



Cycle Zambia: Lusaka to Victoria Falls

This challenge takes place in south-eastern Zambia finishing at Victoria Falls, source of the mighty Zambezi River, and Zambia's most famous and spectacular feature. It is one of the largest waterfalls in the world, at 2kms wide and 103 metres deep and was named in 1855 by Dr Livingstone for Queen Victoria.

Itinerary

Day 1: 12 July Overnight flight from London to Lusaka

Day 2: 13 July Arrival and transfer to start point at Kafue

On arrival we will be transferred by road to the River Motel in Kafue, approx 1 hour from the airport. Here we will have our bike fitting and a briefing on the challenge to come.

Day 3: 14 July Kafue – Mazabuka
approx 73km

We start the challenge as we set off towards Mazabuka, Zambia's sweetest town & home to the country's sugar plantations. The terrain is a mix of tar roads & good dirt roads and we cycle past local villages, baobab trees and plenty of sugar plantations. Today will give us a great introduction to the challenge and to this beautiful country.



Day 4: 15 July Mazabukla – Monze
approx 94km

Today we continue south towards Monze. This is a challenging but fantastic day. Our first 20km is on tarred road but we then take a more adventurous route off road. From here the roads vary from good dirt roads to slightly sandy making it challenging cycling. However, this does take us through real rural Africa! There are many winding tracks through countless villages where we meet the friendly Zambian people. We arrive in Monze and check in to our hotel, the Sunset Lodge.

Day 5: 16 July Monze – Choma approx 105km

Our destination today is the market town of Choma. Today is all on road to give us a rest from the dirt tracks but the distance means that we can't relax just yet! We reach Choma where we overnight at Koso Lodge in small chalets. Antelope are often spotted nearby.



**Day 6: 17 July Choma – Kalomo approx
78km**

Another challenging day as we tackle 70kms of off-road. The dirt roads are generally in good condition with just a few small sandy sections. Again, we pass countless small villages, seeing rural Africa at its best, as yet untouched by tourism.



**Day 7: 18 July Kalomo – Livingstone approx
69km**

The final stretch today as we tackle the 69km to Livingstone, our ultimate destination. We start the day with an early transfer to a lodge 70km outside Kalomo where we have breakfast before setting off. Although this last ride is on tarred road there are potholes to negotiate as we head into Livingstone. We cycle straight through the town and end our challenge at the Victoria Falls. What a spectacular end to the week!

Here we will have lunch before we have a short 5km cycle back to our hotel, the Waterfront Hotel, where we enjoy fantastic sunsets as we celebrate our achievements. Tonight, there will be a special meal in a restaurant in Livingstone.

Day 8: 19 July

We transfer to Livingstone airport for an internal flight to Lusaka. Today is our project visit. We learn more about the palliative care work that EMMS International is supporting with a visit to the Cancer Diseases Hospital in Lusaka

Day 9: 20 July

Return flight from Lusaka to London.

Day 10: 21 July Fly to UK

Arrive London. Dependent on flight schedules.

N.B.: This is a complex itinerary & may be subject to change

