

Uganda



Uganda is located in central Africa, north and northwest of Lake Victoria, is also the Source of the Nile River. Spectacular scenery with tropical forests, snow-covered mountain peaks and volcanic ranges with the last mountain gorillas, here you can enjoy Gorilla and Chimpanzee trekking, and scenic shorelines of lakes and rivers. Wildlife includes the famous tree-climbing lions in Queen Elizabeth National Park. A Central Africa holiday and vacation travel guide.... To discover Uganda is to experience Africa at its most spectacular. With a sizeable part of the country now protected through national parks and conservation areas, visitors have the choice of great safaris, trekking in the mountains, or just walking by the river banks. Whether you are out to explore or simply to relax, Uganda's natural attractions will leave you touched by Africa's magic spell.

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Geography: Although landlocked, Uganda has access to several large water bodies, including Lake Victoria, Lake Albert, Lake Kyoga and Lake Edward. The country is located on the East African plateau, averaging about 900 metres (2,950 ft) above sea level. Although generally tropical in nature, the climate differs between parts of the country. Uganda includes several offshore islands in Lake Victoria. Most important cities are located in the south, near Lake Victoria, including the capital Kampala and the nearby city of Entebbe. Uganda also has several rivers, the most important of which is the White Nile

Climate: Uganda's climate is tropical. Semiarid in northeast. Average rainfall for the city is about 1174mm, most falling during the two wet seasons of March to May, and October to November. Dry seasons are December to February and June to July. In reality Uganda has three sub-climatic zones differentiated mainly by altitude and rainfall. Weather data from the following towns are representative of the three regions:
Entebbe - Latitude 00deg.03'N; Longitude 32deg.27'E. Elevation 1,146m (Lake Region):
Gulu - Latitude 02deg.45'N; Longitude 32deg.20' E (Northern Savanna). Elevation 1,109m;
Kabale - Latitude 01deg.15'S; Longitude 29deg.59' E (Southern Highlands). Elevation 1,871m.

Currency: The unit of currency is the Uganda shilling. The US dollar is traditionally the hard currency of preference, but Euro and Pound Sterling are also widely accepted. Hard currency cash can be changed for local currency at banks and private bureaux de change in all large towns, but travellers' cheques are not widely accepted outside Kampala. Local currency can be drawn against Visa and other major credit cards at selected ATMs in Kampala, at Entebbe International Airport, and in a few other large towns.

Electricity: Electrical current is 220 volts, 50Hz. Three-pin, rectangular blade plugs are in use.

Banking: Banks are open from 8 am-5 pm on weekdays with a lunch break between 12 noon and 2 pm; 8 am-12 noon on Saturdays.

www.bou.or.ug/bouwebsite/opencms/bou/home.html

Shops: Monday to Saturday: 0830-1800

Money : Official Currency: Uganda Shilling

Current Exchange Rate: Today's Exchange Rate (<http://www.oanda.com/convert/classic>)

Economy: Uganda has substantial natural resources, including fertile soils, regular rainfall, and sizable mineral deposits of copper and cobalt. Agriculture is the most important sector of the economy, employing over 80% of the work force. Coffee is the major export crop and accounts for the bulk of export revenues. The major agricultural products are; coffee, tea, cotton, tobacco, cassava (tapioca), potatoes, corn, millet, pulses; beef, goat meat, milk, poultry, cut flowers and exports commodities are major these agricultural products ie coffee, fish and fish products, tea; gold, cotton, flowers, horticultural products.

Passport and Visa: A Uganda visa is a clearance permitting an individual to proceed to visit Uganda. Uganda visas are issued at Missions/embassies abroad and also at the entry and exit points of Uganda like Entebbe airport, Busia boarder, Malaba boarder etc
If you arrive or enter Uganda without a valid travel visa, you may be fined and immediately deported at your own expense

1. A passport valid for at least six months. (Passport must be signed.)
2. One completed Uganda visa application form.
3. Two passport-size photo taken within the past six months.
4. International Certificate of Vaccination for Yellow Fever.
5. Letter from applicant's company if travelling for business (on company letterhead and signed by someone other than the applicant)

More details on applying and obtaining Uganda Visa can be found by visiting the Uganda ministry of immigration website on one of the links below

To contact Uganda Immigration department directly Email them, phone or use their website below:

The Immigration Office Uganda
Ministry of Internal Affairs
Plot 75, Jinja Road - Kampala
P.O.Box7165 Kampala
Tel: 231031/342561/231641
E-mail: Email_info@immigration.go.ug
www.mofa.go.ug/immigration.php

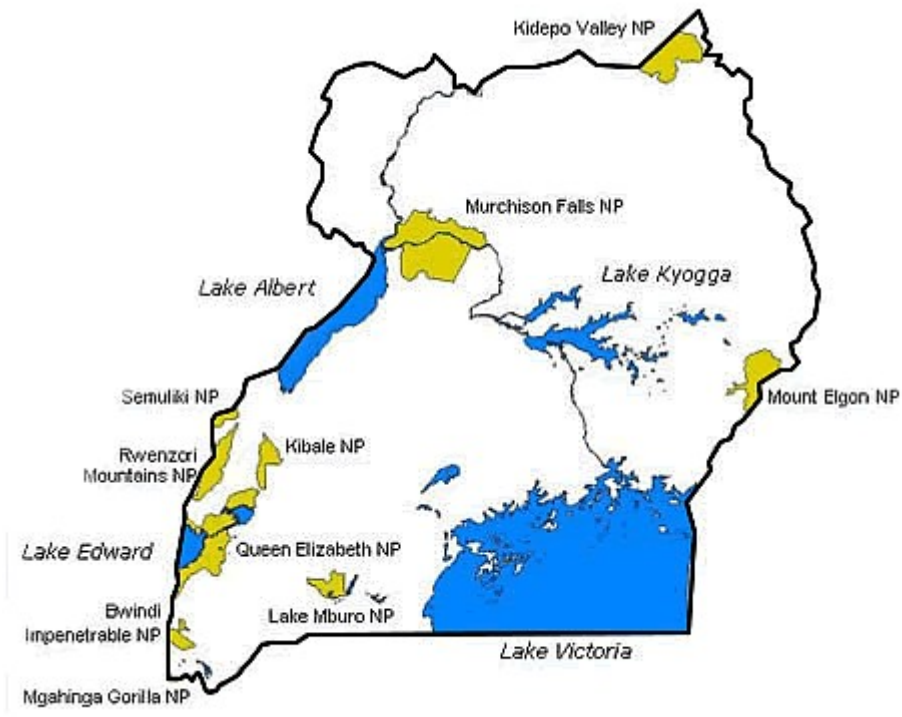
Health: yellow fever vaccination certificate is required from travellers over one year of age arriving from infected areas. Travellers arriving from non-endemic zones should note that vaccination is strongly recommended for travel outside the urban areas, even if an outbreak of the disease has not been reported and they would normally not require a vaccination certificate to enter the country. Cholera vaccination certificate is not a condition of entry to Uganda. However, cholera is a serious risk in this country and precautions are essential. Up-to-date advice should be sought before deciding whether these precautions should include vaccination, as medical opinion is divided over its effectiveness. Typhoid and poliomyelitis are

widespread and immunization is advised. Malaria risk, predominantly in the malignant falciparum form, occurs all year throughout the country, including the main towns of Fort Portal, Jinja, Kampala, Mbale and parts of Kigezi. Resistance to chloroquine and sulfadoxine-pyrimethamine has been reported. The recommended prophylaxis is mefloquine.

Vaccinations:

Hepatitis A	Recommended for all travelers
Typhoid	Recommended for all travelers
Yellow fever	Recommended for all travelers. Required for travelers arriving from a yellow-fever-infected area in Africa or the Americas.
Polio	One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
Meningococcus	Recommended for all travelers to northern Uganda
Hepatitis B	For travelers who may have intimate contact with local residents, especially if visiting for more than 6 months
Rabies	For travelers who may have direct contact with animals and may not have access to medical care
Measles, mumps, rubella (MMR)	Two doses recommended for all travelers born after 1956, if not previously given
Tetanus-diphtheria	Revaccination recommended every 10 years

The Ten National Parks' Attractions & Activities in Brief



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Murchison Falls National Park

Location: North Western part of Uganda, 90kms from Masindi.

Uganda's largest national park protects a portion of wild African savannah separated by the impressive river Nile.

The Murchison Falls, Goragung and Karuma Falls, chimpanzee, Nile crocodile, elephant, giraffe, lion, leopard, birds, launch cruise on the Nile, and chimpanzee trekking.

Getting there:

By road: from Kampala through Masindi (via Kichumbanyobo gate), Paraa is a 4 and a half hours drive, 2 hours on tarmac and 2 and half hours on Murram roads.

By Air: Bugungu airfield is situated only a few kilometers from the park headquarters at Paraa on the Southern side of the River Nile to cater for the tourists staying at Nile Safari Camp, the Red Chili Rest Camp and Sambiya River Lodge. There is also Pakuba airfield which is situated on the North bank providing access to Paraa Lodge.



What to do:

Launch trips to the base of the falls offer fine **game-viewing** and **bird watching**. **Boat trips** to the Lake Albert delta provide the best chance in Africa of sighting shoebills. **Chimp tracking** at Rabongo Forest, and en route from Masindi in the Budongo Forest. **Game drives** on a good network of roads.

Facts :

The national parks covers 600 miles² (1,500 km²)

The Nile's flow is dam regulated so the water levels remain more or less constant throughout the year.

The park is accessible on a tarmac road from the capital city Kampala. The journey takes six hours.

This is a malarial area.



Accomodation :

There are 2 up market lodges and a simple but comfortable camp run by Red Chilli. Camping is allowed in selected locations : www.redchillihideaway.com

Luxury : Paara Safari Lodge www.hotelsinuganda.com/paraalodge.html ; Nile Safari lodge

Comfort : Sambiya river lodge

Budget : There are 2 up market lodges and a simple but comfortable camp run by Red Chilli. Camping is allowed in selected locations : www.redchillihideaway.com



Queen Elizabeth National Park

This is a wonderful national park, sometimes dubbed 'the Pearl of Africa or Switzerland of Africa'. Quite simply this fertile equatorial area is especially scenic, with two lakes connected by a channel overlooked by a high peninsula. You will also find volcanic craters, grassy plains and tropical forest. As a result it has one of the highest biodiversity ratings in the world. Microcosm of the wildlife of East Africa is world famous for Ishasha Tree-climbing lion, elephant, Uganda Kobs, chimpanzee, birds, topi, crater lakes with flamingoes, breathtaking scenery and natural forest, and launch trip on Kasinga Channel.



Seasons :

Dry Season: June to September is the driest time when most animals remain near water, but be prepared for afternoon thunderstorms at any time. The hot dry time is January to February and is a good time to visit. Dry season temperatures average 80°F (25°C).

Rainy Season: It rains anytime from October to December and March to May when many roads become impassible.

What to do :

- Sunset over the water
- Warthogs and hippos mowing the lawn at Mweya Lodge
- Boat ride on the Kasinga Channel
- Chimpanzees in Kyambura (Chambura) Gorge

Facts

The park covers 770 miles ² (1995 km²).

Road access from Uganda's capital city of Kampala is 206 miles (420km).

There is a landing strip at Mweya lodge for light aircraft or a larger airstrip at Kasese town.

Accomodation :

Luxury - Jacana Safari Lodge ; Ishasha Wilderness Camp

Comfort - Kingfisher Lodge Kichwamba

Budget - Institute of Ecology ; Ishasha Camp Site ; Savannah Ishasha Camp

Kidepo Valley National Park

Is in north west Uganda. It covers 1436 sq km and borders onto Sudan.

In the far northeast, the remote, wild and little-visited Kidepo Valley National Park provides refuge to a long list of dry-country species not found elsewhere in the country, including cheetah and greater kudu, while its perennial waters attract large numbers of elephant and thousand-strong buffalo herds, especially during the dry season.

This park boast of the best scenery of all the East African parks. The park consists of sensational mountain and savannah landscapes. It is quiet and serene. It is located in the north eastern Ugandan corner bordering with Kenya and Sudan. Animals to be seen here

include: leopard, kudu, zebra, buffalo, cheetah, elephant, giraffe, oryx, bush baby, lions, kobs, etc.

Getting there:

By car : The most commonly driven route from Kampala is via Mbale, Soroti and Moroto, an 840 km journey taking a minimum of 12 hours and a sturdy 4WD to complete.

Kampala-Lira-Kotido-Kidepo-705 km

Kampala-Mbale-Soroti-Moroto-Kidepo-792 km

Kampala-Mbale-Sironko-Kotido-Kidepo-740 km

Kampala-Soroti -Kotido via Amuria 656 km

By Air: There is a small airstrip about 3km away from the park HQ which chartered planes from Entebbe International Airport fly to.

United Airlines, P.O Box 246000 ph:+256-41-349841/2 (email: [2], fax: +256-41-349843)



What to do :

Hiking and Scenery viewing

Game Viewing

Cultural Performance

Nature walk

Picnic

Best time to visit : March-April for all the specials and many transit migrants, although good year - round.

Accommodation :

Luxury : Apoka Lodge www.wildplacesafrica.com/apoka-lodge

Comfort : Apoka Rest Camp

Budget : The Kakine Campsite

Lake Mbuo National Park

Situated in Mbarara district, is about 3.5 hours from Kampala. Lake Mbuo is a comparatively small park covering 370 sq. km and it is the smallest of Uganda's savannah national parks.



Getting there:

Road Transport:

Lake Mbarara National Park is found in Mbarara district, 3.5 hours drive from Kampala on Mbarara Kampala highway. Turn left at 13 km (Akageti) past Lyantonde, which then brings you to Sanga gate. Both junctions have clearly labeled signposts. It is 13 km from Sanga trading center of Sanga gate, 5 km from the main road to Nshara gate and about 20 minutes drive from Rwonyo Park Head Quarters.

Impala, topi, klipspringer, buffalo, zebra, eland, birds (offers both dry land and water species - crested crane, marabou stork and bronze tailored starlings), close to major towns and encompasses Lake Mbaro, canoe and game rides available, and fishing.

What to do:

Game Viewing
Boat Rides
Guide walks
Rubanga Forest
Birding

Note: Walks inside the park must be in company of an armed park official.

Accommodations :

Luxury - Mihingo Lodge

Comfort - Mantana Camp

Budget - UWA Rwonyo Camp ; Agip Motel Mbarara

Bwindi Impenetrable Forest National Park

Bwindi impenetrable National Park is located on the edge of the western rift valley (Albertine rift), South Western Uganda. It is shared by Rukungiri, Kabale and Kisoro Districts.

It covers around 331 square kilometres on an Altitude Range of 1160 metres (Ishasha gorge) to 2607 metres (Rwamanyonyi Peak). The annual average temperature Range is 7-20 degrees Celcius the coldest period being June and July.

Getting there :

The drive from Kampala is about 450 km (7 hrs.). It is an additional 120 km from Kabale to Buhoma (through Bulema and Butogota). This drive may take three hours and requires 4WD vehicle.

Seasons :

Heaviest rains are experienced in March-April and September - November. Other months are generally dry.

Annual Precipitation: 1130 mm - 2390 mm

Coldest Period: June-July

Majority tribes are Bakiga and Bafumbira and few are Batwa, and these are the densest settlements in Uganda, (233 people/ square kilometers)

What to do :

-Nature walks :

Bwindi is widely thought to support the greatest diversity of any East African forest, and the Buhoma area has more to offer than Gorilla tracking. Five different trails, ranging from 30 minutes to eight hours lead from Buhoma offering the opportunity to enjoy the humility of the forest and several different monkey species. For birders, over 190 bird species have been recorded in the Buhoma area.

The Munyanga River trail; This lies outside the national park and so no guide is needed. It is an ideal short walk for visitors with little time. Here you can see birds and primates of the forest edge.

The waterfall trail; this provides an attractive feature of the forest with a profusion of tree ferns, epiphytic ferns, orchids and Bwindi's colorful array of butterflies. This trail which leads to 3 delight crystal waterfalls typifies your impression of a tropical rainforest.

Muzubijiro Loop Trail; This trail offers breath taking views of Bwindi Forest, Western Rift Valley and the Virungas. On the way you witness hundreds of pre historic tree ferns. The top of this trail is a great place for picnic lunch.

The Rushura Trail; this trail take about 3 hours and offers good views across the western rift valley floor. To the west, Congo's Parc Nationale des Virungas provides spectacular backdrop and on clear days like Lake Edward and the Rwenzori Mountains.

Ivo River Trail; this the longest trail in the park and will occupy you for a full day. It is highly recommended for bird watchers.

Buhoma Village Tourist walk; A recent introduction is a three-hour stroll through Buhoma and its margins to see the customs and practices of the Bakiga and Batwa people. The tour take in varied activities such as farming, brewing local beer, dispensing traditional medicines and concludes with dancing displays by members of the Batwa community.

-Gorilla safaris :

It is a major tourist attraction in Bwindi. Two gorillas groups are currently available to be visited on daily basis. Mubare group (16 gorillas; 1 silverback) was opened for tourism in 1993, while Habinyanja group (23 gorillas, 2 silver backs) was ready in July 1998. A third group of gorillas (17 members, 2 silver back) is due to open for tourism soon. Get updates from Uganda Wildlife Authority (UWA) Headquarters or Bwindi Impenetrable National Park.

Maximums of 8 gorilla permits per day are sold for each of these groups at UWA Headquarters in Kampala. Book at least 3 months (but not more than one year) in advance to ensure that requested dates are available.

Gorillas Tracking in Bwindi can be strenuous therefore make sure you are physically fit. Carry jungle boots and rain jackets given the fact that the park is often wet.



-Cultural Performance :

In the evenings, participate in captivating traditional performances presented by Women's groups. Proceeds from these go directly to improve the welfare of families around the park.

Accomodation :

At Buhoma, there is a community-run camp group with simple bandas, or you can bring your own tents. Ugandan tour operators also operate tented camps, including Abercrombie & Kent Bukoma Tented Camp, Africa Pearl Safaris Homestead, and Mantana Tented Camp. There is hotel accommodation in Kabale.

Luxury - Gorilla Resort

Comfort - Gorilla Forest Camp ; Volcanoes Bwindi Camp ; Mantana Camp

Budget - Buhoma Homestead ; Lake Kitandara Camp

Mgahinga National Park - Virunga

Mountain gorilla, birds, giant forest hog, golden monkey, buffalo, bush buck, leopards, caves, mountain climbing, trekking

Distance: 540 km from Kampala. Drive via Kabale takes 8 Hrs. You can use public means to Kisoro and hike up to the park headquarters. . which set
You can fly from Entebbe to on Mondays and Fridays. Contact Eagle Aviation.

The People : Around Mgahinga National Park, the local people are Bafumbira who are mainly cultivators and the Batwa (Pygmies) a hunter gatherer community.

Ecosystem And Wild Life : Mgahinga has Afro-montane vegetation with cool climate. Bamboo accounts for 60 % of the vegetation. Others include Lobelia and Haegenia spp. Animals include mountain gorilla, buffaloes, elephants, bushbucks, and the endangered golden monkeys.

Birdlife is profuse and include, Ruwenzori turaco, Fiscal shrike, Crowned hornbill, Black kite, Augur Buzzards, Crowned Crane.



Volcano Climbing

While in Mgahinga, one can easily engage in Volcano climbing. The volcanoes to be climbed are:

- **MT. SABINYO (3669m) 'Old man's teeth'**

Hiking time 8 Hours return 14 Km.

This volcano offers one three peaks to climb. However the best is peak three which offers breathtaking sceneries in Rwanda, Uganda and Congo. To be specific the peak offers you an opportunity to be in the three countries at the same time.

Headed out at 9am at 1924m got back at 6pm after climbing up to 3528m and back down again. Heck of a climb.

- **MT. GAHINGA (3474m) 'small pile of stones'**

Time 6 hrs Return

- **MT. MUHAVURA (4127m) 'The Guide'**

Distance 12 Kms Time 8 Hrs round trip.

Being among the highest of the peaks, it acts as a guide. Hiking to the top offers the best views in the country. Once at the top hikers are rewarded with the view of other virunga volcanoes, Lake Edward in Queen Elizabeth National Park, Bwindi and the peaks of Rwenzori Mountain.

The hike requires at least two days. The first day you will camp at the base of the volcano and the next day you hike to the peak. You have to bring your own gear.

Tracking takes place at altitudes of 3000 metres-this means that moderate/ average physical fitness is what is necessary and not athletic fitness.

Accommodation :

- Traveller's Rest Camp
- Mt.Gahinga Rest Camp
- Virunga Hotel
- Mgahinga Safari Lodge
- Rugigana Camp Site
- Mubano Hotel
- Community Camp ground with ample space for ' Do it you Self-Camping
- Mount Gahinga Rest Camp
- Kisoro Tourist Hotel

Mt. Rwenzori National Park

The Rwenzori Range, 120 km long and 48 km wide, is a huge block of precambrian rock rising to over 5000 m high, making it the highest non-volcanic mountain in Africa. Unlike Mt. Kilimanjaro and Mt. Kenya which are of volcanic origin, the mountain chain was forced up during the formation of the East African Rift Valley system (in the Pliocene and Quaternary era). The region's glaciers, waterfalls and lakes make it one of Africa's most beautiful alpine areas. The park has many natural habitats of endangered species and a rich and unusual flora comprising, among other species, the giant heather.

The range includes the third highest peak in Africa, the 5,109m Mt. Stanley (named after the explorer who saw the mountains in his 1887 expedition), Mt. Alexandria (5,083 m) and Mt. Speke (4,089 m).



Getting there :

Kasese is 433 km (7 hours) northwest of Kampala via Mbarara on the main tarmac road. The left turn to Nyakalengija is 10 km north of Kasese on the Fort Portal road. Park headquarters and Rwenzori Mountaineering Services are at Nyakalengija. 4WD is recommended, but two-wheel drive can do it. An airstrip is located at Kasese.

When to visit :

Any time, but the dry seasons are December-February and June-August.

Activities in the Park :

The trek of Central Circuit Trail usually takes six to seven days. Shorter trips can be arranged but do not reach the high peaks. Hiking is arduous and the weather may be poor. "Trekking the Rwenzoris", a brochure, is available from Uganda Wildlife Authority.

Birds, mountain climbing, trekking, wonderful and unique scenery for nature walks, luxuriant vegetation, hyrax, giant forest hog, blue monkey, unique bird species, and Pygmy villages.

Wildlife :

You may see: Elephant, Genet, Chimpanzee, Golden Cat, Forest Hog, Rock Hyrax, Sitatunga, Mongoose, Duiker, Vervet, Monkey, Rwenzori Colobus.

Accommodation :

Along the Central Circuit, huts are available at convenient stopping points. You should bring your own food. Hotel accommodation is available in Kasese. There is a Rwenzori Mountaineering Services hostel at the Nyakalengija park headquarters.

Kibale Forest National Park

Kibale is an extensive National Park, protecting a large block of rainforest that offers some excellent forest for bird watching. It harbours the greatest variety and concentration of primates found anywhere in East Africa. Superb birds and primates combined with easy

access, a good infrastructure and a variety of interesting activities make this forest a worthwhile destination. Many of the facilities are community based, thus providing the local community with the necessary revenue to keep their interest focused on the long-term protection of the area.



The diversity and density of primates in Kibale is the highest in Africa. The most famous of its 13 species is the chimpanzee, our closest relative. Kibale's 1450 chimpanzee represent Uganda's largest population of this endangered primate. Kibale is also home to the rare I'Hoest's monkey and East Africa's largest population of the threatened red colobus monkey. Other primates include the black and white colobus, blue monkey, grey cheeked mangabey, red tailed monkey, olive baboon, bush baby and potto. Other mammals are present, though rarely seen. These include forest elephant, buffalo, leopard, bush pig and duiker. A keen observer may also spot reptiles and amphibians as well as a colourful variety of butterflies.



The most accessible of Uganda's major rainforest. Kibale is home to a remarkable 13 primate species, including the localized red colobus and L'Hoest's monkey. Kibale's major attraction, however, is the opportunity to track habituated chimps, these delightful apes, more closely related to man than to any other living creature, are tremendous fun to watch as they squabble and play in fruiting trees.

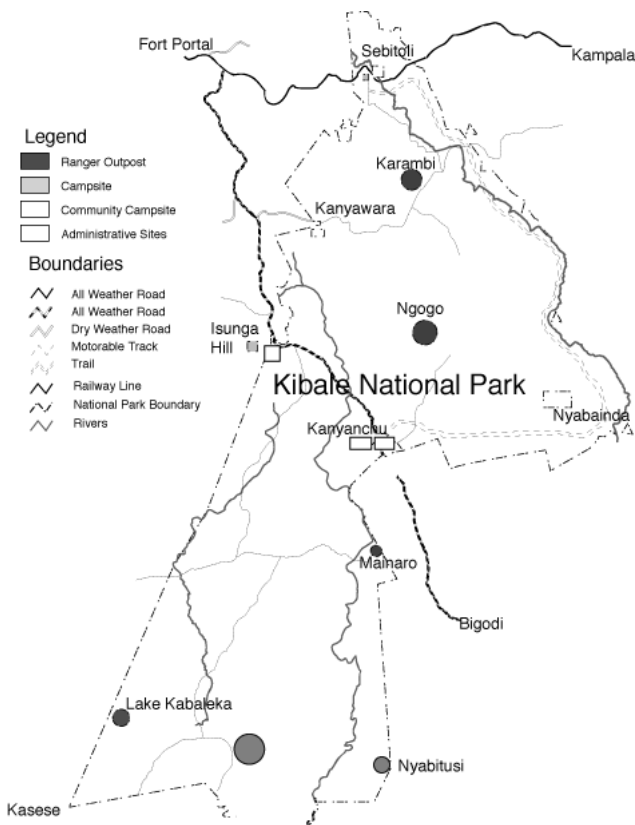


What to do :

The park offers very affordable chimp tracking. Groups (limited to 6 people) leave daily at 8:00 am and 3:00pm; the walks last about 3 hours. The highly recommended night walks depart from Kanyanchu Visitor Centre at 7:30 pm (book in advance) .

Getting there :

Take the road from Fort Portal to Kamwenge, which commences near the bridge over the Mpanga River in Fort Portal and is well signposted. Turn left at the junction 12 km from Fort Portal and follow signpost for a further 24 km to Kanyanchu Tourist Centre



The People :

The area is mainly occupied by two tribes ie Batooro and Bakiga traditionally both tribes utilised the forest for food, fuel, building materials and medicines.

Accomodation :

The best place to spend the night is in Primate Lodge Kibale. Within a short period different types of accommodation will be available, including modern bandas, luxury tents and a comfortable Sky Tree House. The lodge is located in the middle of the forest, exactly where you start the chimp tracking from. A charming restaurant, bar and fire place will make sure you will spend the evenings pleasantly.

Luxury : Mantana Luxury Tented Camp ; Ndali Lodge ;

Comfort : The Rwenzori View Guesthouse

Semliki National Park

The 220 sq. km Semliki National Park lies in the Albertine Rift at an average altitude of around 700m, bounded to the northwest by the Semliki River, which runs along the Congolese border into Lake Albert, and to the East by the Fort portal-Bundibugyo Road. With a virgin tropical

lowland rain forest, essentially an easterly extension of the vast Ituri Forest that stretches all the way from Uganda to Congo River. The terrain is quite flat, and the Rwenzori range forms a backdrop to the east.

The park has several hot springs-such as the Sempaya Hot Springs. These attract birds and animals using the salt-licks. The various habitats attract a wide variety of wildlife, including the elephants, buffaloes, leopards, civets, the pygmy antelope, giraffes, water chevrotain, hippos, crocodiles, chimpanzees, and seven other diurnal primates, grey-cheeked mangabey, olive baboon, black-and-white colobus, sitatunga and white-bellied duiker

The park occupies a flat with gently undulating landform ranging from 670m-760m above sea level. Since all streams and rivers from the surrounding area drain through the park, coupled with the poor drainage and topography, many areas in the park are flooded during the rainy season.

The average annual rainfall is 1,250mm with peaks from March-May and September-December. The temperatures vary from 18oc to 30oc with relatively small daily variations.

Getting there :

You can travel to Semuliki National Park by road. There are two major roads from Kampala to Fortportal: Kampala to Fortportal via Mubende is about 300kms(about 4-5 hours drive) while Kampala to Fortportal via Masaka, Mbarara and Kasese is about 510kms(7-8 hours). While the Kampala-Fortportal via Mubende is much shorter, the Kampala-Fortportal via Masaka, Mbarara and Kasese gives you opportunity to see or Visit Lake Mburo National Park, Kyambura Wildlife Reserve, Queen Elizabeth National Park and Rwenzori Mountains National Park.

From Fort Portal, it is two (2) hours drive on a murram road to Sempaya gate (52kms) and a 4WD vehicle is recommended. The drive to Sempaya takes one through a winding road through the lower ranges of Rwenzori Mountains where at several places one can view the rift valley floor where the Semuliki flats and Toro-Semuliki Wildlife Reserve are located. The Park headquarters at Ntandi is 5km further from Sempaya gate along the same route.

What to do :

Game driver
Birding
Nature walks



Accommodation :

Accommodation is available in Fort Portal and Bundibugyo. Upmarket lodge facilities in the adjacent Semliki Game Reserve include the Semliki Safari Lodge. There is a campsite at Bumuga, about 3kms from Sempaya gate.

Mt. Elgon National Park

Mt. Elgon is an extinct volcano that first erupted more than 24 million years ago. With the largest surface area of any extinct volcano in the world (50km by 80 km, Mt Elgon is fourth highest mountain in east Africa, with the second highest peak in Uganda. (Wagagai peak 4321 meters). It contains the largest intact caldera, a collapsed crater covering over 40kms at the top of the mountain, surrounded by a series of rugged peaks.

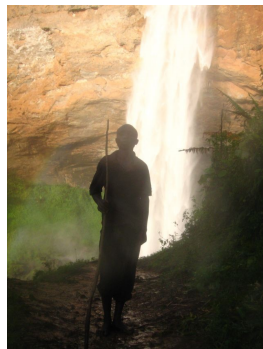
Getting there :

Mt. Elgon is located 470 kms from Nairobi. Access is via tarmac road to Kitale and then to the Chorlim Gate. Two routes to the gate can be used, either via Endebess or take the tarmac road 11km past Kitale and turn left onto a murrum road leading to the gate.

Accessing the park is by a tarmac road from Kampala city to the park headquarters in Mbale (250km, 4hrs). The nearest airstrip is in Tororo which is 45km to the headquarters.

The people :

The Bagisu and Sabiny are the two ethnic tribes around the mountain. They practice subsistence farming and conduct circumcision ceremonies every even year to prepare young men/women for challenges of adulthood. The two communities have made agreement with the park for sustainable harvest of the traditional products.

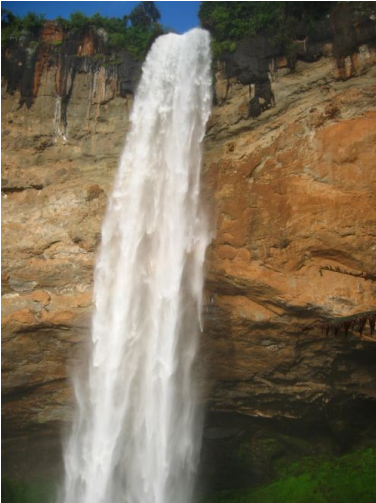


Seasons :

The best times to visit are during the drier seasons from June to August and December to March. No technical climbing equipment or skills are required, as all major peak

What to do :

- Vehicle circuits leading to animal viewing areas, the caves and Koitoboss peak.
- Self-guided walking trails (Ask for the Kitum Cave guide book at the gate)
- Hiking to Endebess Bluff and Koitoboss Peak
- Primate and bird watching
- Cave explorations
- Camping Photograph



Hiking on Mt. Elgon :

Hiking on Mt. Elgon is relatively easy as the mountain is not difficult to climb. No specialised skill or equipment is required to access the peaks. There are no altitude-related illnesses like other high mountains such Mt. Kenya and Mt. Kilimanjaro. You climb this mountain any time of the year though the dry months of June to August and December to March are the most preferred. November/December when the highland flowers are in bloom is the best period. Several hiking trips exist. A four-day round trip from Budadiri to Wagagai following the Sasa Route in both directions is the most prominent. An alternative one is a five-day round hike from Budadiri, taking in Wagagai and the hot springs; and a six-day hike between Budadiri and Kapkwata through Wagagai and the hot springs.

Accommodation :

For tourists who wish to stay inside the park , there are camp sites available and the necessary camping facilities will be provided on request. One can also spend the nights in crow's nest backpackers hostel and campsite, sipi falls hotel, Elgon Masai lodge and the up market volcanoes resort on sipi falls.

There are also many categories of accommodation in Mbale town which is not far from the park.

Other attractions

Waterfalls

With so many rivers and mountains, the spectacular waterfalls should not be missed. Often set amongst dramatic scenery, and untouched by man, some of the most splendid are:

- The Sipi Falls - close to [Mt. Elgon National Park](#) near Kipchorwa
- Mungilo Falls - in the [Semliki National Park](#)
- Ngite Falls - two spectacular falls also in [Semliki National Park](#).
- Sabyinyo Gorge - dramatic falls in the foothills of Mt. Sabyinyo
- Munyana Falls - cascades in the [Bwindi Impenetrable Forest National Park](#).
- Bujagali Falls - on the Nile 10 km north of Jinja. [White water rafting](#) is available.

[Murchison Falls](#) - breathtaking mighty falls on the Victoria Nile.

Kabalega Falls, also known as Murchison Falls, waterfall in Uganda, in east central Africa, on the Nile River. At the falls the waters of the Victoria Nile are forced through a narrow gap in the rock about 6 m (about 20 ft) wide. The river drops 122 m (400 ft) in three separate cascades and flows westward into Lake Albert.

Ssese islands

Ssese islands, an archipelago of 84 islands in the north west area of the lake, was called by Baganda "Islands of God" because they believed to be inhabited by spirits and divinities, called Balubaale in luganda included Mukasa, the spirit of the lake.

The biggest one belongs to the Ssese Islands archipelago: Bugala Island.

A part of Bugala, where the headquarter of the district of Kalangala is located, there are many other inhabited islands like Bubembe, Bukasa, Bufumira e Banda.

All the 84 islands of Ssese islands are covered with a magnificent equatorial forest and are a paradise for birdwatchers and travellers who love tranquillity, peace and leisure.



Places to visit:

People tend to come to the Ssese Islands to chill out, read books, relax and hang about the camps on the beach. Walks are the only activity. For birding enthusiasts the islands are home to a wide diversity of colorful bird life. Turacos and an endemic Paradise Flycatcher are common. Swimming is possible in the lake but there is a Bilharzia risk.

Activities :

Pleasant walking all around Kalangala
Fishing
Swimming
Boat trips

Accommodation:

Kalangala:

Andronicos Lodge: Tel. 0772 375529

Hornbill Camp

Islands Club: Tel. 0772 504027.

Mirembe Resort Beach: Tel. +256 0392 772703, 0782 528651, email:
reservations@miremberesort.com.

Panorama Camp: Tel. 0772 406371 or 0772 401684.

Ssesse Palm Beach Resort: Tel/Fax.0414 254435, Mobile. 0772 750331 or 0772 368742, email: ssese_2001@yahoo.com.

Pearl Gardens Beach Kalangala: Tel. 0772 372164, 0782 467116.

Ssesse Islands Beach Hotel: Tel. 0414 220065 or Cell 0772 408244, 0772 845905, email: sibh@sseseislandsbeachhotel.com

Ssesse Habitat Resort: Tel. 0312 278318, 077692269, email: ssehab@gmail.com.

Banda :

Banda Island: Tel or SMS. 0772 222777, email: banda_island@yahoo.com.

Car Hire :

Uganda Car Rental – Pick Up at Kampala

Car Model	Vehicle Type	Minimum Rate per Day
Toyota Hiace	Mini Bus Vehicle	US\$ 116
Toyota Corolla	Standard Saloon Car	US\$ 58
Toyota Land Cruiser	Standard 4WD Car	US\$ 175
Suzuki Vitara	Small 4WD Car	US\$ 116

Links :

About Uganda : www.ugandaweb.co.ug

Uganda Wildlife Authority : www.uwa.or.ug

Uganda Tourist Board : www.visituganda.com ; www.traveluganda.co.ug

Gorilla rules : www.goway.com/africa/afr_img/rwanda/GorillaRules.pdf

Volunteer abroad program : www.ifrevolunteers.org/uganda/volunteer_in_uganda.php

Map : www.uyaphi.com/uganda/map.htm

Contact us

We are more than happy to prepare ws tailor made itineraries for clients with specific interests or needs. Those that wish to combine certain aspects of our existing tours or wish to spend additional time in certain locations on any of these tours may correspond with us through our **email** on this site.