

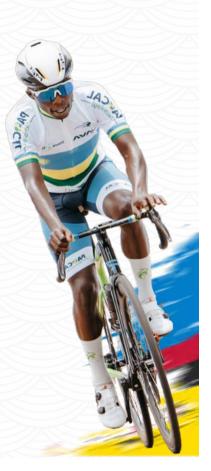


RIDE IN RWANDA

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 GVIDE

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



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.



WOMEN ELITE ROAD RACE





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 ROVTE



Use GPX files for realtime 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 GROVP



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



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







ACCOMMODATION

Kigal



SIGHTSEEING OPPORTUNITIES

Kigali golf course, cafés

KIGALI WETLAND EXPLORER (CIRCUIT TRAIL)

DISTANCE - 14.6KM ELEVATION - 213M

TYPE OF SURFACE 100% PAVED ROAD







ACCOMMODATION

Kigali



SIGHTSEEING OPPORTUNITIES

Wetlands overview, roadside markets, city overlooks

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, highaltitude 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







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







ACCOMMODATION

Musanze, Kinigi



SIGHTSEEING OPPORTUNITIES

The Kwita Izina venue, 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 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





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

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 highaltitude 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.

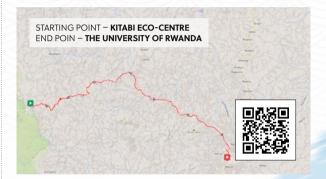
KITABI TEA PLANTATIONS (ONE-WAY TRAIL)

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





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



RWANDA'S SPORT & CULTURE SCENE

MAJOR SPORTING EVENTS









COMMUNITY, SPEED, AND SPIRIT





CONTINENTAL HOOPS ACTION

SPORTING INFRASTRUCTURE



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



GAHANGA CRICKET STADIUM – ELEGANT GREEN SETTING WITH MOUNTAIN VIEWS



AMAHORO STADIUM – NATIONAL HOME FOR SPORT AND CELEBRATION



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



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 multiday 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.



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

LOCATION Kimihurura - Kigali

tugende.rw

RWANDAN ADVENTURES

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

From quick tune-ups in the city to full-service support

in remote regions, here

across the country

are some trusted partners

LOCATION Rubayu - Western Province

rwandan-adventures.com

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









