

BIG CAVE CAMP

LODGE ON THE ROCKS

5 Day Mountain Bike Adventure Matopos, Zimbabwe

Mountain biking is one of the fastest growing sports globally and South Africa leads this trend. Big Cave is an ideal environment to mountain bike in. It is pristine and without many bikers, allowing for some of the best single track mountain biking in the world.

Riding on the granite is an experience not many have had the opportunity to do. It is not uncommon to ride for four or five kilometers on the granite, surrounded by spectacular scenery. Dave Waddy, owner of Big Cave grew up in these hills and is a perfect mountain biking guide. His enthusiasm for the sport has taken him off many beaten tracks and he leads trail rides from Big Cave. Typically set departures with groups spending 5 nights at the camp. Dave then tailor makes the rides to suit fitness levels of the cyclists.



Departure Dates

Start 12 September 2016	End 17 September 2016
Start 07 November 2016	End 12 November 2016
Start 13 February 2017	End 18 February 2017

What you can expect...

Depending on the weather, rides may vary in duration and could include a full day ride if the weather is mild. Enjoy an early morning ride for approximately 3 or 4 hours, and then return to the lodge to relax and rest before enjoying either an evening game drive, guided excursion to Rhodes Grave for sundowners or a guided walk through the reserve.

The route has been carefully selected to incorporate many features and places of special interest within the Matobo Hills. We have been given permission to cycle through the Matobo National Park, home to Zimbabwe's largest rhino population! Large sections are off road. 90% of the riding is on single track and takes place through local communities. This offers riders great opportunities to interact with the local Ndebele people. Included in the mountain biking rates are visits to the famous Matobo Rock art galleries.



What to bring along

- Mountain Bike in roadworthy condition
- Helmet. No helmet no ride
- Repair Kit to include: tyre pump, tubes, puncture repair kit, chain break, and quick links, spare hanger, multi-tool, tyre levers. Tubeless tyres are a pre requisite, see below.
- Whistle
- Recommend camel-back or two 750ml bottles of energy drink or water. Water will be supplied along the route
- Recommended extra kit: Sun block and other sun protection, mosquito repellent
- Optional kit: Camera or helmet-cam
- Light on helmet for possible night rides
- All riders should bring a spare hanger and brake pads as a must have.
- Strongly recommend fitting maxi lust tires or similar tyre with a very strong side wall
- Tyres MUST be tubeless with slime and a spare tube must be carried

Prices

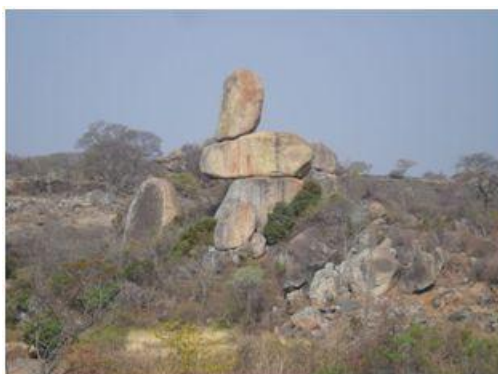
2016	2017
USD 900 per person	USD 925 per person

Included:

- Accommodation at Big Cave Camp each night
- All meals are included, plus drinks during the rides
- Transfer to and from Bulawayo airport
- Bikes will also be transferred from and to the lodge at no additional cost
- One local activity on the Big Cave Reserve
- Park fees

Please note:

- SA Airlink to Bulawayo from JHB
- Package is Bulawayo to Bulawayo and excludes International airfare
- Min pax/riders is 6pax sharing
- Game drives at an additional cost
- Support vehicle plus trailer on hand throughout the trip
- Rides will be done with Dave Waddy
- Partners can be accommodated, apply for special rates
- Riding on granite
- Occasional river crossing
- One of the days is Rhino tracking on mountain bikes
- One of the days will be sunset at Rhodes Grave, World view



Information for Participants

VISAS

Please check well in advance if you need a VISA to enter Zimbabwe. For most countries, these can be obtained on arrival, but you must have sufficient US dollars cash. RSA Passport holders obtain a free visa on entry, but you must confirm prior to travel.

HEALTH

- The Matopos is a non-Malaria area, but preventative medication is essential if you intend to travel to the Victoria Falls or other lowveld areas of Zimbabwe, before or after the ride
- We recommend that you bring anti-mozzie spray, and if possible, anti-tick spray as we will ride through long grass
- Sun cream is essential, both during and after the ride
- Ensure that you have sufficient recovery drink, rehydrate and salt tablets (for cramp)
- Also check that you have any personal medication in adequate quantities, and ensure that management is aware of any special conditions that you may have
- Travel with a valid Medical Aid card and any allergy alerts

LOCATION:

Big Cave Camp, bordering the Matobo National Park, within a World Heritage area. 46km from Bulawayo. Accommodation is in A-Framed thatched cottages build among the boulders and granite outcrops with commanding views across the valley towards Rhodes Grave World's View.

A huge rock is incorporated into the lounge and dining room, with trees growing through the roof. Guests all sit around the dinner table with staff and managers. Relaxed, cosy atmosphere. Romantic feel with flickering candles. Good home cooking. Bar is fully stocked with local and imported drinks.

