

LESOTHO SKY - PRE-EVENT INFORMATION

11 - 16 SEPTEMBER 2023 (12TH EDITION)

Lesotho is an amazing mountain destination and there are other exciting routes to travel to/from. Check out the famous Sani Pass or Sehlabathebe National Park in the Eastern parts of the country. If you have a 4x4 then you have even more options to get around.

Accommodation prior to the race

Should you want to stay longer in Lesotho before and/or after the event we recommend the following amazing destinations for you to explore close by:

1) Semonkong Lodge (close to the mighty Maletsunyane Falls)

<https://www.semonkonglodge.com/>

2) Morija Guest House (Culture, History, Museum & good pizza)

<http://www.morijaguesthouses.com/>

3) Ramabanta Trading Post (on the road to Semonkong, extremely scenic and silent)

https://www.tripadvisor.co.za/Hotel_Review-g293803-d2264378-Reviews-Ramabanta_Trading_Post_Lodge-Maseru_Maseru_District.html

4) Metolong Backpacker (basic accommodation but located next to an amazing dam, ideal for swimming & biking) <https://www.metolong.com/>

How the moving around works

The race is structured so that you can drive to the start and you will get back to your car at the end so there is no need for transfers.

Registration is on Sunday 10th September venue tbc. You can safely park your car there. Over the next 6 days you will ride to different base camps across the country.

Transport

RIDERS ARRIVING BY CAR: SIMPLY FOLLOW THE DIRECTIONS ON GOOGLE MAPS. WE WILL SEND THESE CLOSER TO THE EVENT.

RIDERS ARRIVING BY PLANE, PLEASE CONTACT US WITH YOUR FLIGHT INFORMATION SO THAT WE CAN ARRANGE YOUR SHUTTLE TRANSFERS!

*Note: Shuttle to/from Bloemfontein are also available.

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.

Your accommodation for Saturday night (16th September) is included as well as breakfast on Sunday morning, 17th September. It is part of Lesotho Sky tradition to celebrate on the final night and we would like to invite you to stay.

Getting to Lesotho

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

Plane:

If you are arriving by plane we offer a shuttle service from Maseru International Airport to and from Roma. The same shuttle will also take you to Roma (and back). 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 amount of people in the shuttle. The approximate shuttle prices are - ZAR 250.00 per person from Maseru to Roma (one-way). Please contact us and reply to this email to confirm your shuttle. **Please note that payment will be made in cash directly to the driver.**

Driving

Crossing the border:

- Crossing the border is usually very simple. Just a few notes are going to make your life easier.
- Stamp on both sides of the border. In previous years riders have just gone past without stamping and had a few issues when leaving...
- 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 Rooyens Gate (closes at 10pm!)
- If you cannot make one of these please don't stress Maseru Bridge is open 24hrs and is still a very pleasant border crossing, it can just get a little busy on weekends.

Money

The local currency is the Loti and is pegged 1 to 1 to the South African Rand. You can spend South African Rands anywhere in Lesotho however you cannot spend Maloti back in South Africa. There are many ATMs in Maseru, but not in the mountains. The last place to draw cash is in Roma. Self-drivers as well as guests using the shuttle are advised to stop here and draw cash. We advise to 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.

Mechanical Support - INCLUDED IN YOUR ENTRY.

The team from Lesotho Bike Hangar is providing mechanical support. Included in your package is a free wash & lube after each riding day. Extra parts and major servicing will be charged at normal labour rates.

IMPORTANT: The shop carries the most common spare parts. Any special/rare spare parts (e.g. derailleur drop-outs) should be carried by each rider.

MASSAGE SERVICES - INCLUDED IN YOUR ENTRY.

A daily recovery massage of 30-min is included in your entry. Should you require a longer massage or if supporters would like to make bookings, payment can be made to the any of the masseuses.

Daily Yoga & power stretch sessions

Recovery from demanding training is important. We are offering post-riding sessions with focus on stretching, mobilization and strengthening exercises. The yoga sessions will go hand-in-hand with the former and both sessions are free of charge. Bring your own yoga-matt if you can. Towels and blankets will also work.

GPS

Lesotho Sky is an event with 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.

How does it work?

<https://lesothosky.com/the-gps-guide/>

Note on bike equipment

Lesotho is a rough place to ride and as such you should make sure your bike is in good condition. I recommend that a hardier tyre is better and a tubeless setup a must. Our favorite tyres for Lesotho 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 not the best for gnarly trails).

Pack-list

The weather in Lesotho can be very unpredictable and as such be prepared for hot, cold, wind, rain and even snow! The weather stats for September confirms this: 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, that's 40°F. In recent times the highest recorded temperature in September has been 34°C that's 94°F, with the lowest recorded temperature -5°C, about 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 carries and every solo rider needs to carry a cell phone with local SIM card (we will provide the Vodacom Lesotho SIM card to you at registration) - a basic first aid kit*. - Valid Passport * First Aid Kit the first aid kit should contain the necessary equipment to cope with injuries while far from assistance. e.g. gauze, anti-inflammatory tablets, antihistamine tablets, painkillers, headache tablets, antiseptic solution (Dettol/Savlon), triangular bandage, plasters, rehydration powder (Rehydrate), strapping tape, latex gloves, roller bandage, (for draining blisters) and personal medication (asthma pump, anti-histamines).