

**AFRICA RIDES** EXPERIENCE THE POWER OF BICYCLES



In 2004, a Tsunami killed 230,000 people in the Indian Ocean basin and displaced over a million people. World Bicycle Relief was founded to address the basic transportation needs of men, women and students hit hardest by this disaster. The impact was stunning. Since then, this non-profit organization has provided over 97,000 bicycles and has empowered hundreds of thousands of people in Sri Lanka and across Africa.

Take a ride with us to gain an in-field understanding of World Bicycle Relief and partner operations, and see firsthand how bicycles revolutionize the lives of impoverished people.

*St. K. Day*





# AFRICA RIDES



## ***Experience The Power of Bicycles***

Africa Rides offers an exclusive opportunity to connect with World Bicycle Relief recipients while experiencing the spirit of ingenuity and hope that comes with a bicycle. During this nine-day adventure you will see the profound impact two wheels can make in rural Zambia.

- Partner with a local assembler to build a World Bicycle Relief bike
- Ride the bicycle you build alongside entrepreneurs, healthcare workers and students as you learn their stories
- Learn how bicycles are being used to create thriving businesses in rural Zambia
- Experience a one-of-a-kind distribution ceremony at a local school

This unparalleled access paired with a world-class safari excursion provides a truly life changing experience you will cherish forever.



**2012 Trip Dates**

May 19–27, 2012

July 21–29, 2012

October 6–14, 2012

**2013 Trip Dates**

May 18–26, 2013

July 20–28, 2013

October 5–13, 2013

**Trip Location**

Lusaka, Zambia

**Trip Price**

\$3,250 per person (plus international airfare)

\$300 single supplement

**Trip Length**

9 Days / 8 Nights

**More Information**

[worldbicyclerelief.org/programs/africarides](http://worldbicyclerelief.org/programs/africarides)



**“Experiencing the distribution ceremony firsthand was an incredible opportunity – truly touching!”**

– Stefano Russo,  
*Africa Rides 2010 Participant*

# ITINERARY



## **DAY 1 | ARRIVE IN LUSAKA, ZAMBIA**

ARRIVAL IN ZAMBIA | Welcome reception and restaurant dinner

## **DAY 2 | VISIT COMMUNITY PROJECT AND SUNDAY CRAFT MARKET**

SUNDAY CRAFT MARKET | Dinner at World Bicycle Relief house

## **DAY 3 | PROGRAM ORIENTATION**

TOUR OF WORLD BICYCLE RELIEF ASSEMBLY PLANT | Bicycle build

## **DAY 4-6 | COMMUNITY SITE VISITS**

- CAREGIVERS | Meet HIV/AIDS caregivers and ride WBR bikes to client households
- EDUCATION | Distribute bicycles to students
- MICROFINANCE | Ride WBR bikes to meet micro-enterprise clients / Celebration dinner

## **DAY 7-8 | MFUWE, ZAMBIA**

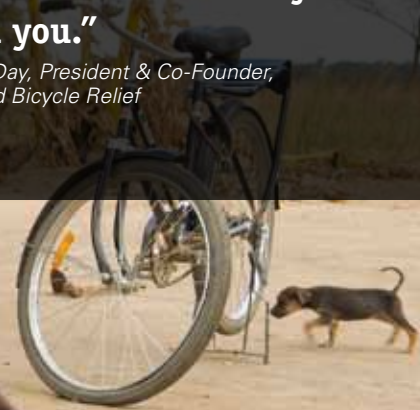
ZAMBIA SAFARI | Lodge retreat and game drives

## **DAY 9 | DEPART FROM ZAMBIA**



**“Africa Rides is an incredible opportunity to experience how something as simple as a bicycle can have a profound affect on both an African community and you.”**

*– F.K. Day, President & Co-Founder,  
World Bicycle Relief*




# PROGRAM ORIENTATION



## **Assembly Plant Tour and Bicycle Build**

Ready to see where it all takes place? Today, you will tour the World Bicycle Relief assembly plant and work together with assemblers to build the very bicycle you will ride in the field over the next few days. Once the bicycles are built, you will refresh and relax back at the hotel before an evening filled with local culture.

With over 70 languages spoken across Zambia, song and dance often break the language barrier in welcoming guests. Tonight traditional drummers and dancers will welcome you while you enjoy a gourmet braai (African barbecue dinner) at the World Bicycle Relief house.



**“Africa Rides was a fantastic experience. I don’t ride bicycles regularly, but was able to keep up with the group and learned a lot about bicycles along the way.”**

*— June Kirchgatter,  
2011 Africa Rides Participant*

# COMMUNITY SITE VISIT



## **Day in the Field: Education Site Visit**

Just as the Zambians do, you will get an early start. To fully understand how most of rural Africa travels, you will begin by walking. You will then pick up your bicycle and ride to a school in a typical rural district— tall grasses, dirt roads, villages with mud huts, thatched roofing, outdoor kitchens and no running water or electricity. Once at the school, you will take part in a very special World Bicycle Relief distribution ceremony followed by a ride to a student's home to see firsthand how bicycles make it possible for children to attend school. You will get a glimpse into home life and feel the physical exertion needed to perform the daily chores of collecting water and firewood. Afterward, the group will travel back to Lusaka to relax and enjoy dinner together.

During our days in the field you will have the opportunity to ride your newly assembled World Bicycle Relief bike. These casual rides are approximately 10km (6.2mi)/day on flat, unpaved and uneven terrain. Alternate transportation is provided as needed, ensuring that no one misses out on the experience of field visits.



**"This on-the-ground experience was enormously powerful. I feel privileged to have witnessed the transformative effects a bicycle can have."**

*— Jane McLaughlin,  
Africa Rides 2010 Participant*

# SAFARI



## **Zambia Safari: Mfuwe Lodge**

The last days of your trip will be spent on safari where you'll have the chance to enjoy abundant wildlife in the Luangwa Valley. South Luangwa National Park is a world-renowned wildlife haven — antelope, buffalo, crocodile and giraffe are regular visitors to the Mfuwe Lodge lagoon. Famed for its seclusion and natural beauty, this is one of the premier wilderness areas in Africa where you will experience a bounty of animal and birdlife. The intense concentration of game includes grasslands filled with large herds of elephant, rivers dense with hippos, a good leopard population and the Thornicraft's giraffe which is unique to this area. Birders have an opportunity to spot many of the 400 species present in the park. Night game drives offer an exciting opportunity to see nocturnal animals and activity. This award-winning safari lodge is the perfect sanctuary for taking time to reflect on your visit to Zambia.



**“What I was most  
impressed with on this  
trip was the change  
that happened in me.”**

*– Dave Kaczynski,  
Africa Rides 2011 Participant*

# ADDITIONAL TRIP INFORMATION



## Lusaka, Zambia

Lusaka is the capital and largest city of Zambia. It is located in the southern part of the central plateau at an elevation of about 1,300m (4,265 ft) with a population of about 1.7 million. It is a commercial centre as well as centre of government with the four main highways of Zambia heading north, south, east and west from it. The two main languages spoken in Lusaka are English (official language) and Nyanja (a Bantu language). Lusaka is one of the fastest developing cities in Southern Africa.

## How to Get There

We suggest that you arrive in Lusaka at least one day prior to the trip start. This will enable you to begin adjusting to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend you fly into Lusaka International Airport (LUN) where a World Bicycle Relief driver will pick you up and transport you to your hotel. As the trip ends in Lusaka, Zambia, we recommend that you also book your return flight from Lusaka International Airport (LUN).

## Weather

Lusaka features a relatively warm climate, typically with warm summers and very mild winters. The dry season predominates, lasting from April through October. April–August is cool and dry with average temperatures of 54-75°F. September–October is hot and dry with average temperatures ranging from 63-86°F and the potential for record highs of 95-100°F. Layered clothing is recommended to accommodate a variety of weather.

## Included in Trip Package

### Transportation

- Ground and air transportation within Zambia
- Shuttles and luggage transfers during the trip

### Food & Lodging

- Accommodations during the trip
- 8 breakfasts, 7 lunches, 8 dinners, all snacks and drinks

### Support

- Email updates from trip leader, contact details, meeting times and locations

## Not included

- Airfare and transportation to and from Lusaka (LUN)
- Pre and post trip arrangements
- Personal items purchased during the trip
- Travelers will be paired with a roommate on a best efforts basis. A \$300 single supplement will be required of all travelers who are not assigned a roommate.

## Accommodations

### Southern Sun Ridgeway / Lusaka, Zambia /

**+260 211 251666 / [www.SouthernSun.com](http://www.SouthernSun.com)**

Southern Sun Ridgeway Lusaka is set in attractive gardens and conveniently located in Lusaka's business district, close to embassies and government offices, and only 27km from the airport.

### Mfuwe Lodge / Zambia /

**+260 216 246041 / [www.mfuwelodge.com](http://www.mfuwelodge.com)**

This award winning safari lodge is set in the most prolific game area of the South Luangwa. Mfuwe Lodge's relaxed charm and enviable surroundings make it the perfect safari destination.

\* Note: Accommodations may change based upon availability.

## In the News

Warren Rossiter recounts his 2010 Africa Rides adventures in Cycling Plus, The Los Angeles Times praises the trips for their unique "Voluntourism" experience rarely found in travel packages and The Chicago Journal features the story of Africa Rides 2011 participant June Kirchgatter.

These stories and more are available on our website at: [www.worldbicyclerelief.org/programs/africarides](http://www.worldbicyclerelief.org/programs/africarides)

## Contact

To register or request specific itinerary information, please contact:

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