

	Day	Date	Nat.	Stage	Departure	Leg	Overnight	Activity	Dist km
	Mon	Aug 10	UG		Kampala		Kampala	Arrival	
	Tue	Aug 11	UG				Kampala	Orientation / technical inspection /meetings	
1	Wed	Aug 12	UG				Kampala	Preps for Flag off	
2	Thu	Aug 13	UG	1	Kampala	1	URDCC Jinja		81
3	Fri	Aug 14	UG	2	Jinja	1	Mbale		130
4	Sat	Aug 15	UG	3	Mbale	1	Sipi Falls	Tourism/ Community engagement	65
5	Sun	Aug 16	UG	4	Sipi Fall	1	Kapchorwa		36
6	Mon	Aug 17	UG/KE	5	Kapchorwa	1	Suam	Border crossing	76
7	Tue	Aug 18	KE	6	Suam	1	Eldoret	Youth Egnagement	124
8	Wed	Aug 19	KE	7	Eldoret	1	Timboroa	Community Forest/ community fores	89
9	Thu	Aug 20	KE	8	Timboroa	1	Nakuru	Meeting the Govenor of Nakuru	90
10	Fri	Aug 21	KE	9	Nakuru	1	Naivasha		75
11	Sat	Aug 22	KE	10	Naivasha	1	Nairobi	Lunch at the Ug. Embassy in Nairobi	90
12	Sun	Aug 23	KE				Nairobi	Press conferceat MEACA	
13	Mon	Aug 24	KE				Nairobi	Nairobi sight seeing/bicycle repairs	
14	Tue	Aug 25	KE	11	Nairobi	2	Machakos		70
15	Wed	Aug 26	KE	(12)		2	Machakos	School / community engagement,	
16	Thu	Aug 27	KE	13	Machakos	2	Emali		84
17	Fri	Aug 28	KE	14	Emali	2	Loitokitok		64
18	Sat	Aug 29	KE	15	Loitokitok	2	Amboseli	Tourism ambosseli NP community	32
19	Sun	Aug 30	KE/TZ	16	Amboseli	2	Longido	Border crossing	99
20	Mon	Aug 31	TZ	17	Longido	2	Arusha		85
21	Tue	Sep 01	TZ				Arusha	Press Conference at EAC Secretariat	
22	Wed	Sep 02	TZ				Arusha	Sight seeing/ repairs	
23	Thu	Sep 03	TZ	18	Arusha	3	Minjingu		99
24	Fri	Sep 04	TZ	19	Minjingu	3	Babati		67
25	Sat	Sep 05	TZ	20	Babati	3	Kondoa		103
26	Sun	Sep 06	TZ	21	Kondoa	3	Dodoma		160
27	Mon	Sep 07	TZ				Dodoma	Visit to TZ Parliament	
28	Tue	Sep 08	TZ				Dodoma	resting and sight seeing	
29	Wed	Sep 09	TZ	22	Dodoma	4	Kwa Mtoro		134
30	Thu	Sep 10	TZ	23	Kwa Mtoro	4	Singida	School / community engagement	100
31	Fri	Sep 11	TZ	24	Singida	4	Iguguno		35
32	Sat	Sep 12	TZ	25	Iguguno	4	Nzega		185
33	Sun	Sep 13	TZ	26	Nzega	4	Tabora	meetings regional commissioner	117
34	Mon	Sep 14	TZ	27	Tabora	4	Kaliua		124
35	Tue	Sep 15	TZ	28	Kaliua	4	Nguruka		107
36	Wed	Sep 16	TZ	29	Nguruka	4	Kazuramimba		129
37	Thu	Sep 17	TZ	30	Kazuramimba	4	Kigoma	School / community engagement	57
38	Fri	Sep 18	TZ/BU	31	Kigoma	4	Nyanza Lac	Border crossing	107
39	Sat	Sep 19	BU	32	Nyanza Lac	4	Rumonge	Ride along lake Tanganyika	50
40	Sun	Sep 20	BU	33	Rumonge	4	Bujumbura	Lunch at the Ug. Emb. in Bujumbura	78
41	Mon	Sep 21	BU				Bujumbura	Sight seeing	
42	Tue	Sep 22	BU				Bujumbura	flag off and press conference	
43	Wed	Sep 23	BU	34	Bujumbura	5	Ngozi		125
44	Thu	Sep 24	BU/RW	35	Ngozi	5	Kabanga	Border crossing	109
45	Fri	Sep 25	RW	36	Kabanga	5	Rusumo		49
46	Sat	Sep 26	RW	37	Rusomo	5	Kayonza		85
47	Sun	Sep 27	RW	38	Kayonza	5	Kigali		71
48	Mon	Sep 28	RW	(39)			Kigali	kigali Genocise, tour echo park	
49	Tue	Sep 29	RW				Kigali	Press conference/ flag off	

50	Wed	Sep 30	RW/UG	40	<b>Kigali</b>	<b>6</b>	<b>Kabale</b>	<b>Border crossing</b>	<b>110</b>
51	Thu	Okt 01	UG	41	Kabale	<b>6</b>	Ruhija	Bwindi impenetrable rain forest	52
52	Fri	Okt 02	UG	42	Ruhija	<b>6</b>	Kihihi	Bwindi impenetrable rain forest	68
53	Sat	Okt 03	UG	43	Kihihi	<b>6</b>	Katunguru	queen elizabeth national park	90
54	Sun	Okt 04	UG	44	Katunguru	<b>6</b>	Ibanda		73
55	Mon	Okt 05	UG	45	Ibanda	<b>6</b>	Fort Portal	community engagement	108
56	Tue	Okt 06	UG	46	Fort Portal	<b>6</b>	Mubende		146
57	Wed	Okt 07	UG	47	<b>Mubende</b>	<b>6</b>	<b>Mityana</b>		79
58	Thu	Okt 08	UG	48	Mityana	<b>6</b>	Kampala		81
59	Fri	Okt 09	UG	49	<b>Kampala</b>		<b>Kampala</b>	<b>GRAND FINALE - NATIONAL DAY</b>	