



PHOENIX
CLUB

MIGRATION GRAVEL RACE

KENYA, JUNE 2024



THE MIGRATION GRAVEL RACE, KENYA

The "Migration Gravel Race" is a semi supported four-day stage race across the wilds of the Maasai Mara, Kenya. This extraordinary event is inspired by the 'great migration' of animals crossing Kenya. The Migration Gravel Race blends riding and safari: and gravel riders cross the same rivers and steppes as giraffes, zebras, wildebeest and elephants. The 450km course covers single track, game trails, red clay and rough hard pack travel

Pho3nix Club has secured slots to this prestigious event and will be taking a fully hosted tour to the event this June. Our tour will include all tour logistics, equipment support, key supplies, transfers in Kenya, on-site accommodations, and motivational support in this unique and challenging event. We invite you to join us for this incredible event.

Distance	450km
Race Dates	18-21 June 2024
Race Type	Gravel Cycling
Location	Maasai Mara, Kenya
Website	migrationgravelrace.com

Pho3nix Club Migration Gravel Race Tour Inclusions:

- Entry into the 2024 Migration Gravel Race.
- Accommodation in Nairobi on arrival and departure days.
- Airport transfers on arrival and departure in Nairobi.
- Return air charter between Nairobi and Masai Mara pre- and post-race.
- Two nights' accommodation at Fig Tree Camp pre-race.
- Transfers to and from the race site in Masai Mara.
- Accommodation and sleeping supplies on-site during the race (tents, sleeping bags, pillows).
- Cycling spares and equipment support.
- All meals on race and non-race days (exc. alcohol).
- Personal supplies including sunscreen, aloe vera, sanitiser, insect repellent, basic wash kits and personal first aid kit.
- Pho3nix Club concierge service pre and during the tour.
- Pho3nix Club cycling and casual apparel.
- Group welcome dinner.
- Post race celebration.
- Local SIM card with data packs, and power bank.
- Local currency allocation.
- On-site race support.
- Game drive at Fig Tree Camp pre-race (see the big 5!).
- Pho3nix Foundation donation.

NAIROBI HOTEL ★★★★★

HOLIDAY IN TWO RIVERS

Nestled in the heart of Nairobi, Holiday Inn Nairobi Two Rivers Mall welcomes us with a harmonious blend of local charm and global hospitality. The hotel will be our base and group meeting point for arrivals in Nairobi before the transfer to Maasai Mara for the Migration Gravel Race. Airport transfers to the hotel will be provided for all guests upon arrival in Nairobi.



MARA CAMP ★★★★★

FIG TREE CAMP MASAI MARA

Fig Tree Camp is located on the banks of the Talek River and offers both luxury tents and chalet accommodation. With a full range of facilities and services on-site including restaurant, laundry, Wi-Fi, swimming pool, spa and more, this will be our pre-race "base camp" for two nights prior to the final transfer to the race start in Mara.



ABOUT PHO3NIX CLUB

The Pho3nix Foundation assists and inspires children worldwide to achieve their dreams and live healthy, inspired lives through sport. From kids' triathlons and workshops to teen sports camps and assistance for aspiring Olympians, Pho3nix projects create a pathway from participation to professionalism across Asia, Africa, Europe and Oceania. Pho3nix Club is a key Pho3nix Foundation initiative providing our members and guests with access to some of the world's most exclusive and exciting endurance sports events. At the Chicago Marathon you can achieve your own extraordinary result and contribute to the global work of the Pho3nix Foundation. **Learn more about our events and projects at pho3nixclub.com and pho3nixfoundation.com.**



THE MIGRATION GRAVEL RACE STAGES

STAGE 1

Basecamp to Majo Moto

Shamba (village) day. The course starts off with hard rocky section for roughly 40-50km (think Paris-Roubaix on rocks). Pass through shambas, and at around 70km you'll find the checkpoint for the stage. The second half of the stage is notable for very strong headwinds and mild cobbled track. In heat, be sure to stay properly hydrated. If you are familiar with the CyclingTips gradient scale, think between type 4/5 gravel for much of the day.

STAGE 2

Maji Moto to Wild Campsite

This stage is hard. A Tour de France climbing stage on gravel. The route starts with a 30km flat section then proceeds to climbing for much of the remainder. You enter the wildlife areas on the second half of the ride. Rangers will be on hand at the earliest points to ensure that the climbs are clear of elephants. (Yes, you read that right!). Climbing will take competitors to the top of the escarpment at roughly 2800m. The route passes thorough shamba land high on the mountains. Visibility can sometimes be limited by low hanging clouds, and we should be prepared for rain. In heavy rain, mud (black clay) may be a factor. Your shoes should be good enough to hike a bike in. After checkpoint, roughly 100km remain of climbing and descending. This will be an all-day stage for most competitors so be sure to stay properly hydrated and fed.

STAGE 3

Loita to Nibosho

Reward for completing the first two stages. Stage three starts with hard pack black gravel and traverses over wide open savannah. Plains animals (wildebeest, zebra, gazelles, etc.) are likely to be seen in abundance. Compared to the previous two days, this is a fast stage with gravel conditions the best for speed in the entire race. Watch out for all bridge crossings, which tend to be at the bottom of descents (meaning you may be travelling at high speeds)!

STAGE 3

Nibosho to Bandas

The grand finale. On the fourth and final stage, competitors will be treated to a vast array of wildlife through the morning as the race travels through some of the most pristine landscapes in the Mara. This stage can be very hot on the plains so make sure you carry enough water. Rangers will be on hand for the more densely populated animal zones - particularly in the first 50km of the race. Those who manage to complete this epic race will be welcomed home by all manner of creatures as you ride under the Migration Gravel Race finish banner.

DAILY STAGE SCHEDULE

6.30AM	Breakfast
7.30AM	Race Start
7.00PM	Stage Cut Off Time
7.00PM	Post Stage Recovery
8.00PM	BBQ, Bonfire and Stage Awards Ceremony



ITINERARY

Day	Date	Activity
1	14 Jun	<ul style="list-style-type: none">Arrivals in NairobiGround transfers on arrival from airport to hotelOvernight accommodation in Nairobi and Holiday Inn Two RiversWelcome Dinner at HotelLocal exploration and personal supplies shopping
2	15 Jun	<ul style="list-style-type: none">Breakfast at Holiday Inn Two RiversAir charter transfers from Nairobi to Fig Tree Camp in Masai MaraAccommodation and meals at Fig Tree Camp
3	16 Jun	<ul style="list-style-type: none">Rest day at Fig Tree CampGame Drive at Fig Tree Camp
4	17 Jun	<ul style="list-style-type: none">Ground transfer from Fig Tree Camp to race start sitePre-race bike assembly and race preparationsOvernight in Mara start camp
4	18 Jun	<ul style="list-style-type: none">Race Stage 1 (Basecamp to Maji Moto)
5	19 Jun	<ul style="list-style-type: none">Race Stage 2 (Maji Moto to Wild Campsite)
6	20 Jun	<ul style="list-style-type: none">Race Stage 3 (Loita to Nibosho)
7	21 Jun	<ul style="list-style-type: none">Race Stage 4 (Nibosho to Bandas)
8	22 Jun	<ul style="list-style-type: none">Ground transfer from race start site to air charterAir charter from Masai Mara to NairobiGround transfers from Nairobi airport to hotelOvernight accommodation in Nairobi and Holiday Inn Two RiversEnd of tour Celebration Dinner at Hotel
9	23 Jun	<ul style="list-style-type: none">DeparturesGround transport to airport for all guests

PRICING

€17,300 PER PERSON

The Pho3nix Club Migration Gravel Race tour price includes a contribution to support the work of the Pho3nix Foundation.

BOOKINGS

Limited slots are available for the Pho3nix Club Migration Gravel race tour. To enquire and book, please contact Joanna Rewkowska, Pho3nix Club Project Manager via email joanna.rewkowska@manaseg.com

TERMS & CONDITIONS

1. Price does not include flights or other transport to or from Nairobi. 2. Booking requires a 50% non-refundable deposit, 25% instalment on May 1 and 25% instalment on June 1, 2024. 3. Personal travel insurance is not included in the tour price. 4. All travellers must hold a passport that will be valid for at least 6 months after the date of your return to your home country and have all necessary visas and permits required to enter Kenya. 6. Bookings are non-transferable. 7. Participants will be required to complete the Migration Gravel Race entry form and agree to all event terms and conditions as set out by the event organisers. 8. Price is based on single occupancy room at Holiday Inn Twin Rivers, double occupancy at Fig Tree Camp, double occupancy at race start site and single occupancy on each stage race. 9. A €220 late fee applies to any payment received after its due date.

FAQ



WHAT IS THE ACCOMMODATION IN NAIROBI?

Accommodation in Nairobi on arrival day and the night prior to departure is at the Holiday Inn Twin Rivers in King Suites. All rooms are single occupancy.

ARE MY FLIGHTS TO KENYA INCLUDED?

No, participants will need to coordinate and pay for their own flights to and from Nairobi.

HOW DO I GET FROM THE AIRPORT TO THE HOTEL?

Ground transfers will be provided for all participants on their arrival at Jomo Kenyatta International Airport in Nairobi. Similarly, transfers from the hotel to the airport will be provided for all participants on departure date.

WHAT MEALS ARE INCLUDED IN NAIROBI?

A group welcome dinner take place on arrival day, and breakfast will be provided on the morning of the transfer from Nairobi to Mara. Food and beverage supplies will be included for the transfer from Nairobi to Mara.

HOW DO WE GET FROM NAIROBI TO THE RACE START?

Pho3nix Club has organised a charter flight from Nairobi to Masai Mara. The group will be accommodated for two nights at Fig Tree Camp in Masai Mara prior to the final ground transfer to the race start on the day prior to the race. Following completion of the race all guests will be returned to Nairobi via air charter.

WHAT IS THE ACCOMMODATION ON THE RACE?

Accommodation at the race HQ and out on the course is in tents. Your tent, mattress, sleeping bag and pillow are provided as part of the tour. A shared tent (2 persons) is at race HQ in Mara, while each participant has their own tent during all four stages of the race out on course.

ARE THERE TOILETS AND SHOWERS?

Race organisers make provisions for showers at the race site (bucket of warm water behind a screen), but there are no formal showers on-site. Toilets are "hole-in-the-ground" toilets with toilet paper and a shovel provided by race organisers. All other toiletries as needed by individuals needs to be supplied participants, with Pho3nix Club providing a toiletries pack for each tour member.

WHERE DO I BUILD MY BIKE?

Bikes should NOT be built in Nairobi, rather, they should be built upon arrival at Race HQ in Mara. Bikes should be transported in bike boxes to and from Nairobi.

WHAT MEALS ARE PROVIDED DURING THE RACE?

Race organisers provide breakfast, lunch and dinner. The main meal will be plentiful and good quality (a lot of local dishes). You will be asked to fill in a Google form so we can cater for specific diets. During the race stages, participants are on their own. Participants should bring plenty of calories to fuel up during each stage. Keep in mind that, especially on days 1 and 2, some participants will be on their bikes for over 8 hours. There is one mid-stage fuel-up point, but calories will be limited to fruit and chips. Pho3nix Club will have a supplies stash of energy bars, sports bars, performance snack foods and powdered electrolytes for all participants to access and carry during the race stages.

WILL THERE BE ACCESS TO POWER DURING THE RACE?

Participants will be able to charge devices, but we recommend bringing a big power bank as well. Pho3nix Club will also provide all tour participants with a personal power bank. It is recommended to arrive with all your devices fully charged. Solar and generators are on site to charge devices, but it can be slow. Ensure you bring your own cables etc.

DO I NEED TO GET A VISA TO ENTER KENYA?

All participants will be required to secure a Visa. Applications can be made at www.evisa.go.ke. Cost of Visa to be borne by individual participant.

DO I NEED TO ORGANISE INSURANCE?

All participants are required to have their own personal insurance which covers cycling and cycling related injuries, medical air evacuations, and other personal requirements as needed. Costs associated with personal insurance is borne by the individual participant. Race organisers have a basic AMREF Flying Doctor cover in the instance of emergency evacuation requirements.

WHAT BIKE SHOULD I BRING?

It's a gravel race. But there are mountain bike sections. A mountain bike will be more comfortable, but a gravel bike will be a lot faster.

ARE THERE BIKE MECHANICS AT THE EVENT?

There are race mechanics on site at the end of each stage but if your bike fails during the race and you are not able to fix it, you may be forced to scratch. The race mechanics will have all the basics (tyres tubes, plugs, CO2 canisters, cables, etc).

FAQ



WHAT ABOUT BIKE SPARES?

As a general rule, you won't be able to replace anything during the race if you didn't bring it yourself. Keep in mind, there are no local bike shops. If you have something specific about your bike that, if lost or damaged, would be catastrophic to your race, bring a spare (i.e. batteries for e-shifting). We recommend bringing at least one spare tire with you. Bring plenty of plugs, tubes, patches, etc. to fix problems you may encounter on the road.

WHAT CYCLING SUPPLIES AND EQUIPMENT DO I NEED?

Race organisers recommend the following equipment list for each participant on the bike:

- **Bike and all kit** - Helmet (no helmet, no ride), shoes, sunglasses, gloves, etc.
- **Saddle or frame bag to carry** - Repair kit, multi tool, pump, plugs, camera, phone, battery bank, etc.
- **Capacity to carry 3 litres of water** - Feel free to use extra bottle cages and/or camelbacks (temperatures can reach up to 30+ degrees Celsius).

WHAT SHOULD I WEAR?

Race organisers recommend the following:

- Minimum 2 sets of cycle clothes (bib short, jersey, socks base layer).
- Camp clothes (it will get cold 8 degrees).
- Waterproof jacket.
- Sun hat / baseball cap.
- Sunglasses (to ride in).
- Water bottles/Bidon (spares).
- Swimsuit.
- Chamois cream - Bring it. Trust us.

DO I NEED LOCAL CURRENCY?

ATMs are plentiful in Nairobi, and it is recommended to have some Kenya Shillings for the trip. You will need small notes 50, 100 and, 200 shillings notes. In camp, you can use the bigger notes, again Kenya shillings. Use ATMs in Nairobi to get money out. USD is useful but not essential. You might find it hard to use on the race. Phoenix Club will organise for the equivalent of €200 in local currency to be available per person on arrival in Nairobi as part of the tour inclusions.

WHAT LUGGAGE CAN I BRING DURING THE RACE?

Each race participant will be entitled to check an 'airline-checked baggage allowance/normal duffel-sized bag. This bag will be placed in your tent by race organisers at the end of each stage. Race participants will be responsible for making sure their race number is clearly visible on the bag (race organisers will provide the number) in the morning at the start of each stage you are responsible for ensuring your bag is packed and placed at the bag collection before the start of the stage. The bag should really only be used for a sleeping bag, change of clothes, snacks for the race and other personal effects such as toothpaste and shampoo. Participants whose bags are clearly oversized will be asked to pack into a smaller bag at the start of the race.

WHAT LUGGAGE CAN I BRING TO RACE HQ?

Each race participant can bring a large luggage back to Race HQ, however, this will remain at Race HQ during the race. Only the small airline checked baggage size bag will be transported during the race.

WHAT MEDICAL PROVISIONS SHOULD I CONSIDER?

Participants should take Malaria prevention medication and consult personal doctors prior to the trip for appropriate vaccinations or medicines.

IS THERE TELEPHONE AND INTERNET ACCESS?

There is a poor voice and data network in the race location, however, Phoenix Club will purchase a Safaricom e-sim or sim card for each participant, which will include a large local data pack as it is important to carry a mobile phone at all times during the stage races. Participants will be required to provide their own device to insert the SIM.



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BOOKINGS

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