

**VISIT  
RWANDA**



# RISE IN RWANDA

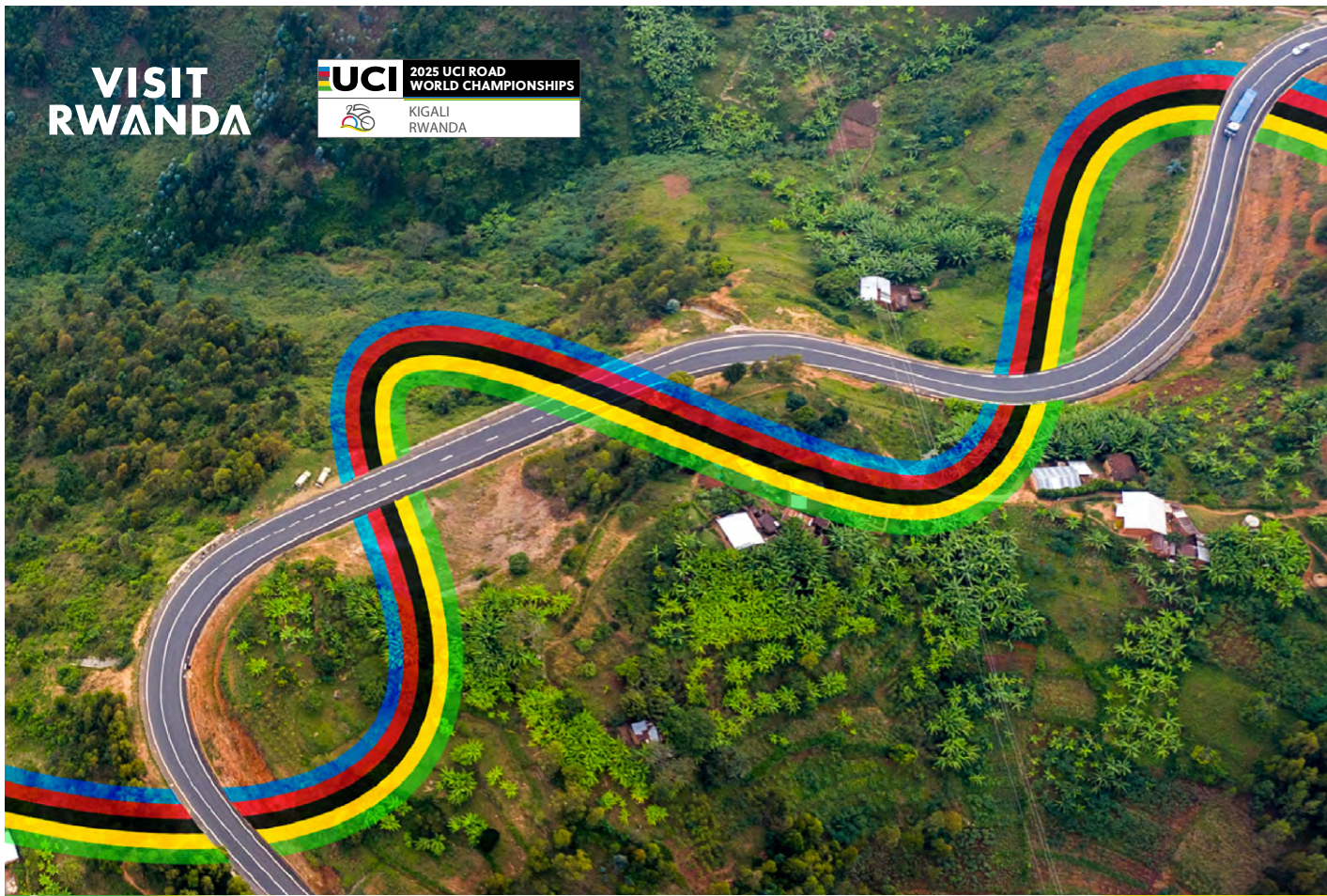
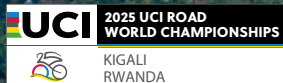
YOUR CYCLING TRAILS GUIDEBOOK







**VISIT  
RWANDA**





# welcome

## RIDE IN RWANDA

Welcome to Rwanda, the Land of a Thousand Hills, and the land of a thousand cycling adventures.

With its stunning landscapes, smooth roads, and welcoming communities, Rwanda has become a premier cycling destination for amateurs and pros alike.

Cycling here is more than a sport. It's a national passion, a cultural experience, and a gateway to memorable eco-adventures.





## HOW TO USE THIS GUIDE

**THIS GUIDE IS ORGANISED BY REGION  
WITH EACH TRAIL FEATURING:**

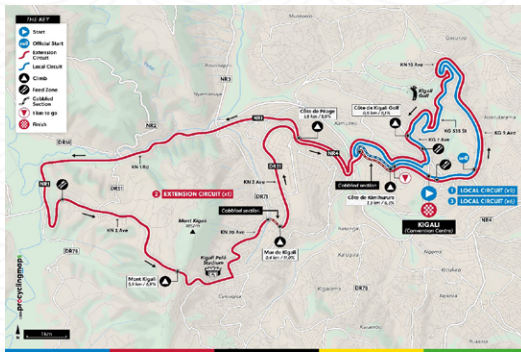
- TRAIL NAME AND NICKNAME
- DISTANCE, ELEVATION, AND DIFFICULTY
- TERRAIN TYPE
- MAP AND ELEVATION PROFILE
- GPX FILE (ACCESSIBLE VIA QR CODE)
- ACCOMMODATION
- HIGHLIGHTED STOPS: CAFÉS, LAKES, CULTURAL SITES



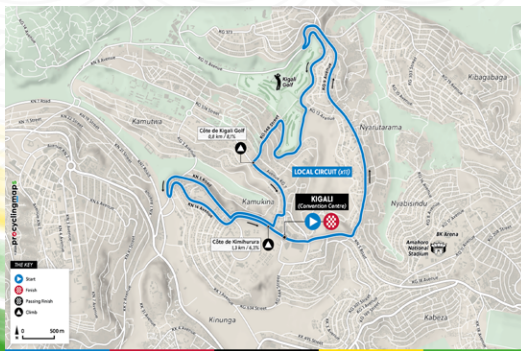
A QUICK VIEW MAP WITH ALL TRAIL  
LOCATIONS IS INCLUDED AT THE BACK



## MEN ELITE ROAD RACE



## WOMEN ELITE ROAD RACE



# FEATURED

## UCI 2025 WORLD CHAMPIONSHIPS ROUTE

### EXPLORE THE UCI 2025 COURSE

Test your skills on the same terrain as the world's best. Fast climbs, sweeping descents, and Kigali's urban energy.

SCAN HERE



LEARN MORE ABOUT  
UCI 2025 IN RWANDA





## TIPS FOR AMATEUR RIDERS LOOKING TO "RIDE IT YOURSELF"

Ready to ride the UCI 2025 route or explore Rwanda's top trails on your own? Here are a few tips to make your adventure safe, fun, and unforgettable.

### START EARLY



Rwanda's mornings are cool and clear, perfect for riding.

### PACE YOURSELF



The climbs are real! Don't burn out early on long elevation gains.

### HYDRATE OFTEN



Bring water or hydration packs, and refill at local shops or cafés.

### FOLLOW THE ROUTE



Use GPX files for real-time trail navigation.

### DRESS RIGHT



Light, breathable gear for the day, plus a light rain jacket.

### RESPECT THE ROADS



Watch for local traffic, pedestrians, and livestock.

### BE FRIENDLY



A simple wave or "Muraho" (hello) goes a long way in Rwandan villages.

### KNOW YOUR LIMITS



Trails vary in difficulty. Start with easier routes if unsure.

### JOIN A GROUP



Link up with local cycling clubs or guides for added support.

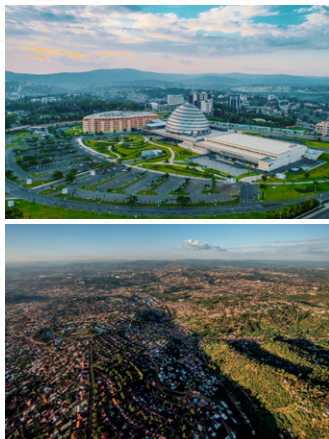




# top IN THE REGION trails



# KIGALI



Kigali is Rwanda's vibrant heart, a city of rolling hills, well-paved roads, and endless views.

It offers riders a unique mix of urban cycling and natural landscapes, with routes that pass through neighborhoods, forests, and hilltops. If you're training or touring, Kigali is the perfect starting point.

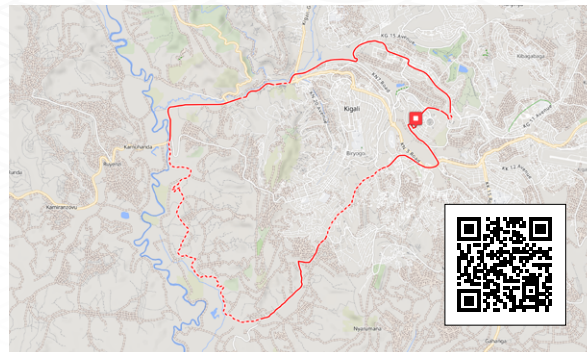
The capital is also a hub for cycling culture, featuring regular Car-Free Days, local cycling clubs, and top-class infrastructure. After a ride, cyclists can relax in stylish cafés, explore museums and art galleries.

## MOUNT KIGALI LOOP

**DISTANCE** – 40KM    **ELEVATION** – 550M

### TYPE OF SURFACE

50% PAVED ROAD AND 50% DIRT ROAD



### PANORAMIC CITY VIEWS AND FOREST PATHS

	<b>ACCOMMODATION</b>
	Kimihurura
	<b>SIGHTSEEING OPPORTUNITIES</b>
	Mount Kigali Viewpoint, local coffee shops

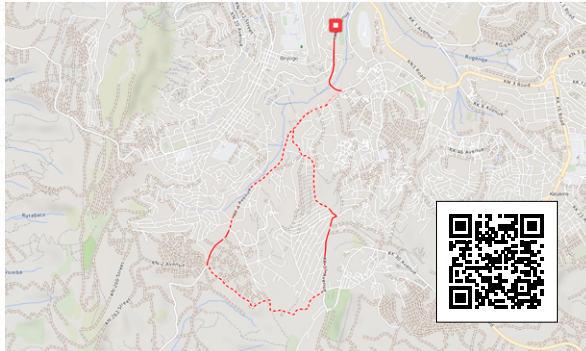


## REBERO WORKOUT

**DISTANCE** – 13KM **ELEVATION** – 420M

### TYPE OF SURFACE

10% PAVED ROAD, 45% DIRT ROAD, 45% TRACK



**SHORT, SHARP AND HILLY -  
PERFECT FOR EARLY RISERS**



### ACCOMMODATION

Kiyovu, Rebero



### SIGHTSEEING OPPORTUNITIES

Rebero Lookout, art galleries, cafés

## THE BUMBOGO LOOP

**DISTANCE** – 50KM **ELEVATION** – 900M

### TYPE OF SURFACE

47% PAVED AND 53% UNPAVED



**SWEEPING VIEWS OF THE CITY, LAKE MUHAZI,  
AND EVEN THE DISTANT VOLCANOES**



### ACCOMMODATION

Kibagabaga, Kimironko



### SIGHTSEEING OPPORTUNITIES

Mount Bumbogo summit, roadside markets



# NORTHERN PROVINCE



The Northern Province is a dream for riders who love climbing and cool, fresh air. This region is surrounded by the towering volcanoes of the Virunga Massif, offering panoramic trails, high-altitude roads, and forest-lined paths.

Cyclists can explore scenic lakes like Burera and Ruhondo, pass through tea plantations, and ride towards the famous gorilla trekking zones of Volcanoes National Park. With quiet villages and welcoming communities along the way, it's the ideal mix of adventure, nature, and cultural discovery.

## TWIN LAKES RIDE

**DISTANCE** – 55KM    **ELEVATION** – 890M

### TYPE OF SURFACE

22% PAVED ROAD AND 78% DIRT ROAD



### LAKESIDE SERENITY WITH VOLCANO VIEWS

	<b>ACCOMMODATION</b>
	Musanze
	<b>SIGHTSEEING OPPORTUNITIES</b>
	Twin Lakes viewpoint, local villages, canoeing



## MUSANZE-RUBAVU UPPER TRACK

**DISTANCE** – 85KM **ELEVATION** – 1175M

### TYPE OF SURFACE

20 % PAVED ROAD, 40 % DIRT ROAD AND 40 % TRACK



**RIDGE RIDE THROUGH  
FOREST AND FARMLAND**



### ACCOMMODATION

Musanze, Rubavu



### SIGHTSEEING OPPORTUNITIES

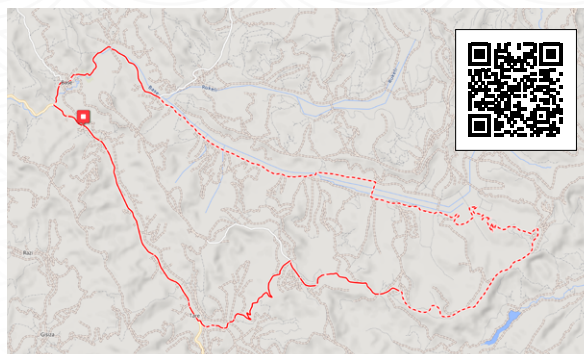
Mountain viewpoints, local tea shops

## SORWATHE TEA TRAIL

**DISTANCE** – 46KM **ELEVATION** – 1300M

### TYPE OF SURFACE

30% PAVED ROAD, 60% DIRT ROAD AND 10% TRACK



**SCENIC RIDE THROUGH TEA  
ESTATES AND PINE FORESTS**



### ACCOMMODATION

Rulindo

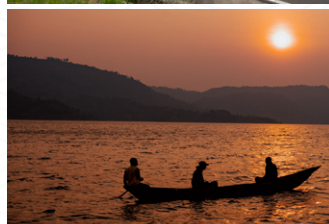
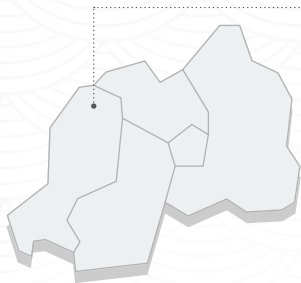


### SIGHTSEEING OPPORTUNITIES

Sorwathe Tea Factory, picnic spots



## WESTERN PROVINCE



The Western Province is all about water, altitude, and wild beauty. Riders here can hug the shores of Lake Kivu, explore forested mountains, or challenge themselves on the legendary Congo Nile Trail, one of Africa's best-known multi-day rides. The terrain ranges from gentle lakeside paths to steep technical climbs.

The region has a lot to explore: lively towns by the lake, local coffee farms, and scenic tea plantations. For those who prefer a relaxed day ride or a challenging off-road trail, the Western Province offers unforgettable cycling with amazing views all around.

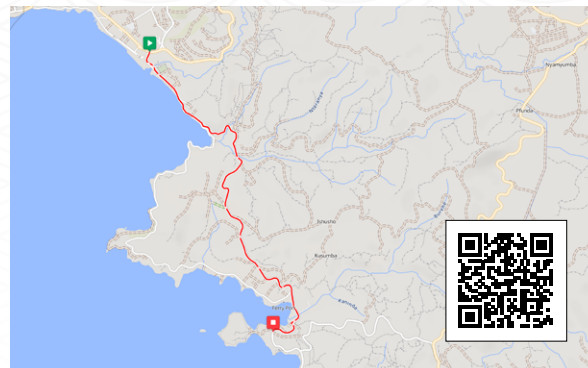
## CONGO-NILE TRAIL

**DISTANCE:** 92–126KM

**ELEVATION:** 3350–4250M

### TYPE OF SURFACE

10% PAVED ROAD, 90% DIRT ROAD OR TRACK



**MULTI-DAY LAKESIDE ADVENTURE  
WITH OFF-ROAD SEGMENTS**



### ACCOMMODATION

Rubavu, Karongi



### SIGHTSEEING OPPORTUNITIES

Lake Kivu beaches, coffee washing stations

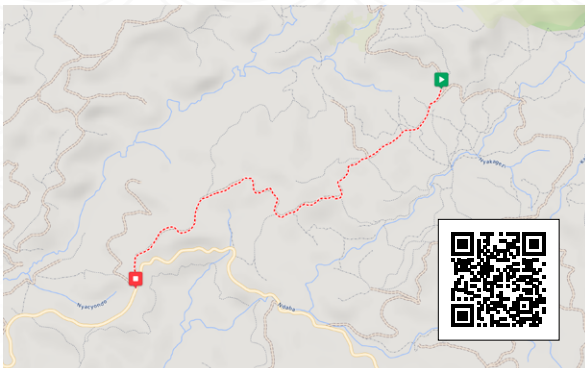


## ABOVE KIBUYE

**DISTANCE** – 27KM      **ELEVATION** – 850M

### TYPE OF SURFACE

18% PAVED ROAD, 40% DIRT ROAD, 40% TRACK



**COMPACT RIDE WITH REWARDING LAKE PANORAMAS**



### ACCOMMODATION

Karongi



### SIGHTSEEING OPPORTUNITIES

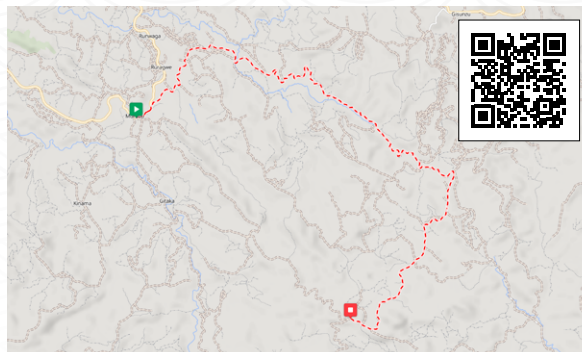
Napoleon Island, Lake Kivu beaches

## KARONGI TEA HEIGHTS

**DISTANCE** – 58KM      **ELEVATION** – 1900M

### TYPE OF SURFACE

19% PAVED ROAD, 62% DIRT ROAD, AND 19% TRACK



**HIGH-ELEVATION TRAIL THROUGH TEA HILLS AND VALLEYS**



### ACCOMMODATION

Karongi

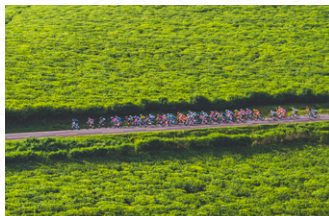
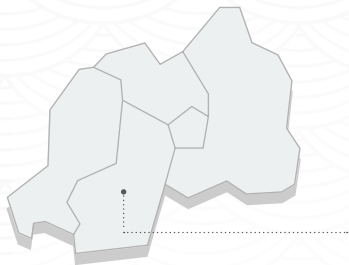


### SIGHTSEEING OPPORTUNITIES

Gisovu Tea Estate, scenic hilltops



## SOUTHERN PROVINCE



Rwanda's Southern Province combines scenic rides with deep cultural roots. Its rolling hills are home to historic towns, sacred sites, and lush tea plantations. Cyclists can enjoy smooth countryside loops, visit the spiritual site of Kibeho, or explore the academic atmosphere of Huye.

One of the region's gems is Kitabi, offering access to high-altitude trails near Nyungwe National Park. It's a peaceful yet challenging ride experience, with rainforest air and panoramic views. Whether you're here for the history or the high climbs, the south has something for every rider.

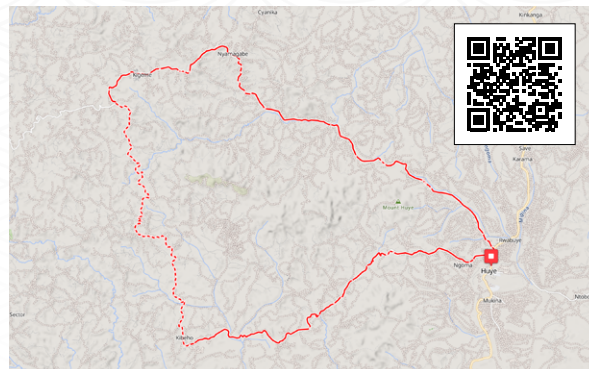
## KIBEHO PILGRIMAGE RIDE

**DISTANCE** – 92.5KM

**ELEVATION** – 1550M

### TYPE OF SURFACE

55% PAVED ROAD AND 45% DIRT ROAD



**RIDE THROUGH SACRED HILLS  
AND QUIET COUNTRYSIDE**



### ACCOMMODATION

Kibeho, Huye



### SIGHTSEEING OPPORTUNITIES

Kibeho Shrine, historical churches

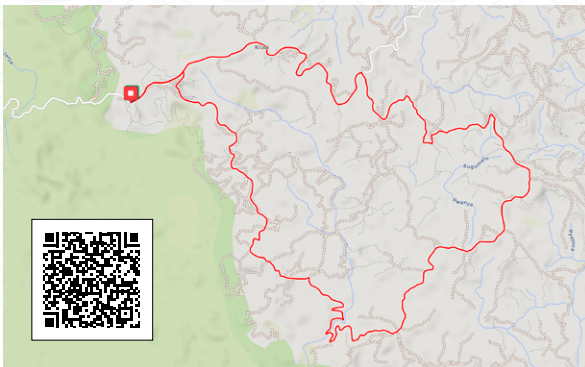


## KITABI TEA PLANTATIONS

**DISTANCE** – 30KM **ELEVATION** – 700M

### TYPE OF SURFACE

100% PAVED



**RIDE THROUGH TEA FIELDS NEAR  
NYUNGWE FOREST AT HIGH ALTITUDE**



### ACCOMMODATION

Huye, Rusizi



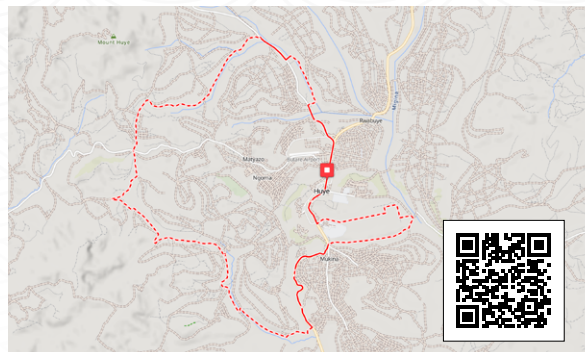
### SIGHTSEEING OPPORTUNITIES

Tea estates, rainforest edge

## TOUR DE HUYE LOOP

**DISTANCE** – 34.5KM **ELEVATION** – 600M

**TYPE OF SURFACE:** 30% PAVED ROAD,  
50% DIRT ROAD, 20% TRACK AND SINGLE-TRACK



**SMOOTH CIRCUIT WITH  
UNIVERSITY-TOWN CHARM**



### ACCOMMODATION

Huye Town

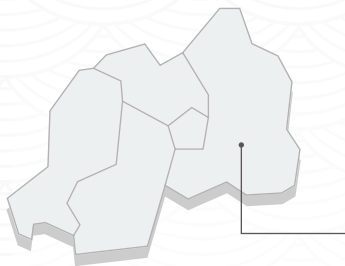


### SIGHTSEEING OPPORTUNITIES

Ethnographic Museum, street cafés



## EASTERN PROVINCE



Eastern Rwanda offers a different kind of cycling experience: wide open roads, flat terrain, and serene landscapes. The region is ideal for those who enjoy long-distance rides with fewer climbs. It's known for peaceful paths through wetlands, lakesides, and endless agricultural fields.

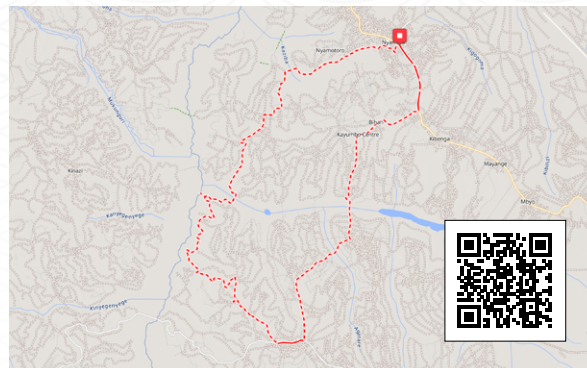
This province is perfect for relaxed exploration, with routes passing farms and quiet villages. Riders can take in views of Lake Mugesera or pedal along the marshes of Bugesera. It's also one of the sunniest regions, a great place to slow down and soak it all in.

## LAKE MUGESERA RIDE

**DISTANCE** – 56KM

**ELEVATION** – 715M

**TYPE OF SURFACE**  
UNKNOWN



**OPEN ROAD CRUISING**  
**PAST LAKES AND FIELDS**



### ACCOMMODATION

Rwamagana



### SIGHTSEEING OPPORTUNITIES

Lake viewpoints, village cafés

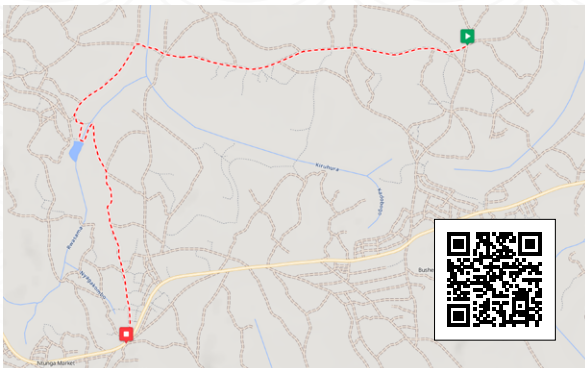


## RICE & SUNFLOWER TRAIL

**DISTANCE** – 68KM **ELEVATION** – 1100M

### TYPE OF SURFACE

100% PAVED



**BRIGHT YELLOW FIELDS AND  
GENTLE CLIMBS**



### ACCOMMODATION

Gatsibo



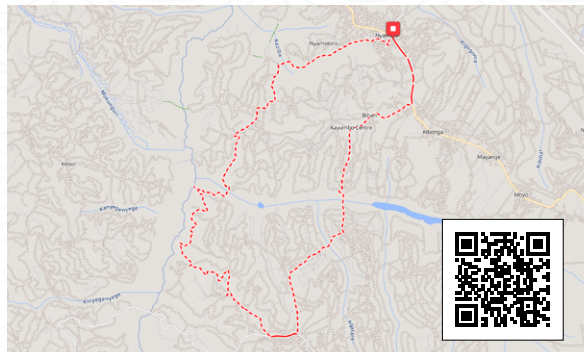
### SIGHTSEEING OPPORTUNITIES

Local rice cooperatives, open-air stalls

## BUGESERA MARSHES TRAIL

**DISTANCE** – 60KM **ELEVATION** – 720M

**TYPE OF SURFACE:** 30% PAVED ROAD,  
50% DIRT ROAD, 20% TRACK AND SINGLE-TRACK



**BIRD-RICH MARSHLAND  
AND PEACEFUL SCENERY**



### ACCOMMODATION

Nyamata, Bugesera



### SIGHTSEEING OPPORTUNITIES

Wetland viewing decks, local markets



## RWANDA'S SPORT &amp; CULTURE SCENE

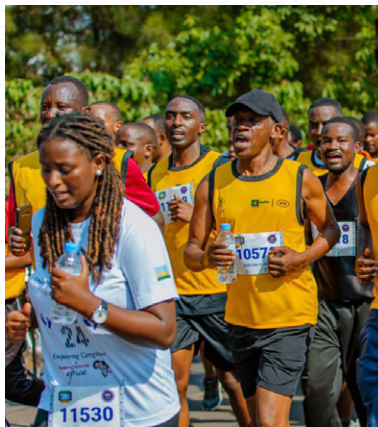




# MAJOR SPORTING EVENTS



TOUR DU  
RWANDA  
AFRICA'S TOP  
CYCLING TOUR



KIGALI  
INTERNATIONAL  
PEACE  
MARATHON

COMMUNITY,  
SPEED, AND SPIRIT



BASKETBALL  
AFRICA  
LEAGUE (BAL)

CONTINENTAL  
HOOPS ACTION



# VENUES INFRASTRUCTURE



BK ARENA – AFRICA'S STATE-OF-THE-ART SPORTS VENUE



AMAHORO STADIUM – NATIONAL HOME FOR SPORT AND CELEBRATION



GAHANGA CRICKET STADIUM – ELEGANT GREEN SETTING WITH MOUNTAIN VIEWS



ZARIA COURT – KIGALI'S NEWEST WELLNESS, SPORT, AND LEISURE DESTINATION



# TRAVEL PLANNING ESSENTIALS



## GETTING AROUND

RWANDA IS  
COMPACT AND  
BIKE-FRIENDLY



## BIKE RENTALS & REPAIRS

AVAILABLE IN  
KIGALI AND  
MAJOR TOWNS



## WEATHER & ALTITUDE

PREPARE FOR  
SUNSHINE, RAIN,  
AND ELEVATION  
GAIN



## TRAIL ETIQUETTE

RESPECT NATURE,  
SHARE PATHS,  
RIDE SAFE

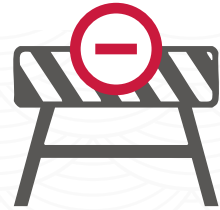


## CONNECT LOCALLY

JOIN CYCLING  
CLUBS LIKE  
TUGENDE FOR  
RIDES AND EVENTS



## ROAD CLOSURES TO NOTE



### UMUGANDA

LAST SATURDAY OF EVERY MONTH – MORNING  
ROAD CLOSURES FOR NATIONAL CLEAN-UP



### CAR-FREE DAY\*

FIRST AND THIRD SUNDAY OF EVERY MONTH.

\*SOME ROADS OPEN ONLY FOR CYCLISTS AND PEDESTRIANS



# BIKE REPAIR AND MAINTENANCE

If you're riding for leisure or tackling a multi-day trail, reliable bike support is essential. Rwanda offers a growing network of experienced mechanics, cycling hubs, and adventure operators to help keep your ride smooth.



From quick tune-ups in the city to full-service support in remote regions, here are some trusted partners across the country

## AFRICA RISING CYCLING CENTER

A training and service center supporting both elite and amateur cyclists, with full mechanical support and equipment.

### LOCATION

Musanze - Northern Province

[arcc.rw](http://arcc.rw)

## TUGENDE

A community cycling hub offering bike repairs, rentals, and cycling programs.

### LOCATION

Kimihurura - Kigali.

[tugende.rw](http://tugende.rw)

## RWANDA ADVENTURES

A local adventure company providing mountain bike rentals, guided rides, and maintenance services.

### LOCATION

Rubavu - Western Province

[rwandan-adventures.com](http://rwandan-adventures.com)





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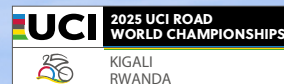




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