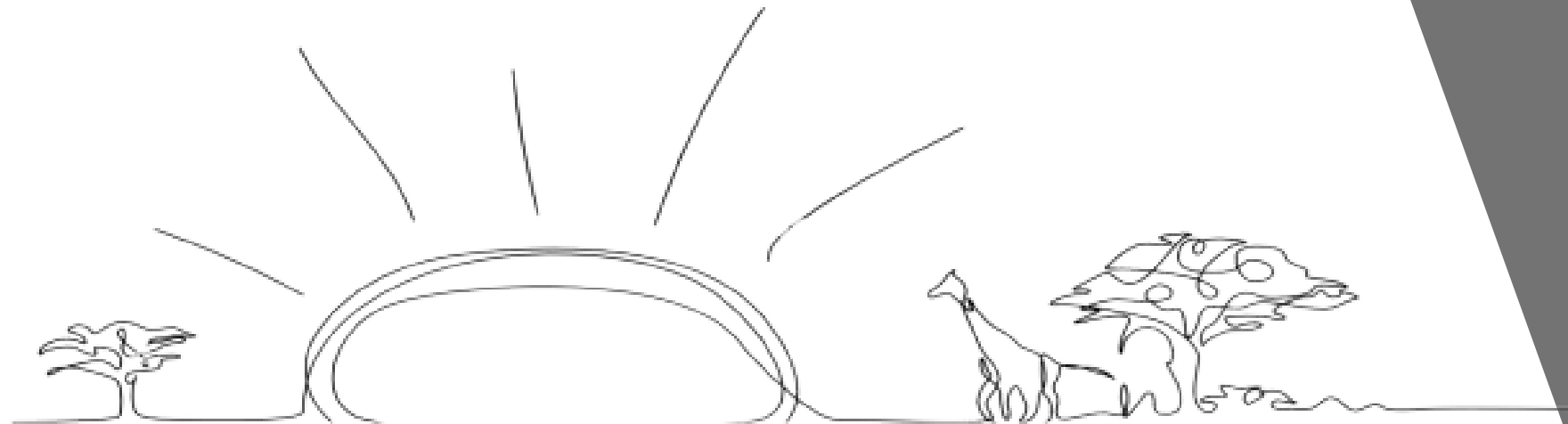


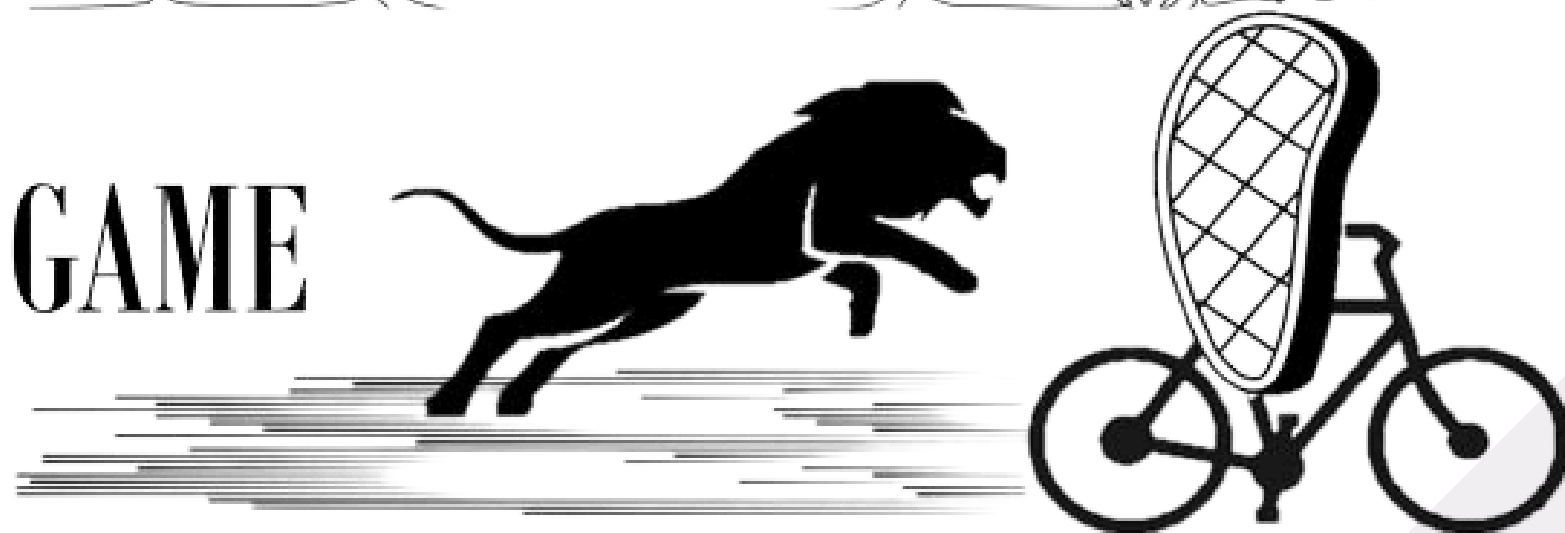
The  
Truants

FOUNDATION

AFRICA  
2025



WE ARE THE GAME



In aid of  
**childline**

Proudly supporting  
**NR**  
NORDOFF & ROBBINS  
MUSIC THERAPY

  
Save the  
Children

 **TEENAGE  
CANCER  
TRUST**

22ND - 29TH MARCH

 classic  
challenge

# GROUP FLIGHT DETAILS

**22  
MARCH**

## OUTBOUND

London Heathrow - Johannesburg  
British Airways BA55  
18:25 - #07:25 (arrive 23rd)  
**Check in @ 15:30 Terminal 5**

**23  
MARCH**

Johannesburg - Livingstone  
Air Link 4Z 482  
11:00 - 12:45

**28-29  
MARCH**

## RETURN

Victoria Falls - Johannesburg  
14:00- 15:45  
4Z 495

Johannesburg - London Heathrow  
British Airways BA56  
19:45 - #05:00 (**arrive 29th March**)

### Luggage Allowance:

1 x checked in bag: **20kg** (90 x 75 x 43cm)

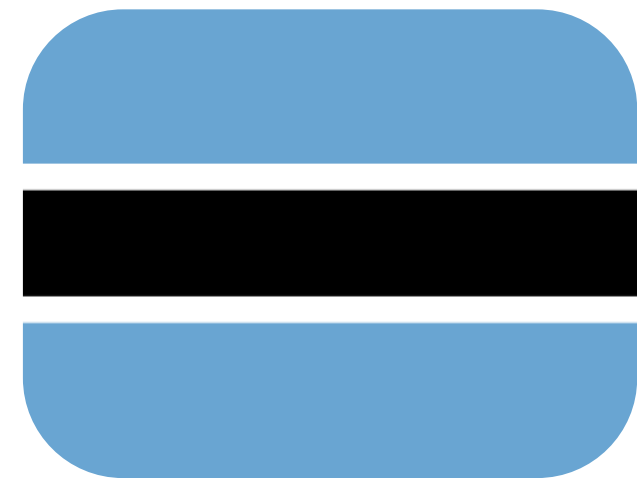
Hand baggage allowance: **8kg** (56 x 36 x 23cm)

# 4 COUNTRIES

## WHAT TO EXPECT?

We have a fantastic mix of cycling across the 3 days - a real taste of the 4 countries and an insight into their culture. A couple of points to highlight below:

- It will be hot! Possibly a welcome relief from winter in the UK but we will be cycling in the heat - much like other Truants rides the heat will be part of the challenge. We recommend a cycling hydration pack to make sure you are able to stay on top of your fluid levels.
- This ride will be like no other, cycling through Nature Reserves alongside large Game. It'll be a view like no other but you must ensure to follow ranger instructions at all times.
- 4 countries, border crossings, remember to be patient, we will do as much as we can in advance to clear customs etc.
- It will be the end of the rainy season, so be advised there could be some rain. Be prepared.
- There will be lots of amazing riverside views, with meals and cycling. Remember the mosquito spray!!



22ND MARCH & 23RD MARCH

## DAY 1 & 2 : LONDON - LIVINGSTONE

- Arrive @ 12.45 (on 23rd)
- Meet with Henk and our event ground crew before we transfer to our first hotel
- On arrival we will check in, drop our bags and then head down for our bike fitting - good to get this done so we can sort any issues. Please ensure you have your personal bike accessories easily available
- Once all fitted we will head out on a short ride to check everything is working and everyone is happy with their bike
- This evening we have a welcome sunset cruise on the Zambezi river - this is a great introduction to our event!
- Ride briefing where we hear from Henk and our ground team about what to expect over the next few days
- Dinner back at the hotel



24TH MARCH

# DAY 3: LIVINGSTONE - CHOBE 63 KM

- Breakfast
- We leave Livingstone by coach transfer for 20km out towards Botswana where the bikes will be ready and waiting
- Cycling ready, warm up and morning briefing and reminders!
- Ride through the real AFRICA, heading towards the border
- Cross the Kazungula Bridge and in to country no.2 Botswana
- Head towards the Chobe River, and our overnight lodge for a late lunch
- Check in and time to freshen up,
- This evening there is an optional game viewing river cruise
- Back to the lodge for our evening meal



25TH MARCH

# DAY 4: CHOBE - NAMIBIA - CHOBE

61 KM

- Breakfast
- Cycling ready, start heading towards the Namibian border
- Cycle in 3/4 smaller groups through Chobe National Park with our rangers as support
- Cycling alongside big game
- Cross the border in to country no. 3 - Namibia
- Cycle 4km on the Namibian side of the Ngoma Bridge to lunch
- Lunch at the riverside
- Bikes loaded on to the truck and transfer back to our lodge at Chobe
- Second evening at the Chobe Lodge



26TH MARCH

# DAY 5: CHOBE - VICTORIA FALLS 61 KM

- Breakfast
- Ready to ride for our third day
- Transfer for 30km crossing the road border towards our next country
- Arrival in country no.4 - Zimbabwe
- On arrival our bikes are ready to start riding
- Split in to smaller groups to cycle through large game parks escorted by rangers
- After 57km we ride through the bustling town of Victoria Falls
- Finish our ride on the famous Falls Bridge!
- Head over the falls for a late lunch then transfer to the Victoria Falls Hotel
- Rooms ready to freshen up, and regroup for Sundowner drinks overlooking the falls
- Celebration dinner to toast our achievements!!



27TH MARCH

## DAY 6: VICTORIA FALLS - FREE DAY

- Breakfast
- Free day in Victoria Falls
- Lunch NOT included today, so you are free to make your own arrangements



28TH MARCH & 29TH MARCH

## DAY 7&8: VICTORIA FALLS - JO'BERG - LONDON

- Group flight airport transfer to depart for flight to Johannesburg then on to Heathrow
- Arrive back to UK 05:00 on Saturday 29th March





# KEY KIT ITEMS!



## HELMET

Make sure you bring your helmet! We advise you bring it in your hand luggage so it definitely gets through to Zambia!



## HYDRATION BAG

As we said it will be very hot when we are there - cycling in heat is a real challenge and so you **MUST** stay hydrated, there will be plenty of opportunity to top up water but we suggest you bring a hydration backpack like this - means you can **ALWAYS** access water.



## EASY ACCESS KIT

It is a good idea to stick a cycle jersey and shorts in your hand luggage so that you are definitely ready to ride in case of any lost luggage or issues!



## BAGS & LUGGAGE

On the group flight with BA there is a 25kg weight limit **BUT** our Air Link connection is limited to **20kg** and so please ensure your baggage **does not exceed** this if you are on the group flight. Hand luggage is set to 8kg. Please note if you are extending your trip you can leave a bag at the start which will be transported to the finish - you will not have access during the ride.

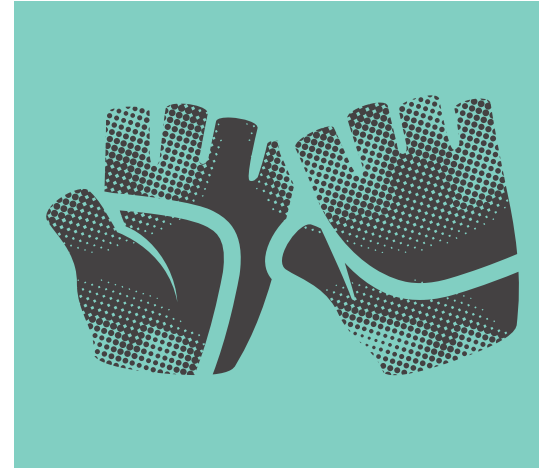
# KIT LIST



Cycle jerseys/t-shirts. One per riding day due to the heat. Helen has posted out t-shirts already.



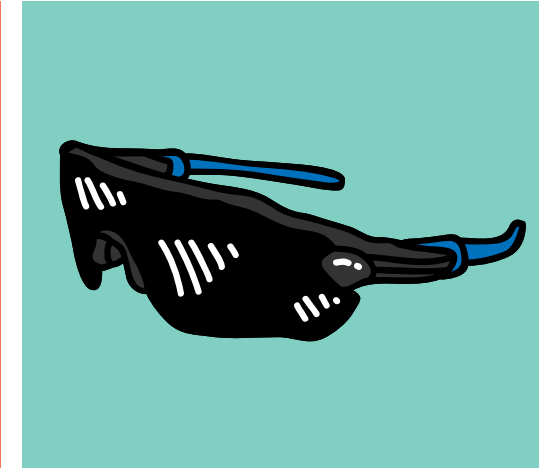
Padded cycle shorts



Padded cycle gloves - fingerless



A buff or bandana to protect the back of your neck from the sun whilst riding



Sunglasses



Helmet!



Casual clothes for exploring and evening meals



Swimwear for pools at the hotels



Trainers for cycling and flip flops for walking around/pool etc



Passport



Travel insurance details



Personal medical kit and any medication you require. **Bug Spray!**

# CURRENCY/CARD/SPENDING

- As we are going to 4 different countries currency can get a little bit confusing!
- Please ensure you have US dollars available as they all accept this and it will be the simplest way to buy anything.
- The ground team will have some local currency for each country if you want to exchange and buy anything using the local currency.
- For US dollars please ensure they are not older than 2016 and have no tears or marks.
- For Zambia they prefer the bigger notes and have 2 different exchange rates for \$50 and \$100 dollar bills but for Zimbabwe they will take the smaller denominations.
- We are staying in either hotels or lodges each night and these do take card but there will be a 5% processing fee for each transaction. If you plan on using your card please ensure you inform your bank before you leave.