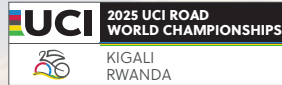




**VISIT  
RWANDA**



**RIDE  
IN  
RWANDA**

**YOUR CYCLING TRAILS GUIDEBOOK**







2





# 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
- DISTANCE AND ELEVATION
- TERRAIN TYPE
- MAP AND ELEVATION PROFILE
- GPX FILE (ACCESSIBLE VIA QR CODE)
- ACCOMMODATION
- SIGHTSEEING OPPORTUNITIES



INFORMATION ON TRAVEL PLANNING ESSENTIALS AND  
MAJOR SPORTING EVENTS IN RWANDA IS ALSO INCLUDED

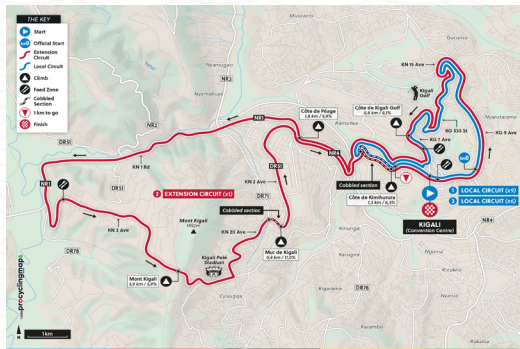




# FEATURED

## UCI 2025 WORLD CHAMPIONSHIPS ROUTE EXPLORE THE UCI 2025 COURSE

### MEN ELITE ROAD RACE

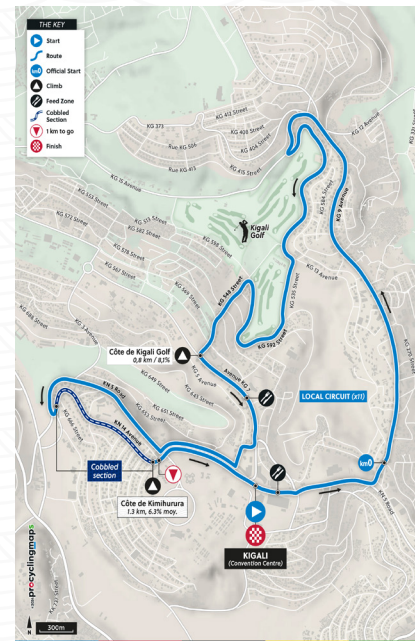


Test your skills on the same terrain as the world's best. Fast climbs, sweeping descents, and Kigali's urban energy.

SCAN HERE



### WOMEN ELITE ROAD RACE





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## 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

QR  
CODE

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 trails

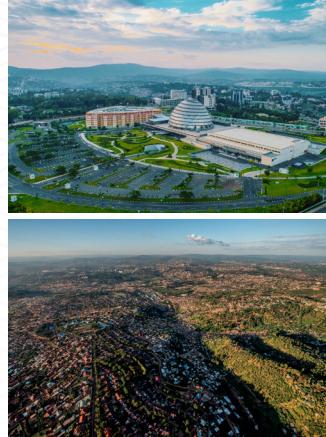
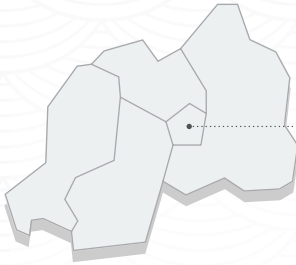
ACROSS RWANDA





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## 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.

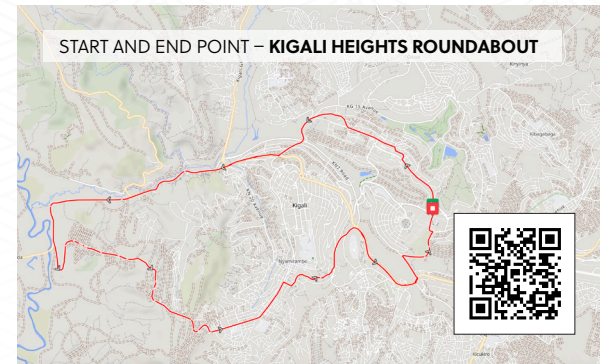
The capital is also a hub for cycling culture, featuring regular Car-Free Days, local cycling clubs, and top-class infrastructure. After a ride, cyclists can relax in stylish cafés, explore museums and art galleries.

## MOUNT KIGALI CHALLENGER (CIRCUIT TRAIL)

**DISTANCE** – 31.5KM **ELEVATION** – 773M

### TYPE OF SURFACE

100% PAVED ROAD



PANORAMIC CITY VIEWS AND FOREST PATHS



### ACCOMMODATION

Kigali



### SIGHTSEEING OPPORTUNITIES

Mount Kigali Viewpoint, local coffee shops



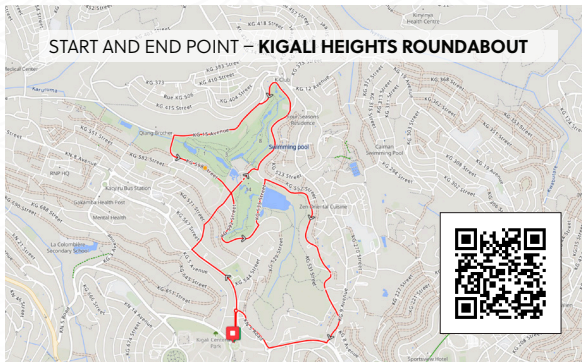


## KIGALI GOLF LOOP (CIRCUIT TRAIL)

**DISTANCE** – 12KM **ELEVATION** – 233M

### TYPE OF SURFACE

100% PAVED ROAD



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



### ACCOMMODATION

Kigali



### SIGHTSEEING OPPORTUNITIES

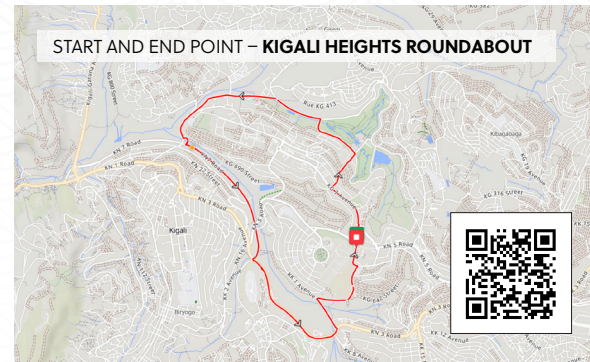
Kigali golf course, cafés

## KIGALI WETLAND EXPLORER (CIRCUIT TRAIL)

**DISTANCE** – 14.6KM **ELEVATION** – 213M

### TYPE OF SURFACE

100% PAVED ROAD



**SWEEPING VIEWS OF THE CITY  
AND RESTORED WETLANDS**



### ACCOMMODATION

Kigali



### SIGHTSEEING OPPORTUNITIES

Wetlands overview, roadside markets,  
city overlooks



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## 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.

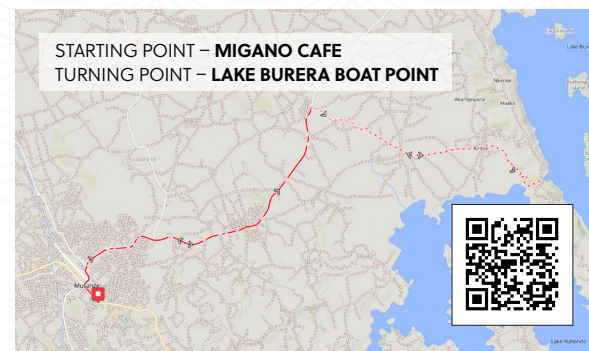
Cyclists can explore scenic lakes like Burera and Ruhondo, pass through tea plantations, and ride towards the famous gorilla trekking zones of Volcanoes National Park. With quiet villages and welcoming communities along the way, it's the ideal mix of adventure, nature, and cultural discovery.

### TWIN LAKES RIDE (OUT-AND-BACK TRAIL)

**DISTANCE** – 38 KM    **ELEVATION** – 731M

#### TYPE OF SURFACE

51% PAVED ROAD AND 49% UNPAVED ROAD



**LAKESIDE SERENITY WITH VOLCANO VIEWS**



#### ACCOMMODATION

Musanze



#### SIGHTSEEING OPPORTUNITIES

Twin Lakes viewpoint, local villages, canoeing spots



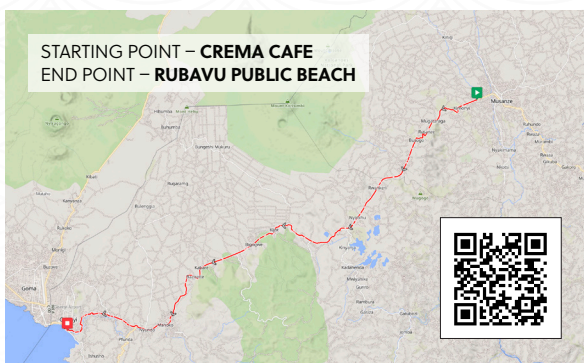


## MUSANZE - RUBAVU TRACK (ONE-WAY TRAIL)

**DISTANCE** – 58.4 KM    **ELEVATION** – 967M

### TYPE OF SURFACE

100% PAVED ROAD



**RIDGE RIDE THROUGH THE FOREST  
AND FARMLAND**



### ACCOMMODATION

Musanze, Rubavu



### SIGHTSEEING OPPORTUNITIES

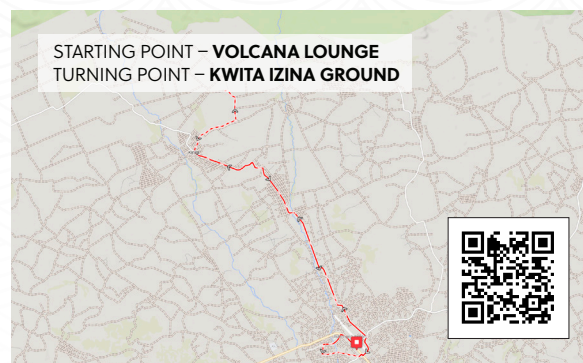
Mountain viewpoints, local tea shops

## THE MUSANZE TO KINIGI KWITA IZINA CRUISE (OUT-AND-BACK TRAIL)

**DISTANCE** – 30KM    **ELEVATION** – 574M

### TYPE OF SURFACE

100% PAVED ROAD



**SCENIC RIDE THROUGH MUSANZE CITY  
AND IN THE VICINITY OF THE VOLCANOES**



### ACCOMMODATION

Musanze, Kinigi



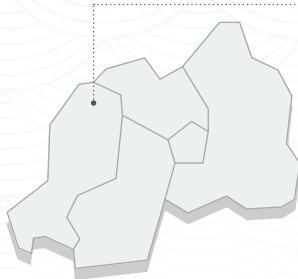
### SIGHTSEEING OPPORTUNITIES

The Kwita Izina venue, picnic spots



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## 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 along the legendary Congo Nile watershed on some 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.

## RUBAVU TO KARONGI LAKESIDE RIDE (ONE-WAY TRAIL)

**DISTANCE:** 99KM**ELEVATION:** 2790M

### TYPE OF SURFACE

100% PAVED ROAD



### MULTI-DAY LAKESIDE ADVENTURE WITH ROLLING HILLS VIEW



#### ACCOMMODATION

Rubavu, Rutsiro, Karongi



#### SIGHTSEEING OPPORTUNITIES

Lake Kivu beaches, coffee washing stations





## KARONGI - RUSIZI OFFSHORE RIDE (ONE-WAY TRAIL)

**DISTANCE** – 117KM    **ELEVATION** – 3543M

### TYPE OF SURFACE

100% PAVED ROAD



**COMPACT MULTI-DAY RIDE WITH  
REWARDING LAKE PANORAMAS**



### ACCOMMODATION

Karongi, Nyamasheke, Rusizi



### SIGHTSEEING OPPORTUNITIES

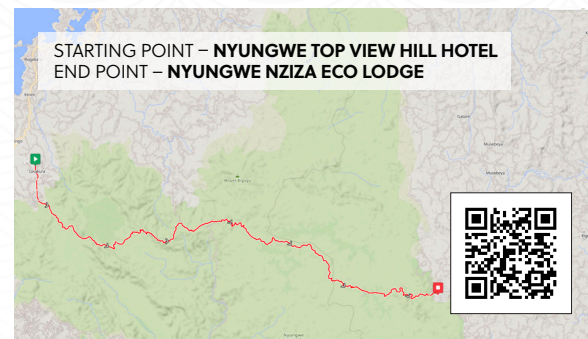
Local markets, Lake Kivu beaches

## NYUNGWE NATIONAL PARK CRUISE (ONE-WAY TRAIL)

**DISTANCE** – 56KM    **ELEVATION** – 2066M

### TYPE OF SURFACE

100% PAVED ROAD



**HIGH-ELEVATION TRAIL THROUGH THE ICONIC  
NYUNGWE NATIONAL PARK AND TEA HILLS**



### ACCOMMODATION

Gisakura, Kitabi



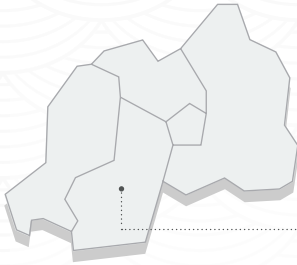
### SIGHTSEEING OPPORTUNITIES

Gisakura Tea plantation, scenic tropical forests



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## 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.

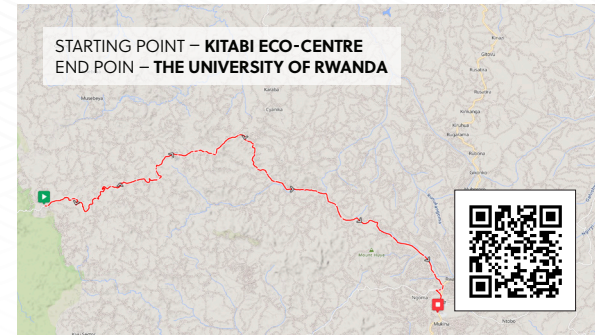
One of the region's gems is Kitabi, offering access to high-altitude trails near Nyungwe National Park. It's a peaceful yet challenging ride experience, with rainforest air and panoramic views. Whether you're here for the history or the high climbs, the south has something for every rider.

### KITABI TEA PLANTATIONS (ONE-WAY TRAIL)

**DISTANCE** – 58.7KM**ELEVATION** – 1471M

#### TYPE OF SURFACE

100% PAVED ROAD



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



#### ACCOMMODATION

Kitabi, Huye



#### SIGHTSEEING OPPORTUNITIES

Tea estates, The University of Rwanda,  
rainforest edge



## KIBEHO PILGRIMAGE RIDE (ONE-WAY TRAIL)

**DISTANCE** – 55KM    **ELEVATION** – 1715M

### TYPE OF SURFACE

100% PAVED ROAD



**RIDE THROUGH SACRED HILLS AND  
QUIET COUNTRYSIDE**



### ACCOMMODATION

Kibeho, Huye



### SIGHTSEEING OPPORTUNITIES

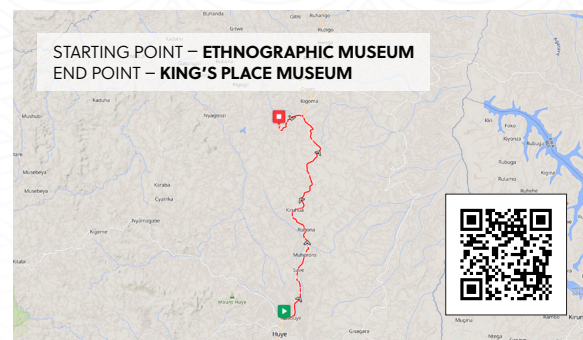
Kibeho Shrine, historical churches

## RWANDA'S CULTURAL HERITAGE TRAIL (ONE-WAY TRAIL)

**DISTANCE** – 40KM    **ELEVATION** – 858M

### TYPE OF SURFACE

100% PAVED ROAD



**SMOOTH EXPOSURE AND EXPLORATION  
OF RWANDA'S CULTURE AND HISTORY.**



### ACCOMMODATION

Huye, Nyanza



### SIGHTSEEING OPPORTUNITIES

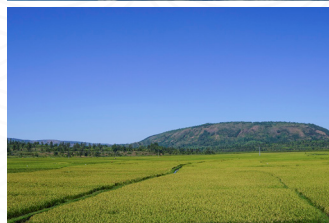
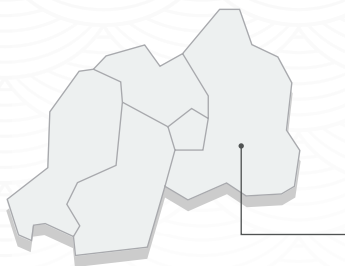
Ethnographic Museum, King's Palace Museum







## 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 Muhazi 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.

### BUGESERA MARSHES AND FARMLAND RIDE (OUT-AND-BACK TRAIL)

**DISTANCE** – 55.3KM

**ELEVATION** – 786M

#### TYPE OF SURFACE

78 % PAVED ROAD AND 22 % UNPAVED ROAD



**BIRD-RICH MARSHLAND AND PEACEFUL LAKE SCENERY**



#### ACCOMMODATION

Bugesera



#### SIGHTSEEING OPPORTUNITIES

Wetland and lakes viewing decks, farming experience



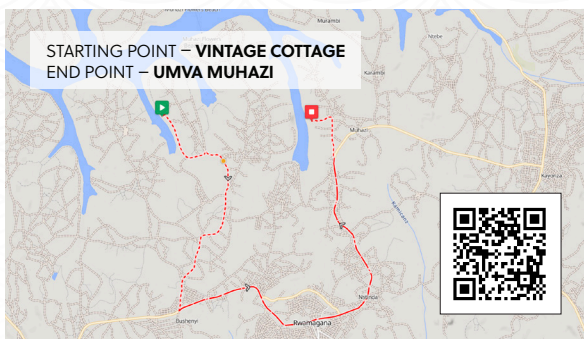
## LAKE MUHAZI RIDE (ONE-WAY TRAIL)

**DISTANCE** – 25KM

**ELEVATION** – 409M

### TYPE OF SURFACE

48% PAVED ROAD AND 52% UNPAVED ROAD



**OPEN ROAD CRUISING PAST LAKE MUHAZI AND FIELDS**



### ACCOMMODATION

Rwamagana



### SIGHTSEEING OPPORTUNITIES

Lake viewpoints, village cafés

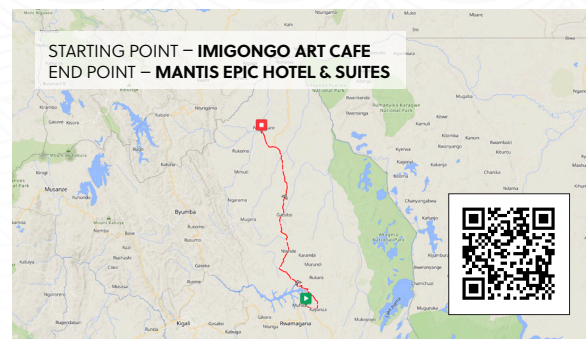
## THE PLAINS OF NYAGATARE TRAIL (ONE-WAY TRAIL)

**DISTANCE** – 90KM

**ELEVATION** – 1609M

### TYPE OF SURFACE

100% PAVED ROAD



**BRIGHT YELLOW FIELDS AND FLAT PLAINS**



### ACCOMMODATION

Gatsibo, Nyagatare



### SIGHTSEEING OPPORTUNITIES

Local rice cooperatives, open-air stalls



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# MORE THAN trails

RWANDA'S SPORT & CULTURE SCENE





## MAJOR SPORTING EVENTS

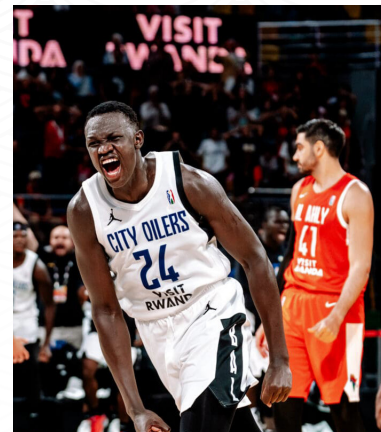


TOUR DU  
RWANDA  
AFRICA'S TOP  
CYCLING TOUR



KIGALI  
INTERNATIONAL  
PEACE  
MARATHON

COMMUNITY,  
SPEED, AND SPIRIT



BASKETBALL  
AFRICA  
LEAGUE (BAL)

CONTINENTAL  
HOOPS ACTION





## SPORTING 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)

### RWANDAN 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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