

IN AID OF LIFE-CHANGING WORK IN BURUNDI

BIKE FOR BURUNDI 2027



7 DAYS

38,000 FT
TOTAL ELEVATION

~100KM/DAY
AVERAGE

FUN, SWEAT & TEARS!



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

DATES

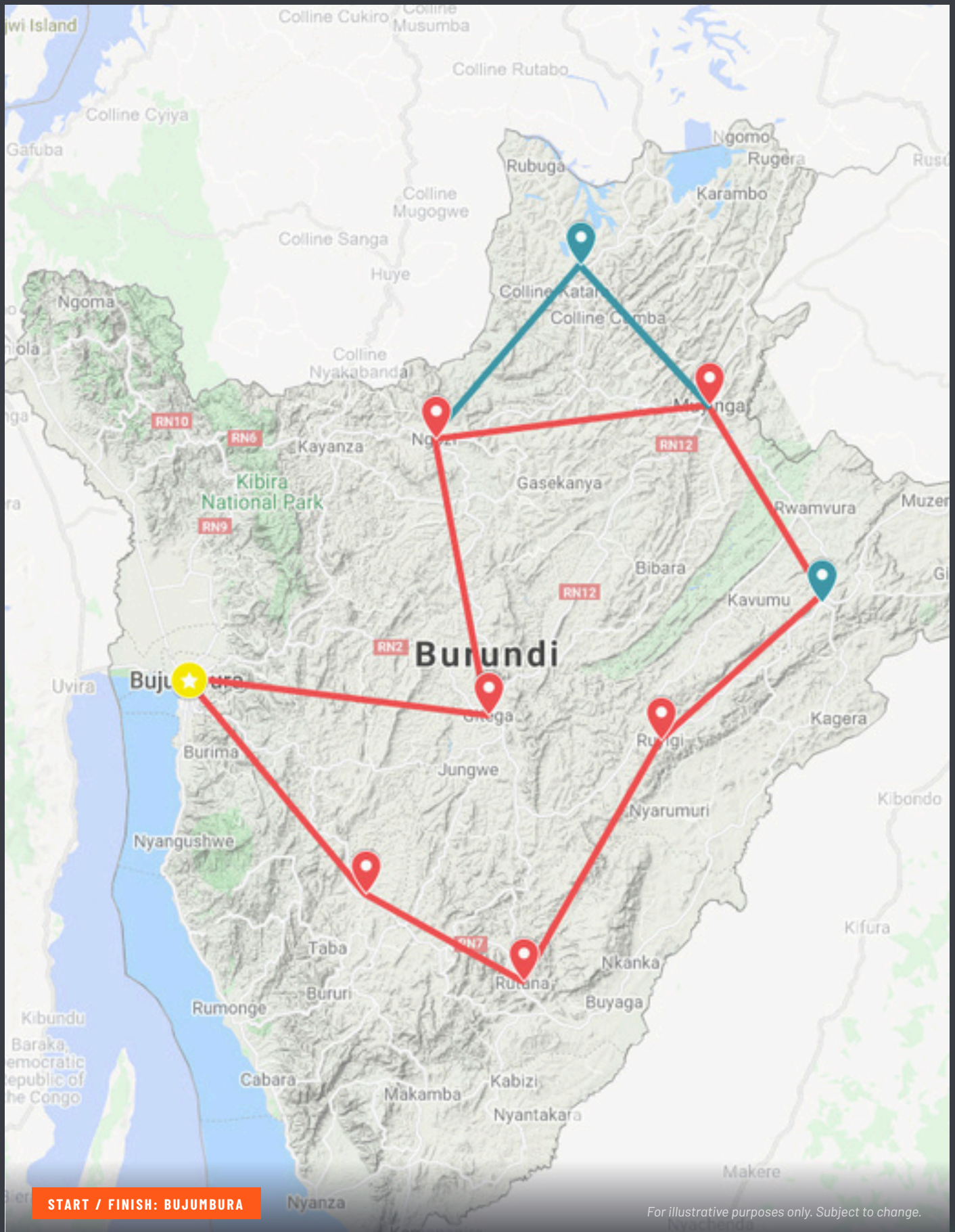
PROVISIONAL

WED 2ND – SUN 12TH JUNE 2027

- **WED 2ND JUNE**
Fly out – arrive that night
- **THU 3RD JUNE**
Visit GLO projects
- **FRI 4TH JUNE**
Test Ride
- **SAT 5TH JUNE**
Ride begins
- **FRI 11TH JUNE**
Ride ends
- **SUN 12TH JUNE**
Return flight / Arrive home

All dates provisional. Departure/return may vary according to your location.

THE ROUTE



700 km

435 miles
TOTAL DISTANCE

38,612 ft

11,769 m
TOTAL ELEVATION

96 km

60 miles
AVG. DAILY DIST.

5,515 ft

1,681 m
AVG. DAILY ELEV.



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.



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 1,000ft 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

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

Short option: Simon will tell you that your legs are 20% stronger by this point, but it probably won't feel like it. 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 final climb into Ngozi.

Long option: Not for the fainthearted. Turning off the main route after 35km, huge hills await. A 7km winding downhill on new roads feels great, but the next 50km probably won't. Long, steep climbs and rapid descents get you to Kirundo quicker than you think, but the return is not so easy. Retracing your steps knowing the next 30km contain a lot of hills won't feel great. Save something – dig deep!



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 (we 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 — FINAL DAY

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 tyres. 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.

YOU DID IT!

700 km across the heart of Africa. Every climb, every descent, every pothole avoided — in aid of something truly life-changing.

WHY WE RIDE

THE CAUSE

Great Lakes Outreach works with approximately 30 outstanding leaders to transform Burundi. You will be helping raise funds for GLO's amazing partners — organisations making real, lasting change for the most vulnerable people in Burundi. Here are just a few examples...

RESTORATION BURUNDI

Focuses on refugees returning home after fleeing past genocide and conflicts in Burundi — providing counselling, support and practical help to rebuild lives from scratch.

ICJ

Supports orphans, widows and Batwa Pygmies — the poorest of the poor — to improve their living conditions. Providing shelter, care and dignity to those society has left behind.

RAJEDES

Operates microloan training and loans to empower the poor and Burundian youth to create small businesses — fuelling economic independence one entrepreneur at a time.

TOGETHER FOR DEVELOPMENT

Works with vulnerable members of the community — providing training and resources for economic empowerment, and giving women the skills and confidence to forge independent futures.



DISCOVER MORE STORIES AT GREATLAKESOUTREACH.ORG

IMPACT



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.

SUPPORTED BY ICJ



INNOCENT

Was forced to 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 opening a second business in agriculture.

SUPPORTED BY RAJEDES



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.

TOGETHER FOR DEVELOPMENT



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. A microloan group run by Restoration Burundi helped them save for livestock and benefit from counselling.

RESTORATION BURUNDI

FAQS

COSTS

We ask participants to **pay for their own flight** (between £470–£900 from the UK, \$1,800–\$2,200 from North America) and then to pay **\$1,300** 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 obtain it in advance or upon arrival.

CATERING

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

FUNDRAISING TARGET

We ask for a minimum raise of **£3,000 / \$4,000** to make it truly worthwhile for the communities we serve.

ACCOMMODATION

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

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.



HEAR FROM THOSE WHO'VE RIDDEN

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 – visiting a gorgeous tropical and mountainous country, local people giving you rock-star like treatment, immersion in a band of brothers atmosphere with complete strangers who transform into likely lifelong friends, and feeling a sense of purpose like nothing I have ever experienced anywhere in my life.

“

I realised that we didn't really come for the cycling. We came for the people.

READ THE FULL STORY

Check out James' short e-book of his experience.

↓ DOWNLOAD E-BOOK

SIGN UP TODAY!

greatlakesoutreach.org/bikeforburundi

GREAT LAKES OUTREACH PRESENTS

BIKE FOR BURUNDI

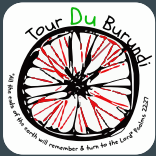
2027

LEARN MORE

[GREATLAKESOUTREACH.ORG](https://greatlakesoutreach.org)

WATCH THE VIDEO

greatlakesoutreach.org/bikeforburundi



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'TOUR DU BURUNDI'

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GREAT LAKES
OUTREACH

All information subject to change and alteration.

GLO is a registered charity in England and Wales no. 1097267 and is registered in the USA as a not-for-profit organisation.