

Frequently Asked Questions and Answers

- **What is the Zambia Cycle Challenge 2025?**

Our Zambia Cycle Challenge is an exciting 10-day cycling adventure across southern Zambia, organised by Build It International and Discover Adventure (www.discoveradventure.com).

Participants have the opportunity to cycle nearly 500km from Lusaka down to Victoria Falls, experiencing the country's natural beauty and vibrant culture. The challenge is part of Build It's fundraising efforts, raising funds to support young people in Zambia with skills and opportunities to build themselves, their families and their communities a brighter future.

- **When is the event taking place?**

The challenge is taking place from 5 to 15 June 2025.

- **How much does it cost to participate?**

The cost to participate is £2,599, plus the cost of your flight. There is also a minimum fundraising target of £1,000.

- **What does the participation fee cover?**

The participation fee of £2,599 covers:

- Accommodation
- Meals (exceptions detailed in itinerary)
- Visits to Build It International's projects
- Discover Adventure leaders/mechanics and doctor depending on final group size.
- Full vehicle support and local guides, cooks, drivers, etc.
- 21-speed mountain bike

It does not include:

- Flights
- Meals as detailed in itinerary
- Sleeping bag & sleeping mat
- Cycle helmet
- Celebration meal
- Personal travel insurance (to cover personal injury, cancellation/curtailment, lost items etc). Travel Insurance is compulsory.

- **What is the fundraising target and how do I reach it?**

Each participant is required to raise a minimum of £1,000. We will support you with ideas, materials and support to help you reach your target.

- **Will I get to see the projects my fundraising supports?**

During the challenge, you will visit Build It's Centre for Excellence and several previous community build projects. Previous participants have found these visits hugely inspiring. You'll

see firsthand the activities delivered, and meet the people we work with who are transforming their lives.

- **I don't have much cycling experience. Will I be ok?**

Discover Adventure grade their trips Yellow, Orange or Red, in increasing level of challenge. This trek lies within the Orange range.

The challenge is moderate to difficult, covering nearly 500km over varied terrain, including both on and off-road sections. The most challenging aspect is often the heat, which can make the long days in the saddle feel tough. A support vehicle will be available throughout the ride.

We are happy to connect you with participants who have taken part in previous challenges to share their experiences. Some have been experienced cyclists, but others had only previously enjoyed the occasional ride around a park.

- **How do I prepare for the challenge?**

We would suggest starting a training programme at least a few months before the challenge. This should look at building endurance, strength and cycling skills. We can connect you with other people taking part in the challenge for motivation and support.

- **What should I pack for the trip?**

It is important to be prepared for varying weather conditions. You will be provided with a detailed packing kit-list on registration with plenty of information, and we are always available if you need advice.

- **What will the accommodation be like?**

Accommodation is mainly camping on private land; facilities are generally good and camping offers a unique way to experience the African bush - in many cases with wildlife-spotting opportunities! Other accommodation includes a simple guesthouse and a lodge.

- **Is it safe to travel to Zambia?**

For the latest travel advice from the UK Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice

- **What are the passport and visa requirements for travelling to Zambia?**

Discover Adventure highlights that entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the UK Foreign & Commonwealth Office advice on entry requirements for your destination to be sure: www.gov.uk/foreign-travel-advice

- **How do I sign up for the challenge?**

To sign up for the Zambia Cycle Challenge visit the Build It page on the Discover Adventure website: [Lusaka to Victoria Falls for Build it International - Discover Adventure](#) Spaces are limited, so we encourage you to register early to secure your place.



Discover Adventure has a Passenger Portal which will give you more details of the challenge when you have signed up. It also enables you to see any outstanding information needed, the countdown to your challenge departure, see your outstanding balance, make payments and update contact details.

- **Who do I contact if I have more questions?**

If you have any further questions or need more information, please don't hesitate to contact us at info@builditinternational.org or call on 07865 573443.