

GACS – A TWO WHEEL JOURNEY TO EAC INTEGRATION 2026

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Email: eacbiketour@gmail.com, office@friedensreiter-foundation.org

website: www.gacs-europe.org / (from April 26 also) www.gacs-tour.org

GACS - EAC - TOUR - 2026

GACS is a 55-day cross-border endurance cycling expedition traversing 5 East Africa States promotes the East African Community's (EAC) integration process, and fosters peace and security. ***The expedition is not merely a physical challenge, it is a moving platform for dialogue, advocacy, and transformation.***

Essential Checklist for GACS Participants:

As you prepare for the GACS Tour, it's important to be well-prepared and self-sufficient. While there will be a service crew and the opportunity to make many new friends, having the right items with you will make your experience more comfortable.

Here's a general checklist to help you plan ahead:

Absolute essentials:

- 1) A bike in mechanically sound order. Remember, this is a long route that can put a lot of stress on any bicycle. (off road bike or a mountain bike would be ultimate)
- 2) A good quality helmet.
- 3) Valid travel documents (Passport).
- 4) Yellow fever or vaccination card and identification.
- 5) A puncture repairs kit (*even if you have never repaired a puncture, your new friends will be on hand to assist*)
- 6) A few spare tubes (*You may have tube trouble that cannot be patched, a spare tube will come in handy*)
- 7) A spare tire (*it's easy to destroy a tire in 6000 km*),
- 8) Spare brake pads, Multi-tool A portable pump, some lubricant, some zip-ties,
- 9) Pannier bags (every bike must have a carrier or shadow bags)

Note: You will have to carry what you bring on your bike.

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Slogan: *One Team, One Dream*

The 2026 Theme: Strengthening Health Security, Water Access, Sustainable Mobility

Duration: 55 days; 6000 plus km: Start: 07. August: - Finish: 09. Oktober

Other requirements - Clothing:

- 1) Sunglasses
- 2) Comfortable cycling shoes
- 3) Comfortable (padded) cycling shorts (a few pairs)
- 4) Comfortable t-shirts or cycling jerseys
- 5) Sleeping bag
- 6) Cycling gloves
- 7) A rain jacket (just in case)
- 8) Socks
- 9) A tent if you have one
- 10) Shadow bags or bicycle side bags
- 11) Bandana (to assist in sun protection)
- 12) Insurance cover
- 13) Battery Bike Lights

PERSONAL EFFECT:

- 1) ATM card
- 2) Any medication you may be on
- 3) Card with emergency contact numbers
- 4) Your phone (*to talk to your loved ones and take pictures of beautiful E. Africa*)
- 5) A backup battery or power bank for your phone & waterproof bags
- 6) Plate and cup
- 7) Tooth brush and paste
- 8) Some pocket money
- 9) Some off-the bike clothes
- 10) A small backpack / day bag for personal effects
- 11) A good mood
- 12) A hydration bag

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NOTE:

This event isn't supported yet, we request for a donation or contribution to enable us plan and organize the event successfully.

Excursions:

For any additional services, please seek guidance from the event team.

And Again:

Accommodation throughout the entire expedition is camping.

- 1) Breakfast, Lunch and Dinner (strictly East African local foods).
Water at least 5 liters.
- 2) Cyclists will camp, cook and take part in scheduled program activities throughout the entire expedition.

GACS Event Guidelines & Awards

Please note that this event is non-competitive. However, participants will be recognized through a series of prestigious GACS Awards, celebrating impact, resilience, and contribution to the journey.

Award Categories

- a) **Green Africa Champion** (*Environment & Climate*)
- b) **GACS Integration Award** (*Unity & Regional Integration*)
- c) **GACS Endurance Medal**
- d) **GACS Peace Laureate** (*Peace & Security*)
- e) **GACS Adventure & Culture Prize** (*Tourism & Culture*)
- f) **GACS Food Security Shield** (*Food Security & Sustainability*)
- g) **Photography Award** (*Best visual storytelling*)

Participants are encouraged to carry a good camera or a smartphone capable of capturing high-quality photos.