Victoria Falls to Cape Town

Trip Code: VCMB

Version:

CYCLE	GUIDED GROUP	10 TOUGH



HIGHLIGHTS

- Cycle from Victoria Falls through Botswana and Namibia to the Cape of Good Hope
- Wildlife spotting on the Chobe River and during the game drives at Moremi
- Amazing cycling across the Kalahari and wild Namib Desert
- The sunrise at Sossusvlei and the hike to the top of Dune 45
- Cape Town, Table Mountain and the ride along Chapman's Peak Drive

AT A GLANCE

- 15 days biking
- 1000 kilometres
- 60% road
- 40% dirt road
- 95% vehicle supported
- Max altitude - 2347 metres
- Join at Victoria Falls, end in Cape Town

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

This wide-ranging and exciting biking holiday begins at the world-famous Victoria Falls and finishes in Cape Town. After visiting Africa's most impressive waterfall on the very first day, we employ a sensible mix of vehicle transfers and cycling stages, as we bike from Zimbabwe through the Victoria Falls Game Reserve into Botswana, then via the Makgadikgadi Saltpan, the Okavango Delta and the Kalahari Desert into Namibia and onwards via Sossusvlei and the Fish River Canyon to South Africa.

This action-packed holiday also includes plenty of time off the bikes, to enjoy a riverboat cruise on the Chobe River, game drives in the Moremi Game Reserve (Okavango) and the opportunity to spend a little time with the San (Bushman) people and learn a little of their self-sufficient lifestyle. Then, continuing our journey to the Namibian capital Windhoek, we have several days and half-days of wild cycling, as we cross the vast Namib Desert and stop off to visit the amazing sand dunes at Sossusvlei. Still heading south and following sections of the 'Long Way Down' route, our epic biking journey takes us to the awe-inspiring Fish River Canyon. Crossing into South Africa, we stop off to ride into the spectacular Cederberg Mountains, before making our final approach to Cape Town with Table Mountain looming ahead of us. A final day of cycling from the Cape of Good Hope via the iconic Chapman's Peak Drive is a fitting way to complete this sustained biking expedition which you will look back on as 'the experience of a lifetime'.

Is this holiday for you?

ADVENTURE CYCLING. Suitable for regular, fit bikers with stamina and a thirst for real African adventure. This African odyssey is a fascinating mix of adventure biking, travel and exploration through Zimbabwe, Botswana, Namibia and South Africa. A mountain bike fitted with semi-slick tyres is best suited for the long stretches on tarmac, but a set of off-road knobbly tyres is also recommended for the Namib Desert, where traction and control are more important. Mainly on tarmac roads when in Botswana and on gravel roads in Namibia, this is not a technical ride. However, with many days of sustained riding under the hot African sun, this trip presents a real challenge. Our accommodation ranges from comfortable guesthouses to camping wild under the African night, as well using many fixed campsites - some of them with swimming pools. Due to the sheer distance that needs to be covered within a three-week holiday, regular vehicle transfers are unavoidable. However, we have planned the itinerary so that we cycle the most interesting sections of this amazing journey. Vehicle support is almost always available.

There are 15 days of cycling and on 11 of these days the distance covered will be 60 kilometres or more. Taking into account the sometimes challenging gravel road conditions, we rate this as one of our toughest biking holidays. BIKE HIRE AVAILABLE LOCALLY.

Participation in camp chores including the setting up and packing away of the tents is all part of this holiday. With familiarity, you will find that it takes little more than 5 minutes to erect or take down your tent.

Itinerary

Version:

Holiday Information

What's Included

- A locally based English speaking bike guide
- Single timed airport transfers as described
- All land transport involved in the itinerary
- One or more support vehicles and drivers
- A full support crew
- All accommodation as described
- Meals as per the Meal Plan
- Chobe River cruise

What's not Included

- Travel insurance
- Visas (if required)
- Tips for local guide and crew
- Airport departure taxes (if applicable)
- Optional activities
- Some meals as per the Meal Plan
- Miscellaneous personal expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges

Joining Arrangements & Transfers

The group will meet at the campground accommodation in Victoria Falls, Zimbabwe.

A single transfer from Victoria Falls Airport is provided in the early afternoon of Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary there is a single tranfer from the hotel in Cape Town to Cape Town Airport for flights departing mid afternoon.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included (except 6 dinners and 1 lunch).

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

All meals, except 6 dinners, are included in the trip price. Breakfast is usually cereal, coffee, tea and toast. Lunches will be picnic style and dinners will be braais (barbecue), potjies (stew), stir fries, pasta, etc. Most meals are generally cooked on an open fire. Water is provided from the support vehicle and there are drinking water taps at the majority of the lodges we use. It's a good idea to bring a supply of your favourite energy bars, gels etc. from home, as these are not widely available locally.

Accommodation

During this trip the group will spend 1 nights in a guesthouse in Windhoek, 2 nights in a hotel in Cape Town and 17 nights camping. For the nights spent wild camping, facilities will naturally be minimal and basic - although the locations more than compensate for this. All organised campsites that we use have washing facilities, toilets and many have swimming pools. Hot showers are available every night with the possible exception of Day 5 and Day 13 when we are wild camping. We use our own tents each night; these are well-made and spacious (2.4 x 2.4 metre footprint and 1.9 metre high) Safari canvas tents, with a window and mosquito-mesh screens to keep insects out. You can see an image of our tents on the website gallery. All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Single tent and single room occupancy can be pre-booked - please refer to the Dates and Prices page for this holiday on our website.

Participation in camp chores including the setting up and packing away of the tents is all part of this holiday. With familiarity, you will find that it takes little more than 5 minutes to erect or take down your tent.

Group Leader & Support Staff

The trip will be led by an experienced local cycling guide. In addition, there will be a support vehicle and driver, as well as a camp assistant.

Altitude

The altitudes on this holiday are not extreme and the maximum altitude attained is no more than the equivalent of a pressurised cabin on an international flight. You may 'feel' the altitude the first time you trek above 2,000 metres but all that is required is a slower pace to compensate. You should pay particular attention to your hydration levels while trekking above 2,000 metres.

Spending Money

A total of about £300 (US$400) should be allowed to cover miscellaneous expenses, departure taxes and the non-included meals. One option is to carry your personal spending money in the form of cash, although credit and debit card payment is now possible in most places including at most of the campgrounds. The most flexible currency is US$ and this is also the main currency used in Victoria Falls. When wild camping there will be little, if anything, to spend money on, whereas the larger campgrounds usually have a bar. In cities and in some towns there are ATM's where you can withdraw local currency using a credit or debit card. We will be in Botswana for 6 days and you can pick up your Botswana Pula in Kasane. Sterling, US Dollars and South African Rand can all be exchanged in Botswana. In Namibia the currency is the Namibian Dollar and again Sterling and US Dollars can be easily exchanged. In South Africa, the local currency can be obtained easily. We recommend that you travel with US$100, plus £150 (or US$300 if you prefer), as well as SA Rand 2000 for the Namibian and South African sections.

Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and staff. They do not form part of their wages. KE always pays local crews the best rates of pay, no matter what country they are in and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that is given. We recommend that you tip your crew, if you feel that their services have been good. As a rough guide, we suggest you allow a total of £50 for tipping your crew.

Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

You can either take your own bike or hire one locally. Our agent has a mix of Giant Talon 29ER 1 and Giant Fathom 29ER 1 bikes for hire which are perfect for this ride. These are hardtail bikes purchased in either 2016 or 2017. The two models of bike are similar, with Shimano components, Shimano hydraulic disc brakes and 100mm suspension forks. The bikes are also fitted with a single bottle cage. Bike rental is subject to availability and costs £250 (US$340 or €290) paid in Victoria Falls on Day 1. Please note that this must be paid in cash. Prices subject to change. If you want to hire a bike, please contact the KE office and we can reserve one on your behalf. We must stress that your hire contract is with the local rental company and KE cannot be held responsible for any issues arising from bike rental. If you do hire a bike, we recommend that you take your own shoes, pedals and possibly even your saddle, which will go a long way towards making it feel like your own bike. You will also need to take a helmet, which must be worn at all times when riding. One final issue with regard to the hire bikes is that they are generally fitted with regular knobbly tyres. However, a pair of semi-slick tyres is also provided with the hire bikes and these can be fitted for those sections of the route where they make the cycling easier.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use a purpose-made soft bike bag. These can be relatively inexpensive. They are also light in weight, easy to handle and, most importantly, can be packed into a small space to allow easy transportation in the support vehicle. You will need to partially dismantle your bike to pack it in your bag.

PLEASE DO NOT USE a purpose-made rigid bike box for this holiday. We do not have the space in the support vehicle to transport these bulky items.

Please contact us if you have any questions regarding travelling with your bike.

Vehicle Support

Throughout this trip we have the back up of our 12-seater safari-truck support vehicle. Each morning our main baggage will be loaded onto the support vehicle which will follow the group on the day's ride. The support vehicle will go ahead on occasion, to set up lunch or to make preparations at the next overnight camp. During the course of this ambitious bike journey there will also be regular transfers with the whole group in the support vehicle and the bikes on a purpose-made trailer. When game-viewing at Moremi we use a different vehicle, an open-topped, 4WD Toyota Landcruiser. The local biking leader and the support vehicle driver will watch over the group and there will be regular fruit and water stops, every 20 kilometres or less, to allow the biking group to reassemble. We want everyone to enjoy their cycling experience on this trip and we recognise the importance of group members being allowed to cycle at their own pace. The support vehicle will pick up any group members who wish to take a break from cycling at any time.

Baggage Allowance

Apart from your bike in its bag (if you are taking your own bike), you should travel with one main item of luggage, such as a rugged kit bag or holdall, as well as a small day pack or mountain bike-specific hydration pack. The day pack can be used to carry valuable items such as cameras and GPS devices whilst travelling and will also carry your day-ride essentials during the rides.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Zambia VCMB

Please Note: Only those choosing to join Victoria Falls to Cape Town (VCMB) through Livingstone in Zambia will require a visa for Zambia.

British passport holders do not need a visa in advance and can obtain a visa on arrival. The Government of Zambia recently announced the removal of all visa fees for British passport holders. However implementation of the policy has not yet been confirmed and British nationals may still be charged $25 on arrival.

Other nationals should check details online to see if they need an e-visa.

Visa Zimbabwe VCMB

A visa for Zimbabwe is required. This is obtained on arrival (usually at Victoria Falls Airport) and the cost is $55 single entry and $70 double entry. Payment must be made in cash and you should take small denomination notes for this. You must have 3 blank pages in your passport.

Visa Botswana

UK nationals do not normally need a visa to enter Botswana for stays of up to 90 days. You must have 3 blank pages in your passport.

Visa South Africa

UK and USA passport holders do not require a visa for short stays. You must have 2 blank pages in your passport.

Visa Namibia

A visa is required and costs NAD 1,600 (approx. 80 EUR, or 90 USD).

You should go to this link https://eservices.mhaiss.gov.na/visaonarrival where you will log in and complete the application form for a VISA ON ARRIVAL. Contact sales@keadventure.com for the 'list of places to be visited' that the form requires. You will be provided with a visa number, normally within 48 hours, and will pick up and pay for your visa (you can pay by card) at the TRANS KALAHARI BORDER POST. If you qualify for VISA ON ARRIVAL – see list of qualifying countries at the above link - you can travel without first acquiring your Namibia visa number, but it is simpler if you do. You must have 3 blank pages in your passport.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in South Africa is the South African Rand.

The unit of currency in Botswana is the Pula.

The unit of currency in Zambia is the Zambian Kwacha.

The unit of currency in Namibia is the Namibian Dollar. The Namibian and the the Southern African Rand have the same value, and the Rand is accepted everywhere in Namibia.

Preparing for your Holiday

The better conditioned you are the more you will enjoy your trip. We suggest that you adopt a sensible weekly exercise regime and fit in a number of long cycle rides in hilly country to ensure you are physically capable of taking part in this trip - this will also provide you with an opportunity to make sure all your riding kit is tried and tested before you travel. Cycling is obviously the best activity to prepare for this trip, however, running, hillwalking and swimming are also good for developing aerobic fitness and stamina.

Climate

We cover a lot of ground on this holiday and the climate varies as we head south. During the earlier departures (April, May, June) we will usually see Victoria Falls at its best, with high flow. The Zambezi River level falls through the season and can be quite low by October. Similarly, early in the year, as we progress into Botswana and the Okavango, we will find lush conditions following the rains and wildlife can be harder to spot amongst the tall grass and dense vegetation. Later in the year, the drier conditions mean that the animals congregate around the waterholes and are easy to find. Generally, we can expect daytime temperatures to reach as high as 35 degrees Centigrade, falling as low as 10 degrees Centigrade at night. Extremely, in the most open, desert areas, night time temperatures can drop as low as freezing. From April through to October is the 'dry season' in both Botswana and Namibia. However, rain cannot be ruled out entirely and this would normally come in short, but heavy bursts. By the time we get to Cape Town, we have entered a different climatic zone and during the Southern Hemisphere winter period it will be much cooler (15 to 20 degrees Centigrade) with some rainy days any time from April to September. October is the beginning of summer in Cape Town and it is drier and warmer.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet has guides to the various countries
- Rough Guide has guides to the various countries

Maps

Africa South: Geocenter Publishing. 1: 4,000,000

Large map with clear, attractive cartography. It shows the whole of Southern Africa from the southern tip to Namibia's northern border, including Livingstone and Harare. Internal administrative boundaries are drawn, with names of the provinces. Roads, with intermediate distances on main routes, railways, local airports, and ferry routes are shown, national parks clearly marked, and places of interest highlighted. Multilingual legend includes English. Index on reverse.

Private Groups Information

Make this KE cycling holiday your own!

- Do our normal group departure dates not fit?
- Are you wanting to travel with just your friends or family?
- Are you looking to organise a trip for your local cycling club?

We are experts in creating holidays for groups of friends, families, charities, and cycling clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Bike Wear

- Cycling helmet
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Padded (baggy) cycling shorts
- Long leg cycling trousers (winter bib tights) and/or leg warmers
- Lycra arm warmers
- Base-layer - thermal tops
- Mid-layer - short and long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof top
- Lightweight waterproof jacket
- Regular biking gloves
- Long-fingered biking gloved
- Warm hat that fits under your helmet
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera
- Mobile phone

Other Stuff

- Travel and off-the-bike clothing and footwear
- Warm jacket for cool evenings in the desert
- Sleeping bag (comfort rated 0°C). A 5cm thick foam camping mattress is provided.
- Sleeping bag liner (silk liners are lightest and best)
- Camping pillow
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Insect Repellant
- Chamois cream (e.g. Assos/Ozone)
- Rear light (eg. clip-on silicone band LED) for early morning starts
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike. If you are taking your own bike, we suggest that you also take a couple of spare inner tubes.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take suitable water bottle(s) (we encourage re-filling water bottles rather than single use plastic) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the campground accommodation in Victoria Falls, Zimbabwe. A single transfer from Victoria Falls Airport is provided in the early afternoon of Day 1 of the Land Only itinerary. On the last day of the Land Only itinerary there is a single tranfer from the hotel in Cape Town to Cape Town Airport for flights departing mid afternoon.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Victoria Falls, Zimbabwe with Ethiopian Airlines. Outbound flights will depart from the UK in the evening, arriving around midday on the following day (Day 1 of the Land Only itinerary). Return flights will depart from Cape Town mid afternoon on Day 21 of the Land Only itinerary, arriving in the UK the following morning.

Why Choose KE

Why KE

Giant Talon 29ER 1 hire bikes now available. These bikes are perfect for this classic ride and are provided with both knobbly and semi-slick tyres so they can be set up to suit the prevailing conditions of each day's ride!

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change