

BUILD IT INTERNATIONAL – CYCLE ZAMBIA

DISCOVER
Adventure



Duration: 9 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.

We finish at the spectacular Vic Falls, an unforgettable way to end our adventure.

DETAILED ITINERARY

Day 1: Arrive Lusaka

We meet at our hotel, north of Lusaka and close to the Build It International HQ in the later afternoon. There will be time for a bike fitting before dinner and a trip briefing. Night hotel.

Day 2: Build It International HQ – Mazabuka

An early and short drive takes us to the Build It International HQ, where we see and hear about the work that your sponsorship efforts is supporting, a great motivator for the cycle challenge ahead of us! From the centre we transfer through Lusaka to a rural village east of Kafue Bridge, the start point of our adventurous cycle challenge. 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. 3 hours; cycle approx. 45km

Day 3: Mazabuka – Monze

A challenging but fantastic day of cycling through real rural Africa! The first 1.5km is 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 transfer the last part through Monze to our campsite. Night camp.

Cycle approx. 70-90km

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DETAILED ITINERARY (cont.)

Day 4: Monze – Choma

Starting to settle into the rhythm of Zambia now on our third day of riding, this is another long day but on less challenging terrain as we spend the majority of the day on tarmac! We transfer back through Monze, to avoid the town traffic, before jumping back on our bikes and heading towards Choma, a friendly market town and our next stopping point. We pass more small villages many selling arts and crafts, and cross the railway line into Choma. Night camp.

Cycle approx. 75-100km

Day 5: Choma – Lake Kariba

A fabulous day's cycling awaits as we detour off the main Lusaka to Livingstone route to explore the area south of the road! 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

Day 6: Choma – Kalomo

An early start gives us time to transfer back up to 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. 2-3 hours; cycle approx. 50-60km

Day 7: Kalomo – Livingstone/Vic Falls

Our last day, and the thought of the incredible Victoria Falls spurs us on! We start with a transfer, 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 above Victoria Falls. We stop at a wonderful viewing spot on



CHALLENGE GRADING

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trek lies within the **Orange** range.

The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions are also taken into account.

The Challenge Factor icon shows the most challenging aspect – the heat, which makes the long days in the saddle feel tougher.

The grade reflects the overall trip; some sections will feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

the banks of the Zambezi where we celebrate our achievement. Once we've enjoyed the views and taken lots of photos, we cycle to our evening's accommodation. Night lodge.

Cycle approx 40-60km

Day 8: Victoria Falls and Project Visit

Having had a glimpse of the Falls yesterday, this morning we have the opportunity to visit them properly. The local Build It team will be on hand to transfer those who want the short distance to the Falls. At around 2km wide and plunging down over 100m, the Falls – known as 'the smoke that thunders' – are truly spectacular. The late morning and afternoon will be spent seeing some of the projects that your hard earned sponsorship is helping to fund, an even more meaningful experience having spent the last few days cycling through this wonderful country. A wonderful sunset cruise on the Zambezi then sets the scene for our evening of celebrations.

Transfers, entry to Victoria Falls & lunch not included.

Day 9: Flight departs

Depending on your flight schedules, there may be some free time before your return flight to the UK.

Transfer & Lunch not included

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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Vic Falls Extension Available – Adds 2 Extra Days (min)

Extend your stay to see more of this incredible waterfall, with opportunities to enjoy a wide range of activities in the surrounding area. See website for further information.