

# FAQ NQ 2020

## What is included in the costs?

Entry: 1 x team entry of 2 people

Accommodation: In 3 spectacular race villages from 24-29 May in 2.5m x 2.5m x 1.9m canvas tents with 2 stretchers and mattresses with the option to upgrade to individual tents.

Additional: Free beverages and snacks on the race.  
Event goody bag.

Catering:

| Dates              | Breakfast | Lunch | Dinner |
|--------------------|-----------|-------|--------|
| 24 May - Sunday    |           | x     | x      |
| 25 May - Monday    | x         | x     | x      |
| 26 May - Tuesday   | x         | x     | x      |
| 27 May - Wednesday | x         | x     | x      |
| 28 May - Thursday  | x         | x     | x      |
| 29 May - Friday    | x         | x     |        |

## Prize Giving Ceremony:

The prize giving is a brief ceremony announcing the different winners of the respected categories. And takes place in Swakopmund Friday 29 May 2020 at 12:00.

## Shuttle service:

The Shuttle departs Swakopmund at 13:00 and expected time of arrival in Windhoek is 17:00. The shuttle does door to door drop offs with in Windhoek City.

## Physiotherapy:

There are qualified Physiotherapists registered with Namibian Society of Physiotherapy (NSP). Their services are bookable prior to the event, at registration and/or during the race. Their

services are not included in your registration fee and would be for each riders own account. Cost N\$350 per 30min session.

### **Bike Service:**

The bikes services is provided by Cycledelic Namibia and provide basic to premium bike services at each race village. They also send out a short survey 1 month prior to the race to ensure they have all the necessary spares required in the case of a breakdown.

Wash and Lube **Early Bird: N\$1 000.00** (5 Days)

Wash and Lube **At Event: N\$1 600.00** (5 Days)

If required additional specialized work will be charged at N\$380 per hour as well as parts at standard shop rates.

### **Average distance by day**

Average of 87km per day but the distances does vary quite a lot per day. The route is designed to ensure that the riders are able to recover by following tougher days with more relaxed rides.

### **How do we get to Namibia?**

#### **By Air - RETURN**

Duration: 2 hours (One way)

Return Ticket Cost: R3 500.00 – R4 500.00 (Return from Cape Town or Johannesburg)

With Air Namibia guests can fly with 2 x 23kg items, in other words passengers can fly with <23kg luggage + <23 bike (bike box recommended) + hand luggage.

#### **By Road - ONE WAY**

JHB-WHK: 1390km | 14h35 | Via Botswana

Fuel cost: <R2 300.00 (at 10km per liter at current SA petrol rate)

CPT-WHK: 1480km | 14h00 | Via Noordoewer

Fuel cost: <R2 500.00 (at 10km per liter at current SA petrol rate)