

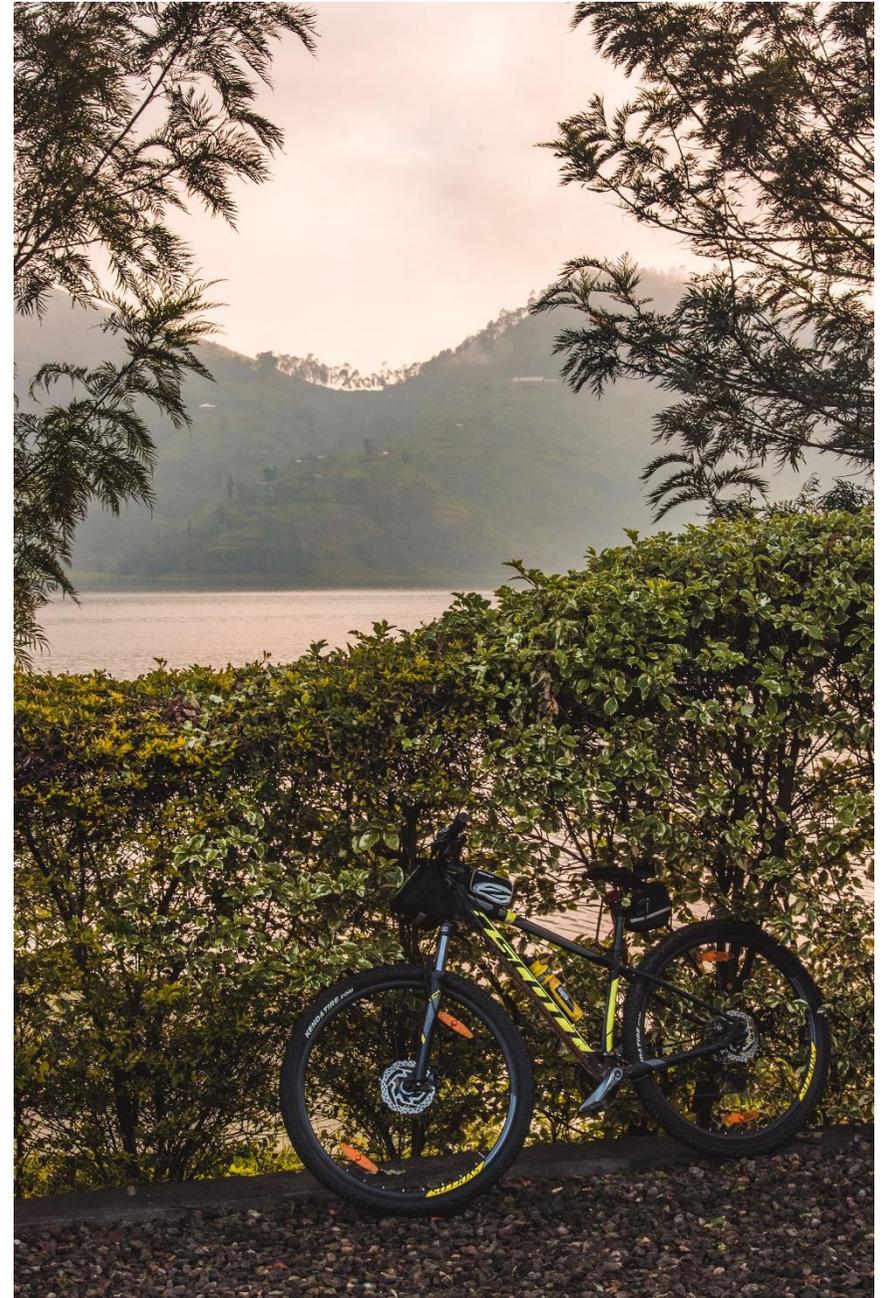


Ride Rwanda

RIGHT TO PLAY
PROTECT. EDUCATE. EMPOWER.

3rd – 11th October 2020

Cycle through some of the most beautiful landscapes in Africa whilst supporting Right To Play



Ride Rwanda for Right To Play

Join us for a remarkable journey through the Rwandan landscape and support [Right To Play's](#) crucial work to protect, educate and empower vulnerable children around the world.

Known as the Land of a Thousand Hills, Rwanda's stunning scenery will provide the backdrop for this Right To Play Ambassador-led fundraising group cycle from Kigali to Cyanika, where the trip will end with a trek to see the endangered mountain gorillas.

Right To Play has been part of the healing process that has led to a stable and united Rwanda since the genocide of 1994. This once-in-a-lifetime trip will put the group through its paces, but will also bring the reward of magnificent landscapes and warm Rwandan hospitality.

To motivate you on the way, in Kigali you will have the unique experience of visiting a Right To Play programme, helping children rise above the challenges they face. It was here in 2014 that Right To Play Ambassador, former Winter Olympian Chemmy Alcott saw first-hand how children thrive in Right To Play programmes. She discovered how Right To Play trained teachers and coaches, empower children through play-based learning, to help keep them safe and healthy and lay the foundations of lasting peace.

To celebrate Right To Play's 20th anniversary in 2020, Chemmy will return to Rwanda with fellow Ambassador Sarah Lindsay and a team of intrepid cyclists. We hope you will join them for the trip of a lifetime!



Join Chemmy and Sarah as part of **Team Ride Rwanda** and help raise **£200,000** for Right To Play programmes

Former Team GB Olympians Chemmy and Sarah will captain participants through this cycling adventure, which includes a training programme in the UK and support throughout the trip.

Four-time Winter Olympian **Chemmy Alcott** has been an Ambassador for over 10 years. Having visited Right To Play programmes in Tanzania and Rwanda, Chemmy understands the power and impact Right To Play's work is having on disadvantaged children. Chemmy plays an active role in raising Right To Play's profile and has taken part in events ranging from climbing Mount Kilimanjaro, speaking at the Sports Book Awards and hosting Right To Play's Big Red Ball. Since first supporting in 2008, Chemmy has helped to raise over £700K for Right To Play.

Sarah Lindsay is a three-time Olympian and personal trainer like no other. She was part of the GB women's relay team that won gold at the 2008 ISU Short Track European Championships and strength and condition coach for several Team GB Figure Skaters, taking two of her Athletes to the 2010 Vancouver Winter Olympic Games. After retiring as an athlete in 2010, Sarah made the transition into full-time coaching and crossed over into the field of personal training. Sarah is now one of London's most renowned celebrity personal trainers, her clients include Caroline Flack, Pixie Lott and Melanie Sykes, to name a few.

Both Sarah and Chemmy have the experience and ability to inspire you on this journey.



Trip Itinerary

Rwanda is a thriving, picturesque country with awe-inspiring mountainous landscapes and an impressive array of wildlife. This four-day cycling experience introduces you to the fascinating city of Kigali, Rwanda's modern but scenic capital city, before a thrilling encounter cycling north towards the mountains. Cycling off the beaten path, you will see terrific tea plantations, magnificent lakes, local village life and of course, the Parc National des Volcans, home to the mountain gorillas.

You will enjoy an invigorating ride of your life through the stunning country of Rwanda, which offers breathtaking views from beautiful terraced hillsides to volcano mountain ranges – and what better way to see it than by bicycle with Chemmy and Sarah!

This bespoke challenge is run by Ultimate Challenges, from the award-winning tour operator The Ultimate Travel Company. Specialising in worldwide bike rides and treks they have built a reputation for professionally run and exceptional life-changing challenges. You will be well looked after and inspired.

Challenge grade: Moderate-challenging

Training for any bike challenge is essential. The ride is hilly, mostly off-road on dirt roads with daily elevations of around 1000m and riding times between 5-7 hours per day. The temperatures will be hot and the overall altitude is around 1500-2200m.



Day 1

Saturday 3rd October

Depart London to Rwanda

Fly as a group to Kigali, capital city of Rwanda.

Day 2

Sunday 4th October

Arrive Kigali, free day

Early morning arrival where you will be met and transferred direct to your accommodation. The day is free to spend in Kigali and acclimatise. A visit to the Genocide Memorial Museum is a must for any visitor to Rwanda. In the evening, after a bike fitting, you will enjoy a delectable dinner at a local restaurant together.

Day 3

Monday 5th October

Right to Play Project Visit

Since 2003, Right To Play has been implementing education programmes focussed on gender equality, child rights and child protection in Rwanda. Spend the day experiencing first-hand how your fantastic fundraising can help protect, educate and empower vulnerable children through sport and play, by participating in the programme and games with the children. The day is guaranteed to inspire you at the start of your challenge and provide you with long-lasting memories!



Day 4

Tuesday 6th October

Kigali to Kinihira

Distance: 35kms Elevation: 900m/ descent 1200m

The adventure begins! After a short transfer, you will begin the ride at the top of a steep hill called Mount Jali, Kigali's highest peak, which is often masked in early morning mist. It's a great start to the journey as you ride a succession of ridges scattered with villages and views around every bend.

Lunch is in a village en-route before a magnificent descent into lush tea plantations. Then it's one final climb up to Sorwathe, one of Rwanda's most charming tea estates, and your home for the night.



Day 5

Wednesday 7th October

Kinihira to Lake Ruhondo

Distance: 50kms Elevation: 1060m / descent 1600m

Sorwathe is home to tea plantations that produce 20 per cent of Rwanda's tea. Before setting off on the next part of the adventure, there is a chance to witness how the special tea is made.

Back on the saddle for a steady descent before an ascent to the shores of the Twin Lakes, Burera and Ruhondo. Today you will experience tremendous views, including terraced hillsides and local villages.

On arrival at Lake Ruhondo you will board a boat taking you to the designated hotel for a restful night at Ruhondo Beach.

Day 6

Thursday 8th October

Lake Ruhondo to Musanze

Distance: 50kms Elevation: 900m/ descent 740m

After breakfast, you will take a short boat journey to the Northern shore of the lake for the start of today's ride. It will be a challenging morning as you climb steadily until lunch at Virunga Lodge (one of the most spectacular lodges in Rwanda with outstanding views to take in). On the ascent to the lodge, you will have the opportunity to stop at a community library and play football or sing with the local children.

After lunch, you have a great downhill section before visiting the Rwandan national cycling team where you will enjoy a well-earned rest and learn more about their achievements. From here, it's just a short 20 minute ride to Musanze (Rwanda's second largest town) where you will spend the night.

Day 7

Friday 9th October

Musanze to Cyanika

Distance: 53kms Elevation: 1083m / descent 600m

For the final day of cycling, the destination is Cyanika, the Northern border with Uganda. From Musanze, you will leave via the base of the volcanoes notably Muhabura (the widest volcano in the range which was traditionally used as a guiding point to find the North of the country). Having left Lake Ruhondo yesterday, today you will join the edge of Lake Burera, the second of the famous 'Twin Lakes' where you will cross the lake on a boat. Lunch will be in a magical spot on a tiny private island. If you can bear to leave the lunch spot, from the Eastern shore, you will ride to a brand new hospital (Butaro), a fantastic model of Rwanda's visionary development. From there only a few more hills back down to Cyanika.

From the border you will return by vehicle to Musanze where you will spend the night celebrating your phenomenal achievement!

Day 8

Saturday 10th October

Gorilla trek

Gorilla Trekking is definitely a once in a lifetime experience, that's no overstatement! It's an early start as your day will begin at 7am, when you will be welcomed by the rangers and assigned to your gorilla family. You will spend a truly wonderful hour with them, watching the babies hanging from their mothers and play fighting with siblings while the adults chew on bamboo and other plants. You should come with a fully charged camera, good walking shoes or boots and long trousers to protect you from nettle stings while walking.

Day 9

Sunday 11th October

Departure day

Early departure to Kigali airport for day flight home, arriving in London early evening.



How to fund your challenge

Cover the cost of the challenge and then fundraise for Right To Play to reach the minimum target of £15,000.

Registration fee	Cost of challenge	Minimum fundraising
£300	£4,900	£9,800



Included in cost

- Scheduled international return flights from London
- Ultimate Challenges UK Expedition Bike Doctor
- Mountain bikes and local cycling guides per 6 cyclists
- Back-up support vehicles and mechanic
- All transfers/all luggage transfers
- Airport taxes and fuel surcharge
- All accommodation based on twin share
- All Gorilla trekking expenses
- All meals except lunch on arrival day
- Snacks and drinking water on the ride

Excluded from cost

- Travel insurance and vaccinations
- Rwanda visa (approx. USD50 – available on arrival)
- Tips and gratuities
- Personal expenses

Interested in taking part?

For more information about Ride Rwanda, please contact Ellie Barnes at ebarnes@righttoplay.com or call 020 3752 5654



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Right To Play UK

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