



MOUNTAIN BIKE TOURS AND PACKAGES OFFER

Unique MTB cycling-cultural adventure

Cycling is the best way to integrate with nature and culture while exploring our magical region and beautiful country. We make it accessible to everyone regarding their wishes, interest and physical preparation by offering a variety of routes within our programs: expeditions, full-day and city tours

CITY TOURS

- **Moshi city bike tour**

We are going to ride the main streets and surroundings, through landmarks, local crafts, shops, food markets, restaurants, bars, useful services and get in touch with the effervescent vivid life of Moshi.

Time	Difficulty	Road	Distance
2-3 hrs	Easy	Tarmac	km

Itinerary

Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. Our first stop will be **Mbuyuni Market**, with its tasty fruits and vegetables. Then we will ride through the vivid streets of Moshi Town and feel the real beat of the city and its people, cause in Africa, everything happens on the streets. We will see big **Rihada Mosque** and **Hindu Temple** on our way to the **Clock Tower** and follow to the **Old Train Station**, a scenic place for pictures. Next stop is **Roman-Catholic Church** Christian king, a very important local temple. At the **Memorial Market** you will see the colorfulness of Africa through its clothes and textiles. The last stop of this intense ride is **Moshi Airport** where Mount Kilimanjaro and its peaks Kibo and Mawenzi wait for us in an open field. A short ride from there take us back to One Bike Shop. Stops for lunch or drinks can be included on the tour.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
55 USD	45 USD	35 USD	30 USD

- **Moshi's life circle**

The outskirts of Moshi reveal the history of Tanzanian colonial times as well as today's way of life of chagga people, locals and foreign. Exuberant nature and local landmarks are also on the map.

Time	Difficulty	Road	Distance
3-5 hrs	Easy	Tarmac, Dirty road	km

Itinerary



Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. Our ride begins at the live streets of the city under the atmosphere of everyday life. On our first stop at **Njoro Quart** we will have a deep taste of local's routine, people gathered and cooking around bowls, children who will be happy to see you and gospel music coming from the nearby church. We will then follow to the **Old Railway Station**, nice picture spot where luckily you can be greeted by Mount Kilimanjaro. The ride continues to **Njoro Spring**, a beautiful forest with a tree conservation center and a water purification pool. The landscape starts to transform as we get to **Shantytown**, old colonial quart, with big alleyways and villas with colorful gardens. A break at a hidden peaceful spot by the river is the perfect end of the journey. A relaxing and easy ride takes us back to One Bike Shop through **Soweto Quart**.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
55 USD	45 USD	35 USD	30 USD

FULL-DAY TOURS

- **Moshi's countryside tour**

Immerse yourself in the lush nature that surrounds the city of Moshi with its big sugar cane plantations, rich flora and fauna, a taste of local life and the most beautiful view of Kilimanjaro and Meru mountains.

Time	Difficulty	Road	Distance
6-8 hrs	Medium	Tamac, Dirty road	50 km

Itinerary

Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. From there we will cycle through the vivid city streets and its industrial zone. Then the ride will take us out of the city in long and peaceful **sugar cane plantations**, one of the oldest and largest sugar estate in Tanzania. And while you are observing companies circle and sugar cane products you will learn a bit about sugar cane process. The road will then take us down the river to the **old bridge** made to connect **villages** and company land and with a little courage; you will be on the other side experiencing local life and culture. After that, we are going deeper in nature, in companies' **wildlife conservation area** where, if you are patient and lucky, you can see different species of birds and monkeys. **Lunch** will be organized in a local restaurant with a big garden which is a perfect spot for a break. From there we will start returning back in another way, while we are enjoying the sunset behind mountain Meru and the **magnificent view of Kilimanjaro**. Ride back is optional, for those who are tired, transport will be organized.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
120 USD	95 USD	75 USD	65 USD



- **Cycling through Chagga village**

This tour will take you in fascinating Chagga village on the slopes of mountain Kilimanjaro. It is a ride through beautiful, lush forests, banana and coffee farms with experience of local life and farming that supplies the whole region.

Time	Difficulty	Road	Distance
6-8 hrs	Medium	Tarmac, Dirty road	45 km

Itinerary

Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. The ride will take us first through very nice city quarter, **Shanty Town** with its green surrounding and big roads. From there we will gradually drive uphill on the dirt road, while we are heading to the north. On the way, we will pass local schools, markets and explore the local environment of the Chagga people. Our final destination is **Kibosho village** where you will enjoy banana, coffee and corn fields, learn a little bit about costumes, beliefs, and songs and Chagga agriculture methods, cause these people are well known for farming. For sure it will be an authentic experience of different people and their culture. **Lunch** and break will be organized in local place so you can try most delicious domestic dishes. After that, we will visit one of the oldest churches in Tanzania, **Gothic Catholic church**, from where we will start the long and easy downhill ride back to the city of Moshi.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
120 USD	95 USD	75 USD	65 USD

- **Materuni waterfall cycling tour**

Standing at 150m high, nestled in the lush, green forests on the foothills of Mt. Kilimanjaro, the Materuni waterfall is one of the spectacular highlights of the region. This is a unique chance to reach it on the bike while you are experiencing authentic Tanzanian village life and culture.

Time	Difficulty	Road	Distance
6-8 hrs	Challenging	Tarmac, Dirty road	30 km

Itinerary

Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. You will pass through the **city and its vibrant streets** on the way to the dirt road that will take you on a cultural experience of the most numerous Mt. Kilimanjaro inhabitants, Chagga people. You will see and feel everyday life, farming, preparing food outside, kids that are going to the school and great hospitality of



people. Coffee, banana and corn plantations are all around on the way and **coffee making process tour** could be included in the trip. The steep and rough road will take us to the **Materuni village** where you will have a chance to eat local food and rest. After that, a one-kilometer long walk will take you to the beautiful **Materuni waterfall** where you can swim, refresh and enjoy the afternoon. The ride back is downhill, which makes it much easier and faster.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
120 USD	95 USD	75 USD	65 USD

- **Kilimanjaro Shira plateau by bike**

Let yourself in an unforgettable adventure and climb one of the Kilimanjaro peaks in one day. Reach Shira plateau on 3962 meters high while you are riding through rain forest and moorland zone, watching wildlife and witnessing one of the most beautiful views of Kibo peak.

Time	Difficulty	Road	Distance
7-9 hrs	Challenging	Tarmac, Dirty road	50 km

Itinerary

Starting point at **One Bike Shop** in the city center. Transfers from your hotel/lodge can be arranged. Our trip will start with a two hours transfer to **the Londorossi gate** on the west side of the mountain. From there you will begin challenging bicycle ride upon the steep road that will take you through a **rich green rainforest**. You will find yourself in the middle of a numerous three and bird species as well as wildlife. Then, the road will take you to **the moorland zone** from where you will be followed all the time with two beautiful scenes. On one side, uphill you will see magnificent Kibo peak covered with snow, and on the other side, downhill, endless Massai land will bring you peace and calmness. Depending on weather conditions, you will have packed lunch and break when we reach **Shira plateau** or on some other cosie spot. The ride back will be easier and quicker since it is downhill, but a bit more technically challenging. From the Lunderossi gate, where the bike ride ends, you will be transferred back to the city.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
360 USD	290 USD	250 USD	230 USD

- **Cycling Arusha national park**

Arusha national park with its different habitats, beautiful lake and mount Meru in the landscape will charm you on a first look. Explore it on the bike and enjoy the fresh air, activating your body and picnic by the lake.



Time	Difficulty	Road	Distance
7-9 hrs	Medium	Dirty road	20 km

Itinerary

From our shop, you will be transferred to the **Arusha national park**, first. Our 20 km long ride starts from the gate of the park. On the way, you will see different habitats and wildlife. From the low grassland to the rain forest. From the different bird species to the zebras and antelopes. And all of it in relaxing bike ride while the mountain Meru is in background. We will rest and have **lunch** at the lakeside on the perfect picnic spot. On the way back we will drive to the park gate and then you will be transferred back to your hotel/lodge.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
360 USD	290 USD	250 USD	230 USD

EXPEDITIONS

- **Kilimanjaro 360° challenge**

Unforgettable experience of 360° cycling ride around Mt. Kilimanjaro reveals all the diversity of Tanzanian nature and culture. Off-the-beaten roads will take you deep in the wildlife, both dense forest, and endless barefoot, through local life in villages of different tribes.

Time	Difficulty	Road	Distance
9 days	Challenging	Tarmac, dirty road	476 km

Itinerary

DAY 1 | Arrival in Moshi

You will be picked up from Kilimanjaro airport or other arriving destination with the One Bike guide who will welcome you and transfer to the hotel. This day you will get all needed information and preparations for the trip. The rest of the day could be used for resting and exploring the city of Moshi.

DAY 2 | Machame gate – Olpoongi Maasai village | 81km

After breakfast, you will be transferred to Machame gate, which is the starting point of your cycling trip. From there, dirty and gravel road will take you first through the rain forest, banana and coffee plantations, home of the Chagga people. But as you are heading west, you will find yourself on a windy part of the mountain with more open-air plains, and acacia woodlands. This is the land of Maasai people, and you will be able to experience the differences among different tribes and their cultures in Tanzania. You will pass by



Ngabobo and Tinga Tinga village and drive on the border of the National park, crossing the paths and native land of different animals. Overnight in Olpopongi Maasai village.

DAY 3 | Olpopongi Maasai village – Simba farm campsite | 60km

Today you will be cycling through the Sinya and Ngasurai open plains, which serve as a wildlife corridor for animals moving from Amboseli National Park in Kenya to the Enduimet wildlife management area in Tanzania. Today's route will be completely off-the-beaten-path with no tarmac. If it is a clear day you will be able to see magnificent views of Mt. Kilimanjaro, Mt. Meru, and Mt. Ol Doinyo Lengai. Overnight in Simba farm campsite.

DAY 4 | Simba farm – Shira plateau – Simba farm | 81km

This day will be one of the most challenging on the tour. You will cycle uphill on the dirty and rocky road to climb the Shira Plateau of Mt. Kilimanjaro, one of its three peaks and reach helipad on 3700 meters high. From there you will enjoy a beautiful view of the top of Kilimanjaro and its Kibo peak covered with snow on one side, and endless Maasai land on the other. After the rest, you will enjoy the much easier ride down, back to the Simba farm campsite where you will be spending the night.

DAY 5 | Simba farm – Snowcap cottages, Rongai | 66km

Today's route takes you through the north-eastern side of Mt. Kilimanjaro which borders Kenya. You will pass through vibrant villages, farmlands, and end on the enter of the Rongai trek route to Kilimanjaro in the Nalemoru village. The village is located on the border with the Rongai forest, conservation center for a lot of tree species that you can see. Overnight at the Snow Cap Cottages.

DAY 6 | Snowcap cottages, Rongai – Lake Chala | 66km

After a couple of tough days, this one will be more relaxing and enjoyable. We will take a smooth downhill ride to Lake Chala, unique caldera lake, fed by underground springs from Mt. Kilimanjaro. You will have time to enjoy the lake and its great diversity of life, forest, plants, and birds. Overnight by the lake.

DAY 7 | Lake Chala – Kidia | 88km

From the lake Chala in front of you will be one more challenging route. You will cycle on the dirt, sometimes muddy road with a lot of up hills and down hills. You will go deep in the dense forest and feel its charms, its rich flora, and fauna. The ride will end in Kahawa Shambani campsite in Uru village where you will spend the night.

DAY 8 | Kidia – Moshi via Mweka gate | 34km

The final day of this cycling challenge will take you uphill towards Mweka Gate, the starting point of your trip. After a long ride around the whole Kilimanjaro mountain, you will enjoy easy relaxing ride back to the Moshi on the tarmac road. In the town, you will have dinner, time to relax or to explore the city's nightlife. Overnight in hotel.

DAY 9 | Departure from Moshi



You will be able to sleep and rest well in your hotel. Transfer from the hotel to the airport or another place of departure from Moshi will be organized for you.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
2,700 USD	2,150 USD	1,840 USD	1,840 USD

- **Conquer Kilimanjaro with bike**

From the base of the world's highest free-standing mountain, Mt. Kilimanjaro, to the world's largest unbroken caldera, the Ngorongoro Crater. This incredible journey will reveal for you all the beauty of Tanzania's famous northern circuits, with its panoramic views, nature, wildlife, and cultural diversity.

Time	Difficulty	Road	Distance
8 days	Challenging	Tarmac, dirty road	118 km

Itinerary

DAY 1 | Arrival in Moshi

You will be picked up from Kilimanjaro airport or other arriving destination with the One Bike guide who will welcome you and transfer to Panama Hotel near Moshi. It is a three stars elegant resort, an ideal place for resting with the big green garden and outdoor pool and bar. This day could be used for resting and preparing, or the local city tour.

DAY 2 | Moshi town – Marangu Village | 35km

After breakfast, you will be transferred to the One bike shop where you will get all needed information and preparations for the trip. First cycling route starts from there to Marangu village. On the way, you will pass deep through the villages and experience the life of the Chagga people, third biggest tribe in Tanzania. Overnight will be arranged in Marangu village.

Today is 100% cycling.

DAY 3 | Marangu/Kilema gate – Kilema camp | 11km

This morning you will be picked up from Marangu village and with a car transferred to Marangu gate where the permit registrations will be done for every cyclist personally. There you will meet a team of porters that will follow you on the route. From Marangu gate, we are going to the Kilema gate which will be our starting point for the ride in The national park of Mount Kilimanjaro. We will cycle through a huge green rainforest with a lot of different plant species, birds and animals. The ride will end in Kilema camp on 2 980 meters where we will overnight in tents inside the camp area.

Today is 70% cycling.

DAY 4 | Kilema camp – Horombo camp | 19km



Today the ride will take us through Kilimanjaro’s semi-tropical foothills and then on a steep path to the Horombo camp on 3700 meters. From there you will have a beautiful view of the mountain Kilimanjaro with its two peaks, two brothers, Mawenzi and Kibo. We will overnight in the camp.

Today is 75% cycling.

DAY 5 | Horombo Acclimatization | 10km

This day is going to be used for acclimatization which is a very important part of the trip. After the breakfast, we will ride through the Alpine desert up to the Mawenzi Hut and then back to Horombo camp. Overnight is again in Horombo camp.

Today is 90% cycling.

DAY 6 | Horombo camp – Kibo base camp | 12km

The ride will start after breakfast. On our way, we will pass the Senecio garden with the endemic species of the three and continue through the Alpine desert. It is the path that goes in the middle of the two huts Kibo and Mawenzi, which make this route very scenic. In Kibo base camp you will have a summit briefing for all information needed in the rest of the trip and the time for resting in the afternoon.

Today is 90% cycling.

DAY 7 | Kibo camp – Summit – Horombo camp | 12km

This part of the route is starting in the midnight with a zig-zag trek climbing up along the slope. It will take approximately 2 hours to reach Hans Meyer’s Cave and from here the gradient gets steeper. The climb continues for another 3 hours to Gilman’s point, where you will take your bike from porters and start riding on the crater ring to the summit – Uhuru Peak. From here you can see glacier of Kilimanjaro, Mount Meru, beautiful land of Tanzania and parts of Kenya. From the summit you can choose are you going to ride the bicycle or walk, according to your health condition and suggestions of the guide. On the way down we will stop at the Kibo base camp for the brunch and continue to the Horombo camp.

Today, from Kibo to Uhuru and then Kibo is 20% – 80% cycling, from Kibo to Horombo is 80% cycling.

DAY 8 | Horombo camp – Kilema gate – Moshi | 19-30km

After the night of rest and the breakfast you will make your final ride down across moorland and rainforest to Kilema gate. From there you will be transferred to Marangu gate for check out and then to your hotel. Drive back from Kilema gate to Moshi with the bicycle is optional.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
3,100 USD	3,050 USD	2,920 USD	2,920 USD



- **Cycling from Kilimanjaro to Ngorongoro crater**

From the base of the world's highest free-standing mountain, Mt. Kilimanjaro, to the world's largest unbroken caldera, the Ngorongoro Crater. This incredible journey will reveal for you all the beauty of Tanzania's famous northern circuits, with its panoramic views, nature, wildlife, and cultural diversity.

Time	Difficulty	Road	Distance
7 days	Challenging	Tarmac, dirty road	366 km

Itinerary

DAY 1 | Arrival in Moshi

You will be picked up from Kilimanjaro airport or other arriving destination with the One Bike guide who will welcome you and transfer to the hotel. You will get all needed information and preparations for the trip. This day could be used for resting and exploring the city of Moshi.

DAY 2 | Moshi town – West Kilimanjaro | 64km

From our One bike shop as a starting point, we will cycle to the west side of Mt. Kilimanjaro. You will feel both, big tarmac and dirty gravel road, while you are riding first, through Chagga villages, banana and coffee plantations, and green lush forest. After that, as we are going more west, the land becomes less overgrown with plants, with more arid open plains. That is the land of Maasai people, and you will find yourself in a totally different landscape and culture. While you are cycling small uphill's and downhill's you can cross the roads of different wildlife species. We will end today's driving lot in Ngabobo village where you will overnight.

DAY 3 | West Kilimanjaro – Arusha | 83 km

This cycling lot will be long, mostly on the dirty and dusty road, but without big uphill's. You will cycle through Ngasurai open plains, the migratory path for wildlife, especially elephants, who are coming from Amboseli National park in Kenya. As you enter the main tarmac road to Arusha, driving will become easier. You will pass through few villages with the magnificent view of the mountain Meru in background. The overnight will be in a lodge in Arusha.

DAY 4 | Arusha – Tarangire national park | 102 km

This will be the longest ride on the tour, but less demanding since you will cycle mostly on the tarmac undulating road. You will pass a number of colorful Tanzanian villages with its strong culture and scenic pictures of everyday life. The end of the route will be on the border of Tarangire national park, with the largest concentration of the elephants in Tanzania. Here you will have time to rest and enjoy in Roika Tented lodge where we will overnight.

DAY 5 | Tarangire national park – Lake Manyara | 74 km

Today's ride will take you through some of the most beautiful highlights of Tanzanian northern circuit. You will pass the wildlife corridors between Tarangire national park and Lake Manyara, a number of Maasai traditional settlements, and ride along with the most beautiful view of the Great Rift Valley. The ride will



be on the tarmac road until the last few kilometers of the dirt road on the way to the Migunga tented camp for overnight.

DAY 6 | Lake Manyara – Ngorongoro crater | 43 km

The final day of driving will be the toughest but the most rewarding. The first stop will be Lake Manyara national park gate, from where you will proceed up to the steep Great Rift Valley escarpment. On the way to the top, we will stop for a breathtaking view of Lake Manyara and its surrounding. From there through colorful Karatu town you will be cycling until the end of the tour, the Ngorongoro conversation area gate. You will be transferred to the lodge for the deserved rest and celebration of the end of the successful challenge.

DAY 7 | Departure from Tanzania

You can relax at the lodge while you are waiting for the transfer back to the Kilimanjaro airport or another point of departure.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
2,500 USD	1,999 USD	1,424 USD	1,250 USD

• **From Kilimanjaro to Indian ocean by bike**

From the slopes of Kilimanjaro through Tanzania's lush green forests and wildlife corridors to the old town of Bagamoyo with its rich history and sandy beaches on the warm Indian ocean. Let yourself in this amazing adventure full of nature and culture.

Time	Difficulty	Road	Distance
9 days	Challenge	Tarmac, dirty road	km

Itinerary

DAY 1 | Arrival in Moshi

You will be picked up from Kilimanjaro airport or other arriving destination with the One Bike guide who will welcome you and transfer to the Simba farm lodge on the western side of Kilimanjaro mountain. You will get all needed information and preparations for the trip.

DAY 2 | Simba farm lodge – Osingililai lodge | 25 km

After breakfast, we will start our journey on the dirt of-the-bitten road with uphill’s and downhill’s all the way to the Maasai land. You will pass through endless open air, dry plains while you are enjoying the view of Mt. Kilimanjaro and Mt. Meru in the distance. This is a path of number animals crossing from Amboseli park in Kenya to Enduimet wildlife management area, so you can expect giraffes, zebras, wildebeest, and elephants. You will end this day in Osingililai lodge for overnight.

DAY 3 | Osingililai lodge – Moshi | 73 km



Today you will pass through iconic Maasai villages seeing the everyday life of the people, their traditional blue and red clothes, their huts and plants. While we are coming back to the Moshi, you will enter to the greener forest area with long banana and coffee plantations and observe the life of Chagga tribe people in their villages. From the dirt road, you will cross on the tarmac while heading to the city of Moshi where you will overnight.

DAY 4 | Moshi – Mambo view point | 29 km

Early in the morning, you will be transferred to the foothills of the Usambara mountains from where you will start challenging uphill drive all the way to Mambo viewpoint. You will have the opportunity to ride through lush green virgin forest, while you are passing numerous waterfalls and natural beauties of the mountain. Hard ride will be rewarded in the end with a breathtaking view of the flatlands and villages on the west. Overnight on Mambo view point.

DAY 5 | Mambo view point – Lushoto | 58 km

From one side of the Usambara mountains to the other side and another beautiful view cliff, you will cross numerous of villages with the opportunity to see local life, schools, farms, and people in their everyday activities. While riding on a dirty and narrow road you will pass through forest full of chameleons and blue monkeys. We will end in the small city Lushoto which is the center of the West Usambara mountains, and you will overnight in Irete view cliff lodge.

DAY 6 | Lushoto – Segera | 99 km

From the mountain, fresh air, green forest, and quiet life you will take a long downhill ride to enter the Tanga region. The whole surrounding will change, you will pass through busy loud villages and cities, while you are cycling on bigger and dustier roads. Overnight will be in Segera town.

DAY 7 | Segera – Tanga | 73 km

Today our ride will take us on a tarmac big road straight to the Tanga city. On the way you will experience a coastal area, you will see long plantations of fruit, a lot of street markets with different vegetable and fruit. Overnight in Tanga beach resort.

DAY 8 | Exploring Tanga

This day will be used for rest and exploring one of the most important Tanzanian coastal cities. Finally, you will sense the Indian ocean and its beautiful sandy beaches. You can stay at the lodge the whole day or you can explore the history and culture of the city, it is up to you. Overnight in Tanga beach resort.

DAY 9 | Tanga – Pangani | 50 km

Last day of our tour will take you through the Tanzanian coastal area. While you are cycling on a rough road, you will see long sisal plantations and how people use this plant for making rope, twine and other products. Near the Pangani, we will take the ferry to enter the city, and this very nice ride will take you across the major northern-east river that enters the sea at this point. Overnight at Mike's lodge.

DAY 10 | Departure from Tanzania



After breakfast, you will be transferred to the departure point.

Costs

1 PAX	2 – 4 PAX	5 – 9 PAX	10 - PAX
3,000 USD	2,750 USD	2,450 USD	2,150 USD