

# Riders' Toolkit

Lesotho Sky 2018



## Accommodation prior to the race

If you're looking to stay in Lesotho prior to the race itself, then the home of mountain biking, Roma Trading Post Lodge

(<https://www.tradingpostlodge.com/>), is our first choice. Remember to tell us that you are coming for the race so you can get access to the Lesotho Sky special.

## What about accommodation for the day before the race and the day it ends?

Your accommodation for the nights of Sunday 23 September and Saturday 29 September is included in your race ticket. Part of the Lesotho Sky tradition is to celebrate on the final night and we would like to invite you to stay and enjoy the last evening with us.

## Transport

### **By Plane:**

Riders arriving by plane, please contact us with your flight information as soon as possible so that we can arrange your shuttle transfers.

Further information on this is available on the website but here are some basics and relevant information.

If you are arriving by plane we offer a shuttle service to and from Maseru International Airport and Roma. Transfers to the airport (and other trips in the case of early departure) can be arranged any time. Costs may vary a bit, depending on the number of people in the shuttle. The approximate shuttle prices are ZAR250 per person from Maseru to Roma (one-way). Please contact [\*\*nthati@skyadventures.net\*\*](mailto:nthati@skyadventures.net) to book your shuttle, payment will be made in cash directly to the driver.

### **By Car Driving**

Riders arriving by car, you can follow the directions on [GOOGLE MAPS](#):

The drive from Maseru to Roma takes about 40 mins. Any car should make it without any issues.

### **Crossing the border:**

Crossing the border is usually very simple, but here are some tips to make your life easier:

- Declare your bicycle at the South African side of the border.
- Stamp your passport on both sides of the border when passing through. In previous years, riders have just gone past without stamping at both sides and had a few issues when leaving the country again.
- If possible try and use alternative border crossings to Maseru Bridge.
- If you are coming from the north, use Peka Bridge (this border closes at 4pm!)
- If you are coming from the south, use Van Rooiëns Gate (closes at 10pm!)
- If you cannot make either of these cut-off times, please don't stress. Maseru Bridge is open 24 hrs and is still a very pleasant border crossing

## What should I do with my car?

The race starts and finishes at [Roma Trading Post Lodge](#) so there is no need for transfers back and forth to your vehicle. Registration happens on the 23rd of September at Roma and this is where all vehicles will remain until the race finishes at Roma on the 28th.

## Registration Dinner

After registration, we invite you to the welcome dinner, where you will meet the organisers, important partners and crew. The introduction is followed by the race briefing about the first day's route.

## Money

The local currency is the Loti and is exchanged 1-to-1 with the South African Rand. You can spend South African Rands anywhere in Lesotho, but you can't spend Maloti back in South Africa. There are many ATMs in Maseru, but none in the mountains. The last place to draw cash is in Roma (on the way to Ramabanta). Self-drivers as well as guests using the shuttle are advised to stop here and draw cash. Make sure you travel with enough cash in Lesotho to buy beers and souvenirs. If you are worried about getting cash in Lesotho, then you can also draw enough cash in South Africa before entering Lesotho.

## Race support

Christo Roos (Enduro Planet, Bloemfontein) is providing a mechanical support and massage package for Lesotho Sky for the 6th consecutive race. You can sign up for the service and pay online [here](#).

## GPS

From the very first Lesotho Sky, we have given the GPS route to our riders to use as reference and the route was also always physically marked. This year however we are moving over to full GPS navigation. As such it is important that all riders know what is going on and have some sort of GPS device that works for them.

You will require a GPS otherwise you will get lost. Over the years of off-road events in Lesotho the mountains have become littered with directional arrows. It is both unsightly and environmentally unfriendly. Using a GPS route allows our race to have a much smaller environmental footprint.

The arrows over the years have also been moved to point in an entirely new direction by some kids looking to have some fun (I would have done exactly the same thing as a 6 year old). The GPS route prevents this from being a problem and keeping the riders from falling off the edge of a cliff while following an upside down arrow.

The GPS route will also give the rider a sense of route security, keeping them from wondering whether they are on the right route or should turn around between markers.

### **How does it work?**

You can check out the GPS guide [here](#).

### Tyres Advice

Lesotho is a rough place to ride and as such you should make sure your bike is in good condition. We recommend a hardier tyre and a tubeless setup. Our favorite tyres for the Maloti mountains are (in no particular order): Geax Saguaro, Continental Mountain king II, Continental X-King and - purely for the bullet proof sidewalls - the Maxxis Crossmark (although they're not the best for gnarly trails).

### Pack list

The weather in Lesotho can be very unpredictable and as such you'll need to be prepared for hot, cold, wind, rain and even snow!

Throughout the month of September daytime temperatures will generally reach highs of around 26° C (that's about 78° F). At night the average minimum temperature drops down to around 4° C, or 40° F. Recently, the highest recorded temperature in September has been 34° C (94° F), with the lowest recorded temperature -5° C (23° F).

### **Just a reminder about what to bring:**

- Headlight (We only have electricity until 10pm on most nights)
- 1 space blanket
- 1 windproof jacket
- Each team and every solo rider needs to carry a cell phone with a local SIM card (we will provide a Vodacom Lesotho SIM card to you at registration.
- Valid Passport
- If you are camping, please remember to bring a sleeping bag and pillow (and bedding if you like). We will provide every rider with a mattress.