

Your bike

We have made sure you have a high quality mountain bike for your journey across Ghana. At the end of the ride, your trusty steed will be donated to a social enterprise run by one of our partners, the SHAPE LIVES FOUNDATION. The bikes will be rented out at subsidised prices to allow farmers to do business and children to get to school.. The project is called: "Improving mobility for less privileged through bicycle" (catchy!)



Brand	Raleigh
Colour	Gun metal and lime green
Controls	Raleigh A-HEAD stem with low-rise bars and Raleigh MTB grips for comfortable riding
Finishing	RALEIGH TALUS Gents saddle
Forks	New SUNTOUR XCT Suspension fork
Frame	29er aluminium AL6061 MTB disc frame, featuring tapered top tube & oversized seat tube
Gear set	Shimano Tourney TX35 21 speed with Shimano EF51 EZ Fire shifters, Suntour XCC 42/34/24T triple chainset, Shimano TZ21 14-28T freewheel, resin MTB pedals
Material	AIRLITE - AL6061 Aluminium butted main tubes
Wheels	29" Lightweight aluminium double wall rims with alloy quick release disc hubs and Schwalbe Rapid Rob 29er MTB tyres

What do I need to bring for my bike?

It's up to you. The minimum you will need to bring is your helmet. We would also recommend you bring your own saddle (that you have trained on and "moulded"!). You can optionally also bring your own pedals if you use clip in shoes. Any other accessories - bells, horns, funky handlebars, spokies - are unnecessary but also welcome.