

RIDE THE RIFT

KENYA

An epic 8-night cycling challenge through Kenya's heartlands and the Maasi Mara, in aid of British educational charities operating in the region.

1 - 9 NOVEMBER 2019
MAXIMUM GROUP SIZE 25

£1,850 PER PERSON
FLIGHTS NOT INCLUDED



THE SLOW CYCLIST





A WELCOME FROM CHARITY LINKS



This is the second challenge we have run in partnership with The Slow Cyclist, and just the latest of many challenges I have operated in East Africa in the past ten years. In 2017 we welcomed 17 charity fundraisers to Tanzania and Rwanda, and were delighted that they raised over £45,000 for several educational charities in East Africa. We hope to help you do the same again. by hosting you on what is sure to be an incredible adventure. Kenya is a cyclist's paradise: home to some of Africa's most beguiling landscapes and friendliest people. I hope you'll treasure these experiences as our local team guide you through this special place.

John Douglas
Founder, Charity Links

*“ A magical experience.
I love every second of it. ”*

SAMUEL DAVIES, RIDE EAST AFRICA 2017

*“ An an absolutely incredible trip.
I'd do it again without hesitation. ”*

BIDDI CHRISTENSEN, RIDE EAST AFRICA 2017

INTRODUCTION

Ride the Rift is a once-in-a-lifetime opportunity to be guided on a fully-supported 300 kilometre charity cycle challenge through some of Africa's most iconic landscapes. Starting near the capital Nairobi, the journey takes us south to Lake Magadi and onwards to the heart of the Great Rift Valley and the wildlife-rich plains of the Maasi Mara. Hosting the ride will be John Douglas and Oli Broom, founders of Charity Links and The Slow Cyclist respectively. They will be accompanied by a fantastic team of local guides, cooks and drivers, all with their own skills and interests that are bound to leave a lasting impression long after you have conquered the Great Rift.



ITINERARY

DAY 1, FRIDAY 1 NOVEMBER

ARRIVAL

Your flight arrives early this morning. You will be met by our local team and driven approximately 2 hours to Lesiolo Resort, Corner Baridi overlooking the Great Rift Valley where we will spend the night. After lunch and a bike fitting we'll go for a gentle, short ride to Olooseos Girls School. There we'll begin to learn about the Kenyan education system. Sundowners this evening will be at the home of David Debenham, who runs one of our partner charities. In the late afternoon we will visit David's farm for sundowners before returning to Lesiolo Resort for dinner and an early night (lunch and dinner included).

DAY 2, SATURDAY 2 NOVEMBER

CORNER BARIDI TO MAGADI

Cycling 100 kms

Lake Magadi is a soda lake famous for its flamingos and hot springs. Today's ride descends almost continuously 1,450 metres through dry bush country to the lake, which sits at 580 metres above sea level. On the way we will visit the Olorgesailie prehistoric early man site and have a bush lunch. Overnight is spent at Magadi Tented Camp.

DAY 3, SUNDAY 3 NOVEMBER

MAGADI TO CORNER BARIDI

Train & afternoon walk

We leave Magadi by train after breakfast, using the line built to carry soda mined from the lake. We climb from the valley eastwards to Kajiado. By special arrangement, a passenger coach will be attached to the daily freight train for this unique experience as we travel through Maasai land. Upon arrival in Kajiado we will jump in vehicles to be driven back to Corner Baridi. If time allows we will hike in the beautiful Ngong Hills before sunset.

DAY 4, MONDAY 4 NOVEMBER

CORNER BARIDI TO SUSWA

Cycling 65 kms

After a transfer to the edge of the Great Rift Valley, we cycle 65 kms through the bush, mostly downhill (from 2,400 to 1,700 metres) to our overnight fly camp at Suswa, a remarkable volcano, virtually untouched by the outside world. Dinner is around a camp fire with the magical sounds of Africa reverberating around us.

DAY 5, TUESDAY 5 NOVEMBER

SUSWA TO THE MAASAI MARA

Cycling 28 kms

It's a very early start today, and a beautiful 8 km cycle to the main road, where we jump in trucks for a 2 hour transfer out of the Rift Valley to the Maasi Mara. Around mid-morning we will

be back on the bikes, pedalling across the Mara's plains and keeping eyes peeled for zebra, impala, wildebeest and much more! Our evening is again spent around a campfire.

DAY 6, WEDNESDAY 6 NOVEMBER

DEEP INTO THE MAASAI MARA

Cycling 45 kms

Today is a spectacular ride, along narrow trails some of the way and heading deeper into the Mara with every pedal stroke - so again, keep your wits about you! It's another night camping under the stars in the Maasai Mara.

DAY 7, THURSDAY 7 NOVEMBER

MAASI MARA

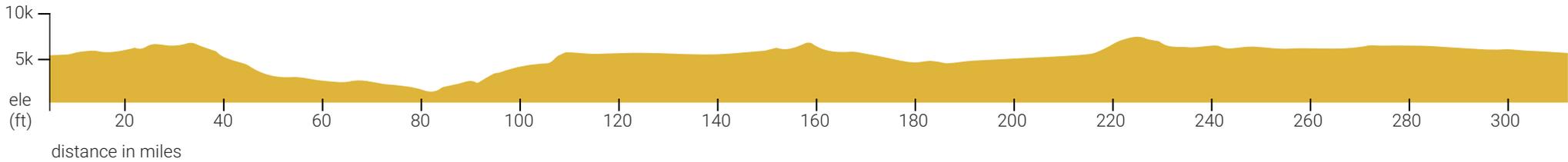
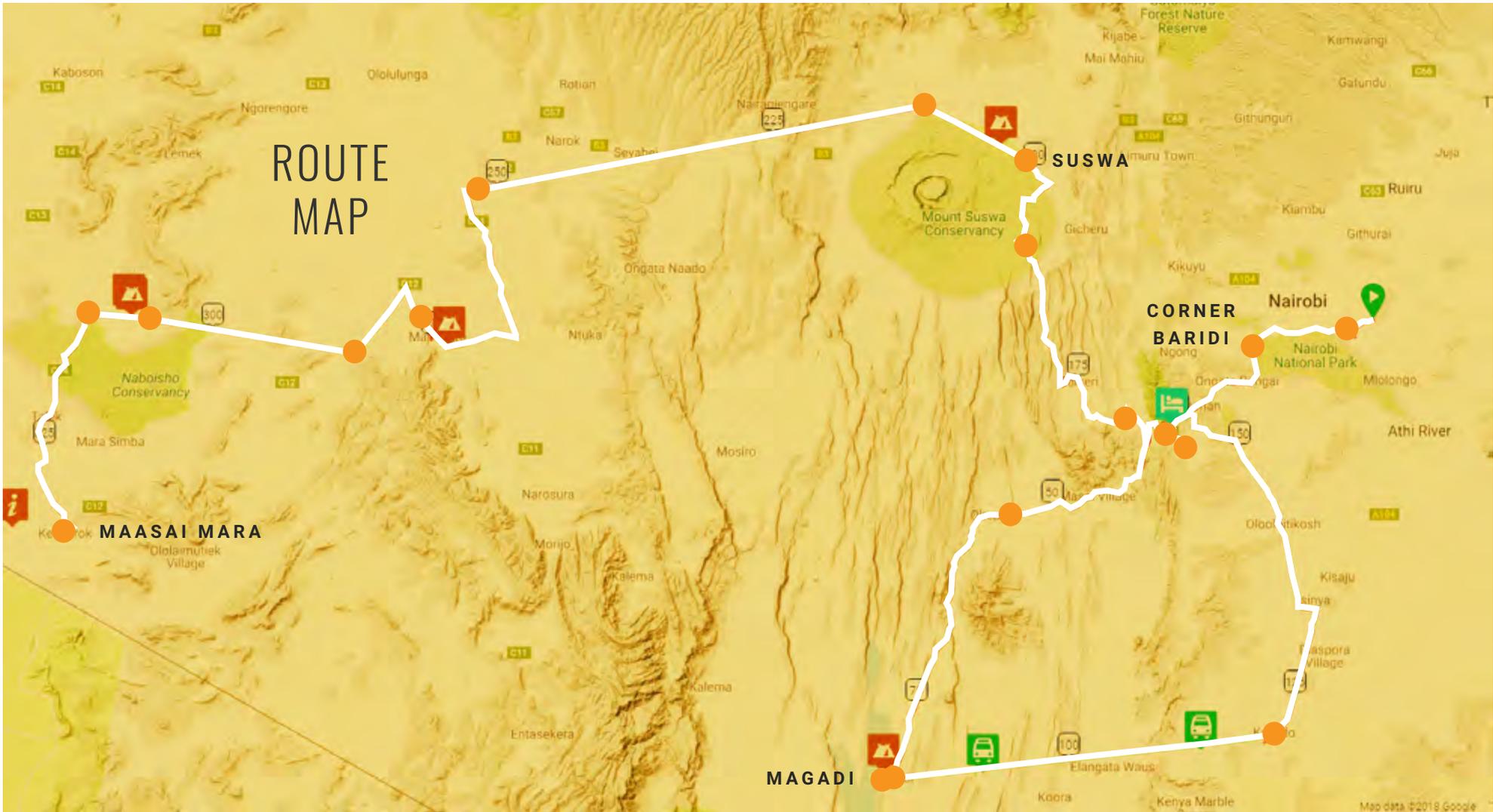
Cycling 65 kms

Today is our last day on two wheels as we pedal across the Mara on dirt roads and tracks to our lodge. We will have time to settle into our rooms before lunch and an afternoon game drive.

DAY 8 & 9, FRIDAY 8 & SATURDAY 9 NOVEMBER

MAASI MARA

On Friday it's a morning game drive followed by transfer back to Nairobi, and dinner out in the city (dinner not included). The following day the group will begin to head home, but for those still around we will visit a giraffe centre and Sheldrick's elephant orphanage (lunch and dinner not included).



**INTERACTIVE RIDE WITH GPS MAP
AVAILABLE ON REQUEST**

ON THE MOVE



THE CYCLING

The cycling in Kenya consists mostly of wide red dirt roads, with some tarmac sections and a little bit of singletrack. For most of our journey cars are very few and far between. Although some days are long, you'll always have time to take in the sights and get the most out of your surroundings.

BIKES

You will be cycling on and off-road throughout your time with us, and the mix of terrain means that a hardtail (front suspension) mountain bike is the best tool for the job. We provide the bikes

A FLEXIBLE APPROACH

There are very few people who know the places we'll visit better than our guides. We believe that travel is at its best when flexible, so we do, where we can, adapt the routes when necessary. With that in mind, we ask that you treat this itinerary as a guide to how you will spend your time with us. You are bound to have experiences, see places and meet people that we haven't listed here. Equally, there may be occasions when we cannot, for good reason, fulfill every detail in this itinerary. Please treat distances as estimates as the routes may vary.

FUNDRAISING



WHO ARE CHARITY LINKS?

Charity Links is a UK-registered charity (Reg No. 1171302) that acts as an umbrella organisation helping small charities focused on educational projects in East Africa to raise vital funds. It was founded by John Douglas who over many years, has completed charity

climbs and bicycle challenges in East Africa. Ride the Rift is raising money for three Kenyan charities and others operating in Tanzania, Uganda and Rwanda. All funds raised go directly to the beneficiary charities.

FUNDRAISING TARGET

On top of the cost of the challenge, each participant is asked to raise a minimum of £2,000 for the selected charities, through the online platform Virgin Money Giving (see the following page for details). All donations will be collected by the end of February 2020.

HELP WITH FUNDRAISING

If you need help attracting sponsors or with other aspects of your fundraising effort, please contact John Douglas at Charity Links on john@charitylinks.org.uk or +44(0)7715 042 444.

BENEFICIARY CHARITIES



BUILD AFRICA

(UK Charity No. 298316)

Build Africa believe in the power of education to help end poverty. They work to give children the education they need and fight the inequalities that stand in their way. The charity partners with remote and rural communities where children are leaving school without vital basic skills. Their unique approach then helps parents and teachers to create sustainable, effective schools and to nurture their children's learning. For over 20 years Build Africa have ensured vulnerable children in Uganda get the right infrastructure, teaching and family support so they can get the most from their time at school and go on to lead productive, healthy and happy lives.



SKET

(UK Charity No. 1118914)

Founded in 2007 by David Debenham, an Englishman then living in his farmhouse on the rim of The Rift Valley of Kenya, SKET know first-hand the issues facing the rural poor, in particular the matter of finding the money for schooling. The need to help was pressing & SKET chose to adopt the sponsorship method with emphasis on a person to person arrangement whereby the donor knows who they help, and vice versa. From the outset the only overheads have been small expense payments to its two volunteer Kenya Field Officers. This allows 100% of any donation to be directly paid to whichever school the student attends.



A PARTNER IN EDUCATION

(UK Charity No. 1133224)

During a period of rapid educational expansion in post-conflict Rwanda, Brooks Newmark and Kitty Llewellyn responded to a request for help to build a school. Together, they founded A Partner in Education (APIE) and built Umubano Primary School in Kigali. From there, in line with the aims of the Rwandan Government, APIE developed its vision beyond access to schooling, to providing quality, inclusive education informed by best practice; creating a model of excellence to be shared and disseminated across the educational profession in Rwanda in the hope of reaching as many teachers, students and communities as possible.



MSAADA

(UK Charity No. 1111819)

Established in 2005, MSAADA assists impoverished Rwandan families to restore livelihoods that were destroyed by the 1994 genocide. Current activities are a dairy project which involves giving carefully selected recipients high-yielding European cows, thus creating a network of small scale dairy businesses. Within these family businesses the sale of milk frees the children and provides the money to allow them to attend school. Additionally, Msaada operates a project supporting a group of schools in the Rwamagana district.

**WE ALSO SUPPORT A NUMBER OF OTHER CAREFULLY
SELECTED CHARITIES - FOR A FULL LIST PLEASE
CONTACT JOHN DOUGLAS**

PRICE & BOOKING



PRICE: £1,850 PER PERSON

WHAT IS INCLUDED?

- Airport transfers (on Days 1 & 9) & support vehicles
- Host & English-speaking local guides
- Accommodation & meals
- Daily activities
- Bicycle & helmet hire
- 100% financial security

OPTIONAL EXTRAS

- Single Supplement £250

WHAT IS EXCLUDED?

- Flights
- Snacks & drinks
- Travel insurance
- Personal expenses

HOW TO BOOK

Visit theslowcyclist.co.uk/ride-the-rift and fill out the online booking form. A 30% deposit is required within 24 hours and the balance due no less than 8 weeks before your departure date. Payment is via bank transfer.

ENQUIRIES

Please call Oli Broom on +44 7540 441 485 or email oli@theslowcyclist.co.uk. Alternatively our main office line is +44 (0) 207 060 4487.

TRAVEL OPTIONS



FLIGHTS & TRANSFERS

Flights are not included in the cost of the trip. You are responsible for booking your own travel to and from Kenya. John Douglas is currently trying to secure reduced rates with Kenya Airways, so please do not book your own flights without contacting him on john@charitylinks.org.uk or +44(0)7715 042 444.

We provide free transfers to and from Nairobi International Airport on Days 1 and 9. If you are arriving on an earlier date, or leaving later, please let us know and we will be happy to arrange transport for you, although we will not be able to do so free of charge.

EXTENSIONS

If you would like to spend more time in Kenya either before or after the challenge, please contact [The Slow Cyclist](#) for ideas and help. In addition to the obvious opportunities to further explore this fascinating region independently, we can also help arrange visits to some of the projects you'll be supporting through your fundraising efforts.

ABOUT THE SLOW CYCLIST



OUR STORY

We are a cycle tour operator that believes travel is worth taking time over; that a great adventure means getting under the skin of a place and discovering the food, customs, history and people that make it special. Our guests are discerning travellers with a bit of juice in their legs; those who appreciate our intimate knowledge of some of Europe and Africa's most special landscapes and cultures. Although we began life in late 2014, our story really stretches back to October 2009 when, dissatisfied with a career in the City, Oli Broom jumped on a bike and cycled to Australia to watch the Ashes cricket series. It

took him 412 days which means that, by any definition, he is a bona fide slow cyclist. A book followed. *Cycling to the Ashes: A Cricketing Odyssey from London to Brisbane* was published in July 2013, by which time Oli had spent two years living in Rwanda, running an unlikely project to build a much-needed home for cricket in the country's capital, Kigali. It was during these few years that Oli's love for exploring new places was cemented and he returned home to London in 2013 intent on taking others to experience beautiful parts of the world by bicycle. For more information visit [our website](#).

“ Slow and steady doesn't win the race. But it definitely has more fun along the way and comes home with better stories. ”

TIM MOORE, AUTHOR & FELLOW SLOW CYCLIST

BOOK NOW

[CLICK HERE](#)



THE SLOW CYCLIST

