

# Travelplan

## 16 days Cycling and Wildlife Adventure in Kenia

**€ 3.800** (all inclusive, excluding your  
flighthicket)



## **Welkom** to the Africa Cycling travel-plan of our tour

### **“16 days “Cycling & Wildlife Adventure”**

The ultimate cycling experience, where you cycle "challengingly" between culture, nature and wildlife. You cycle through smaller wildlife areas (no dangerous wildlife), always under the expert guidance of our guide. In our Safari 4x4 you will look for the big game and "the Big Five" in the most beautiful parks of Kenai, such as the Masai Mara and Nakuru. You cycle from hotel to hotel, your luggage travels with our comfortable support car.

#### ***Please note: Arrival in Nairobi:***

If your flight arrives in the morning, your journey will start the same day. If your flight arrives in the afternoon or evening, your trip starts the next day. In that case, we are happy to help you find and book a hotel.



## Travel-plan 16 days Cycling and Wildlife Adventure:

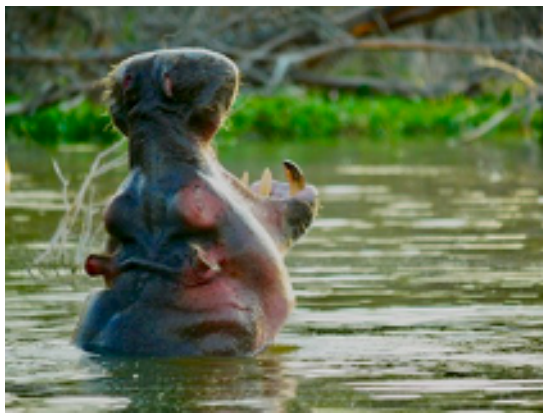
Day		Route and destination (*)	Distance in kilometres	Height in metres	Drop in metres
Day 1		<b>To Naivasha en bootsafari</b>			
Day 2	🚲	<b>Cycling-safari through Hell's Gate</b>	<b>40-60</b>	<b>100-500</b>	<b>100-500</b>
Day 3	🚲	<b>Cycling-tour naar Nakuru</b>	<b>75</b>	<b>681</b>	<b>687</b>
Day 4		<b>4x4 Safari-tour Nakuru National Park</b>			
Day 5	🚲	<b>Cycling-safari through Soysambu Regional Park</b>	<b>40-55</b>	<b>150</b>	<b>150</b>
Day 6	🚲	<b>Cycling-tour to Lake Bogoria</b>	<b>129</b>	<b>229</b>	<b>1029</b>
		<b>This cycle-day 6 can be shortened, please look for the program on page 6</b>			
Day 7	🚲?	<b>Lake Bogoria, Lake Baringo?</b>	<b>0-40</b>	<b>0-350</b>	<b>0-350</b>
		<b>Cycling on day 7 is optional, please look for the program on page 6</b>			
Day 8	🚲	<b>Cycling-tour to Kabarnet</b>	<b>60</b>	<b>1380</b>	<b>320</b>
Day 9	🚲	<b>Cycling-tour to Iten</b>	<b>56</b>	<b>1337</b>	<b>1076</b>
Day 10		<b>Resting day Iten</b>			
Day 11	🚲	<b>Cycling-tour to Kericho</b>	<b>30-60</b>	<b>1279</b>	<b>200</b>
		<b>First part of this day can be done by car, second part by mutual agreement</b>			
Day 12	🚲	<b>Cycling-tour to Bomet</b>	<b>79</b>	<b>855</b>	<b>766</b>
Day 13	🚲	<b>Cycling-stour naar Talek Masai Mara</b>	<b>110</b>	<b>342</b>	<b>706</b>
Day 14		<b>4x4 Safari-tour Masai Mara</b>			
Day 15	🚲	<b>Cycling-safari Masai Mara Conservancy</b>	<b>40-60</b>	<b>100</b>	<b>100</b>
Day 16		<b>Back to Nairobi for your flight or travel extension</b>			

(\*) All cycling routes can be individually adapted! In that case, you drive part of the route with the support car (food, drinks, roadside assistance), just like your bike.

(\*) Electric bike rental is possible, arranging when booking advised.

## Day 1. To Naivasha and boatsafari.

After breakfast (or landing at the Airport) we will pick you up and we'll travel to Naivasha where we will stay for two nights. In the afternoon we prepare the bikes and make a boat safari over the lake. You will see hippos, giraffes, antelopes, pelicans and other beautiful birds. The fishermen in the water and in the trees complete the beautiful pictures of the lake. Still feel like and time left, then we walk through the area and the adjacent village.



## Day 2. Cycling through Hell's Gate Park (40-55 km, 24-34 miles)

Hell's Gate is a friendly park where we see giraffes, zebras, buffalos, wildebeest and many antelope species. We cycle relaxed, the camera can linger around the shoulders.





### **Day 3. Cycling-tour to Nakuru (75 km, 47 miles)**

After breakfast we leave by bike to the Nakuru region. A nice cycling-tour through the interior of Kenya. We stay 3 nights in an attractive rural lodge a few kilometers outside Nakuru town next to Soysambu a regional wildlife park.

### **Day 4. 4x4 Safaritour Nakuru National Park.**

This day we make a morning safari tour in Nakuru NP which is known for its rhinos and large quantities of flamingos. We determine the time, duration and relaxation time of that day in consultation with you.



In the afternoon you determine the program. Feel like relaxing, that's possible. If you want to go to Nakuru city with the Safari 4x4, we will do that. Nakuru is a real Kenyan city, with a pleasant activity, a few nice places to drink good coffee and to experience Kenyan street life up close.

### **Day 5. Cycling-safari Soysambu Regional Park (40-55 km, 24-34 miles)**

From the lodge we cycle to the beautiful Soysambu Park, here you make a relaxing cycling safari around Lake Elementaita. We cycle quietly and take regular breaks in the park. In Soysambu you can see the animals you see in Hells Gate but also flamingos and the chance of hyenas, which people on bicycles shy away from. We spend the night in the same lodge.



### **Day 6. Cycling-tour to Lake Bogoria (129 km, 80 miles) or shorter.**

From Nakuru, first through the city, a special, but fun experience and then a beautiful route over the Kenyan countryside. We drive through villages where you as a cyclist will feel like a welcome guest and special feature. We pass the equator where we pause and are warmly welcomed at the cozy souvenir market.

**This long route can be shortened individually**, for example by cycling the first or last part (the equator as a start or end point).

### **Day 7. Lake Bogoria? Lake Baringo? Cycling or not?**

The choice is yours. Or a soaring stretch of cycling along Lake Bogoria, which is known for its large quantities of flamingos and the hot-water springs, or a boat safari on Lake Baringo where it is possible to spot birds. You can also cycle to Lake Baringo, but if you prefer a rest day, the support car is a nice alternative. It's a holiday, so you decide.



## Day 8. Cycling-tour to Kabarnet (60 km, 37 miles)

Today another beautiful route through the Kenyan landscape. A big climb this day, but the support car is always nearby! Children greet you exuberantly everywhere, we sometimes visit a school where the kids love to practice their English language and tell you about their life and future dreams.



## Day 9. Descending and climbing to the “greats” in Iten (56 km, 34 miles)

We first descend to the Kerio Valley, then we climb to the high altitude Iten, a paradise for running greats. Here the Dutch Lorna Kiplagat, former world champion (originally Kenyan) has a running school where various world toppers make training kilometers at altitude. The Kerio View hotel in Iten is a fantastic place, with beautiful views over the valley.



**Day 10. Resting day in Iten.**

We are in the most beautiful hotel in the region. In addition to the view, there is a wonderful relaxed atmosphere. No better place for a rest day to recover from a few beautiful and impressive cycling days in the invigorating atmosphere of the hotel and the inspiring surroundings. Perhaps we stroll around the local market and through the village and we meet training runners.

**Day 11. Cycling-tour to Kericho (30-60 km, 18-36 miles).**

We drive in the morning by car in the direction of Kericho, the last 30-60 km (distance by mutual agreement) we cycle a beautiful route uphill to Kericho, where we also spend the night.

**Day 12. Cycling-tour to Bomet (79 km, 49 miles)**

A beautiful cycling day over the famous Kenyan tea plantations to Bomet, a green oasis with the colorful tea pickers in between provide a true spectacle.

**Day 13. Cycling-tour to Talek, Masai Mara (110 km, 69 miles).**

Today a long tour, the last cycling day from hotel to hotel.

We drive to the highlight of the trip, the Masai Mara and spend the night in a stylish and fine lodge in Talek. On the way there we cycle again among the wildlife such as giraffes, buffalo, wildebeest, zebra and more. It remains a special experience. Perhaps we walk through the village or to the Mara River.





**Day 14. 4x4 Safari Masai Mara.**

Today the absolute highlight of your trip. The day safari in the most beautiful wildlife area of Kenya. We get up early to drive into the park at sunrise. The Masai Mara is a large and beautiful National Park where there is a good chance that you will complete the Big Five! The choice is yours again: we have lunch on the way or we make a morning safari and afternoon safari, in the latter case we have lunch in the lodge.

**Day 15. Cycling-safari Masai Mara Conservancy (50-60 km, 31-37 miles)**

A bike ride of 50 to 60 km through the border area of the Masai Mara, lions we will of course not see by bike, but here again we will have a chance of elephants, giraffes, zebras and all the other game that you have seen from the bike. Always up close, but at a respectful distance.




## Day 16. Back to Nairobi for your flight or travel extension

Still full of the impressions of the Masai Mara, we leave after breakfast and a quiet morning to Nairobi airport for the flight home. Along the way we pass beautiful and high-quality souvenir shops where, if you want, you can take a break or look at a memento of your beautiful trip.

On our website [www.africacycling.com](http://www.africacycling.com) you will find the necessary practical information about your preparation, vaccinations, etc. It is important that the required fitness level does not apply or applies less to those who use our E-mountain bikes.

- The number of kilometers and cycling hours can be flexibly adjusted by our 4x4 support car.
- We reserve the right to deviate from this route when local circumstances, booking problems or other unforeseen circumstances so require. Always in consultation with you as a guest, but by ultimately determining us because of our familiarity with Kenya.
- In **high season, the tour price is €120 higher** due to a recent price increase for entry to Masai Mara National Park during high season!

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