

**GREAT AFRICA CYCLING SAFARI (GACS)
EAST AFRICAN BICYCLE TOUR 2026
PARTICIPANT HANDBOOK**

Theme: Promotion of the *Deepening Integration for Improved Livelihoods of East African Citizens*

TABLE OF CONTENTS:

MESSAGE FROM THE MINISTER.

MESSAGE FROM THE GACS TEAM:

Every meaningful journey in this world begins because someone chooses to start before knowing exactly how it will unfold.

we believe one of the quietest forms of courage is saying yes to an idea before others can see what it has the potential to become. Begin with a small thought, a dream, a conviction in the heart, and the courage to take the first step.

Many years ago, the idea of the GACS was only a vision. It was a simple belief that a bicycle could become more than a means of transport, that it could become a symbol of unity, friendship, resilience and hope. What began as a dream has continued to grow into a movement connecting people, communities and nations across Africa.

We often admire the greatness of a forest without remembering the courage of a seed. A seed does not know how tall it will grow, the storms it will face, or the shade it will one day provide. It simply begins. With patience, faith and determination, it grows into something much greater than itself.

The GACS journey has followed the same path. It began with a small idea, but through commitment, sacrifice, partnerships and the belief of many people, it has grown into a platform promoting East African integration, sustainable development, healthy living and stronger connections among our communities.

The GACS It is a journey of unity a journey that carries the message that integration is not only built in meeting rooms and institutions, but also through the connections created among ordinary citizens.

As we cycle across East Africa, we carry the hopes and aspirations of communities, the spirit of friendship among nations, and the belief that every citizen has a role to play in building a more united, peaceful and prosperous region.

This journey is dedicated to everyone who dares to begin, even when the destination is not yet clear. It is a reminder that great achievements are born from courage, perseverance and the willingness to take the first step.

To our governments, partners, sponsors, communities, cyclists, volunteers and supporters, thank you for believing in this vision and walking this journey with us.

The road ahead is long, but together we ride with purpose.

Great journeys begin with a single step. Our journey began with a single idea. Today, we ride that idea across East Africa.

GACS TEAM.

MESSAGE FROM THE CHAIRMAN ORGANIZING COMMITTEE. NOC

About this Handbook

This handbook is the official guide for all participants, support teams, volunteers and partners taking part in the **Great Africa Cycling Safari (GACS) East African Bicycle Tour 2026**. It provides essential information on the expedition, including its objectives, route, daily operations, participant responsibilities, safety procedures, and code of conduct.

The handbook is intended to promote a safe, well-coordinated and successful expedition while ensuring that every participant upholds the values of professionalism, teamwork, respect, and responsible representation of GACS and the East African Community.

All participants are encouraged to read this handbook carefully before the tour and keep it as a reference throughout the expedition.

ABOUT GACS

GACS – EAC Tour is organized by GACS Cycling Africa, a Uganda-registered not-for-profit organization headquartered in Kampala. Through cross-border cycling expeditions and community initiatives, GACS promotes East African integration, sustainable development, peace & Security, Health Awareness, tourism, and citizen engagement.

Every year, GACS brings together citizens, governments, development partners, the private sector, researchers, and communities through cross-border cycling expeditions that connect people beyond borders.

What began as a long-distance cycling expedition has evolved into a dynamic regional platform promoting:

1. East African integration and people-to-people engagement

2. Peace and security
3. Tourism and eco-tourism promotion
4. Environmental conservation and climate action
5. Public health awareness and healthy lifestyles
6. Food and water security
7. Youth empowerment and community engagement
8. Cross-border cooperation and sustainable development

Today, GACS serves as:

1. A continental storytelling platform showcasing African cultures, landscapes, innovation, and community experiences.
2. A regional community engagement mechanism connecting governments, schools, youth, women, and border communities.
3. A bridge between Africa and Europe for collaboration in research, innovation, tourism, and sustainable development.
4. A gateway for global partnerships linking communities with international institutions, investors, researchers, and development organizations.

Our Vision: A united, peaceful, prosperous, and sustainable East Africa connected through people, communities, and shared opportunities.

Our Mission: *To promote East African integration, sustainable development, tourism, and citizen engagement through cycling and community action.*

OUR GEOGRAPHIC SCOPE:

GACS currently focuses on the East African Community and neighboring regions, with a long-term vision of expanding across Africa while maintaining its commitment to regional integration and sustainable development.

ABOUT THE 2026 EAST AFRICAN BICYCLE TOUR

East African Citizens," the GACS–EAC Tour 2026 is a 55-day endurance cycling expedition covering over 6,000 kilometres across the East African region. The tour combines long-distance cycling with community engagement, environmental conservation, public health awareness, cultural exchange and dialogue on regional development.

Beginning in Kampala, Uganda, the expedition will traverse Kenya, Tanzania, Burundi and Rwanda before returning to Uganda for the grand finale. Along the route, participants will engage with local communities, government institutions, schools, development partners

and the private sector to promote regional integration, sustainable development and people-to-people cooperation.

The tour will conclude on 8 October 2026 with a High-Level Public–Private Dialogue focusing on regional integration and sustainable development, followed by an Awards and Recognition Ceremony to honour participants, partners, sponsors and outstanding contributors whose dedication made the expedition a success.

The strategic importance of the GACS East African Bicycle Tour lies in its ability to bring the ideals of regional integration closer to citizens. By crossing borders on bicycles, engaging communities and promoting shared values, the tour complements EAC efforts to build a united, peaceful and prosperous East Africa.

TOUR ROUTE:

DATE	ACTIVITY/IN-CHARGE	NIGHT STOP	DESCRIPTION
9 th August 2026	Arrival & Registration of Participants.	Kampala	Smooth onboarding; symbolic “welcome to integration
10 th Aug 2026	Capacity building – First Aid & emergency management	Kampala	Improved preparedness; lives safeguarded through integrated health systems
11 th August 2026	Briefing & Kampala sightseeing	kampala	Tour discipline reinforced;
12 th August 2026	Official Flag off & Official launch of EAMLN awareness campaign	URDCC JINJA	the relevance of the URDCC to the East African Community and the regional integration agenda,
13 th August	Jinja URDCC	Mbale Semei Kakungulu	Community forest with the UPDF officers and flag off for Mbale
14 th August	Mbale at Semei Kakungulu	Sipi Falls	Community dialogue on disease surveillance and outbreak preparedness

15 th August	Sipi Falls	Kapchorwa	Tourism and sight seeing
16 th August	Kapchorwa – Andersen Suam- Bukwo (Border crossing)	Kenya	Dialogue on health security and East African integration. Launch of an Integration club
17 th August 2026 WELCOME TO KENYA	Andersen Suam	Eldoret	Community Dialogue on Food Security and water security
18 TH August 2026	Eldoret	Timborwa	Engage local media and Community engagement
19 th	Timboroa	Nakuru	establish a new forest, eco restoration
20 th August 2026	Nakuru	Naivasha	Champions Against Disease"
21 st August 2026	Naivasha	Nairobi	GACS 2026 Water Security Activity & Lunch at UG. Embassy in Nairobi
22 nd August 2026	Nairobi	Nairobi	GACS – EAC 2026 Press Conference – Nairobi & Launch of carbon Credit. Visit the EAC Lab.
23 rd August	Nairobi	Nairobi	Bicycle repair and sight seeing
24 th August 2026	Nairobi	Machakosi	Integration club at kathome boys, high school,
25 th August 2026	Machakos	Emali	In the morning climate innovation conference/summit at Machakos university.
26 th August 2026	Emali	Loitoktok	Tourism & Conservation

27 th August 2026	Loitokito	Amboseli National Park	Cultural exchange and health security awareness with the Massai community.
28 th August 2026	Amboseli National Park	Longido TZ. Border crossing	
29 th August 2026	Longido	Arusha	Lunch at Uganda High Commission in Arusha and media engagement.
30 th August 2026	Arusha EAC HQ	Arusha	Meeting with EAC health stakeholders and East Africa Mobile Laboratory Network.
31 st August 2026	Arusha	Arusha	Regional Integration Dialogue Convene a public dialogue on the theme " <i>Deepening East African Integration through Citizen Participation</i> " involving youth, civil society, students, and EAC officials.
1 st September 2026	Arusha	Mjingu	Community engagement
2 nd September 2026	Mjingu	Babati	Distribution of EAC - MLN information materials
3 rd September 2026	Babati	Chemba	School visit and Launch of Integration club
4 th September 2026	Chemba	Dodoma	Public awareness session on mobile laboratories
5 th September 2026	Dodoma	Dodoma	Press conference With Ministry of Foreign affairs

6 th September 2026	Dodoma	Dodoma	Distribution of EAC - MLN information materials
7 th September 2026	Dodoma	Kwamtoro	At Singida Teachers college, Dialogue on pandemic control in education institutions
8 th September 2026	Kwamtoro	Singida	
9 th September 2026	Singida	Igunguno	Community engagement
10 th September 2026	Igunguno	Nzega	Distribution of EAC - MLN information materials
11 th September 2026	Nzega	Tabora	
12 th September 2026	Tabora	Kaliua	
13 th September 2026	Nguruka	Nguruka	Distribution of EAC - MLN information materials
14 th September 2026	Nguruka	Kazura mimba	School engagement
15 th August 2026	Kazuramimba	Kigoma	Distribution of EAC - MLN information materials
16 th August 2026	Kigoma	Nyanza Lac Burundi Border crossing (Burundi)	Community engagement

17 th September 2026	Nyanza Lac	Rumonge	Ride Lake Tanganyika.
18 th September 2026	Rumonge	Bujumbura	Lunch at UG. Embassy in Bujumbura
19 th September 2026	Bujumbura	Bujumbura	Community Engagement and distribution of IEC materials
20 th September 2026	Bujumbura	Bujumbura	<i>Official flag off (President of republic of Burundi is Expected to host the flag off from Burundi</i>
21 st September 2026	Bujumbura	Ngozi	Riders pride
22 nd September 2026	Ngozi	Kabanga	Border Crossing
23 rd September 2026	Kabanga	Rusomo	
24 th September 2026	Rusumo	Kigali	Sight seeing
25 th September 2026	Kigali	Kabale	Border crossing
26 th September 2026	Kabale	Rubale Vocational	Press conference and media engagement on EAC – MLN
27 th September 2026	Rubale	Ruhija	Tourism, The Bwindi Impenetrable rain forest challenge and Endurance ride

28 th September 2026	Ruhija	Kihihi	Tourism
29 th September 2026	Kihihi	Katunguru	Tourism, thru. Qu Elizabeth
30 th September 2026	Katunguru	Ibanda	Grand arriva in Ibanda
1 st October 2026	Ibanda	Ibanda	The GACS–Equinox Open Market Grand Launch at the Equator, Ibanda District
2 nd October 2026	Ibanda	Fortportal	Cultural engagement
3 rd October 2026	Fortportal	Kyenjojo	Field visit (climate change project); Security stakeholder engagement (MWE)
4 th October 2026	Kyenjojo	Mubende	Security stakeholder engagement
5 th October 2026	Mubende	Mityana	School engagement
6 th October 2026	Mityana	Kampala	Press Conference by NWSC
7 th October	Kampala (Sheraton Hotel)		Public -Private Dialogue
8 th October 2026	Kampala		Presidential Award & Dinner

DAILY PROGRAMME

Explain the standard daily routine from wake-up to lights-out, including meal times, riding schedules, briefing sessions, community engagements and evening debriefs.

KEY ACTIVITIES ALONG THE GACS–EAC TOUR 2026

The GACS–EAC Tour 2026 combines endurance cycling with community engagement, awareness campaigns and activities that promote East African integration and sustainable development.

Community Dialogues: Engagements with communities, leaders and stakeholders to discuss regional integration, peace, security, climate action, food and water security, and improved livelihoods.

School Engagements: Visits to schools to inspire young people on education, health, environmental conservation, resilience and the importance of East African unity.

Tree Planting: Environmental conservation activities aimed at promoting climate action and creating greener communities.

Health Awareness Campaigns: Promotion of healthy lifestyles, preventive healthcare, fitness and community wellness.

Government Courtesy Visits: Meetings with government officials and institutions to strengthen partnerships and promote regional cooperation.

Cultural Exchange Activities: Celebrating East Africa’s diversity through interactions that promote unity, heritage and people-to-people connections.

Public Cycling Events: Community rides that promote cycling, healthy living and environmental awareness.

Media Engagements: Sharing the journey, achievements and messages of GACS through press coverage, interviews and digital platforms.

EXPEDITION LEADERSHIP STRUCTURE:

ROLE	NAME	CONTACT
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EXPEDITION DIRECTOR (ED)	JOHNB. BALONGO (Python)	+255692632294 /+256793892135 Email: eacbiketour@gmail.com
EXPEDITION ADMIN IN CHARGE ADMINSTRATION (EAA)	MWENDA JULIUS MWENDA	+256752957326
EXPEDITION ADMIN IN CHARGE FINANCE (EAF)	MBOWA VICENT	
EXPEDITON ROUTE MANAGER (ERM)	SSEMUJU JOHNBAPTIST	
MEDIA COTACT PERSON (MCP)	SAPHIRE NAHABWE	
FIELD MEDIA COORDINATOR (FMC)	ARSHER LOMO JUNIOR	
EXPEDITON CAPTAIN (EC)	LANGATI MICHEAL	
EXPEDITON DOCTOR	BUNI ISAAC	
EXPEDITIONTEAM MECHANIC	CELESTINE	

PARTICIPANT EXPECTATIONS:

All participants of the **GACS EAST AFRICAN BICYCLE TOUR 2026** are expected to uphold the highest standards of discipline, teamwork, professionalism and commitment throughout the expedition.

Participants are expected to:

As ambassadors of GACS, participants are expected to uphold discipline, teamwork, professionalism, and commitment throughout the expedition.

- Discipline: Follow tour guidelines, safety procedures, and instructions from the leadership team.
- Teamwork: Support fellow riders, respect roles, and contribute to collective success.
- Professionalism: Represent GACS with integrity, respect, and positivity in all interactions.
- Commitment: Participate fully, demonstrate resilience, and take responsibility for safety and contribution.

RIDER'S PLEDGE: I am an ambassador of the Great Africa Cycling Safari and the East African Community. I will ride with integrity, respect every community, protect the environment, uphold the values of peace and unity, obey safety rules, and leave a positive impact wherever I go."

Every participant is an ambassador of GACS and plays an important role in creating a safe, successful and memorable East African Bicycle Tour.

THE GACS RIDER'S PLEDGE:

I am an ambassador of the Great Africa Cycling Safari and the East African Community. I will ride with integrity, respect every community, protect the environment, uphold the values of peace and unity, obey safety rules, and leave a positive impact wherever I go."

ACKNOWLEDGEMENT:

We sincerely acknowledge and appreciate the invaluable support, cooperation and commitment of all stakeholders who contribute to the successful delivery of the **GACS East African Bicycle Tour 2026**. We extend our appreciation to the Governments, Ministries, Departments and Agencies of the countries along the tour route for their guidance, collaboration and support in promoting regional cooperation, safety and citizen engagement.

Special recognition goes to our sponsors, development partners, private sector partners and supporters whose contributions, resources and expertise make this historic expedition possible.

We are grateful to the host communities, local leaders, schools, civil society organizations and volunteers who welcome the tour, participate in our activities and help create meaningful connections across East Africa.

We also recognize the dedication of the GACS organizing team, cyclists, support crew, media teams and all individuals working behind the scenes to ensure a safe, successful and impactful journey.

The GACS East African Bicycle Tour 2026 is a collective effort built on partnership, unity and a shared commitment to strengthening East African integration, promoting sustainable development and inspiring positive change through cycling.