

THE ACTIVE TRAVEL SERIES

# CYCLING KENYA

BIKING AND HIKING SAFARIS IN THE AFRICAN PARADISE



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KATHLEEN BENNETT

# Cycling Kenya Biking And Hiking Sataris In The African Paradise

**Kathleen Bennett**



## **Cycling Kenya Biking And Hiking Sataris In The African Paradise:**

**Cycling Kenya** Kathleen Bennett,1992 Kenya is rapidly becoming a favourite destination for independent travellers This is a guide for cyclists and hikers and features detailed itineraries with route maps plus background information on the country itself Details of hiring bikes locally are provided *Subject Guide to Books in Print* ,1997 *Subject Guide to Children's Books in Print* 1997 Bowker Editorial Staff,R R Bowker Publishing,1996-09 **Around Africa On My Bicycle** Riaan Manser,2010-09-13 In a world first almost incredibly Riaan Manser rode a bicycle right around the continent of Africa It took him two years two months and fifteen days He rode 36 500 kilometres through 34 different countries In *Around Africa on my Bicycle* Manser tells the story of this epic journey It is a story of blood sweat toil and tears It is a story of triumph and occasional disaster Of nights out under the stars of searing heat and rain of endless miles of Africa and of pressing on and never surrendering whatever the odds Mostly however it is the story of one man's courage and determination to escape the mundane and see the continent he loves and feels so much a part of It is a story of the human warmth he encounters and occasionally human wrath and hostility as he crosses troubled countries and borders *Africatrek* ,1997 A Journey By Bicycle Through Africa From the Mediterranean sea to the Southernmost tip of Africa Cape Agulhas *RusticoRiders Cycle Africa* Beryl Doiron with Bernie Doiron,2009-11 A four month cycling trip from tip to tail of Africa in the company of like minded individuals accompanied by a support team was the perfect way for Beryl and Bernie Doiron to marry their joy of cycling with their love of travel and to escape the Canadian winter Departing Cairo with its pyramids they cycled through ancient Egypt the deserts of Sudan the mountains of Ethiopia the lush rolling hills of Tanzania Malawi and Zambia the beautiful terrain of Botswana and Namibia and along the Atlantic Ocean of South Africa to Cape Town a fifth of the journey on clay washboard rock sand and dusty roads It all made January to May 2008 a memorable summer 10 000km down roads less travelled time to interact with some of the world's poorest people pitching tents in desert and on bush ground and eating local foods Again and again the authors were struck by the welcoming faces of people with very few of life's amenities who appear to live in peace and harmony with their surroundings In small village and countryside the people and lifestyle also triggered memories of early childhood growing up on a family farm and nearby fishing village in Prince Edward Island Canada *I Never Intended to be Brave* Heather Andersen,2011 Having just finished her service as a U S Peace Corp volunteer in Lesotho a small country in southern Africa not ready to return to the States and unclear about her future Heather Andersen feels a strong desire to take a three month bicycle journey through the region she was originally drawn to for its mix of culture wildlife and scenery But things did not go as planned She and her traveling partner a man she met for the first time arriving in Blantyre where the journey starts decide to part midway With great appreciation and understanding Heather vividly describes her surroundings the colorful people she encounters the misadventures of traveling in another culture as a single woman on a bicycle This is also Heather's personal journey to rediscover her commitment to leading the

life she wants Traveling through southern Africa she learns to believe in herself and have faith that she makes the right decisions At the end of her travels she finally can answer the question that everyone asks yes I am safe If you ve ever wanted to go somewhere completely unknown to you or just want to experience it through someone else s eyes this is a great book to start with *Africa Solo* Mark Beaumont,2016-05-19 SHORTLISTED FOR ADVENTURE TRAVEL BOOK OF THE YEAR In the spring of 2015 Mark Beaumont set out from the bustling heart of Cairo on his latest world record attempt solo the length of Africa intending to ride to Cape Town in under 50 days Seven years since he smashed the world record for cycling round the world this would be his toughest trip yet And he would set a new mark that would simply break the limits of endurance Despite illness mechanical faults attempted robbery and stone throwing children as well as dehydration in the deserts and unprecedented levels of exhaustion Mark completed the journey in just 41 days 10 hours and 22 minutes after cycling 6 762 miles spending 439 hours in the saddle sometimes up to 16 hours a day and climbing 190 355 feet through 8 countries It was an astonishing journey and one that will fascinate and grip the reader From the obvious dangers of Egypt Sudan and Kenya over the unpaved muddy mountainous roads of Ethiopia through the beautiful grasslands of Tanzania and Zambia to riding at night in Botswana in the company of elephants and giraffes Mark brings Africa to life in all its complex glory friendship and curiosity while inspiring us all to question the bounds of what is possible Three Men on a Bike Rory Spowers,1995 In 1989 Rory Spowers and three friends set off on one of the most bizarre bicycle rides of the century the traversing of the African continent on a tandem bicycle This book chronicles their various experiences through some of the most beautiful lands in the world Moods of Future Joys Alastair Humphreys,2007-11-26 This enthralling account details Alastair Humphrey s epic journey across Africa through Sudan Ethiopia and Kenya His experience is at times brutal and though he faces loneliness despair and harsh conditions he also survives through trust in the kindness of strangers Moods of Future Joys is the story of the first remarkable stage of the expedition Just two weeks into the ride the September 11th attacks and the war that followed changed everything All Humphreys plans went out the window and instead of riding towards Australia he suddenly found himself pedalling through the Middle East and Africa and on towards Cape Town But his journey did not end there In fact this was only the beginning **The Masked Rider** Neil Peart,2010-11-16 Neil Peart s travel memoir of thoughts observations and experiences as he cycles through West Africa reveals the subtle yet powerful writing style that has made him one of rock s greatest lyricists As he describes his extraordinary journey and his experiences from the pains of dysentery to a confrontation with an armed soldier to navigating dirt roads off the beaten path he reveals his own emotional landscape and along the way the different masks that he discovers he wears Cycling is a good way to travel anywhere but especially in Africa You are independent and mobile and yet travel at people speed fast enough to travel on to another town in the cooler morning hours but slow enough to meet people the old farmer at the roadside who raises his hand and says You are welcome the tireless women who offer a smile to a passing cyclist the children whose laughter transcends the humblest

home     Desert Snow Helen Lloyd, 2013-05-28 Desert Snow is the story of one girl one bike and 1 000 beers in Africa By daring to follow a dream and not letting fear prevail Helen cycled across the Sahara Sahel and tropics of West Africa paddled down the Niger River in a pirogue hitch hiked to Timbuktu and spent three months traversing the Congo which she thought she may never leave A lot can change in 2 years cycling 25 000km from England to Cape Town So can nothing Helen takes you with her on the journey through every high and low of her memories and misadventures She describes a continent brimming with diversity that is both a world away from what she knows and yet not so different at all     Land of Second Chances Tim Lewis, 2013-08-01 Winner of the British Sports Book Awards 2014 New Writer of the Year Where there is hope there can be redemption Meet Adrien Niyonshuti a member of the Rwandan cycling team Adrien was seven years old when he lost his family in the 1994 genocide that tore Rwanda apart Almost twenty years later he has a shot at representing his country at the Olympics Meet Jock Boyer the coach of Team Rwanda One of the top American cyclists of all time Jock recognises the innate talent for endurance that the Rwandans possess A man with a dark past Jock is in need of a second chance Meet Tom Ritchey the visionary inventor of the mountain bike and the U S money man looking to recover from a profound personal crisis In The Land of Second Chances Tim Lewis charts the incredible true story of the Rwandan cycling team as they overcome impossible odds to inspire a nation     **The Ukimwi Road** Dervla Murphy, 1996 Three thousand miles by bicycle through Africa     **Bicycling in Africa** David Mozer, 1989     *Dodging Elephants* Alice Morrison, 2016-04-30 *Dodging Elephants* is the story of how one ordinary woman raced across Africa on her bike Flung from the corporate hamster wheel she set off with very little training plenty of Christmas fat a custom made bike and absolutely no idea of what she was letting herself in for The Tour D Afrique is the longest bike race on earth 12 000 miles from Cairo to Cape Town through ten countries and with 63 competitors lined up at the start Each chapter has a different story to tell new places and peoples high mountains burning desert sands thick mud biting tsetse flies known as the devil and vibrant African dawns and dusks During the journey the riders are beaten with whips stoned by local cattle raiders held up at gun point and face malaria and typhoid in camp They cycle through the dry season in the Sudan with temperatures reaching 51 degrees and then hit the rainy season in Tanzania with mud up to their knees and tents permanently wet through You really feel for them When the only landmark for miles is the skeleton of a camel that looks smugly happier than you imagine they do and you think it impossible to push those pedals around once more even vicariously something will jolt everything right back into perspective From penis envy every time nature calls along the trail to the night of shame from which no one is exempt by the time the finish line beckons from the naked mile to the who stole the shitter shambles *Dodging Elephants* will put a silly grin on your face Maybe best to read this one in private or you might get some odd looks Oh yes and there s a near death experience with an elephant You ll encounter the highs as well as the lows with Africa forming a beautiful backdrop along the way The race begins in Egypt on the eve of the Arab Spring goes through the Sudan as the south declares independence and becomes the newest

country on earth continues through the worst drought for thirty years in Northern Kenya before landing on the pristine highways built by ubiquitous Chinese contractors entering Zambia where old and new Africa collide and ending up in South Africa at election time This is a proper old fashioned adventure A romp through Africa told with humour and charm As you read The End you ll either be reaching for your laptop to sign up for next year or reaching for another nice glass of red wine and thanking your lucky stars that you don t have to      **African Epic** Neil Gardiner,Nic Lamond,Kevin Vermaak,2013      **I Never Intended to be Brave** Heather Andersen (Cyclist),2011 Not yet ready to return to the States after her service as a U S Peace Corps volunteer Heather Andersen sets her dream of exploring southern Africa by bicycle in motion Her group dwindles to just two before the trip even starts and she finds herself traveling with a man she s never met before Tension between them builds until the inevitable split and Heather continues on alone through unfamiliar lands With great appreciation and understanding she vividly describes her surroundings the colorful people she encounters and the adventure of traveling in foreign cultures as a solo woman on a bicycle With the question of whether it s safe never far from her mind she forges her own path through southern Africa and life Along the way she trusts her intuition and the kindness of strangers appreciates the rhythm of an unscheduled life on the road and rediscovers her commitment to leading the life she wants If you ve ever wanted to go somewhere completely unknown to you or just want to experience it through someone else s eyes I Never Intended to Be Brave will take you there      Riding the Dragon's Spine David Bristow,Steve Thomas,2012 A mountain bike route from the northern parts of South Africa Limpopo Province to Cape Point in the South      *Riding the Desert Trail* Bettina Selby,2003-11

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