

What else to know

Security & Safety

Safety of our guests is our first priority:

- We mainly ride on roads without traffic and in completely safe areas.
- Quality equipment
- Helmet mandatory
- Repair kit and 1st aid kit with tour guides, rescue car on standby

Out Tour Guides

- Experienced, local tour guides equipped with mobile phones
- Every tour is accompanied with at least 2 tour guides. In case of need we do shortcuts with all or part of a group.
- Languages spoken: English, Swahili and Deutsch

Services

In price included:

- Mountain-bike with front-shocks
- Helmet and gloves
- Bottled drinking water, bananas for energy boost
- Soda at the stop



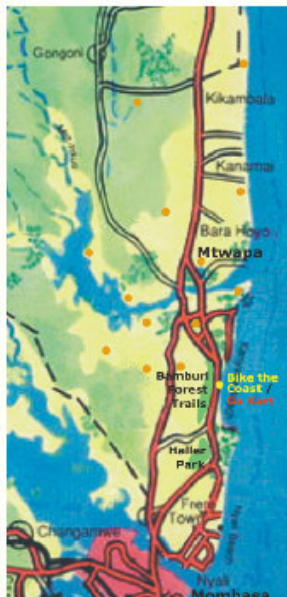
At extra cost:

- Shuttle service to Bike the Coast

What You Bring

- T-Shirt and trousers
- Training or other solid shoes
- Sun protection
- Head scarf (for you convenience, because you are using a rental helmet)

Mombasa North Coast



Contacts

Bike the Coast

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Operation Base: Mombasa Go-Kart



Under Swiss Management



Discover Africa



Enjoy the real Africa

Our Tours:

Introduction

- A typical tour with "Bike the Coast" covers a distance of 24 - 40 km and takes about 2 ½ to 3 ½ hours of cycling on unpaved roads with no traffic.
- Each tour has a level of difficulty, from 1 to 4, meaning:
- The easy level 1 tours use "large" roads or paths with no or few uphill-stretches.
- For the experienced mountain-bikers: the level 4 uses single trails (very narrow paths) and very steep up- and downhill stretches. These hilly parts are usually short since the North-Coast area is rather flat.
- With every tour we stop at a local restaurant to have refreshment.
- For the prices see separate leaflet.

Along the Coast

Scenery Mtwapa: an upcoming lively town, traditional African villages in palm-tree forests, sea views, palm tree- / mango forests

Distance 40 km
Time 4 to 5 hours
Altitude ca. 50 m
Difficulty 1
Start/End Mombasa Go-Kart



Three Coastal Areas

Scenery Three typical climate zones along the Coast: beach - palm-tree forest - semi-arid area

Along the hotel area to some few upper class plots at the creek, local village, traditional Giriama village in a typical palm-tree-forest along the creek - crossing an arm of the creek. Spectacular view over the Mombasa North Coast

Distance 24 km, 2 km tarmac with no traffic
Time 3 to 4 hours
Altitude ca. 150 m
Difficulty 1 - 2
Some short but steep uphill stretches
Start/End Mombasa Go-Kart



Along the Creek

Scenery Mtwapa: an upcoming lively town, traditional Giriama villages in palm-tree forests, spectacular views of Mtwapa Creek, almost untouched bush-land

Distance 31 km
Time 3 ½ to 4 ½ hours
Altitude ca. 150 m
Difficulty 2
Start/End Mombasa Go-Kart



Bike Adventure

Scenery Forests, traditional African villages, and hilltops in semi-arid area, crossing arms of the Creek
Great viewpoint over North Coast Area, view on Mtwapa Creek

Distance 24 km
Time 3 to 4 hours
Altitude ca. 350 m
Difficulty 3 - 4
About 8 km single trail, short but steep up/down hills
Start/End Mombasa Go-Kart



Booking

You book our tours with your travel agency, at the lobby of your hotel or directly with us.