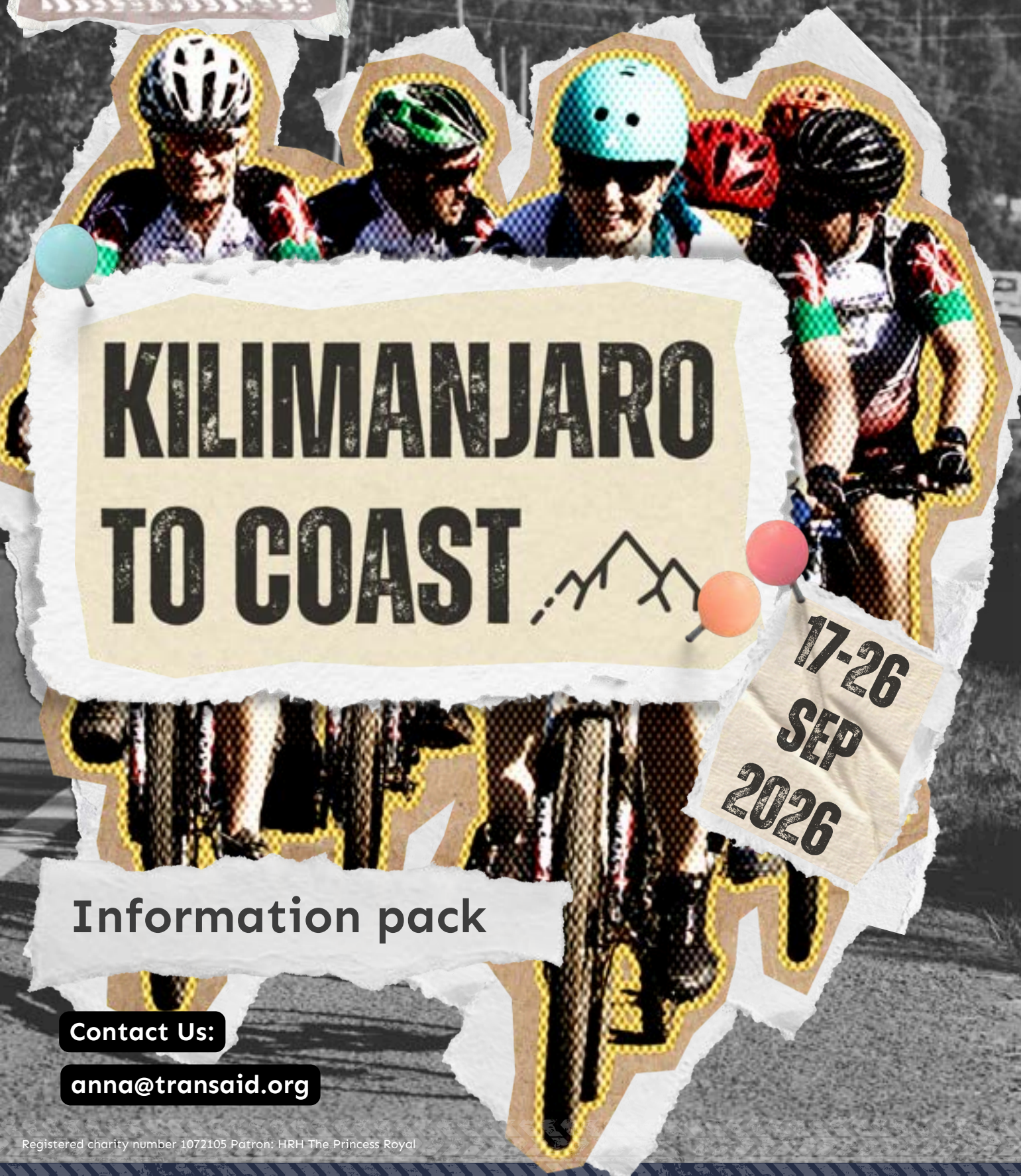
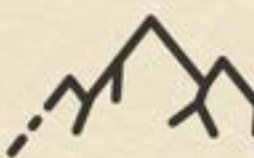




transaid



# KILIMANJARO TO COAST



17-26  
SEP  
2026

Information pack

Contact Us:

[anna@transaid.org](mailto:anna@transaid.org)

# The Challenge

Transaid's highly-anticipated next cycle challenge on the African continent is taking riders on a spectacular 10-day adventure from Mount Kilimanjaro National Park to the coast, finishing at the mouth of the Pangani river and carrying on to the beautiful beaches of Tanga and Zanzibar.

Experiencing the full range of Tanzania's stunning scenery, riders will pedal 454km through small farm towns and more rural areas, providing an opportunity to see a variety of wildlife and the beautiful vistas from the Irete Viewpoint.

We'll begin in Moshi in the foothills of Mount Kilimanjaro National Park before cycling to Lake Jipe, where we'll camp overnight and spot the famous wildlife. Then we'll tackle the tough climbs to Irete Viewpoint, before making our way down to the lush white-sand beaches in Tanga.

Following a free day relaxing in Tanga, we'll catch a flight to Zanzibar, where you can extend your stay.

Alternatively, you can also extend your stay in Tanzania by taking on another bucket list challenge climbing the majestic Mount Kilimanjaro, if a cycle challenge wasn't enough!



**17-26 September 2026**



**10 days**



**5 days**



**454km**



**2702m**



**Registration fee: £399**



**Fundraising pledge: £4,295**

**[REGISTER HERE](#)**





# The route

## Days 1 & 2 | UK – Tanzania

Our challenge begins with an overnight flight from London to Tanzania. We have some time to get settled and freshen up before our all-important bike fitting on Day 2. Now confident and comfortable in our saddles, we close the day with a delicious welcome dinner and a briefing from our challenge leader.



## Day 3 | Moshi – Lake Jipe | approx. 80km

We mount our bikes with the snow-capped Kilimanjaro towering above us and head south-east from Moshi, at the edge of Mount Kilimanjaro National Park. We'll pedal through small towns and villages on the way to Lake Jipe, where we'll get the chance to spot famous wildlife before camping.



## Day 4 | Lake Jipe – Same | approx. 80km

Following dirt tracks southwards through a striking mountainous landscape, we pass through lush, green plains and look out for more iconic wildlife on the way to Same.



## Day 5 | Same – Irente Viewpoint | approx. 125km

Rugged dirt tracks lead us through charming local municipalities and up through the mountains. We'll tackle steep climbs to be rewarded with spectacular vistas across the vast plains below and the hills we've put behind us. We finish the day with a transfer to our overnight stay at Irente Viewpoint.



# The route

## Day 6 | Irente Viewpoint – Muheza | approx. 114km

Peddalling up and down through more of Tanzania's lush countryside, we skirt the spectacular West Usambaras Lushoto Mountain Reserve and take in a number of small towns rarely visited by tourists. At last, we'll reach Muheza.



## Day 7 | Muheza – Pangani - Tanga | approx. 55km

Our last day of cycling is also our shortest – and takes us right to the exquisite Tanzanian coastline. We'll ride on dirt tracks through lush, green countryside and draw closer to the beach where we find our lunch spot. After lunch, we transfer to our beach resort in Tanga where we toast our achievement with a very well-deserved celebration dinner.



## Days 8, 9, 10

Following a free day relaxing in Tanga, we'll catch a flight to Zanzibar on Day 9, where you can extend your stay.

Alternatively, you can also extend your stay in Tanzania by taking on another bucket list challenge climbing the majestic Mount Kilimanjaro or taking on a safari, if a cycle challenge wasn't enough!



## Day 10

Return to the UK from Zanzibar.

N.B. The distances and elevation are approximate and subject to change following the route recce.





# The package

## Included

- Return flight to Tanzania from the UK, including domestic flight (Tanga-Zanzibar)
- Compulsory insurance in Zanzibar
- Airport taxes
- Fuel surcharges
- Shared twin room or tent accommodation
- 3 meals per day (except on free days)
- Transfers from airport as per itinerary
- Transport during the cycle
- A backup vehicle for bikes and luggage
- One back up van for hot lunches and snacks during cycling
- Clean and safe drinking water during the ride
- All camping equipment
- English speaking cycling guides
- One doctor
- Mechanical assistance
- A Dream Challenges challenge leader
- Dream Challenges own bikes in Tanzania
- Luggage and bike transfer in Tanzania

## Not Included

- Visas
- Tips and gratuities
- Travel to/from the airport in the UK or any other country
- Personal travel insurance (note that Transaid will take out a comprehensive group insurance policy)
- Vaccinations

### Optional expenses:

- Extending your stay after the challenge to visit/climb Mount Kilimanjaro, spend longer in Zanzibar or take on a safari.
- Solo occupancy room/tent: supplement (limited availability: first-come-first-served basis) - £167 for all nights.

\*If flight schedules change, Dream Challenges will organise next available options.

# Fundraising



Registration fee (non-refundable): **£399**



Minimum fundraising pledge: **£4,295 (excluding reg fee and Gift Aid)**



First fundraising deadline: **£3,436 (80% of pledge) due by 25.06.2026 - 12 weeks before departure**



Second fundraising deadline: **£859 (20%) due by 03.09.2026 - 2 weeks before departure**

Of the total fundraising target of £4,295, a total of £3,150 will cover your core costs on the challenge.

Your employer may be willing to sponsor your registration fee, the core costs or even the full fundraising pledge. If not, be sure to enquire about match funding as it will be very helpful in smashing your target.

Most participants find it much easier to meet their target than expected, however we will be providing fundraising support throughout and are always available for a chat if you need any ideas, tips or reassurance.







# Why join?

Our cycle challenges in Africa offer an experience of a lifetime, so much so that we regularly have cyclists coming back year on year to see what the next challenge has in store!

## Here's what past cyclists have said about the experience:

- "The Cycle Kenya Challenge was truly a once-in-a-lifetime experience, filled with unforgettable memories and new friendships. It was incredible to explore Kenya and gain firsthand insight into the impactful work that Transaid is doing. An inspiring and rewarding journey all around!"
- "Challenges make you appreciate how fortunate you are, the people you meet both fellow challenge riders and local residents inspire you. Challenges never cease to amaze me, I love them."
- "A tough cycling challenge but immense fun thanks to excellent organisation and leadership and being with such an amazing bunch of people. All the while helping a great cause in a beautiful part of the world. Truly unforgettable."
- "The Transaid and Dream Challenges teams were supportive in both preparing for the challenge and during. The local ground crew were so professional, friendly and supportive and kept our equipment, bodies and minds strong and robust. Above all, the opportunity to ride across this beautiful country, meet some lovely people and team up with a bunch of people who will always be friends to create some great memories and raise funds for Transaid was too good to miss. Everyone should ride a bike in Africa at least once in their lives - you will experience things you never would as a tourist."

## Supporting Transaid:

Transaid transforms lives through safe, available, and sustainable transport. We work in two core areas, road safety and access to healthcare, to solve two of the biggest transport challenges in sub-Saharan Africa.

Choosing to join us on Kilimanjaro to Coast and fundraise to support our work will enable Transaid to:

- Continue working with drivers, trainers, governments and institutions to improve road safety, and meet the global goal to halve the number of deaths from road traffic crashes by 2030.
- Support more women, children and men in rural communities to transform their own lives through access to vital services when they are most needed, such as healthcare, and meet the global goal to end the epidemic of malaria by 2030.

You will be cycling alongside a group of individuals who are all passionate about the same cause, and working towards a shared fundraising goal. So what are you waiting for? [Sign up now!](#)

# FAQs

## **Q: Who can take part?**

A: Anyone who is over 18 and is looking for a challenge can take part.

## **Q: Is the ride safe?**

A: Please bear in mind that any cycling event - particularly one taking place over such distance and in a hot climate - will be physically demanding. You should therefore be reasonably fit and enjoy sufficient good health to participate.

You should also be aware that this is a challenge. In addition to the usual dangers and risks associated with cycling (both on road, and on dirt tracks), you will likely be subject to physical exertion. You may also experience weather extremes and remoteness from normal medical services of the standard we enjoy in the UK, although we will always have a UK doctor cycling as part of our group.

There is also the risk which comes with overseas travel and undertaking activities outside of normal safety levels at home. However, our partner, Dream Challenges, boasts more than 10 years' experience of organising charity cycling events in Tanzania and we will be following an established route they have completed many times.

## **Q: How fit do I need to be?**

A: This cycle ride is designed for people of average fitness or above, and who have completed some carefully planned training over the months building up to the trip. We will provide advice to help in your training plans. On the ride, we ensure no one is ever left behind. What's more, if at any stage you need to take a break from cycling, we can arrange for you to have a rest in one of our support vehicles.

## **Q: Do I need specialist kit?**

A: Bikes will be provided in-country by Dream Challenges' team in Tanzania, but you must wear your own cycle helmet to participate in the challenge. We would also advise padded shorts and bringing your own saddle! We will send you a kit list nearer the time but please just get in touch if you have any questions.

## **Q: How will I be supported?**

A: Beforehand: You will be sent fundraising and training packs once you sign up, and will receive regular group updates. We are always on hand to discuss fundraising, training or any other queries. There will also be a pre-departure meeting/webinar about a month before the ride.

During the trip: All the logistics of the ride are taken care of by the tour organisers, Dream Challenges. There will also be a Transaid representative/s on the challenge.

## **Q: How will I raise the money?**

A: Most participants find it much easier to meet their pledge than they expect. We provide fundraising support throughout and are always available for a chat if you need some ideas or reassurance! Your employer may be willing to pay your registration fee or the core costs. Some people choose to pay this themselves and then fundraise the remaining amount.



# FAQs

## **Q: Can the registration fee be invoiced to a company or individual?**

A: Yes - please select INVOICE on the registration page and we will be in touch to arrange.

## **Q: What will the food be like?**

A: During the day you can expect a range of different foods to keep you going, including snacks and fruit, sandwiches etc. In the evenings we'll enjoy a range of traditional Tanzanian cuisine.

## **Q: Do I need special vaccinations?**

A: You will more than likely require vaccinations. Please consult with your GP or travel clinic before travelling.

## **Q: What will the terrain be like?**

A: The vast majority of the ride will be on dirt track/sandy roads, with some stretches on quiet tarmac roads. There will be a good number of hills!

## **Q: Can I extend my stay in Tanzania after the ride has finished?**

A: Yes. There are a number of extensions available. Please contact Anna about this ASAP to secure your extension.

## **Q: Can I request to have a single room to myself on the ride?**

A: Yes. These are also subject to availability and will be allocated on a first come first served basis. A reasonable supplement will be collected for this i.e. £167 for all nights. Contact Anna about this option ASAP to secure yours.

## **Q: What type of insurance is included?**

A: Insurance included is a comprehensive group insurance. If you would like more details on this or if you wish to opt out, please let us know.

## **Q: What are the core costs?**

A: The core cost of each participant on the challenge is £3,150. If you or your employer are able to contribute a portion of this, more from each donation will come directly to Transaid.

## **Q: How do I register?**

A: Places are limited so don't delay! You can register online [here](#) or contact Anna by email to request further information.

# About Tanzania

## ELECTRICITY

Tanzania's electricity is typically 230 Volt and 50 HZ (50 Cycles per Second). Electric sockets are usually like the UK ones, so you shouldn't need an adapter. However, we would recommend bringing a worldwide travel converter with you (just in case).

## TIME ZONE

Tanzania is GMT + 3 hours, observing Eastern Africa Time all year round with no daylight saving time.

## WEATHER

September is a warm month with modest temperatures. There should be little or no rain.

The average temperature is 21°C to 28°C, with nighttime lows of 15°C.

## DRINKING WATER

The tap water in Tanzania is generally not safe to drink unless it has been boiled or treated.

Cheap, safe bottled water is widely available.

## PHOTOGRAPHY

It is polite to ask permission to take photographs of people and livestock. It is inadvisable to post pictures of children on social media outlets without the consent of their parent or guardian.

## CURRENCY

The national currency is the Tanzanian Shilling (Tsh).

## MONEY

You are able to purchase Tanzanian shilling (Ksh) prior to departure; however very few banks stock this, therefore you should order this in advance. These can be used to pay for most things. If you are only planning on spending money on postcards, souvenirs, etc, then we recommend you bring approximately £150 - £200 worth of Tsh in small denominations to give you flexibility. We also recommend taking a credit card or travel money card for emergencies. Major credit cards are widely accepted at midrange hotels and restaurants.

## TIPPING

Tipping in Tanzania is customary, especially after services like safaris, tours, and stays at tourist accommodations, but it's not mandatory. A tip of around 10% is common for meals.

## ACCOMMODATION

Accommodation during the challenge will be a mix of hotels and camping. Final details of this, as well as room configurations, will be sent to you at a later date. Please bear in mind that:

- Hotel facilities are the equivalent of 2-3 star hotels in Europe. You can expect them to be reasonably comfortable, with en-suite facilities.
- You will be asked not to flush anything additional down the toilets, and bins will be provided for toilet paper.
- Accommodation is usually twin share throughout the event but occasionally triple share due to limited space.
- Please let us know of any fellow challengers you wish to share a room with and we will do all we can to fulfil your wishes.



# TERMS & CONDITIONS BETWEEN TRANSAID AND PARTICIPANTS

## TRANSAID TERMS & CONDITIONS

1. In return for a secured place on Transaid's Cycle Tanzania, and as an indication of your serious fundraising intent, we require a non-refundable registration fee of £399 (payable on registration) and a commitment to raise at least £4,295 for Transaid.

2. **STAGE ONE PAYMENT:** £3,436 of this sponsorship must be paid to Transaid a minimum of 12 weeks prior to the departure date (25.06.2026). Failure to do so means that you must make up the balance yourself. If you have not raised the required amount by the stage one payment deadline then your place will be forfeited unless you advance the balance yourself. A personal advance can only be made in accordance with the conditions below:

A personal advance is made when a refund is intended. Refunding of the advance will only be made after the event's minimum sponsorship target has been reached (excluding the amount advanced and registration fee). The refund will not be made later than four weeks after the return date of the event. You will need to request a refund of your personal payment in writing (including email).

Please note the £4,295 target does not include your registration fee of £399 or any Gift Aid that your donations incur.

THE BALANCE OF YOUR TARGET (£859) is to be paid two weeks before your departure (03.09.2026).

3. If you have registered as a team and a member of your team withdraws after the stage one payment deadline, the minimum amount of sponsorship that must be raised by the remaining members will not be reduced.

4. **Booking transfer to another person:** You can transfer your existing booking to another person subject to agreement by our suppliers.\* Notice must be received in writing from the person who made the booking at least 40 days before departure. The replacement traveller must satisfy and fulfil any conditions that apply to the challenge, and all costs of the original booking and both you and the new traveller are responsible for paying all costs we incur before the transfer can be made. The cost of the transfer will consist of both an administration charge of £75 and any costs which the suppliers impose.

\*If you are unable to travel, you may wish to check whether cover is provided for your cancellation within the terms of your travel insurance policy as this may incur less cost to you.

Note: Certain travel arrangements may not be transferrable after a reservation has been made, e.g. some airlines may require payment of 100% cancellation charges and the cost of a new ticket for ANY variation that is made, and changes to other arrangements may incur a cancellation charge of up to 100%.

5. If you withdraw from the event after the stage one payment deadline then you will still be liable to pay at least the amount due as stated in the registration pack, whatever the circumstances of your withdrawal. We would ask that you speak to your sponsors and ask if they are still comfortable making their donation, if not then this must be returned to them.

6. You must make it clear to all prospective sponsors that an amount from your sponsorship money goes towards payment of the air and ground costs of the challenge.

7. All funds raised in the name of Transaid must be paid as soon as is practical to Transaid.
8. You must be over 18 by the date of departure.
9. Dream Challenges, a specialist in charity challenges, is the tour company responsible for all flights and ground arrangements. All monies paid to Dream Challenges via Transaid for your travel arrangements are protected by their ABTOT Bond. All participants take part at their own risk. Transaid is acting as your agent in making arrangements for you to join the event and is unable to accept liability for any loss or damage, however arising, or for the cancellation of the event for any reason outside its control. Registration fees will only be refundable should Transaid cancel the event.
10. You must wear a cycling helmet at all times when cycling during the event.
11. You are responsible for obtaining any necessary vaccinations and anti-malarials and for obtaining a valid tourist visa. Your passport must have at least six months to run from the date you return to the UK. Some UK passports have been issued with a longer than 10 year expiry period but there have been several incidences where foreign countries will only recognise a validity period of 10 years from the issue date. You should ensure that your passport is only 9 years and 6 months old on the date you return to the UK as a maximum.
12. You are required to complete a medical questionnaire and agree to a number of Terms and Conditions. It is the responsibility of participants to seek medical advice if they come under a category. If your health changes after signing the form, you hereby agree to inform the charity immediately and you understand that a new medical form may be required.
13. If you wish to opt out of the group insurance, you must have adequate travel insurance that will cover you for the specific activities you will be undertaking, including emergency repatriation. You will be asked to provide proof of travel insurance 12 weeks before the departure date at the latest or you may forfeit your place on the challenge. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charity. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Transaid.
14. You must not suffer from alcohol or drug dependency. You should not have any criminal convictions.
15. You participate at your own risk. If you are refused passage and/or entry/exit to or from Tanzania, any additional costs incurred are your responsibility.

**Upon registration, you will be asked to read and agree to all of the Transaid and Dream Challenges terms and conditions. The full terms and conditions of Dream Challenges and Transaid apply to those who are advised by the charity that they will be participating in the fundraising event. Please refer to the charities' own conditions of entry regarding your sponsorship and eligibility to travel. Those participants who qualify under the charities' rules will be entitled to travel and will be bound by the terms and conditions which can be viewed [found at this link.](#)**





17-26 September 2026



10 days



5 days



454km



2702m



Registration fee: £399



Fundraising pledge: £4,295

**[REGISTER HERE](#)**

**Please get in touch if  
you have any questions.**

**Contact Us**



Anna Giavedoni  
Events Manager  
[anna@transaid.org](mailto:anna@transaid.org)

**[www.transaid.org](http://www.transaid.org)**

137 Euston Road, London, NW1 2AA  
020 7387 8136



/transaid



@transaidorg



/transaid





**UK Registered Charity Number: 1072105**