

## GACS 2025 ROUTE PLAN

Date	DEPT	arrival	arrival ctry	Activity	Night Location	km	start elevation	end elevation
1-Aug	Kampala	Masaka	UG	flag off	Masaka	127	1,567	1,325
2-Aug	Masaka	Mbarara	UG	EAC Peace and Security Campaign	Mbarara	120	1,325	1,500
3-Aug	Mbarara	Katunguru	UG	Integration club launch	Katunguru	119	1,500	1,850
4-Aug	Katunguru	Kihihi	UG	Climate Change Awareness	Kihihi	125	1,850	780
5-Aug	Kihihi	Kanungu	UG	Lake Tanganyika clean up	Kanungu	127		
6-Aug	Kanungu	Kabale	UG	1 <sup>st</sup> Community Forest	Kabale	114		
7-Aug	Kabale	Kabale	UG	School visit raise EAC flga	Kabale	125	780	880
8-Aug	Kabaale	Kigali	RW	Community Forest	Kigali	110	880	780
9-Aug	Kigali	Kigali	RW	School Engagement / EAC Flag Raising	Kigali	108	772	1080
10-Aug	Kigali	Kirehe	RW	Border Crossing Activity	Kirehe	125	1080	1,400
11-Aug	Kirehe	Kabang	TZ	Ride	Kabanga	147 60	1400	1,150
12-Aug	Kabanga	Ngozi	Bu	Community Engagement	Ngozi	80	1150	1200
13-Aug	Ngozi	Bujumbura	BU	ride	Bujumb	60	1200	1100
14-Aug	Bujumbura	Bujumbura	BU	Lake Tanganyika cleaning	Bujumbura	120	110	1100
16-Aug	Bujumbura	Bujumbura	BU	Visit Ug. Embassy	Bujura	109	1150	1115
17-Aug	Bujumbura	Nyanza Lac	BU	Flag off	Nyanza lac	148	1100	1100
18-Aug	Nyanza Lac	Kigoma	TZ	School Engagement	Kigoma	83		
19-Aug	Kigoma	Uvinza	TZ	EAC flag raising/ community engagement	Uvinza			
20-Aug	Uvinza	Kaliuah	TZ	<b>Community Forest</b>	Kaliuah	125	1100	1200
21-Aug	Kaliuah	Tabora	TZ	School engagement	Tabora	128	1200	1400
22-Aug	Tabora	Nzega	TZ	Community Fores/school engagement	Nzega	50	1400	1100
23-Aug	Nzega	Igunga	TZ	Ride	Igunga	60	1100	1138

24-Aug	Igunga	Singida	TZ	Food security	Singida	110		
25-Aug	Singida	Itigi	TZ	ride	Itigi	103		
26-Aug	Itigi	Dodoma	TZ	ride	Dodoma	120	1400	1000
27-Aug	Dodoma	Dodoma	TZ	Presentation to TZ Parliament	Dodoma	75	1000	1500
28-Aug	Dodoma	Dodoma	TZ	<b>Bike repair and sight seeing</b>	Dodoma	80	1500	1500
29-Aug	Dodoma	Chemba	TZ	<b>Community engagement</b>	Chemba	65	1500	1520
30-Aug	Chemba	Babati	TZ	Public lecture	Babati			
31-Aug	Babatis	Makuyuni	TZ		Makuyuni	75	1520	1795
1-Sep	Makuyuni	Arusha	TZ	Lunch at Ug consulate in Arusha	Arusja	94		
2-Sep	Arusha	Arus	TZ	Press Conference at EAC & Meeting with SG	Arusha	106		
3-Sep	Arusha	Arusha	TZ	<b>Sight seeing</b>	Arusha	90	1795	1850
4-Sep	Arusha	Longido	TZ	Ride	Longido	85	1850	1850
5-Sep	Longido	Longido	TZ	Masaai Cultural	Longido	95	1850	2,400
6-Sep	Longido	Namanga	KE	Border Activities	Namanga	68	2400	2,100
7-Sep	Namanga	Loitoktok	KE	Touism	Loitoktok	114	2100	1800
8-Sep	Loitoktok	Emali	KE	ride	Emali	85	1800	1933
9-Sep	Emali	Machakos	KE	Launch of integration club	MAchakosi	64	1933	1200
10-Sep	Machokosi	Machakosi	KE	Public lecture	Machakosi	80	1200	1090
12-Sep	Machakosi	Nairobi	KE	Press conference	Kampala	135	1090	1190
13-Sep	Nairobi	Nairobi	KE	<b>Press conference</b>	Nairobi	132		
14-Sep	Nairobi	Nairobi	KE	Nairobi River Cleaning	Nairobi	106		
15-Sep	Nairobi	Naivasha	KE		Naivasha	134	1190	1300
16-Sep	Naivasha	Nakuru	KE		Nakuru	136	1300	1423
17-Sep	Nakuru	Timboroa	KE	Community forest	Tiboroa	56	1423	1500
18-Sep	Timboroa	Eldoret	KE	Ride	Eldoret	109	1500	1300
19-Sep	Eldoret	Kitale (Suam)	KE	ride	Suam	100	1300	1256
20-Sep	Suam	Kapchorwa	UG	<b>Peace and security meetings/border crossing</b>	Kapchorwa	59	1256	1350
21-Sep	Kapchorwa	Bukede	UG	<b>School Engagement</b>	Bukede	70	1350	1450
22-Sep	Bukede	Iganga	UG	School Engagement	Iganga	63	1450	1550
23-Sep	Iganga	Lugazi	UG	Community engagement	Lugazi	97	1950	1950
24-Sep	Lugazi	Kampala	UG		Kampala	96	1,950	1,567
25-Sep	Kampala	Kampala	UG	<b>GRAND FINALE</b>	FINALE			



## Great African Cycling Safari (GACS) 2025 Overview:

- **Duration:** 55 days
- **Total Distance:** Over 6,000 kilometers
- **Route:** Traverses all East African Community (EAC) partner states
- **Purpose:** Promotes regional integration, environmental sustainability, and community development
- Survey, Flag hoisting and tree planting

**Route Highlights:** The GACS route will cover diverse terrains across East Africa, offering participants a chance to experience the rich variety of landscapes the region has to offer. Expect to cycle through highlands, downs, and various off-road and on-road sections. Cyclists will encounter varying terrain types, from challenging mountainous regions to flatter areas, making the event an exciting yet demanding adventure.

**Elevation Considerations:** as you prepare, be prepared for shifting elevations throughout the tour. Training for both flat and hilly terrains is essential, especially considering the off-road nature of the event. Elevation changes will be frequent, and participants should ensure they're physically ready for such a demanding challenge.

**Bicycle Requirements:** Due to the nature of the route, you will need off-road bicycle suited for the mixed terrain. Mountain bikes or other off-road models are highly recommended to handle the rugged paths, steep inclines, and occasional rough surfaces.

*the GACS 2025 tour route plan emphasizes the ongoing journey of East African integration, fostering a deeper connection between local communities and the broader regional goals.*

