



BIKE FOR BURUNDI 2024



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



DATES

29th May	Arrive and Acclimatise
30th - 31st May	Visit Tourist sites and short test bike ride
1st June - 7th June	Bike Ride
9th June	Fly Home

There is an option to stay on for a few extra days to visit more projects.

"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.



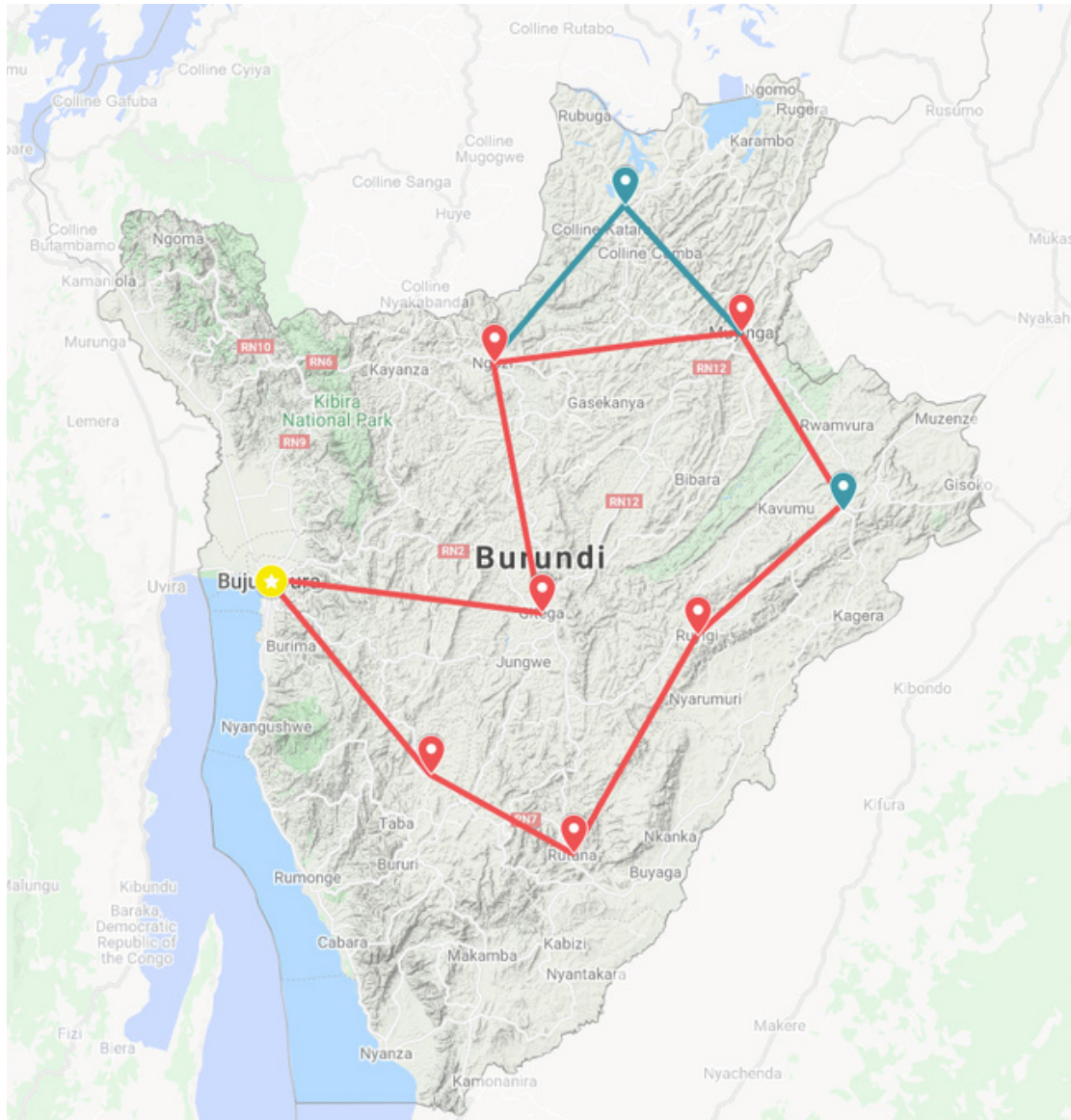
START/
FINISH



STOPS



VIA



FOR ILLUSTRATIVE PURPOSES ONLY

[CLICK TO EXPLORE THE MAP](#)

TOTAL DISTANCE 700 km / 435 miles

TOTAL ELEVATION 38,000 feet / 11,582 m

AVERAGE DAILY DISTANCE 100 km / 62 miles

AVERAGE DAILY ELEVATION 5400 feet / 1645 m





BREAKDOWN

Subject to change and alteration.

DAY 1 | BUJUMBURA - MATANA

90 km / 56 miles - 6,750 ft / 2,057 m climb

Tough start, 3,000 ft of elevation in the first 20k as you climb into the hills above Bujumbura and at total of 4,500ft in the first 35km is followed by 25km of undulating terrain with amazing views across the fertile green countryside. The final 20km is predominantly downhill.

DAY 2 | MATANA - HOT SPRINGS - RUTANA

63 km / 39 miles - 3,100 ft / 945 m climb

Easy day in terms of cycling but a massive day in terms of Burundi's stunning scenery and place in the world. The first 30km is gently undulating as you ride to the source of the Nile and get to experience the most surreal hot springs you'll ever swim in. Once back on the bike the first 20km seems to disappear quickly as you lose some elevation but then the final 15km of the day has a few more hills and climbs into your overnight stop.

DAY 3 | RUTANA - RUYIGI

85 km / 53 miles - 4,050 ft / 1,234 m climb

The distance increases but the climbing doesn't with day 3. Head North for 45km on an undulating road, through stunning scenery. Then head East on a recently laid road, 40km of smooth tarmac with gentle rolling hills.



BREAKDOWN CONTINUED

DAY 4 | RUYIGI – CANKUZO – MUYINGA

115 km / 71 miles – 5,650 ft / 1,722 m climb

Day 4 starts with around 50km of gently rolling hills to the city of Cankuzo, the scenery is lovely and by the time you arrive you've climbed around 2000ft. After Cankuzo the climbing increases a little but the scenery peaks even higher as you pass through the Ruvubu National Park. Save some energy as the final climb into Muyinga is a sting in the tale as you climb 1,000 ft in the last 10km.

DAY 5 | MUYINGA – NGOZI

Short: 85 km / 53 miles – 6,750 ft / 1,570 m climb

Long: 145 km / 90 miles – 8,650 ft / 2,637 m climb

Day 5 has two options. The shorter is a direct rolling ride between Muyinga and Ngozi with good roads. The longer option follows the same route for the first 37km before taking a spur to Kirundo. This road has big descents and big climbs as you ride out and back and adds 60km with 3,500ft of climbing. Anyone doing either route needs to save a little energy for the final climb into Ngozi.

DAY 6 | NGOZI – GITEGA

95 km / 59 miles – 4,700 ft / 1,433 m climb

Day 6 is a straightforward rolling hills day, with visits to GLO partners as well. The road surface is one of the best and the scenery is stunning!

DAY 7 | GITEGA – BUJUMBURA

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

Day 7 has several unmade road sections so don't bring your ultra-lightweight racing tyres. The day begins with steady rolling hills before a couple of long climbs. It ends with a fantastic last 30km of predominately downhill from the hills into Bujumbura. The views are stunning but you do need to keep your eyes on the road as the road surface can be unpredictable.





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 (currently £500-£900 from UK, \$1800 - \$2200 from North America) and then to pay \$800 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.

ACCOMODATION

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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