

GACS CYCLING AFRICA - GACS

Tel: +255692632294/ +256703496737/ +254 723 468517

Email: eacbiketour@gmail.com , website: www.gacs-tour.org www.gacs-europe.org



Introduction: GACS is a cross-border initiative that promotes the East African Community's (EAC) integration process, encourages regional cooperation, and fosters peace and security. GACS raises awareness about critical environmental issues, such as the effects of climate change on food security Peace, thereby informing both communities and policymakers about the urgent challenges facing the region. The event, which began in Uganda in 2016 and involves countries including Uganda, Rwanda, Kenya, Tanzania, Burundi, and the Democratic Republic of Congo, has become a cornerstone of

also

GACS route plan



GACS tour is planned to take place over a period of 55 days. It is the longest endurance bicycle tour and covers close to 6000+ km based on the route. On average, each day, riders experience not more than 120kilometres of East Africa complete with its history, culture, and people. In the evenings, Cyclists' camp in the GACS Village, erected in an area allocated by the local Authorities or communal zone of each host community, eating meals sometimes prepared by community organizations and serving seasonal, locally sourced foods.

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:

- 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)
- A good quality helmet.
- Valid travel documents, yellow fever or vaccination card and identification.
- A well filled up participation form



JUST IN CASE:

5). A puncture repair kit (even if you've never repaired a puncture, your new friends will be on hand to assist: -

A few spare tubes (You may have tube trouble that cannot be patched, a spare tube will come in handy)

A spare tire (it's easy to destroy a tire in 6000 km).

Spare brake pads.

Multi-tool.

A portable pump.

Some lubricant.

11) Some zip-ties.

12). Pannier bags (every bike must have a carrier or shadow bags. You will have to carry what you bring on your bike.)



Clothing:

Sunglasses
 Comfortable cycling shoes
 Comfortable (padded) cycling shorts (a few pairs)
 Comfortable t-shirts or cycling jerseys
 Sleeping bag
 Cycling gloves
 A rain jacket (just in case)
 Socks
 A tent if you have one
 Shadow bags or bicycle side bags.
 Bandana (to assist in sun protection.
 Insurance cover

**PERSONAL EFFECT:**

ATM card
 Any medication you may be on.
 Card with emergency contact numbers.
 Your phone (to talk to your loved ones and take pictures of beautiful E. Africa).
 A backup battery or power bank for your phone
 Plate and cup,
 Tooth brush and paste
 Some pocket money
 Some off-the bike clothes.
 A small backpack / day bag for personal effects
 A good mood



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.
- Breakfast, Lunch and Dinner (strictly East African local foods).
- Water at least 5 liters.
- Cyclists will camp, cook and take part in scheduled program activities throughout the entire expedition.
- Remember this event is not competitive but there will be an award for photography; therefore, don't forget to carry a good camera or a phone that can take really nice pics.
- Much as there will be a service Van, it will be strictly for emergency,, so let your bike have panniers

Also, your national flag is required. Participants must provide their own transport to and from their home countries.

BRING ONLY WHAT YOU NEED:

Much as there will be a service van, it is strictly for emergencies. All bicycles

CONTACTS:

Tel: Tel: +25692632294/ +254 702919668/ +256703496737/ Email: eacbiketour@gmail.com