Zambia cycle challenge

From Lake Kariba to Livingstone

This scenic cycle challenge will take you from the shores of Lake Kariba to Livingstone, where you will go on a sunset river cruise, and have the opportunity to see the iconic Victoria Falls. Cycling 260km over 4 days, you will cycle through rural communities in Zambia’s Southern Province. The challenge will take you to two of the Rural Health Centres that On Call Africa work in, where you will meet community members, On Call Africa Community Health Workers, and the Rural Health Centre staff.

When: 8th to 15th August 2020
Distance: 260km over 4 days
Registration: £500
Fundraising target: £1,000
Day 1 – 8\textsuperscript{th} August

All participants should arrive in Livingstone on 8\textsuperscript{th} August. You will be collected from the airport by our team and transported to our volunteer house. You will have the chance to meet the team, explore Livingstone, and relax by our pool! In the evening we will take you to the Royal Livingstone hotel for sundowners by the Zambezi.
Day 2 – 9th August

Today we will take you all to SES to get you signed up for Medivac cover, we will do final checks of your kit, and get you set up on your bikes. We will show you around our offices, and you will have the chance to hear from the local District Health Officers about the challenges faced by rural communities, and the work that On Call Africa does to strengthen rural health systems.

In the afternoon you will have the opportunity to visit Victoria Falls or relax by our pool.
Day 3 – 10th August

On day 3 we will set off early to embark on the 4-5 hour drive to Lake Kariba, where we will be staying at the Lake Kariba Bush Club – a family owned lodge on the shores of the beautiful Lake Kariba. Here you can relax by the pool, enjoy some scenic walks and see an abundance of wildlife.
Day 4 – 11th August

On day 4 we begin our journey to our first Rural Health Centre. Starting early in the morning we will embark on a challenging 80km cycle over hilly terrain. Early in the afternoon we will arrive at a local school, where we will set up camp for a well earned rest.

Day 5 – 12th August

Today we make an early start as we cycle 20km to the Chalimongela Rural Health Centre. Here we will give you a tour of the health centre, introduce you to the staff and give you the opportunity to meet with our Community Health Workers over breakfast. We will then cycle 10km to one of the remote communities where we deliver our mobile clinics from. Here you will meet with the community members that we work with, and hear about the challenges that they face. After a light lunch we will make the 30km journey to our next campsite.
Day 6 – 13th August

Today we will cycle approximately 70km to Katapazi Rural Health Centre, where we will set up camp for the evening, and have dinner with On Call Africa Community Health Workers. On the way we will visit one of the communities where we work.
Today we will cycle approximately 50km to Livingstone, where you will be able to have a welcome shower and dip in the pool! After a few hours of relaxing we will take the group for a sunset river cruise on the Zambezi and organise a celebratory meal!
Day 8 – 15th August

From 15th August you are free to depart. If you would like to continue your trip from here we would be happy to offer advice on possible trips and safaris, or places that you could stay and relax in Livingstone.
What’s included

• Accommodation at Lake Kariba and in Livingstone
• Bike hire
• All meals, drinks, and support while cycling
• A tent
• Sunset river cruise
• Support vehicles with trained bike mechanic
• Support with your fundraising

Not included

• Flights (£600-£800 from the UK)
• Visas (can be obtained on arrival for $55)
• SES medivac insurance (£40) – This will cover any medical emergency and transfers while on the trip
• Accommodation after 15th August (this can be arranged for an additional £20 per night)
• Vaccinations
• Anti malarials
• Meals in Livingstone
• Entrance to Victoria Falls ($50)
The bikes

We will be hiring mountain bikes from a local women’s group. The bikes are second hand bikes shipped over from America, that are repaired and serviced by skilled mechanics. The mechanics will join us on the trip and carry out any necessary repairs on your behalf. The bikes are basic, but are able to stand up to the rigours of the bumpy dirt tracks on the route.

You are welcome to bring your own bike over for the trip, or you could bring your own pedals and seat, which the mechanics would be happy to fit for you.
Important notes

• You will be cycling through very remote areas and there will be times where you need to use a bush as a toilet
• We will be camping in schools and rural health centres with limited facilities. Toilets are likely to be long drop toilets, and shower facilities are likely to be limited to bucket showers and wet wipes!
• There will be very limited phone reception on the route, and no access to wifi, so be prepared to be out of contact
• There will be no electricity, so you will need to bring power banks if you want to keep your phones charged for photos and images
• The weather varies a great deal at this time of year. Temperatures can be as low as 10C in the evenings and morning, and can reach up to 30C in the afternoon, so do pack warm clothes for the evenings, and bring sun tan lotion, sunglasses and a hat for during the day
• Currency: You will need to bring US dollars for your visa, and for visas for any other country that you intend to visit. Zambian Kwacha is a closed currency so you cannot order Kwacha ahead of your trip, but you can withdraw cash at numerous ATMs in Livingstone, and there are a number of places where you can exchange US dollars for Kwacha. The current exchange rate at 03/01/2020 is 1GBP = 19 ZKW
Kit list

- Bike helmet (compulsory)
- Sun tan lotion
- Sunglasses
- Sleeping bag – we can rent one to you if you’d prefer
- Head torch
- Water bottle/camel back (3 litre capacity needed in total)
- Power bank
- Towel
- Wash bag
- Wet wipes
- Camera, phone etc
- Alcohol hand gel
- Your favourite snacks and treats
- Insect repellent