

The Paris-Dakar *Challenge*

by KUDU Expeditions



Training and Orientation Day

Introduction

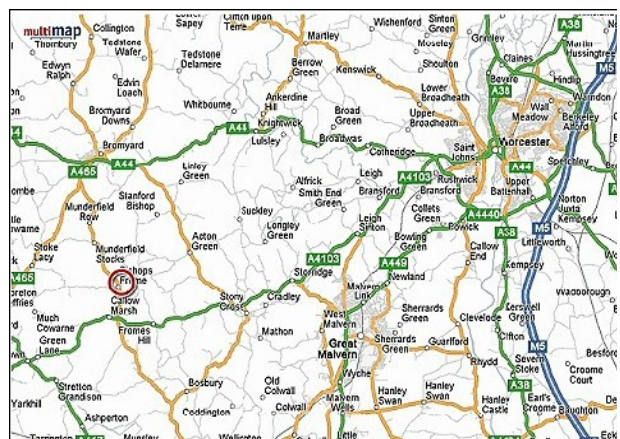
Your training and orientation package is designed to familiarise you with the kit and equipment you will be using, and hopefully wet your appetite for the amazing, challenging adventure you are about to embark upon. This document will tell you where training is being held, what topics will be covered, and what you need to bring with you. If you have any further questions then please get in contact with us.

Coming from overseas?

Those riders coming from outside of the U.K. may quite understandably not want to travel long distances for such brief and informal events. Please don't worry if you are unable to make it – you will not miss any vital pieces of information and it won't affect your trip in any way if you do not come. You will have plenty of time to pick up all of the most important topics covered once the trip itself is underway.

Getting Here

Kudu HQ is situated within Court Farm Business Park, in the village of Bishops Frome in Worcestershire. If you wish to take the train then the nearest station is Ledbury which is a 15 minute taxi ride away. There are also direct trains from London Paddington to Malvern which is a 20 minute taxi ride from our workshop. If you are coming here by car, on arrival at Bishops Frome simply follow signs for the "Industrial Estate" and our unit is clearly marked with a large number "13".



Staying Overnight?

You may wish to stay the night either before or after the training day nearby. You can stay in Bishops Frome at the local pub which also has rooms, or in the nearby market towns of Bromyard or Ledbury, where there are many more options. A couple of choices are listed

below, but for further options and hotel reviews we recommend you visit www.tripadvisor.com.

The Chase Inn, Bishops Frome

This pleasant pub with accommodation is the nearest place to stay to Kudu HQ and is no more than 5 minutes walk from our workshop. It is prominently situated in the centre of Bishops Frome and is therefore very easy to find. Telephone +44(0)1885 490234 for current prices and reservations (prices start from £40 for a single room). The Chase Inn is also the most convenient place to have an evening meal and drink after the meeting has ended.

The Feathers Hotel, Ledbury

This hotel is situated in the centre of the nearby, historic market town of Ledbury, approximately 15 minutes from Kudu HQ by car or taxi, and a short walk from Ledbury train station. Phone +44(0)1531 635266 or visit www.feathers-ledbury.co.uk for the latest prices.

What will I need to bring with me?

Personal protective riding equipment:

- Helmet
- Goggles
- Gloves
- Jacket
- Trousers
- Boots
- Please bring riding kit able to keep you warm and dry if the weather is poor.

Other things to bring:

- 1 x photocopy or preferably 1 x digital scan of the key information pages of your passport.
- Casual clothing for indoor presentations and to wear in the evening if you are staying overnight.
- Personal spending money for snacks and drinks.

You will be provided with 2 x tough, 40 Litre canvas bags so that you can be certain that you have the ability to keep your kit and equipment dry during the trip itself. Riders on the outbound Paris- Dakar leg of the trip may take these away with them and pack them in preparation for departure. 80 litres should be ample space for everything you need on the trip.

Meals

Lunch will be provided for you free of charge from the expedition support vehicle whilst you are at our premises at Court Farm.

Additional Kit and Equipment

Members may consider taking the following items on the expedition:

- **GPS** - Highly recommended. There will be a GPS lesson during the training weekend which will benefit everyone, even those who are not bringing one with them. Having a GPS will give you much greater peace of mind during the many days where you will be riding away from the support vehicle and guide. We will normally give you the exact coordinates of the next expedition meeting place, and with a GPS you will be easily able to navigate to it. If you need help in deciding which one to purchase then please get in contact with us, but as a basic guide it need only be able to perform basic GPS functions. A good example is the basic yellow Garmin eTrex which you can purchase new from as little as £65 from internet

auction sites. Alternatively more expensive models are available with colour map screens (e.g. Etrex Legend, Vista and 60CSX) which will make navigating very straight forward indeed.

- **Bike modifications** - All of our bikes have been well serviced and are ready to take on the expedition. You can modify them at your own expense for comfort or simply for personal preference if you so wish. All modifications must be easily reversible and must not cause undue damage or strain on the bike during the course of the expedition. Examples of modifications you may wish to consider are a lowered seat, handlebar risers or larger off-road foot pegs.

- **Tyre levers, small hand pump and puncture repair kit** – The expedition support vehicle has the kit required to quickly repair a puncture, and the expedition guide also carries tyre repair kit. To avoid having to rely on others however, and to get you back on the road as quickly as possible, it is **essential** to carry two of your own tyre levers, a small hand pump (bicycle type will do) and a repair kit in your tank bag. You will be shown how to repair a puncture during the training weekend, and cheap repair kits are available from most motorcycle dealers.

ADDITIONAL ADMINISTRATION

3rd Party Insurance

Those using motorcycles belonging to Kudu Expeditions must ensure that they qualify for our 3rd party motorcycle cover. It will legally enable you to ride the bike on public roads in the U.K., France and Spain. Once in Morocco this insurance is no longer valid and you will purchase your own 3rd party insurance as you enter each country.

Below are the criteria for cover under Kudu's motorcycle insurance, and during the training day you will be required to sign a form declaring your eligibility before your bike is handed over to you:

- You must be over 21 years of age
 - You must be free of all physical defect and infirmity
 - You must not engage in entertainment or sport on a professional basis
 - Drivers must not have been convicted of any of the following motor offences:
AC/BA/CD/DD/DR/UT/XX **within the last five years**
CU/IN/LC/MS/MW/PC/PL/SP/TS **in the last three years**
 - 5. You must not have been involved in more than one accident in the last three years.
- An example of the declaration form will be e-mailed to you with descriptions of each of the conviction codes. If you have any concerns about your eligibility then please get in contact with us – it can often be resolved quite easily by speaking to our insurers.

Provisional Programme of Events

All training is based at Kudu HQ in Bishops Cleeve and you will see from the programme that it will be a busy day. Please don't expect to leave as an off-road or mechanics expert if you have very limited experience in these areas. Training is designed to give you the basic knowledge and skills to keep yourself safe as your experience builds up during the course of the trip itself. There will be ample time for you to really get to grips with all aspects of the kit and equipment once the expedition is under way.

Time	Activity	Remarks
0900 - 0910	Introductions	Meet at Kudu HQ for an introductory cup of tea or coffee and a chance to meet the Kudu team in person.
0910 - 0940	Expedition overview	General info on countries, routes and borders.
0940 - 1000	Expedition administration	Carnets, insurance and all other administrative issues.
1000 - 1010	BREAK	Tea and coffee will be made available.
1010 - 1100	Navigation and GPS lesson	Please bring your GPS with you if you are bringing one on the expedition.
1100 - 1130	Safe riding in Africa	All of the pit-falls of riding in Africa and how to avoid them.
1130 - 1200		Change into riding kit.
1200 - 1230	Equipment familiarisation	Motorbikes, tents, tools, cooking and everything else.
1230-1300	LUNCH	Provided from the Support vehicle at Court Farm
1300 - 1350	GROUP A GPS practical	Opportunity to familiarise yourself with a GPS and using waypoints.
1300 - 1350	GROUP B Group ride-out	Ride into the local area
1355 - 1445	Groups A and B swap over	
1445 - 1545	Group B - Using the GPS on the bike	On the bike practice using the same waypoints system as we use on the trip itself.
1445 - 1545	Group A - Motorcycle maintenance	The most important things you need to know to keep your bike in top condition.
1545 - 1600	Tea and coffee	Provided from the support vehicle
1600 - 1700	Groups A and B swap over	
1700 - 1720	Puncture repair demonstration	Both groups
1720 - 1730	Final debrief and questions	Last chance for some face-to-face questioning before we go!
1730*	Riders Depart	

*although it is our intention for the day to end at 1730, please bear in mind when booking taxis etc that it may overrun by as much as 1 hour

