



Guyana Cultural Bicycle Tour

Immerse yourself in Guyana's rich culture and heritage, unique economy, ecological diversity and spectacular natural beauty.

- ◇ Travel in a small group.
- ◇ Go places few tourist go.
- ◇ Learn fascinating things.
- ◇ Gain special insights from locals.
- ◇ Get exercise.
- ◇ Leave the air as clean as you found it.
- ◇ Have a hoot of a time!

Who: Participants on Ibike programs have ranged from pre-teen to seventy-something.

When: It is hard to completely avoid the tropical rain. The best seasons are spring and fall. Check the website for this years dates.

Duration: 2 weeks

Route: From Georgetown we traverse much of the country, exploring the coast, rainforest and savannah.. Highlights are the cultural immersion, beautiful bicycling and ecological variety.

Philosophy: Educational, enriching, environmental-friendly, self-contained, cultural immersion, bicycle tour.

For more information:
Web: ibike.org/ibike/guyana
Email: ibike@ibike.org



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Guyana Cultural Bicycle Tours

General Features: The tours explores the depth, beauty and diversity of this gem of a country. Guyana has many contrasts: Bustling modern urban centers and a strong Amer-Indian cultures and communities; tranquil elegant traditional villages surviving on age-old labor intensive agriculture and a modern intensive mining sector; generous hospitality and reserved, private people. The juxtaposition and interaction of these characteristics, with lush rainforest, colorful birdlife, a web of waterways and adventure-like bicycling, is enchanting.

Program Description::

◇ **Many People, Many Waters** - We traverse the country learning about the Amerindian ethnic groups and modern history, which parses the population into one third European, Asian and Amerindian. The route includes extraordinary, unspoiled natural beauty, cultural immersion, hard-find-any-place-else bicycling through the Guyanese savannah, Amazon rainforest and river estuaries, and boat trips that are the real versions of what most see morphed into a Disneyland amusement.

Mileage: 30-80 km, 20-50 miles per day.

Cycling Conditions: The country and route is mostly quite flat. There are a couple rolling and hilly sections, but nothing most people would consider mountainous. About 60% of the route is on packed dirt roads. This only present a challenge if it has rained recently.

Accommodations: Small hotels to rustic local housing. .

Van Support: None but the local transport can be used as a back-up.

Meals: Includes two meals per day, generally breakfast and dinner. Typical dinner menu: Rice, chow mien, bora, greens, pumpkin, pepper pot, cassava bread .

Other Activities: Discussions, visits, walking excursions.

More information and registration is available online: www.ibike.org/ibike/guyana

"Very diverse mix of experiences. They're really low-key and focused on the country's people. I learned a great deal from the meetings we had with community members."

Il K. (multiple Ibike program participant)

"As for us here at Bina Hill and Surama we find it really useful. Your visit is the first of it kind where a group of bikers came through our community as a tour for you and business for us. This is definitely another package for us if you continue. We do not only see this as an economic opportunity but also an educational, social and cultural experience."

Feedback from Amerindian Community

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