

## Mountain Biking - BASHAY



**Venue:** Bashay Rift Lodge –Karatu area

**Bikes:** 10 « Gitane » Mountain Bikes – Helmets provided

### **Suggested Itinerary:**

Depart from our lodge and start riding your bike on a rather steep dirt path. Cycle down for a few minutes past a few houses before reaching a much more gentle trail along the first valley plantations & fields.

Farming estates & plantations then stretch as far as they eye can see, mostly maiz, but also coffee on the hill slopes & some superb sunflower fields.

Most of the local people in this area are « Iraqw » an ancient tribe whose ancestors travelled from North Africa & the Middle East and eventually settled in this highly fertile region. Locals can be seen riding their bikes or motorbikes, or working in the fields.

The return ride to the lodge offers stunning views & landscapes as well as a deeper immersion into local lives as small farms can be seen along with cattle & some interaction may happen here and there.

Another point of interest as we continue our ride back to our lodge is the quite impressive local gorge, with its reddish nuances, the work of nature & erosion over the centuries...

The final ascent back to the lodge can prove quite challenging and guests should not feel ashamed to finish the tour on foot !!..

**Duration:** Approx. 2 hours for the return bike ride. We suggest this to take place either in the morning (early to mid-morning) or around mid afternoon time.

**Alternative:** Your guide is more than happy to take you further down to Bashay Village to learn more about the local community. An additional hour is then needed.

**Difficulty:** Quite easy. Open to all guests 16 years of age and over, providing guests have had previous mountain bike experience

