleigh models, from UK), cycling guide, mechanic and camp crew
- Two safety vehicles - one ahead and one behind the riders
- Full board
- With this programme we include complimentary Flying Doctor cover for Kenya

Excludes:

- International flights
- Drinks
- Meals not specified in the itinerary
- Tips
- Travel insurance
- Visas (£35 per person for UK passport holders)