

## In the Words of the Participants . . .

"What we learned and what we saw and who we met are extraordinary for a tour. Thanks."

Lynn (Liberia)

"The trip encompassed the best month of my life."

Bobbi (Cameroon)

"I enjoyed everything, the bike rides, meeting people, the coast."

John (Kenya)

"There are not many tours that have the breadth of experiences offered by Bicycle Africa. I'm sorry it's ending and I have to go home."

Diane (Zimbabwe)

"Thank you for the greatest experience of my life."

Gerie (73 years old, West Africa)

"At sunset, I stood looking over the houses from an adobe rooftop. The only sound I could hear was conversation -- no radio, no TV, no traffic. As darkness fell, broken only by stars, a few lanterns and the rising moon, I climbed down to the courtyard and joined the rest of our group talking with some villagers. These are the times that call you back to Africa."

Neil (Cameroon, Ghana, Mali, Senegal, Togo)

"Fabulous sights / interesting nights, wonderful trails / energetic travails, minimal traffica / that's Bike Africa."

Don and Barb (Zimbabwe)

"As a woman in her late 60's, I had some doubts, prior to the trip, but I soon found that a bicycle tour is a great way to be introduced to West Africa. I am eager to return."

Mary (Senegal, Gambia, Tunisia, Zimbabwe)



## PROGRAM DIRECTOR

David Mozer, the director of BICYCLE AFRICA, is an African studies specialist and accomplished bicyclist. His first trip to Africa was in 1975 as a Peace Corps Volunteer to Liberia. During the next two years, he taught math and science and hiked hundreds of miles, visiting isolated village schools directing an education extension program. He then traveled extensively studying the rest of West Africa. After completing a Masters Degree in Applied Economics, David returned to Liberia on contract with the American Embassy, at which time he administered a grant program for village development and reported on economic conditions. During his travels, David has collected hundreds of pieces of African art, a stack of material on culture and folklore and extensive knowledge of conditions in Africa. He has appeared on National Public Radio, the Voice of America and the Voice of Kenya discussing Africa. David also has taught African Studies at the college and high school level and is the director of the International Bicycle Fund, where he works on rural development, environmental issues, urban planning and cross-cultural understanding.

## ANSWERS TO MOST FREQUENTLY ASKED QUESTIONS

Participants have ranged in age from 9 to 73--most are between 25 and 55. There are more women than men. No stipulation is placed on the age or gender of groups and participants have originated from every continent. The program involves physical activity. For the safety and enjoyment of everyone, good physical and mental health are key to these trips. We travel in areas remote from modern medical facilities. BICYCLE AFRICA provides information and guidelines to help participants stay healthy, but is not responsible for participants' physical or mental health or for medical advice prior to or during the program. BICYCLE AFRICA reserves the right to refuse acceptance of anyone deemed unsuitable. We will make reasonable accommodations to enable people with special needs to participate. Under no circumstances do we refuse acceptance based on race, creed or gender.

Mountain-bikes are recommended. On tours predominately on paved roads touring bikes are acceptable. Detailed information on selecting and setting up your bicycle and equipment is sent in the pre-departure information packet. Rental bicycles are available on a few programs. Most participants prefer to take their own bike, which is not difficult because bicycles are carried free, as accompanied baggage, on most international flights. The bicycling is moderate and designed for ordinary active people. Overall, daily distances average under forty miles per day but may range from twenty to eighty miles per day. The daily plan is linked to road conditions, terrain and points of interest. Trips vary from all paved routes, to mixed on- and off-road courses and participants carry their own gear. There is no "support and gear vehicle," but local transportation is generally available if people get tired.

Educational value, cultural sensitivity, environmental friendliness, economic impact, safety, security, road quality, riding difficulty and climatic norms are considered in program selection and scheduling. While safety is a factor in planning the program and most roads are low volume, because the program involves bicycling on roads shared with motor vehicles and, in part, routes are selected because they go to desirable areas, we make no claims as to the safety of the itinerary. It should be understood that bicycling and travel are calculated risk activities. Bicycle Africa subscribes to the International Bicycle Fund's "Code of Responsible Travel."

We primarily stay in towns and villages. Accommodations vary according to opportunity and included tourist class hotels (double occupancy), simple lodging, village housing and dormitories. Some facilities are rustic--plumbing, electricity and modern services are not always available. Most trips have no tent camping. Meals are provided at or above the local standard--variety is often limited. Food for certain restrictive diets may be limited. Choice of beverages (i.e. soft drinks, beer, liquor) is usually limited.

Sign-up by sending your name, address, phone number, the name of the tour and a deposit of \$300 (\$100 is non-refundable.) We will send you a waiver form. When the waiver form is returned, we send a pre-departure information packet. This packet contains visa application forms and instructions, packing list, medical, immunization and, cultural information, reading list, etc. Early registration is encouraged.

Full payment is due no later than sixty days prior to departure. Registrations received less than sixty days prior to departure will be accepted subject to availability, full payment and a late fee of \$50. Unless special arrangements are made, payments must be in U.S. funds. Sorry, we don't take credit cards.

Costs quoted are based on at least six participants. Fares are in U.S. currency and based on itinerary, tariffs and exchange rates at the time of publication. Unless otherwise stated, the price includes: all leaders, accommodations, two meals a day, transfers, and park, monument and museums fees, listed on the itinerary. No revisions are anticipated; however, fares are subject to adjustment in the event of alterations in currency exchange, inflation, the imposition of surcharges or changes in the itinerary, with the understanding that any additional expenses will be paid by the participant. No refunds or credit are given for unused tour services.

Not included in the price, unless otherwise stated, are: airfare, accommodations, meals and transfers in route to Africa, accommodations, meals and transfers not included in the tour, visa and passport fees, vaccination, drugs, medical expenses, beverages, airport departure taxes, insurance and items of a personal nature.

BICYCLE AFRICA and associated companies act only in the capacity of agent for the participation in all matters relating to transportation, lodging, meals and/or all other related travel services and assume no responsibility, how-so-ever caused, for injury, loss or damage, to person or property, in connection with any services.

We want you to have a great trip! Please express your individual interests. While it is not always possible to make changes in itineraries, we want you to be as satisfied as possible about overall arrangements.

# BICYCLE AFRICA



BICYCLE AFRICA's people-to-people programs offer you the unique opportunity to discover a fascinating and diverse continent at a personal level. Most tourists see only congested capital cities, animals in game parks and other tourists. Join BICYCLE AFRICA to explore untouristed rural areas and experience the sights, sounds, tastes and vitality of African life. We enjoy leisurely interactions with people during visits to homes, schools and markets, and are generally awed by the hospitality and extraordinary landscapes. Learn of developments, and achievements, and the complexity and diversity of Africa that rarely come to the attention of the West.

Specialists with a broad knowledge of Africa accompany each group. Topics range from art to zoology, including local culture, ecology, economics, and history. You return with hours of stories to tell from your first hand experiences.

BICYCLE AFRICA offers both the resources and social opportunities of group travel with the flexibility to pursue personal interests. If you are new to African travel or bicycling, the program will build your self-confidence and increase your self-sufficiency

BICYCLE AFRICA tours are for all good-natured realists who appreciate the rewards of self-contained bicycle touring. You should be prepared to encounter customs, cuisines, attitudes, accommodations and living standards which are different from your own. Africans respond warmly to an attitude of friendship and respect. Men and women from the America's, Europe, Asia and Africa, ranging in age from mid-teens to mid-seventies have toured with BICYCLE AFRICA. In fact, most trips have repeat customers. You don't need extensive bicycle touring experience, however, you should be healthy, familiar with cycling and prepared for adventure. The cycling is moderate, with occasional challenging sections. Extra side trips are available for the more active.

BICYCLE AFRICA is a combination of unique opportunities, personal achievement and new friends -- a journey that is fun, challenging, educational & unrivaled!



# Unique Tours to Special Places for Memories of a Lifetime!



## SAHEL JOURNEY

The West African Sahel is the broad savanna that runs along the southern edge of the Sahara. Bisecting the region is the Niger River -- "The Strong Brown God" -- Africa's third longest river and the life blood of the region. Since the time of the great Ghana empires the Sahel has been a crossroads of trade. It still hosts people from all corners of the compass. On market day, it is not unusual to meet kinsmen from Senegal to Cameroon or from the Mediterranean Sea to the Bight of Benin. Proud Hausa, Djerma, Fulani, Wolof and Tuareg people regularly travel throughout the vast region-- each with their own traditions and distinctive culture. These, and other more sedentary ethnic groups, like the Dogon, represent some of Africa's most complex societies which are most resistant to the imposition of Western institutions. We will share the road with cattle, donkeys, sheep and horses. Routes are varied among Mali, Burkina Faso and Niger, and are generally scheduled for October-December.

## WEST AFRICA PEOPLE-TO-PEOPLE

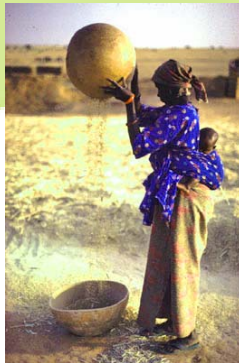
Visit the vibrant coast of West Africa to realize how much Africa touches our lives. From its ports flows coffee, coconut, rubber, diamonds, gold and many other resources. The men and women who produce these goods are a fascinating mix of peoples from "traditional" to "modern". Their ethnic diversity forms a unique collage of cultures. Each has its own language, customs, history and lore. This is the source of the expressive religion, music and art that was translocated with three centuries of slaves. Now powerful historical museums, grim slave forts dot the coast.

The coastal countries of West Africa are filled with contrast and beckon the study of a thousand disciplines. Those who "cut rice" in West Africa leave with a treasure. Programs are generally in October-December and alternate between Senegal, Gambia, Togo Benin, Ghana, Ivory Coast and Liberia.

## SOUTHERN AFRICA SOJOURN

An exploration of many of the countries of southern Africa will lift your heart with their demonstrations of progressive social policy, peace and cooperation. Two thousand years ago, southern Africa was inhabited by the hunter-gather "San", who left an extraordinary record painted on the walls of caves. Around the ninth century, Bantu-speaking people migrated into the area and began developing the civilization that built the "Great Zimbabwe," that still stands strong. Today, the region is filled with models of democracies, environmental management, primary education, women's development and rural health care delivery. It is a region of goodwill, pride and optimism.

Visitors exclaim about the thousands of miles of paved roads, many moods of the Zambezi River, breathtaking Victoria Falls, castle rocks, flourishing wildlife, traditional rock art, and excellent museums. But for many their greatest memories are the people they met and the friends they made. The primary season for these programs is June-August. Itineraries may vary between Zimbabwe, Zambia, Botswana and other countries in Southern Africa.



## MAGHREB ODESSEY

The "Maghreb" (Northwest Africa) invites a spirit of adventure. On the crossroads of early Western civilization, its citizens date their arrival back to the lost tribes of Israel and Phoenician, Roman, Turkish and Arab conquests.

The Maghreb has the warm, bright and healthy climate common to the Mediterranean. The coast is a tapestry of pristine whitewashed towns, beautiful beaches, the deep green Atlas mountains, extraordinary historical sites and rich agricultural valleys. In the interior, the landscape is more subtle and the culture more traditional. Rolling plains are dotted with Berber shepherds and herds of sheep, goats and camels. The roads pass fingers of golden dunes that stretch up from the Sahara. In age-old oases, accustomed to welcoming strangers, the sweet artesian wells, cool, covered markets and local graciousness makes everyone feel at ease. Programs are in March-April and vary between Tunisia and Morocco.

Each BICYCLE AFRICA tour each year is unique, but they follow some patterns. Here is a general description of what to expect. For more information, please ask for the "fact sheet" on a particular programs

## EAST AFRICA ADVENTURE

East Africa offers a potpourri from anthropology to zoology: pearls of geological wonders, renowned wildlife, tantalizing environmental diversity, motivated rural economic development, modern urban centers and specimens of the oldest known human fossils. Its glory is reflected in its long term allure to Europeans and the volumes penned about it by the likes of Hemmingway, Huxley and dozens of other writers.

Splitting East Africa is the 3000-mile long Great Rift Valley. The powerful forces that split the earth set the stage for the diverse habitats that not only support the big game, but also nurture more species of birds than any similar sized area. Equally fascinating are social forces in the region: a long history of highly organized kingdoms, shifting indigenous populations, centuries of trade with seafaring Arabs and a far shorter but intense period of European colonialism.

Tours visit beautiful steppes, plateaus, lakes, forests and countless traditional villages. Bicycling is restricted in the game parks, so vans are used where needed. Programs are run January-February or August-October



## CENTRAL AFRICA QUEST

One of the world's secrets is the diversity, beauty and friendliness of Central Africa. Ethnically, culturally and geographically it is one of Africa's most diverse regions. More than four-hundred ethnic groups live in its lush tropical forests, cool volcanic plateaus and graceful arid grasslands. The broad range of climate and environment generates an equally wide variety of economic activities and cultural styles. Many areas are noted for the refinement of their traditional government, social structure, rituals, and arts and crafts.

It has been said that if you can't see the entire continent, you can visit Cameroon and sample it all. Programs may also be in Central African Republic, Gabon and Congo. The favored season is October-December.

## For more information contact:

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