

# Marathon Route Information

From AVEGA East, take undulating tarmac road to the left for 1.86 miles.

Then turning right off the main road by health centre onto the clay and partially tarmaced road (taking you up to 3.69 miles).

Keeping the police training centre on the right, turn left at the roundabout, going into a gentle descent along a tree-lined road. There is a view of the lake on the right.

At the sheds by the lake, at 5.02 miles, take the left fork.

Cross the small bridge and veer left (after 5.82 miles).

Then there is a long ascent through central checkpoint and at the top of this rise turn right.

(The central checkpoint, with medical and transport support will be located here.)

Follow the main clay road to Kavumu where there is a football pitch on the left at 8.93 miles.

Follow the road through a 2-mile loop, back to the pitch.

Return to village (1) then right turn.

Talk long flat clay road to checkpoint and loop back to central checkpoint.

From there retrace route to AVEGA East.

The half marathon route is as the full marathon to central checkpoint and then retrace route to AVEGA East.



*Dr Tim Wood (in the red top), who will be the medical officer for the marathon, during his run to map out the route last October. He was joined by many school children for several miles.*

The route is beautiful, passing through small villages and the Rwandan countryside, at times passing close by Lake Muhazi. Participants will be joined by many children on the route, who will run along with you for several miles (laughing all the time and wondering what these mad white people are up to!). Runners will experience quite hot conditions. The altitude, while not extreme, is about 1,500 metres and, in the heat, will present a challenge to participants.