

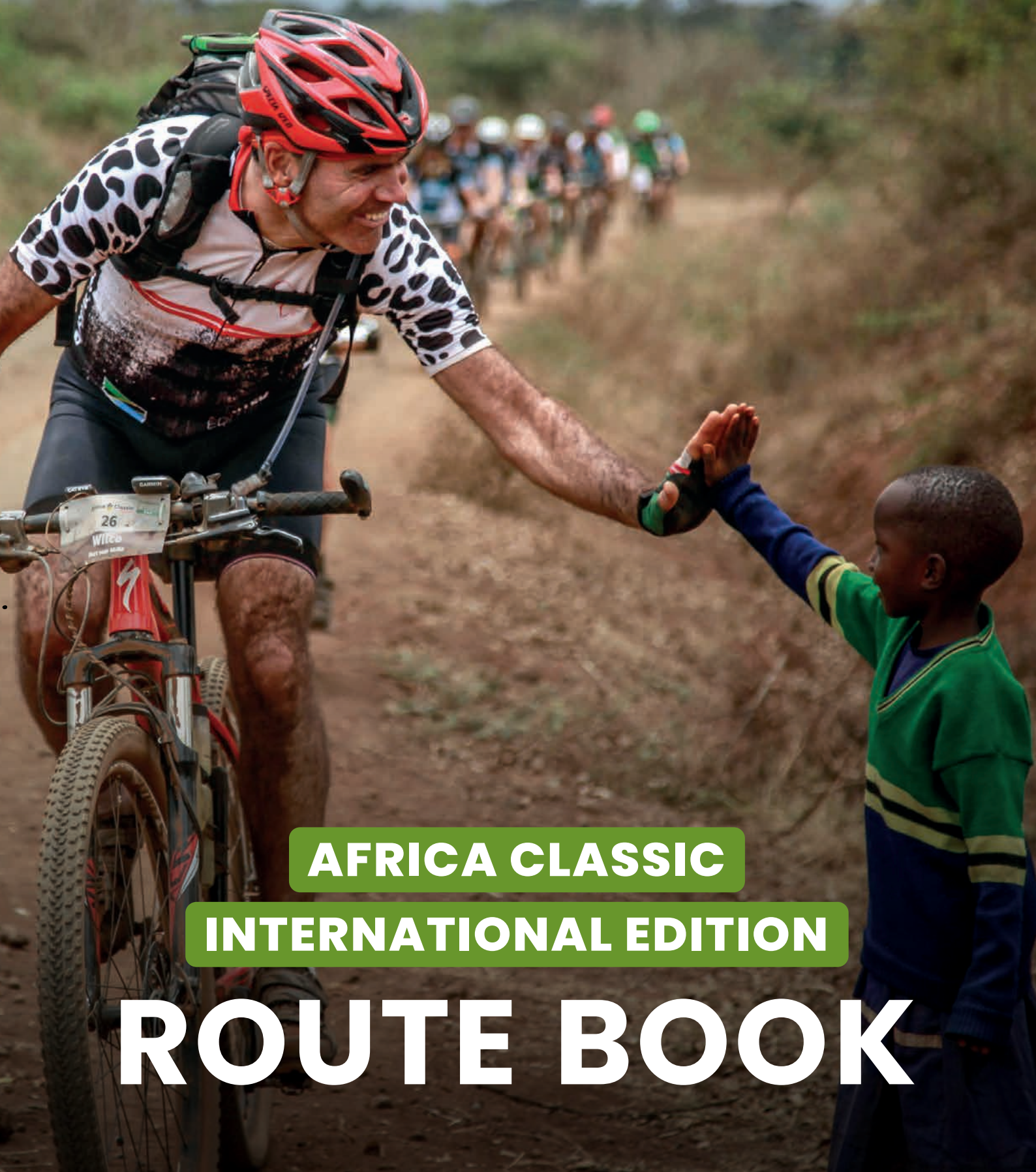


amref health africa

africa classic

INTERNATIONAL

2022



AFRICA CLASSIC

INTERNATIONAL EDITION

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FACEBOOK



HARD WORK MAGIC MOMENTS!

Dear cyclists,

Pinch yourself! Yes, the time has finally come. Your angelic patience has been rewarded, you are now actually cycling Africa Classic. In 2017, I cycled Africa Classic Tanzania and in September I will take on the challenge again in Kenya. I promise you: it will be a week you will never forget!

With the fantastic fundraising amount that you and the other participants have raised, we will be able to give many people in Africa a better, healthier life. Thank you very much.

From the very beginning – 65 years ago – Amref Flying Doctors have been flying to remote areas to provide healthcare. Today, we are continuously looking for innovative ways to reach our goals for a more healthy African continent. And we always do this in close cooperation with the local population itself. You will see with your own eyes in Kenya and Tanzania how we do this. Thanks to your contribution Amref is able to keep working for a healthy and strong Africa.

Make it a week to remember!

Patricia Vermeulen

CEO AMREF FLYING DOCTORS // THE NETHERLANDS

EMERGENCY PHONE NUMBERS

In case of life-threatening situations in Tanzania, call:
Emergency control centre Amref Flying Doctors in Nairobi
T +254 206 992 299

In case of emergencies on the road in Tanzania, call:
M +255 786 697 591 – Joris Smit, JorAfrica
M +255 785 840 000 – Ake Lindstrom, Summits Africa

For medical assistance call:
M +255 789 789 869 – Nicole Verheul, doctor

In case of a mechanical breakdown call:
M +255 784 845 580 – Evert Boshuis, mechanic

In case of any other problems call:
M +255 789 788 225 – Carsten Brunsveld, Emolife

If the home-front have questions, they can contact the
organisation in Amsterdam during office hours:
T +31 88 366 54 35 – General organisation



DAILY SCHEDULE

The programme per day is as follows (exceptions possible):

- 06.30 Bag & Breakfast
- 08.00 Briefing and kick-off
- 11.00 Checkpoint 1
- 13.00 Checkpoint 2 with lunch
- 15.00 Checkpoint 3
- 16.30 Finish
- 17.30 Medical consultations
- 19.00 Dinner
- 20.30 Evening meeting with briefing, film of the day and photos
- 23.00 Bed time



FULL-SERVICE

Africa Classic is a full-service tour, which means you only have to think about cycling and enjoying yourself. Every day breakfast and dinner are served in the camp. On the route you will also be well looked after; there are three checkpoints with water, snacks and fruit and at checkpoint 2 there is an extensive lunch. At the finish there are also snacks and the bar is open.

Bar prices: beer & soda – \$2 USD, wine – \$3 USD.

Guidance on the way consists of:

- Route control
- Security
- Mechanic
- Doctor
- Amref Flying Doctors employees
- Guides
- Media team
- Event manager



HELP

We ask for your help with a few things:

- We apply the Bag & Breakfast principle: after getting up, please pack your bag first and then have a nice breakfast. After packing your bag you can't go back to your own tent.
- You have to report to the organisation at each checkpoint and at the finish. **You put a checkmark next to your participant number.** If we miss your name on the checklist, we will call you and start a rescue search.



THE TRACKS

Africa Classic International takes you over challenging tracks with views of the Pare Mountains, Mount Meru and of course Mount Kilimanjaro. You will cycle mostly on wide paths of gravel, sand and dust. The locals you will meet belong to the Masai, Wachaga and Pare tribes.

Spending the night under the African stars with wildlife just a stone's throw away is an extraordinary experience. Sleeping will not be a problem after a day full of exertion and impressions. The red earth on your bicycle and cycling shirt, dozens of enthusiastic children along the road and the magnificent Kilimanjaro at the horizon can only mean one thing: you are in Tanzania! This is a unique experience in an even more unique country.

DAY 0

Amsterdam → Kia Lodge, Tanzania (fly)

DAY 1 56 KM, 280 HM or 85 KM, 438 HM

Kia Lodge → Miwaleni Camp

DAY 2 65 KM, 683 HM or 88 KM, 1011 HM

Miwaleni Camp → Lake Chala

DAY 3 64 KM, 1405 HM or 85 KM, 2101 HM

Lake Chala → Snowcap Camp

DAY 4

Snowcap Camp → Loitokitok Kenia (by bus)

DAY 5 81 KM, 926 HM or 106 KM, 926 HM

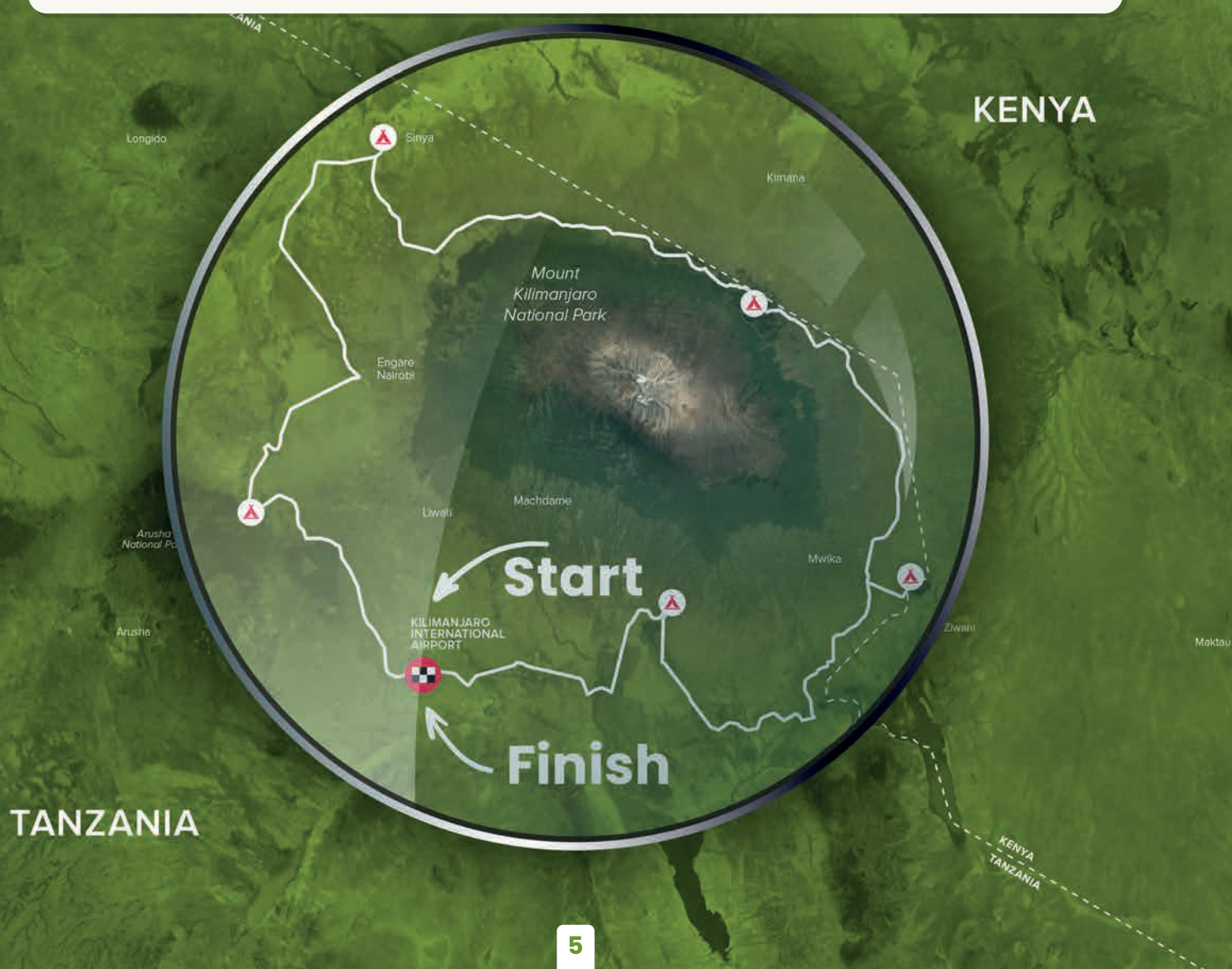
Snowcap Camp → Wildlife Corridor Camp

DAY 6 83 KM, 674 HM or 124 KM, 806 HM

Wildlife Corridor Camp → Flamingo

DAY 7 42 KM, 131 HM or 62 KM, 474 HM

Flamingo → Kia Lodge



AFRICAN SKIES

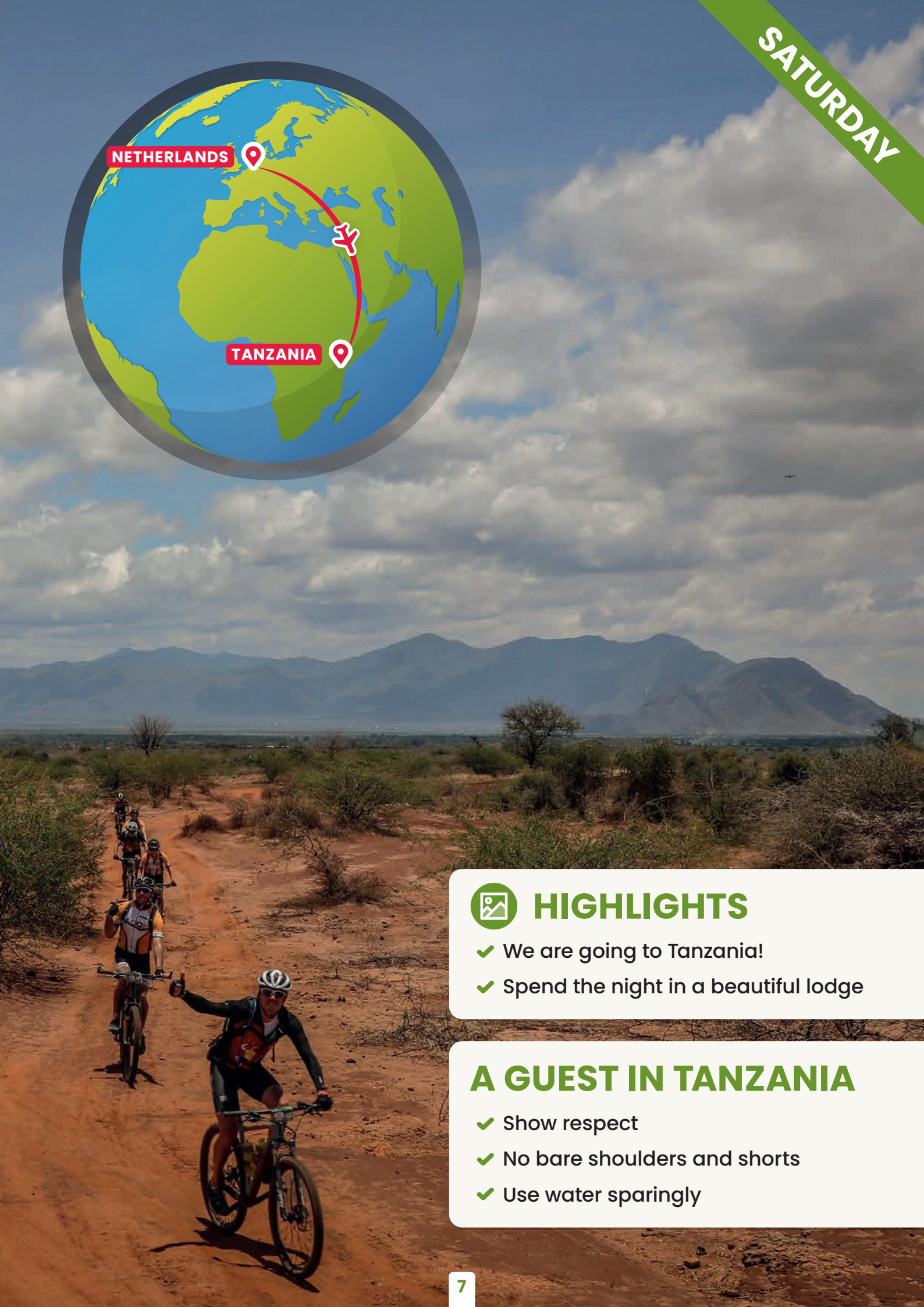
Amsterdam → Kia Lodge, Tanzania
(by plane)

Finally, we are in Tanzania! When we arrive, it is already dark. After passport- and visa control and collecting our suitcases and bicycles we will **wait in the hall** until all the bicycles have been counted. Outside the airport, Joris Smit and Ake Lindstrom, the men responsible for the production, will be waiting for us. Take your luggage to the buses, which are parked at the entrance hall and will take us to the Kia Lodge

It is a ten-minute drive from the airport to the lodge. On arrival there will be snacks and something to drink. There will be a short introduction and briefing for tomorrow. Make sure you don't miss it! After that, it's time for bed so that we will be well rested for a day of cycling full of new impressions that awaits us.



SATURDAY



HIGHLIGHTS

- ✓ We are going to Tanzania!
- ✓ Spend the night in a beautiful lodge

A GUEST IN TANZANIA

- ✓ Show respect
- ✓ No bare shoulders and shorts
- ✓ Use water sparingly

DAY 1: SUGAR CANE TRACK

Kia Lodge - Miwaleni Camp

After breakfast, you unpack and prepare your bike. Make sure you are ready on time, because you don't want to miss the flag-off ceremony with Amref officials!

The first track is a good start. There are relatively few altitude metres and the route is not very technical. During the ride we come across some loose sand parts and cycle over a small piece of tarmac, but the route mainly consists of wide gravel paths.

We pass boma's (traditional mud huts) of Wachaga and Masai tribes on our way. We see a lot of agriculture and then cycle through the Elephant Forest. Along the route we see the first characteristic Baobab trees. Parts of the route take us along the old Usumbara railway track. During the ride we pass the TPC compound. TPC is the oldest and one of the largest sugar cane plantations in Tanzania: the compound covers an

enormous area and is a community in itself. Workers and family members all live within the compound. It has a school, shops and even a country club.

Along the way, we meet a number of local Amref Health caregivers. We split into groups and follow them during their visits to families under their care.

Local health workers are the first and often the only contact in these remote villages and they know the families personally. Amref Health Africa therefore trains these people in recognising common diseases and epidemics. They learn to act adequately and refer people to a doctor if necessary. Because of this, they help improve the health of many people in this area every day.

When we arrive in Miwaleni Camp, a lovely shower, dinner and evening briefing are waiting for you.

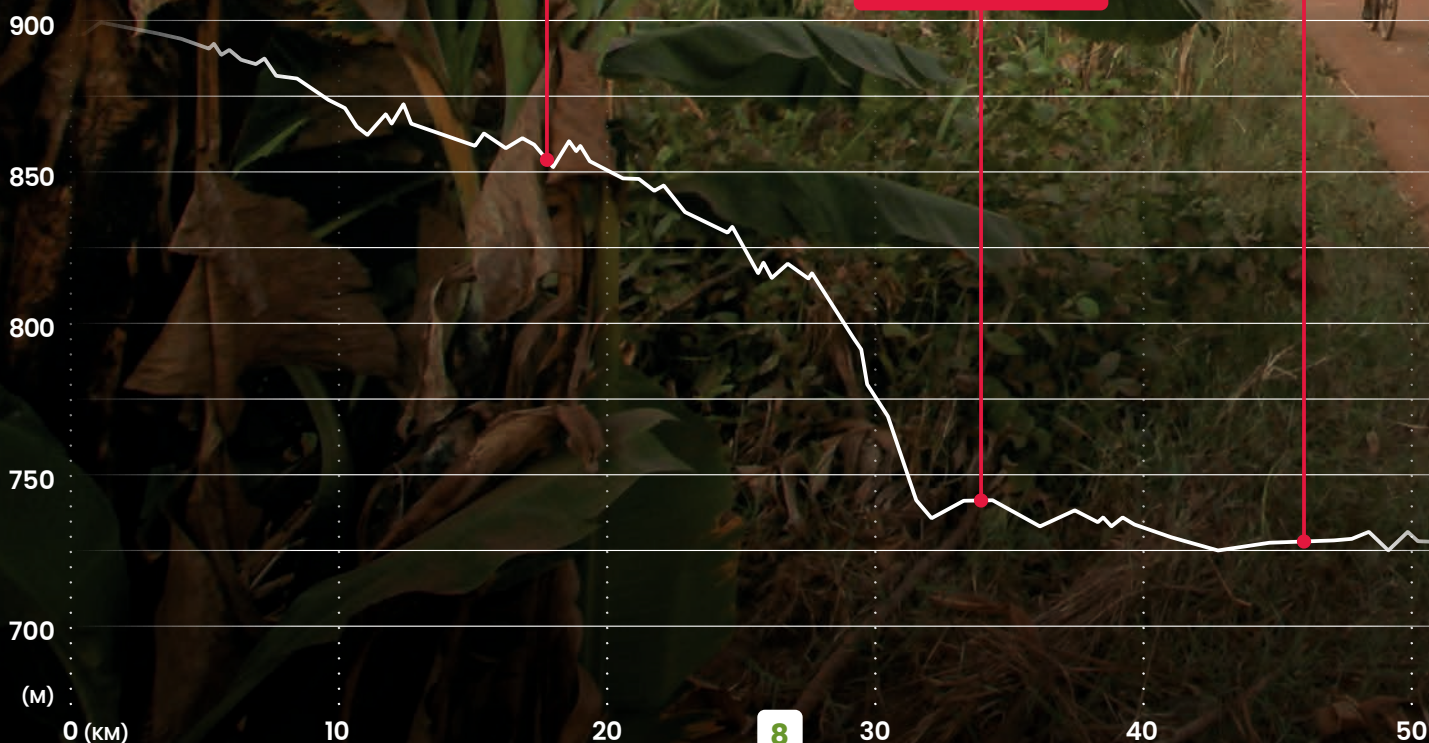
400 KM ROUTE

↔ 56 🏔️ 280

📍 CHECKPOINT: 18 KM

📍 CHECKPOINT: 46 KM (PROJECT)

✂️ LUNCH: 34 KM



SUNDAY



HIGHLIGHTS

- ✓ Boma's
- ✓ Baobab trees
- ✓ TPC compound
- ✓ Visit Amref project

📍 WATER STOP: 25 KM

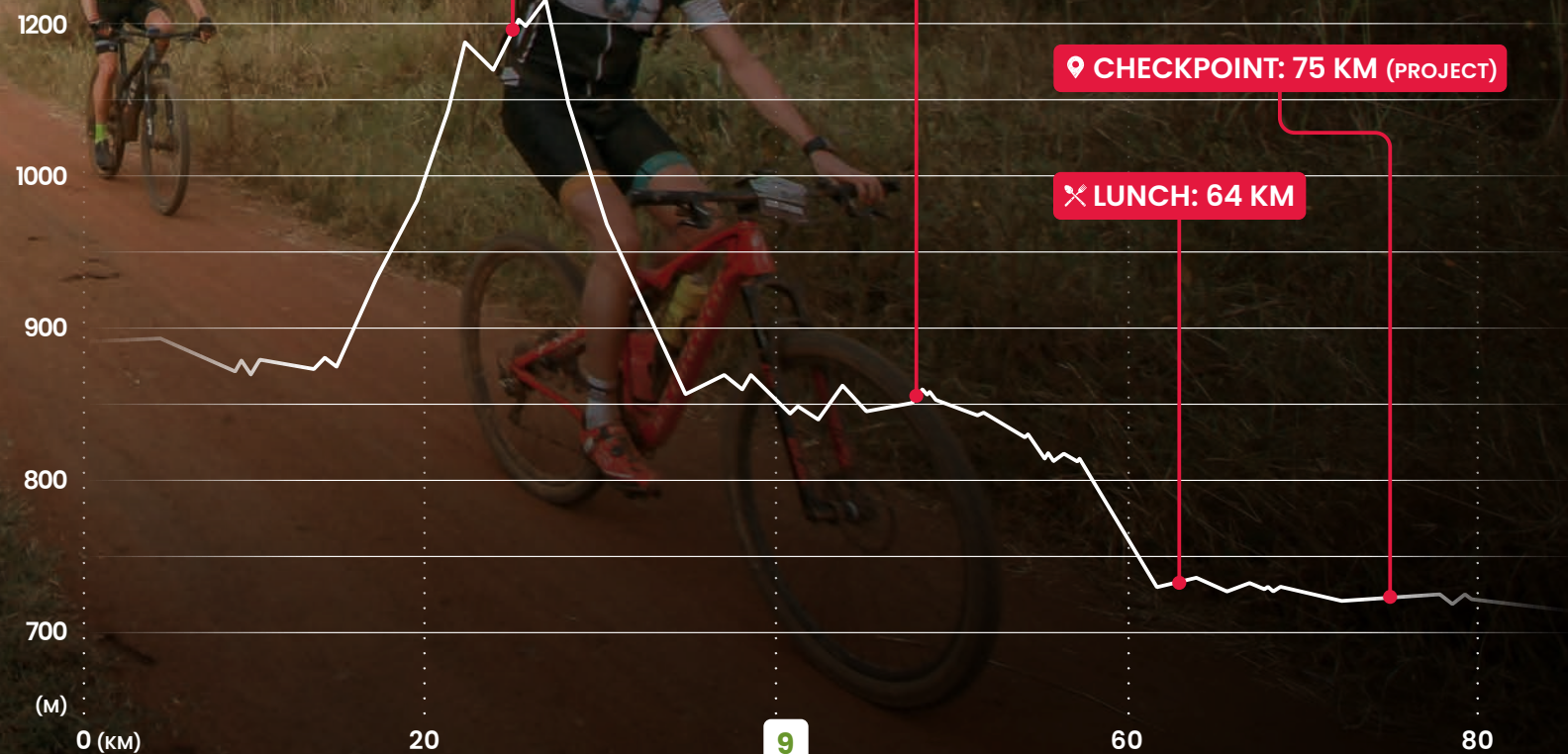
📍 CHECKPOINT: 48 KM

600 KM ROUTE

↔ 85 🏔 438

📍 CHECKPOINT: 75 KM (PROJECT)

✕ LUNCH: 64 KM



DAY 2: RED EARTH TRACK

Miwaleni Camp - Lake Chala

We leave Miwaleni Camp and cycle towards Lake Chala right on the border with Kenya. We mainly encounter wide, hard sandy tracks with some loose sand here and there. Especially in the second part of the route there are long stretches of false flat and just before the camp there is a steep climb to Lake Chala.

Most of the villages along the route are part of the Pare tribe. They live mostly in small mud huts. Along the route, we see banana plants,

mango trees and palms. The largest part of the track gives you a magnificent view of the North Pare Mountains. From the second part of the track, you can see the savannahs of Kenya. In the last part you may encounter baboons. The reward after the last tough climb is enormous: a short, fast descent with a view of the breathtakingly beautiful Lake Chala. We will spend the night here on a unique campsite with a view of the crater lake.

400 KM ROUTE

65 683

📍 CHECKPOINT: 16 KM

📍 CHECKPOINT: 49 KM

🍴 LUNCH: 36 KM



MONDAY



HIGHLIGHTS

- ✓ North Pare Mountains
- ✓ Baboons
- ✓ Lake Chala

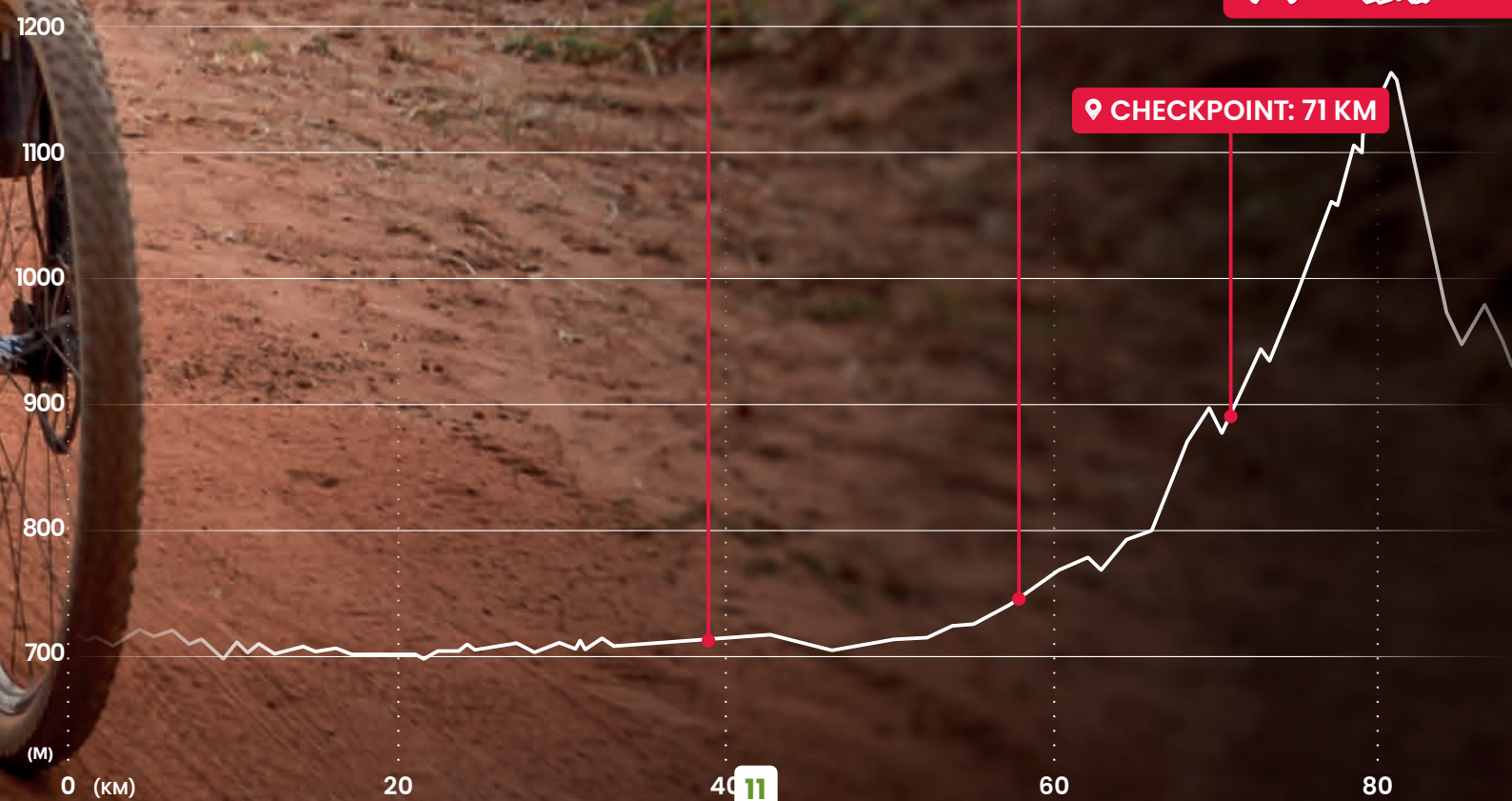
📍 CHECKPOINT: 39 KM

🍴 LUNCH: 58 KM

600 KM ROUTE

↔ 88 🏔 1011

📍 CHECKPOINT: 71 KM



DAY 3: KILIMANJARO TRACK

Lake Chala – Snowcap Camp

We leave Lake Chala on a steep dirt track that leads us back to the route with a magnificent view of Mount Kilimanjaro. This track consists mainly of gravel, but also red earth and a piece of asphalt. After a reasonably flat section along farmland, the track climbs steadily. When we reach the asphalt we continue in small groups for safety reasons. The last 15 kilometres are going to be tough. A steep climb on the foothills of Kilimanjaro. The finish will come as a welcome relief. Day 3 will be the Queen Stage of this year's Africa Classic.

We pass several Masai villages on the way, modern buildings of corrugated iron and wood will be alternated with traditional mud huts. Along the way, we have a magnificent view of the Kenyan savannah. At one point we literally ride along the border with Kenya, so keep an eye on your GPS so you don't accidentally cross the border! We finish at altitude in Snowcap Camp, a starting point for many Kilimanjaro expeditions.

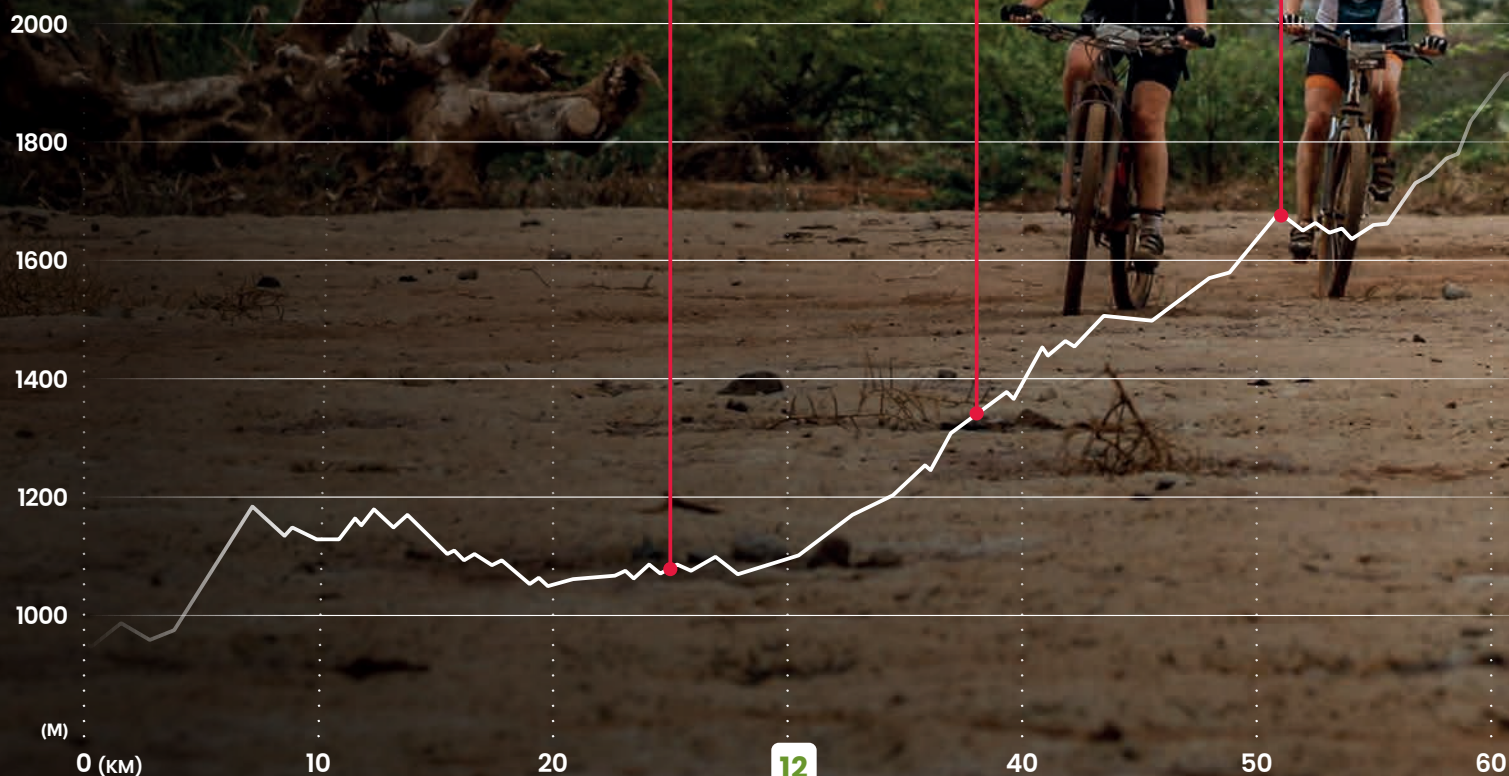
400 KM ROUTE

64 1405

📍 CHECKPOINT: 25 KM

📍 CHECKPOINT: 51 KM

🍴 LUNCH: 38 KM



TUESDAY



HIGHLIGHTS

- ✓ Queens ride
- ✓ Mount Kilimanjaro
- ✓ Savannah
- ✓ Snowcap Camp

📍 CHECKPOINT: 31 KM

🍴 LUNCH: 56 KM

600 KM ROUTE

↔ 85 🏔 2101

📍 CHECKPOINT: 72 KM

2000

1500

1000

(M)

0 (KM)

20

13

60

80



DAY 4: KENYA VISIT

Snowcap Camp < - > Loitokitok Kenia (by bus)

We get up early, because we are going to spend the day in Kenya. The border is close to our campsite and we cross it by bus. Keep in mind that this will take more than 2 hours. Fortunately, we can enjoy the sunshine outside in the grass and give our legs some rest.

In Loitokitok, we meet the enthusiastic Entarara Community Water Committee, which is responsible for maintaining the water installation in Entarara. This installation was built with the help of Amref. Thanks to this installation, the population no longer has to walk kilometres to fetch water, but have access

to water at various local points.

After lunch, we visit a school where we meet pupils and teachers. They will tell us all about the alternative ritual against female circumcision that Amref has developed together with the Masai. The colourful ritual in which girls are beautifully dressed and undergo all kinds of festivities has remained unchanged, but the painful and unhealthy circumcision of girls is no longer necessary. In addition, girls receive sexual education and lessons about their rights (at this school, among others).



HIGHLIGHTS

- ✓ Kenya
- ✓ Water project
- ✓ School
- ✓ Snowcap Camp

TAKE WITH YOU:

- ✓ Passport
- ✓ Visa
- ✓ Vaccination certificate with QR code or negative PCR-COVID-19
- ✓ Travelers Health Surveillance Form
- ✓ Vaccination booklet
- ✓ Dollars
- ✓ Water
- ✓ Sun protection
- ✓ Entertainment for border crossings

DAY 5: MASAI TRACK

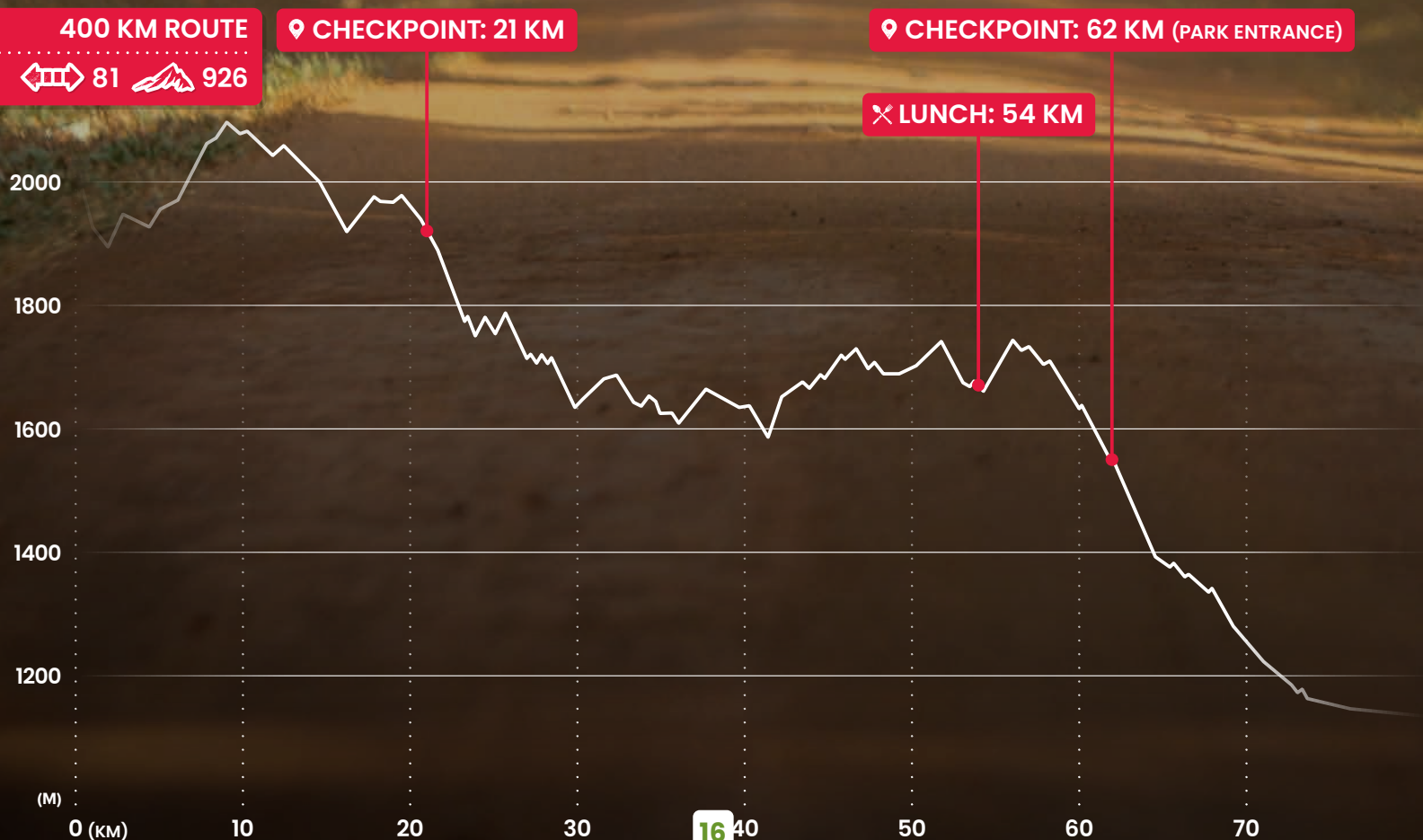
Snowcap Camp - Wildlife Corridor

Today is a long but beautiful cycling day. It's going to be a varied day on the bike. We come across some sharp climbs and nice descents. Every climb is rewarded with a beautiful view over the Amboseli plains. We start on an asphalt road through a coniferous forest and then ride over undulating sand and gravel tracks with a long descent to Wildlife Corridor.

After leaving the Endoinet forest, we pass several Masai boma's and farmlands. We have lunch at the Enduimet Wildlife Sanctuary, a wildlife reserve run by Masai. The tourist

activities here generate money that is spent not only on protecting the wildlife, but also on building wells, houses, clinics and school fees for the poorest families in the villages in this area.

Along the way, you may spot zebras, impalas, African eland, baboons or a curious warthog. Most of the track has magnificent views of Mount Meru. As we descend further, the vegetation decreases. The scenery becomes more flat with breathtaking views. We will spend the night at a special location near Wildlife Corridor.



THURSDAY



HIGHLIGHTS

- ✓ Wildlife Sanctuary
- ✓ Mount Meru
- ✓ Wildlife Corridor

📍 CHECKPOINT: 21 KM

📍 CHECKPOINT: 62 KM (PARK ENTRANCE)

600 KM ROUTE

↔ 106 🏔 926

✂ LUNCH: 54 KM

📍 EXTRA CHECKPOINT AT CAMP: 81 KM

2000

1500

(M)

0 (KM)

20

40

17

60

80

100

DAY 6: WILDLIFE TRACK

Wildlife Corridor – Flamingo

Today, we climb more than we descend. The route is once again quite long and is characterised by changing surfaces. This is the day to see big game, so keep your eyes open!

We cycle over dirt roads to the West Kilimanjaro Airstrip, where we have lunch and watch the Flying Doctors airplane land. Amref was founded in 1957 and started with carrying out medical flights to remote areas in Africa: the Flying Doctors. There is still a group of African specialists active who fly to remote areas on a voluntary basis to provide the most necessary specialist care. The top 6

fundraisers get to make a round trip and see Mount Kilimanjaro from the air. An unforgettable experience!

We then cross the beautiful Masai plains and leave the green foothills of Mount Kilimanjaro behind us. We ride towards Mount Meru, where there is a lot of volcanic rock. Your mountain bike technique will be put to the test here!

We end the day festively at Flamingo and enjoy the beautiful view of a lake full of flamingos. Ake and Joris will prepare a delicious feast and there is an opportunity for a small dance.



FRIDAY



HIGHLIGHTS

- ✓ Wildlife
- ✓ Mount Kilimanjaro
- ✓ Arusha National Park
- ✓ Final celebration

📍 CHECKPOINT: 46 KM

600 KM ROUTE

↔ 124 🏔 806

🍴 LUNCH: 68 KM

📍 CHECKPOINT: 103 KM

1400

1200

(M)

0 (KM)

20

40

19

80

100

120

DAY 7: MOMELA LAKE TRACK

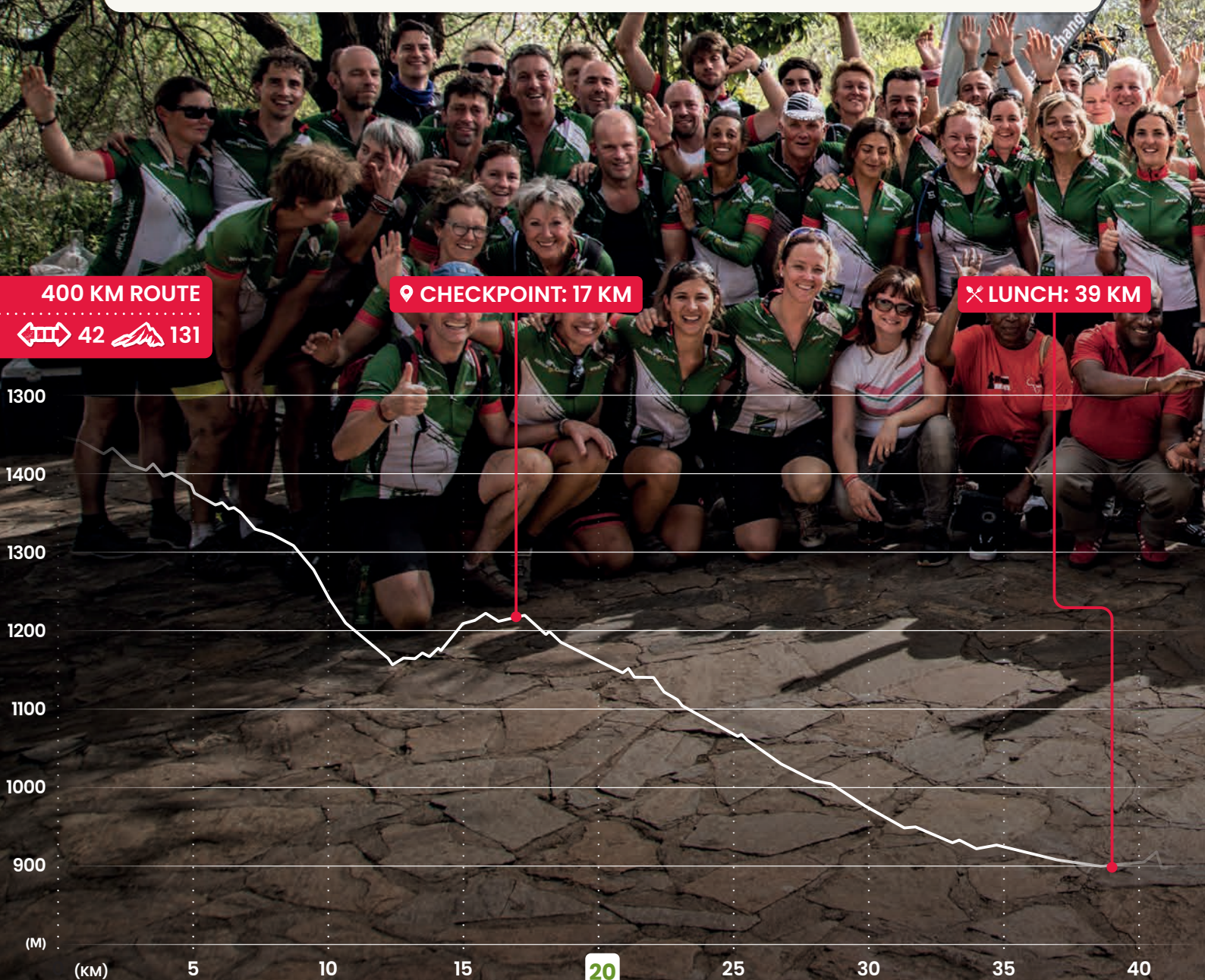
Flamingo - Kia Lodge

On the last day of cycling, we descend the first part of the track mainly on a long dirt road. We ride through small villages and along farmland. After about 32 km, we reach an asphalt road, which we will cross. We will drive back to the Kia Lodge in one group.

After lunch we will drive back to the Kia Lodge in one group. We cross the finish line in teams and groups of individual cyclists. You will receive a warm welcome and as a group we will present the cheque with the total proceeds of Africa Classic International Edition to Amref Tanzania.

After this festive finish, there is time to refresh yourself in one of the rooms of the Kia Lodge and pack up your bike. We will wrap up the afternoon with a swim in the pool and drinks at the bar.

At **5.30pm** we leave for Kilimanjaro Airport for our return flight. We land early on Sunday morning in Amsterdam, where we will be welcomed by our family and friends. And then? A lot of beautiful memories of your *hard work and magic moments*.



SATURDAY



HIGHLIGHTS

- ✓ Cheque presentation
- ✓ Celebratory finish
- ✓ Swimming pool
- ✓ Return home

📍 CHECKPOINT: 17 KM

✂ LUNCH: 60 KM

600 KM ROUTE

📏 61.5 🏔 474

1400

1200

1000

(M)

0 (KM)

10

20

21

0

40

50

60



GPS EXPLANATION

Everyone is free to cycle with whomever he or she wishes, as long as no one cycles alone and always cycles with someone with a GPS.

The Etrex series that is provided by the organisation does have a self-navigating function, but this is not usable with the maps that are used. This also means that no warnings can be given at turn-offs and other waypoints (such as checkpoints and finish).

It is therefore important to follow the displayed route, and it is important that the colour of the route is clear in advance. The route travelled also creates a track, which can cause confusion in some cases.

The Etrex is set up in such a way that all routes of the entire trip are already programmed and change colour per day. Routes are called 'tracks' on this Garmin and can be viewed in the menu under 'track management'.

The cyclist's position is central in the main screen and the map moves with the travelled route. If necessary, the map can be moved with the thumb stick (button 3) that is positioned above the screen. The basic location can then be found again by pressing the 'back' button (2).

Zooming in and out can be done by means of button 1; when cycling, it is recommended to set the map to 200m.

During the day (clear, or with a few stacked clouds) the screen is easy to read without backlight. Should the weather deteriorate, the brightness can be adjusted by pressing the power button once (button 5) and then pressing it again once or twice to make the screen brighter (but this will drain the battery more quickly).





DO'S

- ✓ Take your malaria prophylaxis every day
- ✓ Carry at least 3 litres of water/ sports drink with you while cycling
- ✓ Wear your helmet and sturdy shoes while cycling
- ✓ Apply sunscreen and then DEET.
- ✓ Put a checkmark behind your name at the checkpoints and finish.
- ✓ Always cycle in at least pairs and with someone with a GPS
- ✓ Fix your GPS securely and switch it off after the finish
- ✓ Do a tick check with a buddy every evening

DONT'S

- ✗ Do not leave anything unattended
- ✗ Do not hand out money or gifts along the way
- ✗ Do not touch any animals
- ✗ Do not wear slippers (except in the shower), especially in the evening

FACEBOOK

Curious who will go with you to Tanzania?
You can see here the staff and the Africa
Classic International Edition participants.

STAFF



AKE LINDSTROM



CARSTEN BRUNSVELD



CHILO OOSTERGETEL



EVERT BOSHUIS



JORIS SMIT



MARTINE
VAN RUITENBEEK



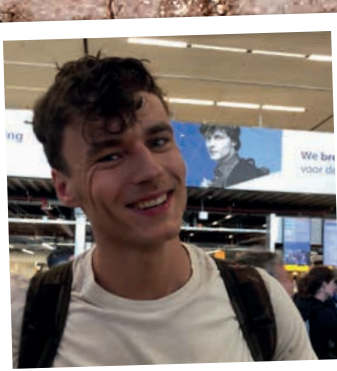
NICOLE
VERHEUL-BOVEN



SALUM LUJENJE



TAIKA
VAN DER HARST



TJERK HERMSEN



VERA VAN DER WAL



WAIDA RAMADHANI

BRABANT4AFRICA



BART VERHOEVEN



JASPER VAN OTTERLO



NIELS BEK



ROGIER VAN CAMP

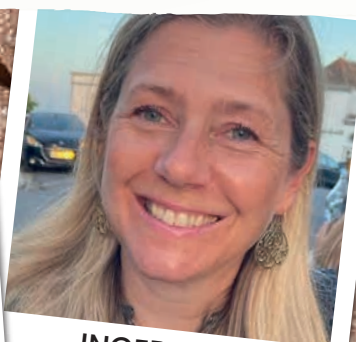
CYCLINGPOWER2TOAFRICA



ARTHUR
WILLIGENBURG



BORIS
HEEMSKERK



INGEBORG
LUGTENBERG



SANNE
WILLIGENBURG

FLYING FIFTIES



HANS MINNAAR

INTEMO



CRISTINA ROVIROSA



JANUS HOEKS

PHILIPS CYCLES FOR AFRICA



EILEEN REGEN



EVELINE MOUWS



GEERTJE VAN KEULEN



JANNEKE DIRKX



JOHN VAN KUIJK



KAI TUK



LINDSAY MITCHELL



NICK HAARSELHORST



PETER-PAUL
KÖSTER



RALF BOOTZ



SAM TALYA



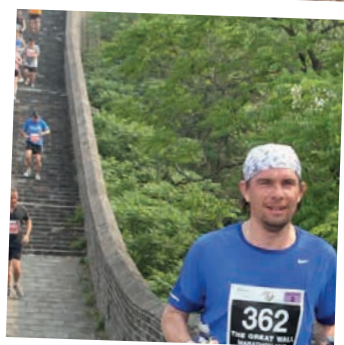
TIM KOLHORN

TEAM DE RUITER



AD VAN ROOIJEN

INDIVIDUEEL



COEN VERBERK



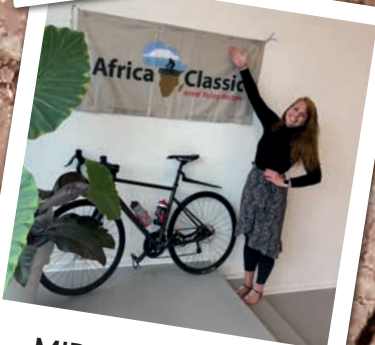
ERIK VAN OS



GRADUS
VAN DEN BERG



HESSEL STOEL



MIRJAM POSTMA



ROB
VAN WINGERDEN



SYLVIA VERPAALEN



WILBERT GERLINGS

2PERSPECTIVES GMBH



ALEXANDER SCHMID



FABIAN BINODER

BIKETREFF VELEN POWERED BY BEST IT



CHRISTOPH
FUNKE



EVELYN
WALTER



FRANK
HEUMER



LUDGER
BRUNS



MANUEL STROTMANN



MICHAEL GLAREMIN



THOMAS TENKAMP

TEAM HERFORD



HEINZ DIETER KLEIN



SOPHIE KLEIN

INDIVIDUEEL



ALEXANDER WUNTKE



GABRIELE ODENIUS

ENGLISH – SWAHILI

Hello – Hujambo

Hi – Mambo vipi

Good day – Habari za mchana

Good morning – Habari za asubuhi

Good afternoon – Habari za jioni

Good night – Habari za usiku

Welcome – Karibu

What is your name? – Unaitwa nani?

My name is... – Ninaitwa...

Pleasure to meet you – Ninafurahi
kukutana nawe

Yes – Ndiyo

No – Hapana

Please – Tafadhali

Thank you – Asante

You are welcome – Karibu

How are you? – Habari ghani

Good, thank you – Nzuri, asante

Talking – Kunogea

Speaking – Kusema

Say – Kusema

Tell – Kuzumgumza

Hearing – Kusikia

Listening – Kusikiliza

Cycling – Kuendesha baiskelli

Goodbye – Kwa heri

Farewell – Kwa heri

See you later – Tutaonana badaay

Bye – Haya







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africa classic

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