

## What else to know

### Security

The Security of our guests is our first commandment:

- We ride only on roads without traffic and in completely safe areas.
- Upon request pick up and drop off service from your hotel
- Quality equipment
- Helmet mandatory
- Repair and 1st aid kit with tour guide, rescue car on standby
- The tour leaders have a first aid certificate.

### Tour Guides

- Experienced, local tour guides equipped with mobile phones
- Every tour is accompanied with at least 2 tour guides. In case of need we can do shortcuts with part of a group.
- They all speak English and Swahili or German.

### Services

#### In price included:

- Use of mountain-bike with front-shocks
- Use of helmet and gloves
- 1 bottle of drinking water, bananas for energy boost
- 1 Soda at the stop

#### At extra cost:

- Taxi-service from and to your hotel



### What You Bring

- T-Shirt and trousers
- Training shoes or other solid shoes
- Sun protection
- Head scarf (because you are using a rented helmet)

## Mombasa North Coast



## Contacts - More information

### Bike the Coast

PO Box 473-80109 Mtwapa, Kenya

Mobile/SMS: +254 722 87 37 38

info@BikeTheCoast.com

http://BikeTheCoast.com

Operation Base: Mombasa Go-Kart



Under Swiss Management



## Discover Africa



Enjoy the real Africa

## Out Tours:

### Introduction

- A typical tour with "Bike the Coast" covers a distance of 23 - 31 km and takes about 1 ½ to 2 ½ hours of cycling on unpaved roads with no traffic.
- Each tour has a level of difficulty, from 1 to 4, meaning:
  - The easy level 1 tours use "large" roads or paths with no or few uphill-stretches.
  - For the experienced mountain-biker the level 4 uses single trails (very narrow paths) and very steep up- and downhill stretches. These hilly parts are usually short since the North-Coast area is rather flat.
  - With every tour we stop at a local place to have refreshment.
  - For the prices see separate leaflet.

### Along the Coast

**Scenery** Mtwapa: a upcoming lively town, traditional African villages in palm-tree forests, sea views, palm tree- / mango forests

**Distance** 31 km  
**Time** 3 ½ hrs  
**Altitude** ca. 50 m  
**Difficulty** 1  
**Start/End** Mtwapa, Elite Headquarter Connection



### Three Coastal Areas

**Scenery** Three typical climate zones along the Coast: beach - palm-tree forest - semi-arid area

Along the hotel area to some few upper class plots at the creek, local village, traditional Giriama village in a typical palm-tree-forest along the creek - crossing an arm of the creek. Spectacular view over the Mombasa North Coast

**Distance** 24 km, 2 km tarmac with no traffic  
**Time** 3 ½ hrs  
**Altitude** ca. 150 m  
**Difficulty** 1 - 2

**Start/End** Short but steep uphill stretch  
Mombasa Go-Kart



### Along the Creek

**Scenery** Mtwapa: an upcoming lively town, traditional Giriama villages in palm-tree forests, spectacular views of Mtwapa Creek, almost untouched bush-land

**Distance** 23 km  
**Time** 3 ½ hrs  
**Altitude** ca. 150 m  
**Difficulty** 2

**Start/End** Mtwapa, Elite Headquarter Connection



### The Bike Adventure

**Scenery** Forests, traditional African villages, and hilltops in semi arid area, crossing arms of the Creek  
Great viewpoint over North Coast Area, view on Mtwapa Creek

**Distance** 23 km  
**Time** 3 ½ hrs  
**Altitude** ca. 350 m  
**Difficulty** 3 - 4

About 8 km single trail, short but steep up/down hills

**Start/End** Mombasa Go-Kart



### Booking

You book our tours with your travel agency, at the lobby of your hotel or directly with us.