



BIKE FOR BURUNDI 2026



***7 DAYS
38,000FT
100KM/DAY
FUN, SWEAT & TEARS
IN AID OF LIFE-CHANGING WORK IN BURUNDI***



DATES

Wednesday 3 rd June (evening)	Fly out
Thursday 4 th June (afternoon)	Arrive in Bujumbura, Burundi
Friday 5 th June	Test Ride
Saturday 6 th June	Ride begins
Friday 12 th June	Ride ends
Saturday 13 th June	Return flight
Sunday 14 th June	Arrive home

Departure/return dates may vary according to your location.

"I tell folks I'll give them the best ten days in their last five years – that's what I aim to do – and many will say at the end of the trip that it genuinely was, so prepare yourself for an amazing adventure, it's truly special."



Simon Guillebaud
International Director – Great Lakes Outreach



ROUTE

Subject to change and alteration.



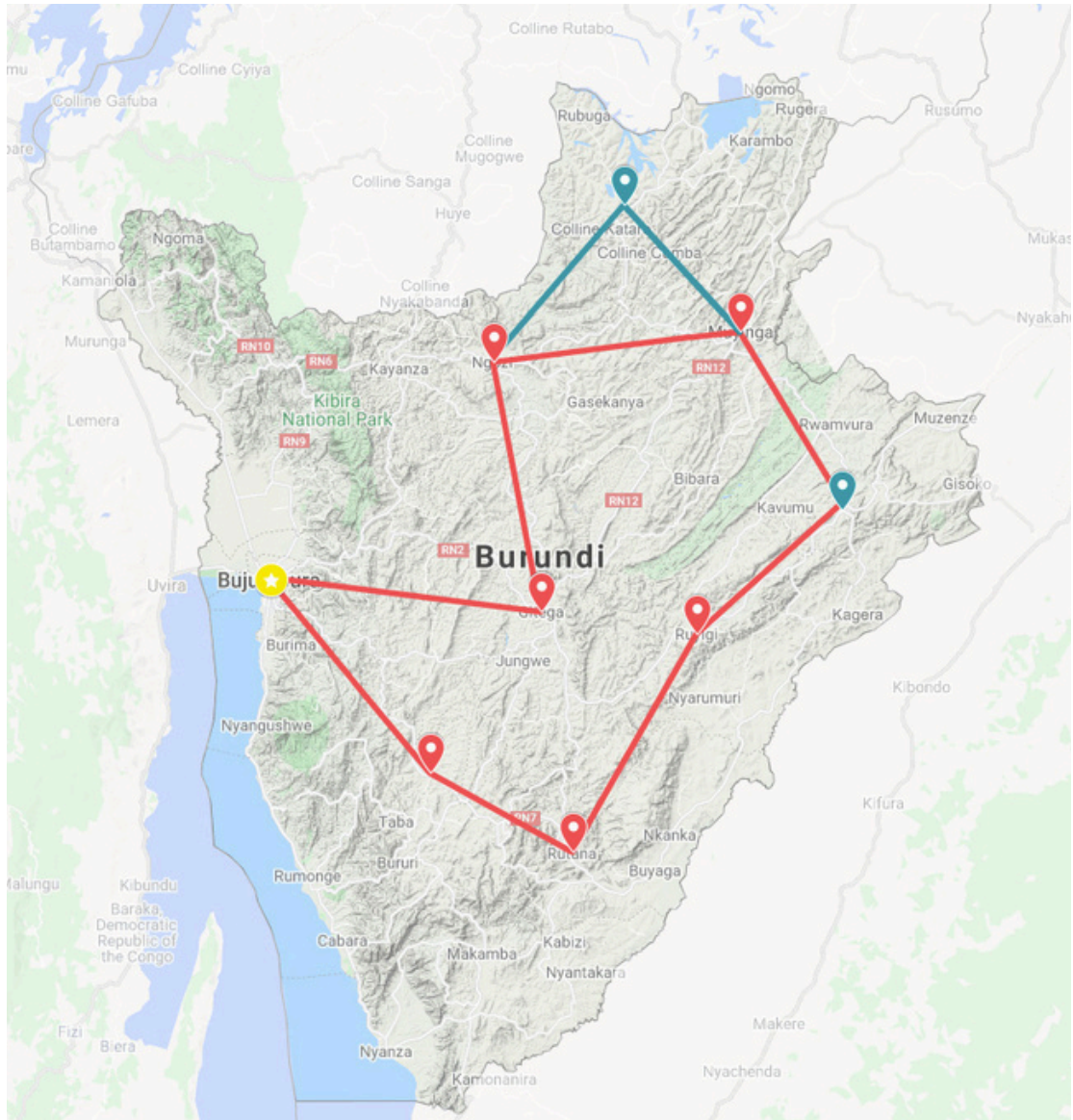
**START/
FINISH**



STOPS



VIA



FOR ILLUSTRATIVE PURPOSES ONLY

[CLICK TO EXPLORE THE MAP](#)

TOTAL DISTANCE 700 km / 435 miles

TOTAL ELEVATION 38, 612 feet / 11,769 m

AVERAGE DAILY DISTANCE 100 km / 62 miles

AVERAGE DAILY ELEVATION 5515 feet / 1681 m





BREAKDOWN

Subject to change and alteration.

DAY 1 | BUJUMBURA – GITANDU (MATANA)

85 km / 53 miles – 7,620 ft / 2,324 m climb

Cobbled streets, unmade roads and potholes are what it takes to get out of the city, but the real challenge starts afterwards. You climb in the heat up into the hills above Bujumbura, tackling 2,000m of elevation before you've done 40km. Fortunately, it will cool as you climb. After your intense warm up, the next 30km of rolling hills is a welcome change, as Burundi offers its best green scenery and stunning views. The beautiful final stretch has an amazing 10km of continuous downhill with smooth tarmac and sweeping curves to get the adrenaline pumping.

DAY 2 | MATANA – HOT SPRINGS – NGOMA

65 km / 40 miles – 2,870 ft / 875 m climb

After a brutal day 1, today will feel like a nice vacation. The scenery never fails to impress, as you cruise through 65km of rolling hills. An easy day in cycling terms to be made even better with numerous tourist stops, namely the official source of the White Nile, and possibly the best natural hot springs you will ever go to. Coming out of the springs offers 10km of nearly continuous downhill, before returning to undulating hills for the final 20km. And then you stay next to fabulous thundering Karera Falls – take a plunge for an exhilarating end to the day!

DAY 3 | NGOMA – RUYIGI

70 km / 43 miles – 3,800 ft / 1,160 m climb

With only a short increase in distance, it seems the hills have taken it upon themselves to ramp up the intensity. Steeper and longer hills dominate day 3, but don't worry, they are matched by fast downhills on smooth roads. Warning, high speeds will be reached, stay safe! The day is broken up early with a fascinating visit of Kibuye Mission Hospital.



BREAKDOWN CONTINUED

DAY 4 | RUYIGI – MUYINGA

114 km / 71 miles – 6,200 ft / 1,820 m climb

Over halfway done! Day 4 is where it starts to get serious, the first 100km+ day, and one to remember. Starting with 75km of gentle rolling hills, you will eat up the miles as you continue to be amazed by the beautiful scenery that Burundi has to offer. Passing through Ruvubu National Park, and hopefully not getting gored by the buffalo (joke!), you drop 1000ft in elevation over a wonderful 4km, followed by rolling hills until you reach 100km. Make sure you leave something in the tank, climbing 2,300ft in 5km is the hardest climb of the tour at the end of the day (or maybe not!).

DAY 5 | MUYINGA – KIRUNDO – NGOZI

Short: 77 km / 48 miles – 4,672 ft / 1,424 m climb

Long: 138 km / 85 miles – 8,410 ft / 2,560 m climb

Simon will tell you that your legs are 20% stronger by this point, but it probably won't feel like it. The short option takes you direct from Muyinga to Ngozi. You swap undulating hills for long uphill and (slightly) longer downhill. Mentally a tough day regardless of what route you take, every turn seems to bring another hill, but the roads are good. Save something for the tank for the final climb into Ngozi.

The long option is not for the fainthearted. Turning off the main route after 35km, huge hills await you. A start of 7km winding downhill on new roads will always feel good, but the next 50km probably won't. Long, steep climbs and rapid descents will get you to Kirundo quicker than you think, but the return journey is not so easy. Turning round and retracing your steps (or pedals?) and knowing that the next 30km contain a lot of hills won't feel great. You did just go down them after all. As you return to the main route, you start to crank out good speeds as you draw closer to Ngozi. Unfortunately, the same final climb that others tackled earlier applies to you, and it not going to tackle itself. Save something, and dig deep!



BREAKDOWN CONTINUED

DAY 6 | NGOZI - GITEGA

92 km / 57 miles – 3,830 ft / 1,170 m climb

A simple day, with a great start! Plenty of downhill, and the hills not as steep, but they are still long. You stop off to see an agricultural project and pastors retirement village, and a few hours later comes a wonderful cultural surprise (can't tell you what it is, but it's worth the surprise!) Your legs might be struggling, but the scenery (somehow) manages to up it a notch to keep you going.

DAY 7 | GITEGA - BUJUMBURA

90 km / 56 miles – 5,150 ft / 1,570 m climb

The last day is a good one, the hills are becoming less and less steep. However, roads start to deteriorate as you get closer to the capital, with several unmade sections on the final descent, so don't bring your ultra-lightweight racing tires. Steady and gentle rolling hills soon pass by, and you will reach the top of your last hill with 80km done. A quick stop on the hills above Bujumbura provides stunning views, and then a 30km dreamy downhill takes you into the city and back to the hotel.





THE CAUSE

Great Lakes Outreach works with outstanding leaders to transform Burundi and beyond. You will be helping raise funds for GLO's amazing partners. Read about some of them below:

 greatlakesoutreach.org

Together for Development works with vulnerable members of the community providing training and resources for economic empowerment.

 [Learn More](#)

Restoration Burundi focuses on refugees returning home after fleeing past genocide & conflicts in Burundi.

 [Learn More](#)

ICJ supports orphans, widows and Batwa Pygmies; the poorest of the poor, to improve their living conditions.

 [Learn More](#)

RAJEDES operate microloan training and loans to empower poor and youth to create small businesses.

 [Learn More](#)





IMPACT



Belise had suffered sexual abuse as a child and was struggling to survive as an 18-year-old single mother. Sewing classes organised by Together for Development gave her new skills to become financially independent as a seamstress.

Innocent was forced to leave drop out of school due to poverty. A microloan from RAJEDES allowed him to open a small shop. The business has boomed, and he now employs two more young people whilst he opens a second business in agriculture.



Odetta returned to Burundi after many years of exile. Having lost all the roots they once had, she and her husband struggled to provide for their children. She attended a microloan group run by Restoration Burundi for repatriated refugees which helped them to save money for livestock, and benefit from counselling.

Charlotte was widowed and tragically cast out by her late husband's family. She suddenly became homeless and penniless. ICJ were able to support her and build her a house for just £950. The plot has land where she grows crops to provide for her and her son.





FAQS

COSTS

We ask participants to pay for their own flight (between £470-£900 from UK, \$1800 - \$2200 from North America) and then to pay \$1000 for the 10 days in Burundi which covers all lodging and food. You will also need to pay for a visa. Costs vary depending on whether you get it in advance or upon arrival.

CATERING

We bring a private chef with us so food hygiene is assured throughout.

ACCOMMODATION

We stay in a range of venues, all clean but nothing too salubrious, as we're always aiming to maximise money raised to go straight to the work (and vaguely 'roughing it' is part of the experience)! We can guarantee there will be mosquito nets.

FUNDRAISING TARGETS

We ask for a minimum raise to be £3,000/\$4,000 to make it truly worthwhile.

BIKES & FITNESS

You'll need a road bike, the route is mostly on reasonable tarmac roads. All riders need to ensure they are in good health and ride at their own risk.

DISCLAIMER

If you choose to travel to Burundi, it is entirely at your own risk. Whilst Great Lakes Outreach will take every care to assist you and keep you safe, we are not a professional or licensed tour operator and do not accept any liability. Please get in touch to discuss any specific concerns.





EXPERIENCES

"The Tour was far beyond a 'cycling event' and really, my memory of the tour and descriptions to others of the experience leaves the physical challenge (and it was challenging) as a sidelight."

"The time was a period of true euphoria, 'being in a zone' and any other superlative that might be used to describe in total visiting a gorgeous tropical and mountainous country, local people giving you rock-star like treatment, immersion in a band of brothers type atmosphere with complete strangers that transform into likely lifelong friends, and feeling a sense of purpose and spirituality like nothing I have ever experienced anytime, anywhere in my life."

SIGN UP TODAY!



GREATLAKESOUTREACH.ORG/BIKEFORBURUNDI





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