

Sensing Africa



MOUNTAINBIKE SAFARI

Sout-Africa 11-20 march 2022

**“LOOK DEEP INTO NATURE AND THEN
YOU WILL UNDERSTAND EVERYTHING BETTER.”**

— ALBERT EINSTEIN



IN DEZE BROCHURE

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THE MTB SAFARI CHALLENGE IS ABOUT



Physical group challenge



Reconnecting with pure nature



Awakening the group spirit



Your smartphone will not be taken away, but minimal use is expected. Taking pictures and videos are of course allowed.



COULD THIS BE YOUR TRIP?

Time is scarce. We fill our calendars with things we consider valuable. One day flows into the next, the fast pace and the huge amount of impressions and demands make focus impossible. Time to hit “pause” and get away from it all!

We take you to pure African nature to go on a journey for eight days in a radically different setting. **But is this for you?**

Through this challenge we are looking for participants who have a passion for nature, conservation and self-development. We strongly believe that with minimalism, nature, group feeling and physical effort you give your mental and physical capacities a strong upgrade.

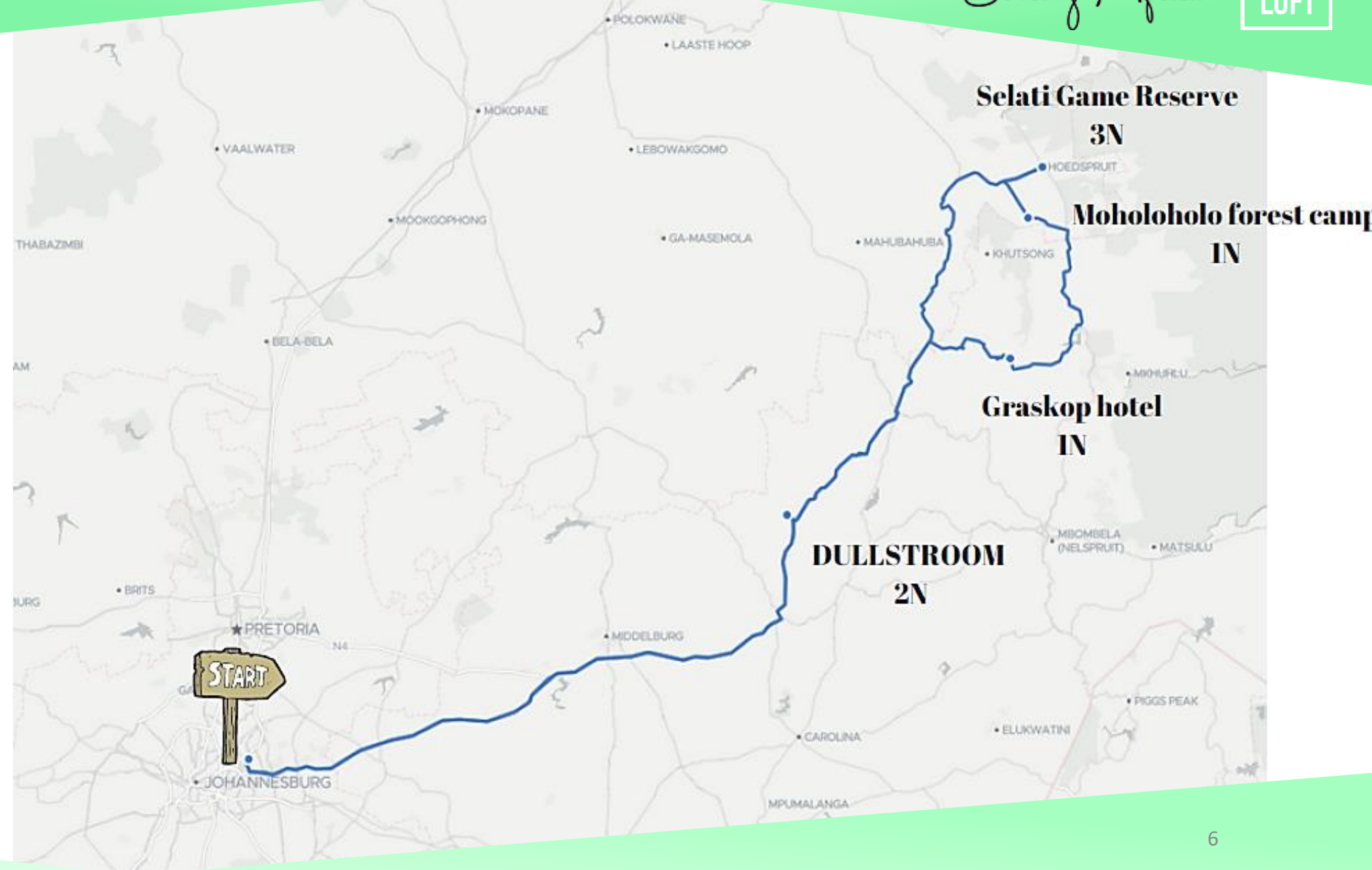
If this aligns with what you are looking for, then this challenge is really something for you.

WHEN & WHERE

Johannesburg (South Africa)
12-19 march 2022.

CLIMATE

Temperatures in March vary between 31 degrees in the day time and 14 degrees Celsius at night. Humidity can be high.



PREPARATION

GYMLOFT is happy to coach and prepare you. You will receive a digital exercise program in which stability, core and flexibility exercises are alternated with cardio training. This way you can leave in top shape so that you can give everything! If you would like additional one-on-one coaching sessions, we can organize them in Gymloft (Belgium). Coaching will continue during the trip.

GET TOGETHER

A month before we leave, we organize a (digital) Get Together moment with those joining the challenge. We get to know each other in group and go over the program together. Traditional to the challenges is that in this Get Together we also have a joint and 'challenge specific' training. We will communicate this date in good time.



SCHEDULE

FRIDAY – DAY 1: Flight

Flight to South-Africa!

Saturday: DULLSTROOM

After the long flight you will be picked up at the airport on Saturday morning and 2.5h later you will arrive in Dullstroom where you will stay for the next 2 nights.

With its rolling hills and beautiful landscape, Dullstroom is a paradise for cyclists. At more than 2,000 meters above sea level, the air is thin and crisp, providing a challenging opportunity to improve skills, not to mention how fresh the pristine air will caress your lungs.

There are three mountain bike trails that you can easily access from our property: the Dunkeld Estate. The single tracks stretch for a total distance of 36km and have multiple streams and bridges that wind their way through the most beautiful parts of the region and offer a fun off-road experience.

DULLSTROOM

The region has several fishing grounds and beautiful farms. On one of the rides you can also stop at a cheese factory as a lunch point! No big 5 here, but the dams sometimes have hippos! There are also horses in the area and all sorts of smaller animals.

The Estate lies in a beautiful setting and the rooms are modest but comfortable!



MONDAY: PANORAMIC ROUTE - BLYDE RIVER CANYON

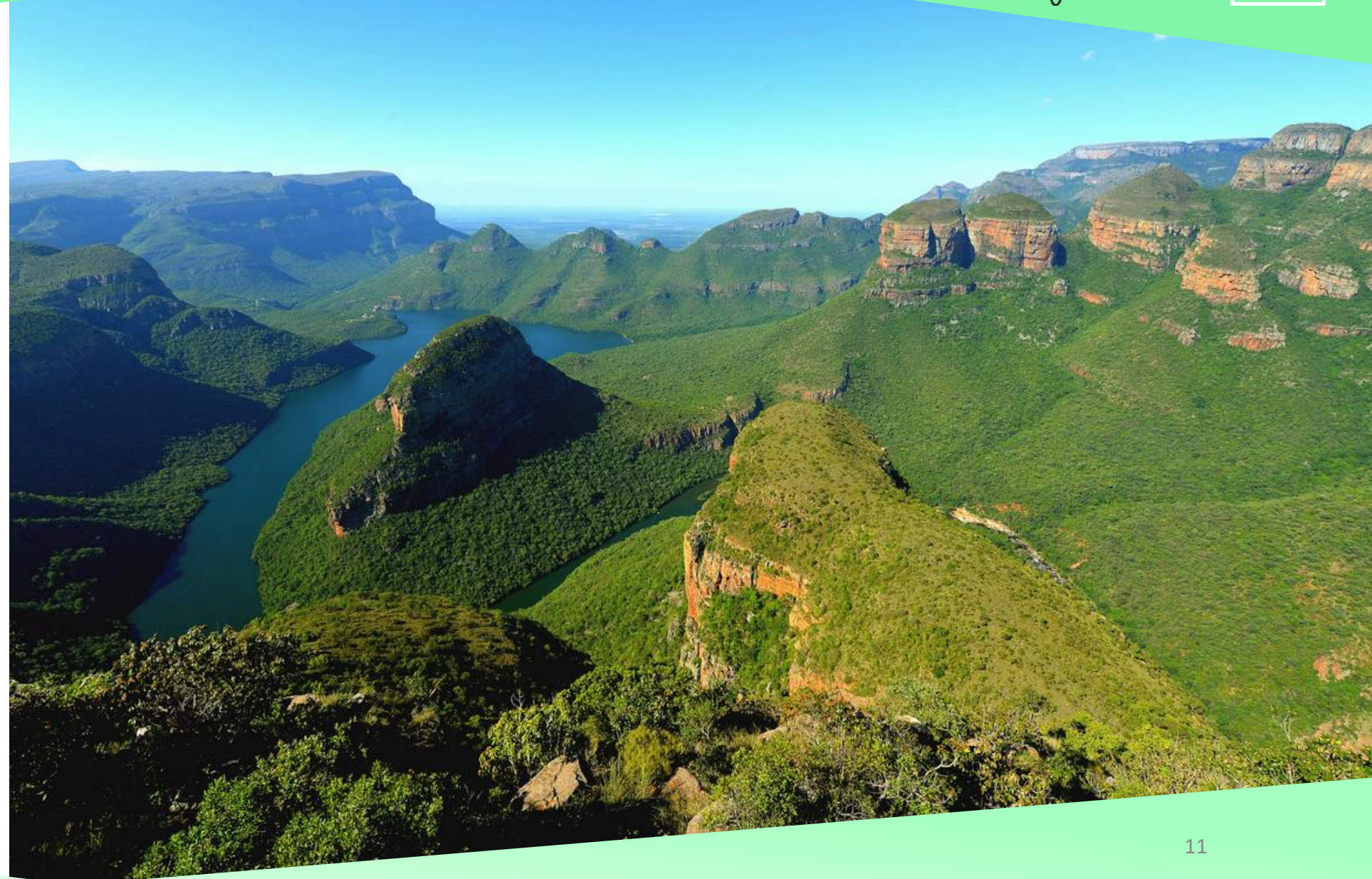
After 2 nights in Dullstroom we continue our journey with the car and we head towards the Panorama Route where we arrive 2 hours later. The Panorama Route is a scenic road in South Africa that connects several cultural and natural highlights.

Steeped in South Africa's history, the route is located in Mpumalanga Province, centered around the Blyde River Canyon, the world's third largest canyon. It features numerous waterfalls, one of the largest forested areas in South Africa, and several natural landmarks.

The route starts at the foot of the Long Tom Pass just outside Lydenburg, follows the natural descent from the Great Escarpment to the Lowveld ending on the border of the provinces of Mpumalanga and Limpopo near the Echo Caves.

Coming from Dullstroom we enter the Canyon and stay 1 night in the modest Graskop hotel (with swimming pool) and 1 night in the Moholoholo Forest Camp. We spend our time in this canyon exploring it by bike, boat and car.

For the more adventurous there is an optional **MTB ascent of the Mariepskop**, the canyon's highest point at 1947m. **The total ascent is 31km with 1330 altimeters.** A true challenge! You can choose to do a part of it.



WEDNESDAY - SELATI GAME RESERVE

The last part of the tour continues in the gigantic Big 5 Selati Game Reserve with all the animals you would expect on a safari: elephants, rhinoceroses, giraffes, zebras, lions, buffalo... 27000 hectares of wilderness with only a few lodges and houses.

The reserve gets its name from the Great Selati River that crosses the northern sector of the reserve from east to west. Named after the Selati Gold Fields, the river was the scene of a minor gold rush in 1865. The goldfields are named after Shalati, the female chief of the small Tebula tribe who lived in the bush around the Murchison Range north of the area.

Today, the reserve is home to more than 50 different species of medium to large mammals. Most of these were present on the various properties at the time of incorporation. There is a research facility in this reserve and **the members of this group will directly contribute to the further conservation of the animals by sponsoring a live elephant collaring.** The research team will locate an elephant, sedate it from a helicopter or vehicle and replace its GPS collar. This collar serves to monitor the animal and collect valuable data for research and in the end the survival of the species. You will witness this whole event from the first row and have the chance to go close to the elephant.



SELATI GAME RESERVE

We stay in the beautiful Klipspringer Lodge. This beautiful and secluded private lodge is our base in the Selati Private Game Reserve. Shared private en-suite rooms with air-conditioning are available in the main lodge, as well as private chalets, surrounded by a beautiful lush green garden overlooking the African bushveld.

You have access to the photography hut for both day and night photography. This dam attracts a wide variety of animals and birds all year round, but is especially popular during the winter months.

We have a safari vehicle available and can alternate cycling with a jeep ride or walking safari. After the 3 nights you will be picked up again and taken back to the airport which is a 5.5 hour drive for the (possible) evening flight.



HET PROGRAMMA

SELATI GAME RESERVE

On one of the evenings we go out and sleep in a fly camp. This is a real bush experience where we sleep in safari tents in the middle of nature.

We eat in the open air and we fall asleep to the sounds of nature.

In the distance, or close up, we hear the sounds of elephants, lions and nocturnal birds. **An unforgettable experience!**



SATURDAY NIGHT – Traveling back

Nightflight from Johannesburg to ...



FITNESS LEVEL

We want to make it clear that multi-day mountain bike tours are possible for most people in good health. The conditions are more important: heat, humidity, sleep, water intake.

Indicative: You should be able to **MTB 4 hours a day** with a light backpack at a moderate pace.

The technicality is medium (except at the Blyde River Canyon).

We cover an average of 40 km per day (not every day is the same and depends on the group).

Those who wish will have the option to climb the **Blyde River Canyon by MTB**. This is challenging and it is a more technical course than our daily tours. The total ascent is 31km with 1330 altimeters. But you can choose to do a part of it.



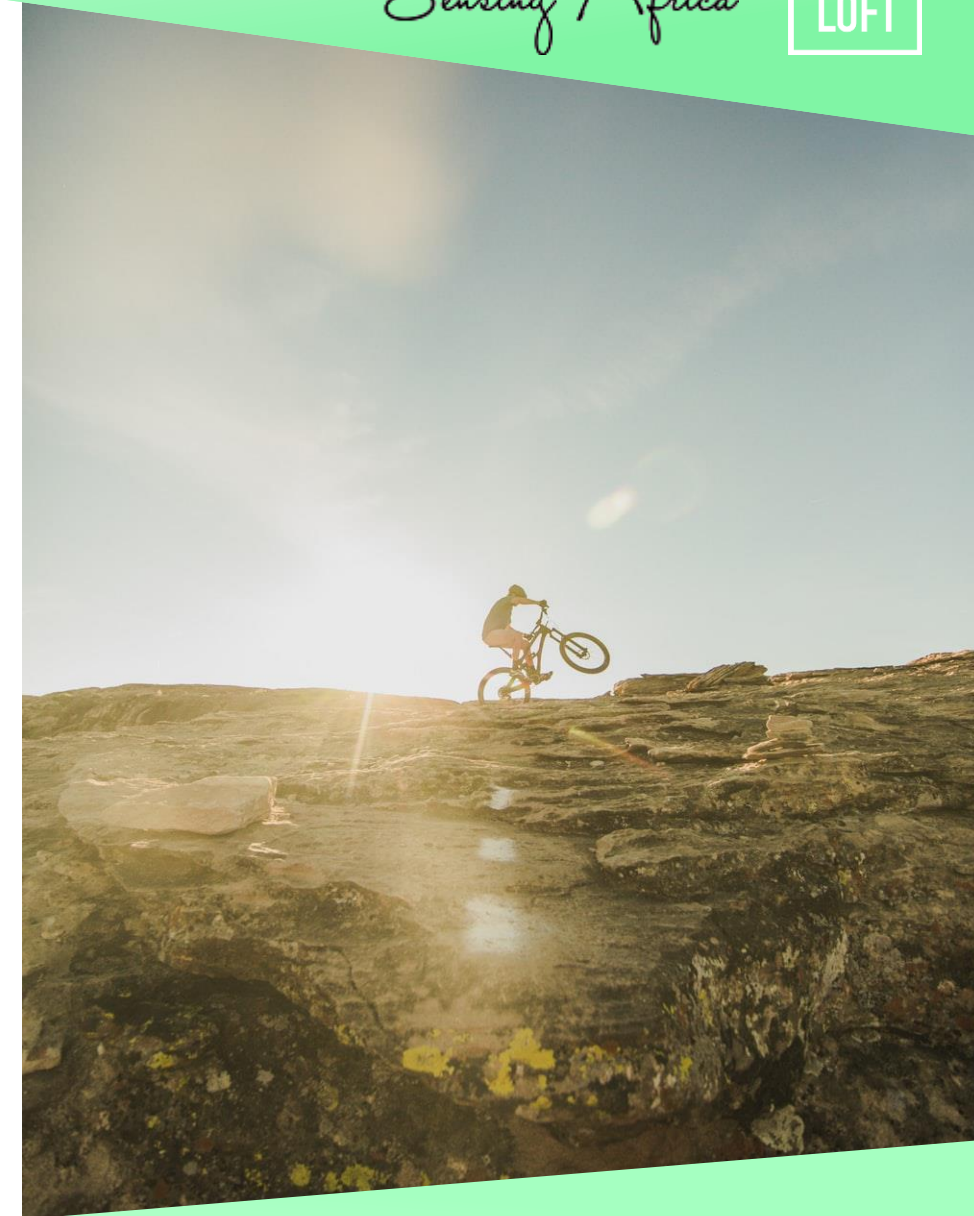
Specific

We propose to provide 10 strength and stabilization training sessions beforehand (independently or under supervision) and to complete a light conditioning biking program. That way you certainly don't have to worry about physical shortages. We provide a general training schedule for all participants.

If you have cycled 300 km in a period of 2 months, preferably a few MTB tours then you have built up sufficient condition and feeling for this trip. If you want to climb the Blyde River Canyon, it is better to work specifically on your fitness, possibly with a coach. We can help here too.

Is it dangerous?

Cycling between the BIG 5 seems dangerous, but know that 80% of the time no animals are involved. We are also always together and under the strict supervision of one or two safari experts who guide us safely through the day (and night). At night we always sleep safely in a camp.

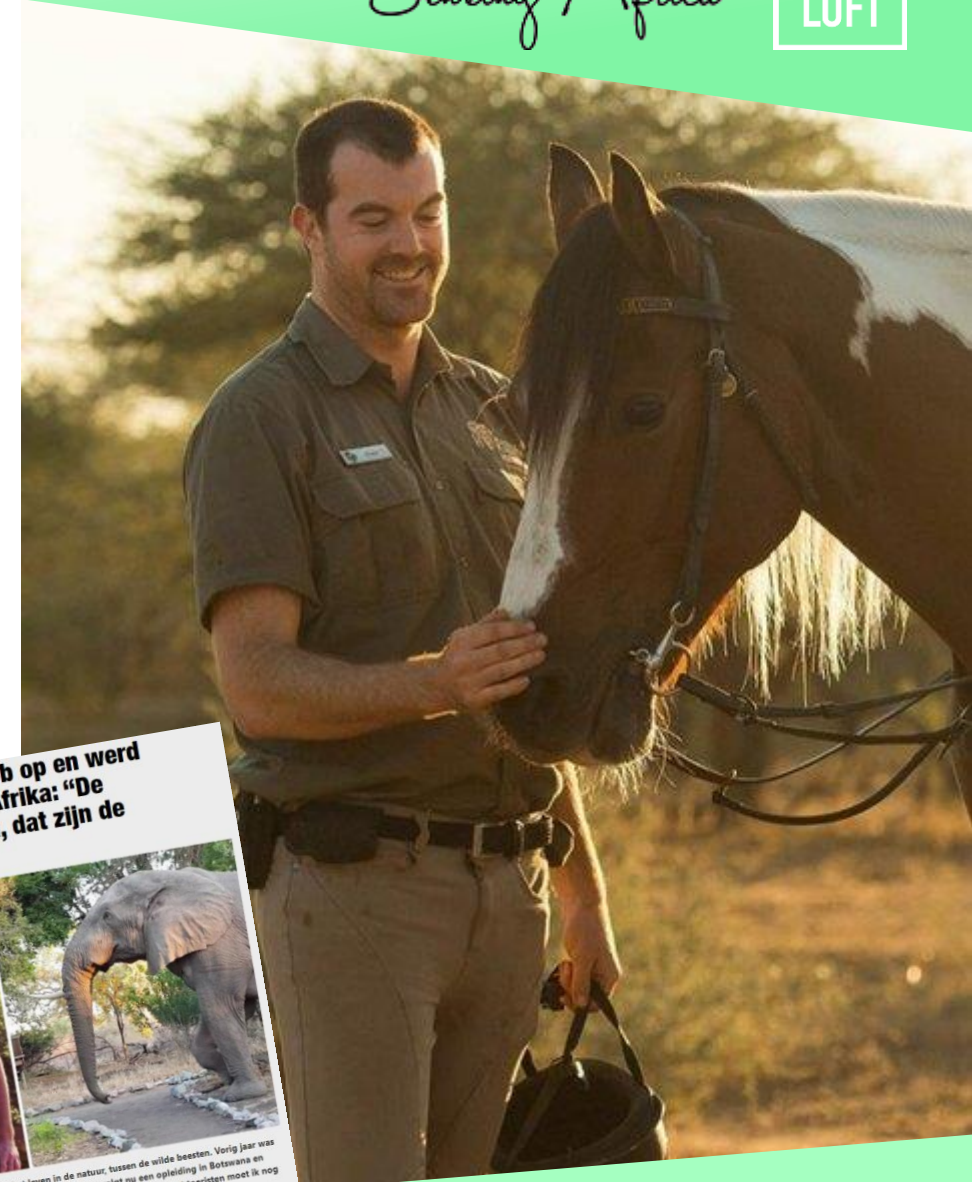


MEET THE GUIDE

We only work with experienced and certified guides for all our challenges. Our guide team is led by Pieter Vandenbroucke.

Pieter Vandenbroucke (1987) is an experienced safari trails guide who gave up his position in Barco for his passion for real nature.

He has an extensive track record of education and training and offers exclusive walking, cycling and horse safaris.



Pieter gaf kantoorjob op en werd safarigids in Zuid-Afrika: "De instagramtoeristen, dat zijn de gevaarlijkste"

Als kind was hij al gefascineerd door het leven in de natuur, tussen de wilde beesten. Vorig jaar was het zover: Pieter Vandenbroucke gooide zijn leven om en volgt nu een opleiding in Botswana en Zuid-Afrika om safarigids te worden. "Om alleen op stap te mogen gaan met toeristen moet ik nog vijftig gevaarlijke dieren spotten."



EXTRA: Elephant collaring

We enter the reserve to work together with the Selati research team to locate an elephant whose GPS collar needs to be replaced. The elephant will be tranquilized from the helicopter or the jeep (depending on the terrain).

While the elephant is sleeping, we can go close to it while the vet and the team put on the new collar.

This is a fantastic and unique experience where we contribute directly to elephant research and conservation.



Early Bird Ticket

3000 EUR (Exempt from VAT)

Till 15 december

Regular Ticket

3350 EUR (Exempt from VAT)

15 dec – 30 feb

Included

- 1 'Get Together' training and digital exercise schedule in the run-up To the trip
- All local transports
- Full board & Snacks
- Accomodation
- 2 Safari guides , 1 personal coach
- Drinks (with a high maximum)
- (Luggage) Transport
- Local MTB

Not included

- Flights (don't wait too long)
- Bringing your own MTB
- Supplement for single room

FAQ

CAN I BRING MY OWN MTB?

That is possible and that is allowed! Only the transport costs per plane are not included. If you bring your own bike it is best to also bring your own repair kit in the event of a malfunction. Those who do not bring a bicycle use local MTBs that are of decent quality and where repairs can be made on the spot. For those you do not need to bring a repair kit as these will be repaired on the spot by the team. The bikes provided are the Titan Drone Trail bikes, Alu, 29inch, Hardtail with remote lockout, Shimano Altus 3x9.



FAQ

WHAT ABOUT CLOTHING?

In any case, bring 2 cycling shorts, sufficient T-shirts, cycling gloves with open fingertips, layered evening clothing, swimming trunks/bathing suit, cycling shoes with or without an SPD system, sufficient sports socks.

Neutral clothing (green, brown, beige for the bushwalks)

OTHER THINGS WE NEED TO KNOW OR CONSIDER?

Provide a small first aid kit: dafalgan, magnesium or ORS salts, tape, grape sugar, energy bars. We will provide enough on site, but being well prepared yourself is always an added value.

International passport (6 months validity upon return)

Compact backpack / pouch bag

Water bottles (2) or camelbak system

Anti - Insect spray if sensitive

FAQ

TRANSPORT AND TICKETS

Transport to and from the airport in Johannesburg is provided, as well as transport between the different accommodations. This with a comfortable and air-conditioned van with bicycle trailer. The flight is not included, but advice can be given. It is best to book these tickets between 4 and 6 months in advance. Most airlines offer flexible fares.

The meeting point on Saturday March 12, 2022 is Johannesburg International Airport: O.R. Tambo, at the latest 12 noon. Most international flights arrive in the morning and this should be feasible with a flight departing Friday evening March 11, 2022. It is of course free to arrive in the country earlier and add another trip yourself.

On Saturday 19 March 2022, the group will be transferred back to the airport in Johannesburg (O.R. Tambo) in time for the international evening flights. So you can certainly choose to stay longer in the country and travel further.

FAQ

DO YOU NEED TO BE VACCINATED

There is no compulsory covid-19 (or other) vaccination requirement for traveling to and returning from South Africa. However, at the time of writing a negative PCR test of a maximum of 72 hours old is expected upon arrival at the airport in Johannesburg.

There is also no obligation to vaccinate when returning to Belgium. However, a full Covid vaccination gives you more freedom. At the time of writing, it suffices with vaccination to have a PCR test taken on the day of arrival. If it is negative, you can move freely and go to work if applicable.

Then you have another test performed on the 7th day. If it is negative, all obligations have been met.

In the event of non - vaccination and return to Belgium, there are stricter obligations at the time of writing. A covid-19 PCR test must also be taken on day 1 and day 7 of return, but with a quarantine obligation in between.

For Belgium consult <https://www.info-coronavirus.be/nl/> for the latest state of affairs

FAQ

IS THERE A HOSPITAL NEARBY?

Selati Game Reserve is a 30-minute drive from Hoedspruit. This small town is a base for the region with a good supply of doctors, pharmacists, physiotherapists and medical equipment, as well as a small hospital. If necessary, a decision will be made in Hoedspruit to arrange air transport to a hospital in Johannesburg.

CAN I JOIN WITH MY PARTNER?

You can. Highly recommended and it's fun to work towards a goal together and enjoy your time of with a close friend or partner!

IS THERE A RISK FOR MALARIA?

The period of travel is after the rainy season and therefore also after the peak of mosquitoes. Of all the locations, Selati Game Reserve is closest to malaria area, but still outside it. Although the risk is minimal, it is a personal choice whether or not to bring and take malaria medication. If necessary, the tropical institute and your family doctor can give advice for your personal (medical) situation.

FAQ

HOW MANY GUIDES ARE THERE?

2 safari guides are provided for 9 people to guarantee maximum safety. These guides have a lot of experience in this area and know how to react in which situations. A careful briefing at the beginning of the trip leaves room for questions and preparation.

IS IT ONLY MTB SARAFI?

No!

GAME DRIVES IN OPEN JEEPS

Cycling is most often done in the morning, which leaves the (late) afternoon free for rest and other activities. With the jeep you can cover great distances and you can alternate between areas. This also gives us the chance to encounter more animals and variety. The vehicles are open, which guarantees a fun experience.



BUSHWALKS

To add some further variation to the activities, Bushwalks can also be done in Selati. Here you go into nature on foot instead of by jeep. These are not power walks, but rather quiet walks of about 2 hours where attention is paid to the smaller things in nature (spores, insects, plants...). However, the ultimate experience is to approach an elephant on foot. Good memories guaranteed! This activity is optional.

CONSERVATION

In Selati, the group will witness a live elephant collaring. This is a once in a lifetime experience and will leave a great impression. This way we have a direct positive impact on the survival of elephants.

ONE LAST THING! **WE LEAVE NO TRACE!**

Under no circumstances do we leave any waste behind. Also keep in mind that you should put your trash in your backpack. Bring a bottle of hand sanitiser with you to be able to handle your food hygienically.

And remember... Don't hesitate to ask questions!

INSURANCE

Travel insurance is a prerequisite for going along. That way there are no financial surprises afterward. This is possible, for example, via [Europ Assistance](#) where you can already take out a high risk cover insurance for 48 EUR. Please do talk with your insurance agency to be sure you are well covered. Canceling insurance for last-minute cancellation can be interesting.

Have a good journey in
the MTB Safari Challenge.



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