Welcome to the Tourist Services Directory for South Western Uganda. With itineraries and detailed listings on everything from hotels and restaurants, to venues of all attractions. It’s full of handy information to help you plan any kind of trip, hold successful events and finding your way through the South Western Part of Uganda.
FOWARD
Southwest Uganda where the ancient and modern meet

Every time I get an opportunity to take an intentional tour in this country, I am overwhelmed by its beauty. It is no mistake that Uganda is known as the Pearl of Africa because indeed we are unbelievably gifted by nature. These tours also leave me saddened that many Ugandans have such a beautiful country but never get to see or appreciate it.

This is why this ministry is trying all means to promote Uganda’s beauty to not just Ugandans but to the world at large. On my journey through the southwest, I discovered incredible history, legends, myths and cultures that are worth preserving for posterity and sharing with the world.

In this region, you will get to tread where the Bacwezi walked, revisit battle grounds that shaped our nations, hear tales of mighty warriors from their descendants, and see breathtaking landscapes that defy nature. There is so much richness in this land, from its uneven, hilly landscape with alternate elevations and depressions which the clever hand of creation has taken advantage of to give variety to groves, rivers and streams that aid and multiply the work of a genius creator. Surrounded by mountains, one travels on different elevations that keep widening to facilitate the union between the traveller and the road. Between vast expanses of greenery, are water bodies varying in size and shape that remind one of the existence of a higher power. This is a land straddling both tradition and modernity and it is proof that both can coexist beautifully and actually benefit from each other.

This tableau of traditional perfection is made more enchanting by the contemporary touches surrounding it; modern roads and a hub of modern commerce. These are views I wish every person could get excited about and find a way of benefiting from. There is so much to see and so much to learn here for any curious and inquisitive mind.

While there is always fear that urbanisation and modernisation would mar nature, a number of people have found innovative ways of preserving the integrity of these ancient treasures while still adapting them for the modern tourist. The ministry is committed to working with them to bolster their initiatives as long as they adhere to high standards of service delivery.

We look forward to collaborating with all stakeholders to ensure the world gets to see and enjoy the beauty that Uganda is.

Pick your travel map and services directory and plan your once in a life time adventure!

Tom R. Butime MP
MINISTER OF TOURISM
WILDLIFE AND ANTIQUITIES
Social distancing measures together with frequent hand hygiene and respiratory etiquette are the main measures to prevent transmission of COVID-19. Although it is probable that guests are already familiar with these measures, they should be reminded as a form of hospitality.

**Social Distancing**
Social distancing includes refraining from hugging & shaking hands with guests as well as among fellow staff. It involves maintaining a distance of at least 2m (6 ft) and avoiding anyone who is coughing, sneezing or talking without a mask.

**Hand Washing**
Hand hygiene means regularly and thoroughly cleaning hands with an alcohol-based hand rub or washing them with soap and water. Also avoid touching eyes, nose, and mouth. Hand disinfection is indicated after exchanging objects (money, credit cards) with guests.

**Respiratory Hygiene**
Respiratory etiquette means covering mouth and nose with bent elbow or tissue when coughing or sneezing. The used tissue should be disposed of immediately in a bin with a lid. Ensure that face masks are worn at all times while with guests.

**Disinfection**
All indoor areas such as entrance lobbies, corridors and staircases, escalators, elevators, security guard booths, office rooms, meeting rooms, cafeteria should be mopped with a disinfectant (1% sodium hypochlorite or phenolic disinfectants). For metallic surfaces like door handles, security locks, keys etc. 70% alcohol based sanitizer can be used to wipe down surfaces where the use of bleach is not suitable.

**Health and Safety Communication**
Communication should be maintained between Management and staff in charge of the different departments in order to pre-define an information policy for guests as well as to rapidly provide and obtain information on incidents that may arise in the establishment and to know the status of the situation at all times. Providing guidelines to the staff on how they should communicate the action plan to guests and other stakeholders can ensure alignment consistency.

Short documents or informative posters can amplify the key messages among guests and staff, including:

a) Promoting of hand washing
b) Respiratory hygiene
c) Basic hygiene practices
d) Coughing etiquette
e) Contact information of key staff personnel
f) Emergency Telephone number

Official leaflets on basic hygiene practice and COVID-19, in different languages, could be useful information tools.

It is useful to have an up-to-date list of the contact information of the staff, including emergency telephone numbers.

For more information visit www.tourism.go.ug
INTRODUCTION

WELCOME TO THE LAND OF MILK AND HONEY

The south western part of Uganda is one of the most scenic regions in this immensely gifted country. The region is home to numerous clear lakes, thickly forested islands and misted mountains. From the picturesque cattle dotted green fields of Mbarara to the imposing mountains of Kabale this incredible area has something to satiate every curious traveller’s appetites. The people are as diverse as their cultures but they are warm and hospitable. Although it looks like farmland covers much of the region, the south west is Uganda’s top wildlife-watching destination and one of the best places in the world to spot primates. You can visit with the mountain gorillas on the steep slopes of Bwindi Impenetrable National Park ranges or go chimp trekking in Kibale Forest National Park, home to the greatest variety of primates on the planet. There are safari opportunities too, from famous tree-climbing lions that steal the show at Queen Elizabeth National Park, to its herds of giraffes, hippos and buffaloes. The land is also steeped in culture and the locals are only too glad to share with you their rich history and show you the sites where these legends come alive. The region is made up of many districts such as Bushenyi, Buwheju, Ibanda, Isingiro, Kabale, Kanungu, Kasese, Kazo, Kiruhura, Kisoro, Kitagwenda, Mbarara, Mitooma, Ntungamo, Rubanda, Rubirizi, Rukiga, Rukungiri, Rwampera and Sheema.
The people of southwest are warm and hospitable. They are generous with their time and are quick to share information. They are also less effusive than other tribes in Uganda but their behaviour is not an expression of impoliteness but it is because they place very little importance on titles, courtesy phrases, and appearance. They can be very assertive and brutally honest.

The westerners are among the most trusting and honest people in the world. Although you will experience their immediate confidence in you, this should not be confused with naivety. They are quick to detect dishonesty which changes their dealings with you. Here, honouring your word inspires respect. They have a deep pride in who they are as a people; they place a lot of importance on their traditions, beliefs and culture and are very rigid about any modifications. The region is largely Christian with a few pockets of Muslim settlements. They are however, a progressive people, open to new things and curious about other cultures. They are industrious, love engaging in commerce at varying levels and take pride in their hard-earned achievements.

This region is home to Bantu speakers and the language spoken is officially known as Runyakitara. This includes Runyankore, Rukiga, Rutooro and Runyoro but also bear in mind that it is rich in minority languages and dialects as well. For instance you will find Rukhonzo and Rufumbira and in Ibanda Rutagwenda spoken in some parts of the region. English, Luganda and Swahili are also spoken especially in urban centres.
LAKE BUNYONYI

PHYSICAL FEATURES

Lake Bunyonyi loosely translated as ‘Lake of many little birds’ is located in south-western and is among Uganda’s top 10 treasured tourist sites. At 44-900m, the lake is one of the deepest and most beautiful lakes in Africa. It is dotted with numerous islands surrounded by terraced landscapes. It supports a rich typical lake culture of fishing, sports including swimming, diving and canoeing.

Lake Bunyonyi lies at an altitude of 1840m with surrounding hills up to 2,500 m. Essentially, a flooded valley system, extending northwards from Rwanda border over a distance of 25 kms through the contours of the steep hills that separate Kabale from Kisoro.

The lake’s formation dates to 8000 million years ago, as a result of lava flow from one of the Virunga mountains which blocked off the Ndego river at present day Muko overflow ‘Heisesero’ to create a dam. The lake papyrus and reeds (180km2) forms unique wetland ecosystem, along incorporating the Ruvuma swamp and several other permanent marshes.

ISLANDS

Lake Bunyonyi boasts of 29 islands including:

- Punishment Island (Akampene)
  Girls who became pregnant before marriage would be canoed to Akampene island where they would either starve to death or die while trying to swim ashore.

- Sharp’s Island I (Njuyeera)
  In the 1920s a missionary named Dr. Leonard Sharp set up a leprosy hospital along with an Anglican Church. It was a place where people with leprosy were isolated from their local communities. Today, it is a school that serves children in the surrounding communities.

- Sharp’s Island II (Njuyeera) now Bwama
  In the 1920s a missionary named Dr. Leonard Sharp set up a leprosy hospital along with an Anglican Church. It was a place where people with leprosy were isolated from their local communities. Today, it is a school that serves children in the surrounding communities.

- Njuyeera
  A small island where Dr. Sharp built a white cottage (Njuyeera) that had a tennis court, boat house, guest cottage, windmill and gardens with lemon and guava trees, canna and flame lilies.

HAMUGANDA
BLACK SMITHS
IRON SMELTING

Large deposits of iron ore exist in south-western (Kisoro-Kabale) consisting of an iron-rich hematite high grade with few deleterious impurities. Although todate the deposits lay unexploited at large scale there are small holder black smith activities evident in surrounding villages specifically Bukora home of Bahesi clan–Iron smelters specializing in making knives, spears, pangas sickles and hoes.

FISH CRABS

Lake Bunyonyi's depth and stratification makes it difficult for the breeding of the common fish species in Uganda such as Nile Perch and Tilapia. Instead it has mud fish, and crab fish a delicacy for tourists.

BIRDS

There are over 200 bird species around Lake Bunyony and these include:- White tailed Blue Monard, African Harrier Hawk, Grey crowned cranes, Herons, Egrets, the Cardinal woodpecker, the Levillant cuckoo, Sender-billed baglafetch, Weavers and many more.

DUGOUT CANOE SAFARI

While paddling or being paddled on Lake Bunyony you do not have to worry about hippos and crocodiles as they do not exist on this pristine and scenic lake. Everything travels by dugout canoes to the islands, including people and produce.

CAVES

Take nature walks both on the Islands and around the lake to view scenic sites including caves. Walking to the caves is not strenuous and can be taken at slow pace.
The lake is surrounded by many worship centres including many Anglican Church of Uganda churches, Roman Catholic, Pentecostal and few mosques.

9. Schools and Health centers
   Alongside places of worship, there are several primary schools, very few secondary schools and a handful of technical institutes as well as few health centres.

MARKET DAY
A local market takes place every Friday and Monday at Harutindo landing site offering great opportunities for purchasing fresh foods, handmade goods and other merchandise popular in the area.

FOG
The lake Bunyonyi fog is a beautiful feature made up from condensed water drops which are the result of the air being cooled to the point where it can no longer hold all of the water vapor.

RESEARCH
Adjacent to the lake is the Kachwekano Zonal Agricultural Research and Development Institute, one of the 14 institutes of the National Agricultural Research and Organisation (NARO) focusing on research and development programmes aimed at increasing agricultural production in the southwestern highland agro-ecological zone specifically Irish potatoes, wheat and temperate fruits such as apples and pears.

ROUTES
The shortest distance to the lake is through Kabale Town which is seven kilometres along a graded murram road through Kyoora past Kacwekano.

Two other routes include using the tarmac road to Kisoro hitting the lake at Heisesero or using the tarmac road to Katuna Border town turning south on the murram road though Rubaya/ Rukole then Kitoma. The lake is surrounded by a net work of paths and motorable road all round either on the top of ridges or along the shores.
THE FOOD MARKET

You will find these on the way to buy food while returning from your trip.

CULTURE HERITAGE OF THIS AREA

Kajara is one of those regions that seem to embrace both the traditional and modern life effortlessly. The district’s towns teeming with people occupied by modern life activities give way to the perfectly preserved nature of vast green hills and valleys where springs and brooks run. But the most popular of these attractions is Lake Nyabihoko whose formation is linked to an ancient legend. Apparently, the lake now exists on what used to be a homestead belonging to a man known as Mutuumo. Legend has it that Mutuumo had lost almost all...
his cattle in the floods but one of the few remaining ones named Kajeru, produced and its off springs produced more and Mutuumo’s herd increased again. One time, the cow made Mutuumo promise to never eat it in the event of its death. Unfortunately the cow died while Mutuumo had gone on trade errands. Although he had told his wife about this pact, she did not take it seriously so she ordered her servants to slaughter the cow and the family ate it. Shortly after the incident, as the family slept it was swallowed by water and the homestead became a lake. On his return, when Mutuumo saw the lake, he knew that all his cattle, his wife, children and servants had perished. Out of sorrow, he drowned himself in the water. To get to this serene and clear lake, one branches off at Katinda town on Ntungamo-Kabale road and travels 15 kilometres further. The alternative route is Ntungamo-Rukungiri road, branching off at Rwashamaire trading centre and travel 26 kilometres ahead. The lake is surrounded by gentle slopping hills and is a tourism destination for local and foreign tourists, as well as holiday makers. There are services and activities such as birds watching, camping, bars and restaurants, lodging, and games like pool and Volley ball. There is a lot of fishing, with over 40 fishing boats moving on the lake. Mutuumo Island Resort can be reached by boat from the bay. On the eastern side of the lake, is Pelican Resort Beach which offers bar and restaurant services, lodging, and other facilities such as sauna and steam bath.

The local population is mainly made up of the gentle Bahima who only use the lake for drawing water used for household chores and for feeding livestock. The majority of Bahima do not eat fish because of the myth that a lake swallowed one of their own and they cannot marry Bairu because a Mwiru woman led to the death of their own. No matter how it came to be, Lake Nyabihoko is a sight for nature lovers and anyone interested in a little bit of Uganda’s rich culture.

In the southwest, cattle have always been considered a symbol of wealth. Nowhere else in this part of the country is the love and pride for cattle more exhibited than in Kiruhura District. Blessed with a temperate climate with plenty of rain, a flat landscape and fertile soils, Kiruhura has ideal conditions for pastoral farming. Here, small farms coexist with big time ranchers. Relying on both traditional and modern methods of farming these farms and ranches produce cattle for meat and dairy products. Vast expanses of land as far as the eye can see are dotted with various breeds of cattle serenely grazing watched over by herdsmen who divide their attention between the radio playing on their mobile phones and their animals. It is a calming and impressive sight to behold.
**ROYALS AND ROYALTY**

Mbarara is the traditional administration seat of the Ankole kingdom. A few minutes’ drive from the city centre will take you to the Mugaba Palace in Kamukuzi currently under renovation. When the kingdoms fell back in 1967, the palace was taken over by the government forces who looted and plundered it. Most of the royal possessions fell into the hands of looters that had no reverence for them since they lacked sentimental attachment to the kingdom. The few things which were rescued were taken to Uganda Museum and will hopefully be returned once the palace is restored. Unlike other kingdoms in Uganda, Ankole’s cultural leadership was never restored and without the funds to maintain the palace, it fell into disrepair. Currently the Government of Uganda under the Ministry of Tourism Wildlife and Antiquities is renovating the Magaba palace and turning it into a center of heritage. The magnificent double storeyed palace offers views of most of Mbarara City. In Nkokonjeru which is a few kilometres from the palace is the burial site of the kings and the royal family known as Egashani. Inside the royal mausoleum, lie the kings while outside are princes on one side and the princesses on the other. The site is lovingly and immaculately kept.

**KAREGYEYA ROCKS**

Ntungamo, is a scenic land of terraced lush green hills, valleys and one of a kind rock formations. One of the more popular ones is known as Karegyeya rock. Found just three kilometers outside Ntungamo Town within Karegyeya Village, Kinoni Parish and Ntungamo sub-county on the road leading Rukungiri, this rock has baffled and amused onlookers for centuries. The rock gets its name from the two hanging rocks on its face that resemble handlebar moustache which are locally known as oburegyeya.
NYAMUKANA AND KISHURO HILLS

From the main road, the hills offer a picturesque view of imposing nature and efforts of generations of its inhabitants to tame it. While the hills are beautiful sights to behold they are likely to be less welcoming for the majority inhabitants who survive on agriculture. Yet we see the bountiful results of their efforts that have resulted in farmers’ markets dotted along the main road. This well-preserved land with its stony paths winding through the lush green valleys, to the perfectly maintained plantations is a haven for those longing to experience a tranquil pace of life alongside nature at its most imposing and most rewarding.

KITAGATA HOTSPRINGS

Found in Sheema District, the hot springs give the area its name of Kitagata. Along with Kyangyenyi hills which are said to be inhabited by the Bacwezi, the hot springs are the biggest attraction in this district. It is found approximately two kilometres by road, southeast of the town of Kitagata, one of the urban centers in the district. This place is a demonstration of desperation, defiance and hopefulness of the human spirit. Because the springs are said to have curative powers, they attract people from all walks of life seeking healing. The hot spring has two hot springs adjacent to each other. One of the springs was used by the former Omugabe (King of Ankole) known as Ekyomugabe. The other spring is believed to have healing powers and is named after Uganda’s largest National Referral Hospital, Mulago. It is said to have healing powers. The water in the springs warms up to 80 °C (176 °F). The hot springs are highly visited by the local because of the healing powers. Half-dressed people immerse themselves in the springs without any kind of self-consciousness. Although to a casual onlooker the bathers look disorganised, an administrator at the springs explains that they are separated by gender; women on one side and men on the other. Separated by rocks is a smaller spring that flows ceaselessly where people get the hottest water which they drink and even take home with them when they leave.
**ISINGIRO**

This area has great significance to the region’s political history. As the name connotes, it is the place where the kings of Ankole won many battles. It is said that because of the protective ring of mountains that stretch from Kyazanga (Lwengo District) to the Kikagati boarder, the kings often drove their enemies to this land and annihilated them. Therefore they named the region Isingiro, which is loosely translated as the place from where we triumph. It is also the place where Ankole made a blood pact with Britain. A short drive from Mbarara City will take you to the monument which is right by the roadside where the two parties swore friendship represented by Prince Buchunku on behalf of Omugabe Ntare and Henry Morton Stanley on behalf of King George V of England.

**ANKOLE DEMONSTRATION ZOO**

Ankole Demonstration Zoo was launched in December 2020. The zoo is found in Nshungyezi Village, Rwakishakizi Ward, Nyakayojo Division in Mbarara City. Ceophas Kabegambire, the man behind this initiative said he was inspired by his love for the wildlife and the need to give the people of western Uganda an opportunity to see a variety of animals in one place. Ankole Demonstration Zoo is recognised by Uganda Wildlife Conservation Education Centre as an agency for wildlife conservation education in Western Uganda. In addition to conserving wildlife, Kabegambire says the zoo will create jobs for the local population. So far, the zoo has a few donkeys, doves, rabbits, ducks and guinea fowls among others as it waits for Uganda Wildlife Conservation Education Centre and Uganda Wildlife Authority finalises the relocation and allocation of other species. The centre also offers other services including children’s play area, nature walks, bird watching, traditional activities such as cattle watering and milking, bar and restaurant, camping and children’s holiday retreat programmes, reservations and air ticketing, among others.
ON THE WAY TO MASAKA

MPAMBIRE DRUM MAKERS
Located along Kampala-Masaka Road, Mpambire Village is famous for its authentic and original traditional drums experience. The village has various shops selling drums in different shapes, sizes, and colors. Visitors can also engage in the drum making process and participate in the drumming experience. Above all, don’t miss to buying souvenirs to take back home.

Activities
- Drum making process
- Drumming
- Guators Stop over
Located in Jalia city Buyaya along Kampala-Masaka highway, just 2 kilometers to the equator,

GAUTORS CAFÉ
is ideal stop over point for a health convenient break in a decent and fantastic environment on your way to Lake Mburo, Queen Elizabeth and Bwindi Impenetrable Forest National Parks.

MPANGA CENTRAL FOREST RESERVE
The forest is habitant to variety of tree species, red tailed monkeys, birds, butterflies. The forest is found in Mpigi district approximately 37 km from Kampala and 1 km from the main road
Telephone Number: +256 410 257 430

Activities
- Bird watching
- Nature walks
- Butterfly identification

KIBUKUTA SWAMP
The swamp offers a scenic view of the papyrus plants with variety of bird species however it is commonly known for the shoe bill. Hence this is a perfect spot to observe them.

Activities
- Bird watching

EQUATOR
The equator point at Kayabwe is the best point in Uganda to explore the equator. It is located, in Mpigi District, 72 km along the Kampala Masaka highway. Prominent on the site are the two equator monuments; one on either side of the highway and the equator water bucket experiment are the key attractions on the site. A yellow line that runs across the road to the monument as a representation of the imaginary line. It is an incredible experience at the equator

Activities
- Photography
- Sight seeing
- Water and bucket experiment
- Art and craft buying

LWERA SWAMPS
Lwera Swamp is a major catchment area of various rivers in Masaka, Mpigi and Gomba and it pours its water into Lake Victoria. Visitors make a stop and buy fresh fish from the various fish stalls and vendors alongside the road like tilapia, Nile perch, and Lung fish.

LUKAYA ROAD TOLL MARKET
This is a popular stopover for refreshments for travelers with vendors selling snacks, roasted beef, goat, chicken, and plantain (gonja)

ENYENYEBA CULTURAL CENTRE
The centre offers a full experience of the traditional Ankole culture. Visitors is taken through a practical demonstration of milk processes
and other practices in the traditional demonstration house. They can also spend time in the field with the Ankole long horned herds.

**Activities**
- Cultural experience
- Milking, grazing and water cows
- Ghee and yoghurt making processes

**LAKE MBURO NATIONAL PARK**
The park is habitant to wildlife species not often seen in other Uganda parks, such as impala, zebra, eland and topi. Covering 370sq km, Lake Mburo National Park is the Country’s smallest Park. It lies between the towns of Masaka and Mbarara. For more information: Uganda Wildlife Authority Plot 7 Kira Road, Kamwokya P.O. Box 3530 Kampala, Uganda. Telephone Number: +256(0)414355000, +256312355000 Fax: +256(0)414346291 info@ugandawildlife.org Website: www.ugandawildlife.org

**ON THE WAY TO MBARARA**

**IGONGO CULTURAL CENTRE**
It is located along Masaka –Mbarara road, it is perfect stopover for travelers to refresh since it also has a hotel, restaurant (with both continental and local cuisines), bar, gardens and other recreational facilities. During your stay at the Centre, visitors can have guided tours around the museum.
+256(0)392-722828
+256(0)39-2-722829
www.igongo.co.ug.

**BIHARWE SOLAR ECLIPSE**
The Biharwe monument in Mbarara is erected on Biharwe Hill in commemoration of the 1520 AD Eclipse of Biharwe Eclipse. At the site, there are three pillars of this monument representing the three kings who were contemporaries at the time, namely Nakibinge of Buganda, Olimi I Rwitamahanga of Bunyoro, and Ntare I Nyabugarobwera of Nkole.

Olimi I Rwitamahanga Kalimbi Rukidi was the 5th Omukama (King) of the Babito dynasty and the most martial ruler of Bunyoro of the 16th century. He invaded Buganda, Nkole, Mpisoro and Rwanda and plundered cattle from those kingdoms. Nkole lost most of its cattle herds due to these constant raids and suffered severe famine called Eijuga Nyonza where wild berries were used as dowry for brides.
It was on Olimi’s return journey after raiding cattle from Rwanda and Mpisoro that an eclipse appeared when the raiders had reached Biharwe. The eclipse generated fear and superstition, forcing the King and his warriors to flee in disarray, leaving all cattle behind. According to the legend, the cows that were abandoned at Biharwe were named by people “Empenda ya Munoni” and “Enduga Mwiguru” (cows that came from heaven). After that incident, the people of Nkole were able to own cattle again. Telephone Number: +256414258914 Email: reservations@igongo.co.ug Website: www.igongo.co.ug

**Activities**
- Guided tour in the museum
- Craft shop and bookshop
- Cultural village tour
- Hill climbing
- Adventure fishing
- Visiting Ankole Cow farms
- Traditional Alcohol brewing
- Game hunting (pre-arranged with Uganda Wildlife Authority)

**NSHENYI CULTURAL VILLAGE**
Located in Ntungamo district, Kitwe town about 6 km from Miramar hill. At the cultural village...
one will have full experience of Ankole cultural traditions, one is able to experience the typical life of traditional Ankole pastoralists and farmers. Website: www.nshenyi.com

**Activities**
- Milking (preservation, fermentation)
- nature walks
- bird watching
- beer brewing
- banana plantation tours

**ON THE WAY TO KABAILE**

**NYAMUKAMA PINEAPPLE FARM**
Located along Kabale- Kisoro road, one can indulge into a pineapple tour with the family, group of friends and also appreciate the production of pineapples. A guided tour will be conducted to enable the visitors know the stages involved from planting to harvesting so as one gets a wholesome experience. One can also buy the pineapples to enjoy as you proceed to your destination.

**Activities**
- Guided tour around the pineapple farm

**KISIIZI FALLS**
The Kisizi Falls are located in Kisizi Parish in Nyarushage Sub County in Rukungiri District of Western Uganda. The falls drop approximately 30 meters off a cliff at Kisizi on the Rushima River that snakes its way to Lake Edward. Historically the Falls are known as a tragic place where unmarried pregnant Bakiga girls were thrown to their deaths.

**Activities**
- Bird watching, famous for bird life including endemic species like Ross Turaco, Double Toothed barber and the cinnamon Bee eater. Scenery, it is famous for a beautiful scenic environment trekking activities to the top of the falls Canoeing.

**NDEIJA ROADSIDE MARKET**
The market offers variety of fresh and organic fruits, vegetables and other food stuffs. It is a popular stop over for travelers using Mbarara – Kabale highway.

**THE FOOD STATION**
The food station is located 10kms from Kabale town, along Kabale-Kisoro highway. It offers variety of snacks and food stuffs. Tel: 0707770770, +256753988

**GREAT LAKES MUSEUM**
Located along Kabale-Kisoro highway, it is a perfect stopover for a Kigezi cultural experience. Beautiful large outdoor sculptures will catch your eyesight as you proceed to a guided tour for the indoor exhibit of the artifacts to demonstrate the way of living of the Kigezi people. One can also make a convenient stopover for coffee, breakfast, lunch or dinner before they reach their destination.

**Activities**
- Story telling
- Guided tour in the museum Kabale

**KABAILE MUSEUM**
The museum is versed with cultural artifacts as well as the history of kigezi. Located around Kabale town Centre at the turning Junction to Lake Bunyonyi

**LAKE BUNYONYI**

This is Africa’s second deepest lake with up to a maximum depth of 900m approximately 2953 feet. Bunyonyi in native language means small birds and harbors up to 200 bird species including egrets, grey crowned cranes among others. A home to over 29 unique islands which include: Bushara Island, Akampene Island (Punishment Island), Kahugye Island, Bwama and Njuyerera, among others Akampene Island (Punishment Island).

**Activities**
- bird watching
- boat cruise
- canoeing
- swimming
- hikes
- nature walks
- zip lining
- hiking the highlands
- Batwa experience
SUPREME ADVENTURE PARK
The park has variety of activities to enrich an adventurous tourist experience during their stay at Lake Bunyonyi. Email: info@supremeadventurepark.com
Tel: +256772423215, +256785183191, 0705183191
Website: http://www.supremeadventurepark.com

Activities
- High rope course
- Canoeing
- Zip lining
- Bird watching

BUNYONYI APPLE FARM STAY
The facility has a fascinating panoramic view of Lake Bunyonyi and the terraced hills, introduces one to an eco-friendly spot around Lake Bunyonyi where an artistic mind has crafted stone work local construction materials into an aesthetic structure.

Visitors have an opportunity to participate in the farming programmes, and a menu that prepares organic foods and juices on the farm. www.bunyonyiaplefarmstay.com

Activities
- Nature walks
- Boat cruise
- Canoeing
- Apple farming processes

ECHUYA FOREST RESERVE
Located 15km from Kisoro town, Echuya forest (Bamboo forest) was a home for Batwa (pygmies) for so many years and it used be source of their food, firewood. 20% of the forest is in Bufumbira County Kisoro district and the remaining 80% is in Rubanda county Rubanda district.

Activities
- Bird watching
- Nature walks in the forest

ON WAY TO KISORO

KACWEKANO FARM (KAZARDI)
Institute- Kachwekano Zonal Agricultural Research and Development Institute (KAZARDI) located in Rubanda District, formerly Kigezi District Farm Institute (DFI). Is currently run by NARO after NARO’s decision to take research services closer to end-users, Kachwekano DFI was transformed into an Agricultural Research Development Centre (ARDC) in 2000. The institute carries out tourist tours of the work carried out at the facility which includes improved farming methods, both indoor and outdoor.

Activities
- Culture walks
- Nature walks and hiking in Bwindi Impenetrable National and Mgahinga National Park
- Cultural walks around the lake to experience lifestyle of the local community.

NKURINGO LAKE MULEHE
Lake Mulehe in Kisoro District is surrounded by terraces farms and hills. The lake is approximately 4.11 square kilometers wide. Lake Mulehe is in the southern sector of Bwindi Impenetrable National Park or Mgahinga Gorilla National Park.

Activities
- Spot fishing
- Swimming and sunbathing
- Boat canoeing
- Bird watching

This is in Bwindi, Rubuguri, the Forest trail is co-managed with Uganda Wildlife Authority – The Batwa’s experience takes the visitors through their ancient way of life. During the visit, they treat the visitor to various survival adaptations they embraced in an effort to outlive extinction while still residents in the forest they lived in for over three centuries. They also take visitors through their energetic dances, hunting skills, and teaching of how they used to build traditional tree houses using eco-friendly materials. Batwa Community in Rushaga Center - The Batwa of the Rushaga community provide entertainment to visitors by performing their energetic dances, songs and encourage tourists to participate.

BWINDI (RUSHAGA)
BATWA FOREST EXPERIENCE
This is in Bwindi, Rubuguri, the Forest trail is co-managed with Uganda Wildlife Authority – The Batwa’s experience takes the visitors through their ancient way of life. During the visit, they treat the visitor to various survival adaptations they embraced in an effort to outlive extinction while still residents in the forest they lived in for over three centuries. They also take visitors through their energetic dances, hunting skills, and teaching of how they used to build traditional tree houses using eco-friendly materials. Batwa Community in Rushaga Center - The Batwa of the Rushaga community provide entertainment to visitors by performing their energetic dances, songs and encourage tourists to participate.
**CHAMELEON HILL**

Chameleon Hill is located on a high level above Lake Mutanda, neighboring Bwindi, and Mgahinga National Parks with a spectacular backdrop of the Volcanoes of the Virunga Mountain Ranges in the distance. The hill is named after the chameleons that inhabit the area around Lake Mutanda. The area has a colorful lodge called Chameleon Hill Lodge built on it, overlooking Lake Mutanda and great views of lush green Islands, and breathtaking hilly views.

**Activities**

- Hikes,
- Bird watching,
- Water activities like spot fishing (tourist are advised to come with their own fishing gear)

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**KISORO**

**LAKE MUTANDA**

This picturesque fresh water lake is located in the mountainous landscape north of Kisoro in nearby Bwindi Impenetrable Forest. The lake has 15 islands that are barely touched. The biggest island, named after the lake, is Mutanda Island which is inhabited by a local community of the “Abagesera” clan. They have grown crops on the island, peas, bananas, and sugar canes; the other portion of this island is covered by trees and shrubs. From the lake you can get views of the Virunga volcanoes and papyrus swamp.

**Activities**

- Canoeing,
- Bird watching of Pin-tailed Whydah, Great Cormorant, Pied & Malachite Kingfisher, & sunbirds.
- Snake visit,
- Eating snake meat
- Swimming,
- Medicinal plants and a number of biodiversity identification.
- Mutanda Eco Community Centre services as the transport center to the islands by canoes

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**MUTANDA ECO COMMUNITY CENTER**

Mutanda Eco Community Centre is located 6 kilometres south from Kisoro town, it is an eco-tourism lodge being developed by MCDM in partnership with Mbirimbiri Foundation at south shores of Lake Mutanda. The camp offers accommodation in two cottages and a camping site.

**Activities**

- Canoeing,
- Bird watching of Pin-tailed Whydah, Great Cormorant, Pied & Malachite Kingfisher, & sunbirds.
- Snake visit,
- Eating snake meat
- Swimming,
- Medicinal plants and a number of biodiversity identification.
- Mutanda Eco Community Centre services as the transport center to the islands by canoes

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**PUNISHMENT ISLAND**

Located in Lake Mutanda are two Punishment Island. Used to punish criminals & misfits in the society included unmarried pregnant women, the elderly with no care, thieves, and unwanted people from the region. These would be tied & taken to the island and left to die where they would be abandoned. The islands are called “akarwa K’ababi” (“Punishment in Rukiga”). They would either starve to death or drown trying to swim to the mainland. However, the unmarried pregnant women would be often saved by poor men or slaves who could not afford the regular bride price and did not mind the stigma by marrying them. The practice was abandoned in the 1940s, due to the influence of missionaries.

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**PYTHON ISLAND**

Located in Lake Mutanda is home to pythons; however the pythons are currently rarely seen.

**MUMMIFICATION CAVE ISLAND**

The Island is called ‘Ichangushu’, the main burial place of the Bahinza. The bodies are mummified and preserved in bull-hides, never to decompose. It is believed that, these traditional rulers played many roles in society like, giving blessing like birth and managing spells i.e drought, magic in fighting and hunting weapons.

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**CHUHO RIVER**

Located in Kisoro has six springlets that deliver water to a basin-like depression from where a small river flows northwards towards Lake Mutanda. It is the only viable source of water supply to the 151,679 inhabitants of the Kisoro Town Council and the surrounding nine rural parishes in Kisoro District.

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**KIGEZI MUSEUM**

Sometimes known as Home of Kigezi is a community-run museum of living culture and natural history of the Banyakigezi people of South Western Uganda. Located at Nyiragakoro-Nyakabande along Kabale Kisoro road, 5km before Kisoro town, it is suited in dense natural environment of vegetation with houses that house
the museum and outside area demonstrating the lifestyle of the Banyakigezi people.

LAKE CHAHAFI

Like other smaller crater lakes in Kisoro, Lake Chahafi is one of the several crater lakes down in South Western Uganda in Kisoro District with breathtaking scenic view. Lake Chahafi is about just 20km from Mountain Muhavura, Mgahinga and Sabinyo and less than 20km from the Mgahinga gorilla sanctuary. At the lake’s shore are crowds of crested cranes, forest vegetation, hillside gardens, oddly-shaped ridges and gorges. Lake Chahafi is ranked by Kigezi tour operators as one of the places with the largest population as well as diversity of birds in south western Uganda. Among the bird species that can be seen at Lake Chahafi and rare anywhere else are the Lesser Jacana, the African Jacana, the Brack Crake, the Blue-headed Coucal, the Common Moorhen, swamp flycatchers, swamp warblers, and two rare species, the Common Moorhen and the Malekite Kingfisher. At Lake Chahafi is a resort on its shores which is ideal for those wishing to go tracking Gorilla or mountain-hiking.

Activities
Fishing
Golden monkey Tracking
Hiking Virunga Mountains
The Batwa Trail
Bird watching
Canoeing
Sport Fishing
Guided Nature Trails
Culture Trail
Swimming
Motorized canoe rides

BATWA LIVING MUSEUM
(Uganda’s only living museum for the endangered Batwa). Visitors are able to experience the Batwa culture experienced first-hand in one place. The museum was built with support from City of Vienna via ADRA Austria. ADRA Uganda established the Batwa living museum with the aim of attracting students, foreign and local tourists to sensitize them on the Batwa society and culture with the purpose of preserving their way of life. The site offers Batwa cultural experience through music, dance, drama and art crafts. The facility also houses a craft shop for Batwa trademark materials.

Activities
Cultural history
Research
Nature walks
Arts and craft
Music, dance and drama
Building and architecture
Culinary and history
Linguistics

CHURCHILL VIEW POINT
Located at Kanaaba hill in Echuya roughly 7 kilometers from Kisoro District. The strategic location of Churchill’s viewpoint at the top of Kanaaba hill offers spectacular views of Kigezi hills, local communities, twin lakes of Kayumba and Chahafi, Lake Gihondo, Lake Bulera, Echuya Forest, Lake Mutanda and the Virunga volcanoes in Uganda, Rwanda, and Congo. It’s said to be at this point that Sir Winston Churchill declared Uganda as the “Pearl of Africa” owed to the breath taking scenery he saw beneath him. The temperature at Churchill’s viewpoint is 360 degrees on a clear day.
Kanaba gap – A sharp hairpin bend on the way climbing up into the sub county of Kanabain Kisoro, with beautiful scenery for photo opportunities.

KIGEZI MONUMENT
Located a few kilometers north east of Kisoro. The site is said to be the first headquarters of greater kigezi, the place where Kigezi was proclaimed, after the boundary settlement between the Germans, Belgians and British in 1911. It is also the site where negotiations to end World War 1 were held and signed between the French and the British. At this same site is the place where the late President Iddi Amin’s military detachment in Kisoro was located.
ON WAY TO KANUNGU

KAYONZA GROWERS TEA FACTORY
Located in Kanungu District, Butogota Town Council, the factory is owned by 5617 small scale shareholders where shares are acquired through monthly deductions from their pay for green leaf delivered to the factory. The factory proclaims that they Produce and Market the Best Quality Tea in Uganda.

NGOTO PROTESTANT CHURCH SITE
Is the oldest Protestant Church in Kanugu that has opened its doors to tourism. They have included accommodation and nature walks near the Bwindi National Park in Kitariro.

KIBWETERE SITE
Located in Kanugu is a site that features the only remaining wall of the burnt house and mass grave of Joseph Kibweterere’s followers. Joseph Kibweterere was one of the leaders of the Movement for the Restoration of the Ten Commandments of God, a group that splintered from the Roman Catholic Church. In 2000, the cult leader Joseph Kibweterere masterminded a mass suicide of the cult members, who were convinced about going to heaven through fire but later it was established that he had planned and executed the plan to kill his followers through the fire.

Buhoma

KIBWETERE SITE
Located in Kanungu is a site that features the only remaining wall of the burnt house and mass grave of Joseph Kibweterere's followers. Joseph Kibweterere was one of the leaders of the Movement for the Restoration of the Ten Commandments of God, a group that splintered from the Roman Catholic Church. In 2000, the cult leader Joseph Kibweterere masterminded a mass suicide of the cult members, who were convinced about going to heaven through fire but later it was established that he had planned and executed the plan to kill his followers through the fire. Makiro Hill Catholic Church – is the oldest Catholic Church in Kanugu that has contributed a lot to the education of the children in the district.

NUBATORO PROTESTANT CHURCH SITE
Is the oldest Protestant Church in Kanugu that has opened its doors to tourism. They have included accommodation and nature walks near the Bwindi National Park in Kitariro.

FARMERS LOUNGE
The lounge operates a farm called Bwanga Farm that has the following animals and birds' fish, ducks, chicken, pigs, goats and zero grazing cattle. Visitors can take a tour of the farm where they learn different maintenance activities and participate in the daily up keep of the animals. Farmers Lounge provides accommodation facilities for tourists.

ON WAY TO ISHASHA

RUHIJA
Ruhija Community Walk with Batwa is a local Batwa Community group that also operates an orphanage and women community group. The community has around 18 Batwa who have built a place where they show how they used to live in the forest. At the site you experience traditional dances, huts, fire making and hunting technique.

Activities
Batwa experience
Orphanage school visits and dances by students at a fee
Ruhija women’s group dances at a fee and basket weaving lessons
Community walks in Ruhija that take between 2-3 hours depending on walking pace.

BUHOMA

RIDE 4 A WOMAN COMMUNITY CENTER
Ride 4 a Woman is a charitable organisation that supports women struggling with poverty, HIV and domestic violence. It empowers women in Buhoma, Bwindi. Ride 4 a Woman was set up in 2009 with the goal of empowering the women with social and economic skills. The center has a shop where women are employed and trained to pedal sew a broad range of fabric products which are sold.

ACTIVITIES
Learning to Weave
Cooking Traditional Dishes
Pedal Sewing

BEE AND FISH EAST AFRICAN PRODUCES INNOVATION PROGRAM
Located in Buhoma, just outside the Bwindi National Park, provides agro tourism for Bee keeping and fish farming. Visitors can take an educative tour of the bee keeping hives and fish farming pounds.

Activities
Bee keeping tours
Fish pond tour

CONSERVATION THROUGH PUBLIC HEALTH
By Dr. Gladys Kalema Zikusoka located in Buhoma-Bwindi, promotes biodiversity conservation by enabling people, gorillas and livestock to coexist through improving their health and livelihoods. Conservation through Public Health hosts volunteers,
interns, and researchers at a fee throughout the year. Who choose to work at the Gorilla Health and Community Centre, where they analyze fecal samples from gorillas, livestock, and people to learn more about the disease vectors that harm sensitive gorilla populations. The project has a variety of ongoing projects for volunteers, interns, and researchers.

**BWINDI REFORMED POACHER PROJECT**

Located in Buhoma-Bwindi, is an established tourism attraction site, which engages reformed poacher to carry out daily work rotation to inform tourists, researchers and interns about poaching activities for them to understand their experience. And this gives direct support to the reformed poachers in order for them to earn a living while improving their household's income.

**QUEEN ELIZABETH NATIONAL PARK**

Ishasha sector found at the southern sector of the park is famously known for the tree climbing lions.

**Activities**

One expects to see buffaloes, hippos, elephants, toads and many more animals during the game drive. Nature walks and bird watching in search of the Narina Trogon and Black Bee eaters, two of the rarer bird species in the area.

Boat cruise on the Kazinga Channel. The cruise lasts two hours and runs three or four times a day. This gives the visitor the chance to cruise just meters from hundreds of enormous hippos and buffalos while elephants linger on the shoreline. An average of 60 bird species can be spotted during the trip. Birding in Queen Elizabeth, Classified as an Important Birding Area (IBA) by Birding International, Queen Elizabeth National Park has a great variety of habitats of over 600 bird species.

See the energetic dances of the Kikorongo Equator Cultural Performers observe workers harvesting salt on Katwe Salt Lake, a traditional Banyaraguru hut or an agricultural village.

The Kasenyi Plains game drives offer sights of resident herds of Uganda Kob, leopards and hyaenas among others.

**KYAMBURA GORGE**

Track chimpanzees in their natural environment. Also get the opportunity to learn about the ecosystems of Kyambura Gorge’s atmospheric “underground” rainforest, including vegetation types, bird identification and behavior and chimp and monkey ecology.

Although chimp sightings are not guaranteed, visitors stand a pretty good chance of hearing and seeing them habituated. Tours last between one and three hours and start at 8am and 2pm daily.

Wildlife Research Tours in Queen Elizabeth are available for visitors who yearn to get up close to African wild life and fauna.

This new and unique experience allows visitors to actively participate in monitoring some of the exotic birds and mammals that fill the park, using locator devices and learn habituation calls, as well as monitoring weather, surroundings and behavior.

**CAVES IN QUEEN ELIZABETH**

Tucked beneath the shady canopy of the Maramagambo Forest is the Bat Cave. The cave has a viewing room from which visitors can observe the resident bats and pythons. For a more cultural cave experience, visitors can go to the historic cave at Nyanz’ibiri community.

**QUEEN’S PAVILION TELECENTER AND VISITOR INFORMATION CENTER**

Conservation Through Public Health (CTPH) operates the Queen’s Pavilion, a Telecenter and Visitor Information Center, located near Crater Lake Drive in Queen Elizabeth National Park. It was opened in November 2007.
by HRH Prince Philip, the Duke of Edinburgh, and is managed and staffed by local residents. Facilities include reasonably priced, high-speed Internet connection, snacks, coffee and tea, sourced from local growers. Maps of Queen Elizabeth National Park and surrounding areas and other national parks, and guidebooks. Gift shop with handicrafts from surrounding communities.

**CARTER LAKE EXPLORATION**

Due to its location in the western arm of the East African Rift Valley, Rubirizi is endowed with 56 craters of which 32 are crater lakes, with 20 craters in Bunyaruguru in the Kichwamba escarpment of the Western Rift Valley on the border of Queen Elizabeth National Park. Has three major concentrations; Katwe Explosion Craters found in Queen Elizabeth National Park, Bunyaruguru Crater Field on the Kichwamba escarpment and Ndali-Kasenda Crater Field close to Kibale National Park. The Katwe Explosion Craters called Kyemengo Crater are the most attractive.

**MARAMAGAMBO FOREST**

Found in the district of Bushenyi this forest is one of the largest forests in East Africa. The forest starts from an escarpment in Kichwamba all the way to Lake Edward. The name Maramagambo originates from a story about a group of young people who got lost in the forest for several days. By the time they found their way back to the village, they had grown so worn out and traumatized that they couldn’t speak for long. Thus Maramagambo therefore refers to something that causes speechlessness. The forest is home to chimpanzees, elephants, bush pigs, pythons, bats and the rare Bates’s pygmy and antelopes.

**RIVER RWIZI**

Rwizi River originates from Buhweju hills with various tributaries from various Nkore hills including Ntungamo and Sheema hills. It pours its water in Lake Victoria via the drainage systems of Lake Mbugo, Lake Kachera and Kijanebalola. River Rwizi is the source of water for domestic and industrial use to the Mbarara town and neighboring towns of Bwizibera, Sanga and Biharwe. Recently the river is drying out, it is said to be due to climate changes.

**BUSHENYI DISTRICT**

**ANKOLE TEA ESTATE**

Operated by Mcleod Russel Uganda ltd, the Estate covers an Area of 573 hectares and in 2019 produced estimated crop of 1,800,000kgs by the Tea Estate and 3,388,000kgs by outgrowers. Since it is on the main road and has scenic views many tourist stop for photo opportunities. They have some wildlife in their fields of Baboons and Monkeys.

**KASYOHA-KITOMI FOREST RESERVE**

Kasyoha-Kitomi Forest Reserve is situated at 35 kilometers from Bushenyi Town, South of Lake George and the Kazinga Channel covering a geographical area of over 433 square kilometers. The forest reserve has a number of mammal species such as several primate species like chimpanzees (although they are not yet habituated), Blue monkeys, Red-tailed monkeys, Olive baboons, Vervet monkeys, Black and white Colobus monkeys, Red Colobus monkeys and L’Hoest’s monkeys among others. It has several breathtaking Crater Lakes such as the Twin Lakes of Kamweru and Kyema, other Lakes include the temporary/transparent Lake Kamunzuku among others.

**Activities**

Traditional medicine
Birding
Nature walks at Irembezi Hill Forest walks

**RUKARARWE PARTNERSHIP**

Rukararwe Partnership operates many projects with the rural communities aiming at the sustainable improvement of their livelihoods and environment. These include tree planting activities, earth bricks buildings of unburned bricks, promotion and combination of traditional medicine with modern medicine and counseling, women and youth projects, supporting an orphanage, agricultural seminars, rearing of zero-grazing cows and many more.

**Activities**

3 hour forest trail
Canoeing,
Bird watching,
Swimming in the Crater Lakes,
Camping,
Visit to the legendary close by cave,
Fishing,
Primate watching,
Boat rides,
Nature walks
Sightseeing of the Twins Lakes
Introduction

Since these are challenge seeking clients, this trip will be filled with very many physically challenging activities for the clients some will be very easy others will be challenging to per take thus the adventure.

Trip summary

Day 1. Visit the Equator, Lake Mburo National park and Igongo Cultural Center.
Day 3. Transfer to Kisoro, visit Lake Mulehe and lake Mutanda
Day 4. Visit Mountain Muhavura
Day 5. Travel Day

Best time. Any time of the year.
Recommended Cloths. Warm jackets, sweaters and gloves for Kisoro region, dull colors for the parks, shorts, long sleeves and hiking shoes for the mountains.

DAY 1: Visit the Equator, Lake Mburo National park and Igongo Cultural Center. From your starting point, the team set off at 8am, drives to Masaka and has a stop at the Equator for the water bucket experiment at the yellow line that runs across the road to the monument as a representation of the imaginary line, a bathroom break, Photo moment and some snacks. The Equator point at Kayabwe is the best point in Uganda to explore the equator. It is located, in Mpigi District, 72 km along the Kampala Masaka highway. Prominent on the site are the two Equator monuments. Continue to Lake Mburo National park The Park is habitat to wildlife species not often seen in other Uganda parks, such as impala, zebra, eland and topi. Covering 370sq km, Lake Mburo National Park is the Country's smallest Park. It lies between the towns of Masaka and Mbarara. We shall go to our preferred lodge where we shall per take in cycling, hiking, jogging or horseback riding around the national park with the wildlife in close range, the clients can have lunch here then go to Igongo cultural center for a site visit, a tour of the museum and walk up to the Biharwe eclipse monument this is a great adventure for the thrill seeking clients. This place will also give our clients some rich history of the place, epic photo moments at the eclipse monument and also amazing views of Mbarara town. And spend the night in Mbarara town at our preferred lodge.
DAY 2. Visit Kisiizi waterfall, Kabale Museum and Lake Bunyonyi.
After breakfast, we visit Kisiizi Falls located in Rukungiri District for some activities. The falls drop approximately 30 meters off a cliff at Kisiizi. Historically the Falls are known as a tragic place where unmarried pregnant Bakiga girls were thrown to their deaths but now it’s a beautiful site with a monument and a hiking trail. We shall have a stopover at Kabale Museum then continue to Lake Bunyonyi in Kabale district. This is Africa’s second deepest lake with up to a maximum depth of 900m approximately 2953 feet. Bunyonyi in native language means small birds and harbors up to 200 bird species including Egrets, Grey crowned cranes among others.

A home to over 29 unique islands which include; Bushara Island, Akampene Island (Punishment Island), Bwama and Njuyerera, among others. On our drive watch out for the terraces on the hills which forms part of Uganda’s beauty, you will also encounter some bird species and people’s agricultural activities and Kabale town the land which referred to as the Switzerland of Africa because of being mountainous and cold.

Remember to select accommodation of your choice that is close to Lake Bunyonyi. After checking into our hotels, we shall have lunch and then proceed to lake Bunyonyi for a boat cruise which will enrich you with the 29 Island that make up the lake including the punishment Island which has the community attachment where girls who got pregnant before marriage where put to die. You will also see beautiful scenery on the lake, water birds, swamp oaters and remember to book your boat through your accommodation.

We shall visit Lake bunyonyi Extreme adventure park where we shall part take in series of challenging rope games, have lunch and also do the zip line across the lake. Later go back to the hotel for dinner and an evening camp fire.

DAY 3. Transfer to Kisoro, visit Lake Mulehe and lake Mutanda.
After breakfast, we go Kisoro and visit Lake Mulehe in Kisoro District. The lake is approximately 4.11 square kilometers wide. Lake Mulehe is in the southern sector of Bwindi Impenetrable National Park or Mgahinga Gorilla National Park. We shall take part in Spot fishing, swimming and boat canoeing around Lake Mulehe with stunning views of the environment. Then we visit Lake Mutanda. The lake has 15 islands that are barely touched. Mumification Cave Island on Lake Mutanda the main burial place of the Bahinza. The bodies are mumified and preserved in bull-hides, never to decompose. It is believed that, these traditional rulers played many roles in society like, giving blessing like birth and managing spells i.e drought, magic in fighting and hunting weapons.

DAY 4. Visit Mountain Muhavura
Early in the morning after breakfast, we shall move with packed lunch up to Mountain Muhavura ranges with the highest point at 4127m. The weather of the day will determine how clear the mountains will appear. Full day hiking of Mount Muhavura an example of extinct volcanic mountain in Uganda. You will also be advised to carry enough drinking water and first aid kit. After the long day in the mountains, we shall go back to our hotel for any early night in since the clients will be very exhausted.

DAY 5. Travel Day
Have breakfast at leisure and with our packed lunch, head back to Kampala through Mbarara road.

NB. This itinerary is very flexible and depending on your core passions and interest, your travel consultant can customize it to meet your desired outcome.
5 DAY
CULTURAL ENCOUNT

Introduction
In a country of over 56 tribes, culture is a very rich aspect of the core of Uganda and in the southwestern part of Uganda we have the Bantu people dominated by the Ankole people who are cattle keepers and Banyakigezi people. This trip will bring you closer to their history, culture and ways of life.

Trip summary

Day 1.
Visit Nagalabi Buddo, Mpambire Drum Makers, the Equator and Enyenyebe cultural center.

Day 2.
Have Cultural experiences, go to Igongo’s Biharwe solar eclipse monument and if time allows, visit Nkokonjeru Royal tombs and Nshenyi Cultural Village

Day 3.
Visit Kisiizi falls, Kabale Museum and Lake Bunyoyi Punishment Island

Day 4.
Visit Kigezi museum, Kisoro museum, Mumification Cave Island on Lake Mutanda and the Batwa living museum

Day 5.
Transfer back to Kampala with stopovers at craft villages.

Best time. Any time of the year.

Recommended Clothes. Warm jackets, sweaters and gloves for Kabale- Kisoro region, dull colors for the parks, shorts and long sleeves. Can carry a wrap for the ladies to use on some sites around the waist down.

Day 1. Visit Nagalabi Buddo, Mpambire Drum Makers, the Equator and Enyenyebe cultural center.

From your starting point in Kampala drive south on Masaka Road with a stopover at Nagalabi Buddo, which is situated on a hill top in Buddo Uganda; it’s a place where the Kabakas of Buganda are crowned and it has been existing from the 14th century and its one of the best places tourists on cultural safaris to the country can visit and after go to Mpambire for Royal drum making experience. Here we encounter the significance of the drum in our community. The village is famous for its authentic and original traditional drum making experience. The village has various shops selling drums in different shapes, sizes and colors. Visitors can also engage in the drum making process and playing experience. Then we head to the Equator which is located, in Mpigi District, 72 km along the Kampala Masaka highway for the water bucket experiment at the yellow imaginary line. Prominent on the site are the two equator monuments. We shall spend the night at Enyenyebe cultural center.

Day 2. Have Cultural experiences, go to Igongo’s Biharwe solar eclipse monument and if time allows, visit Nkokonjeru Royal tombs and Nshenyi Cultural Village

Enyenyebe cultural center offers a full experience of the traditional Ankole culture. The visitor is taken through a practical demonstration of milk processes and other practices in the traditional demonstration house. They can also spend time in the field with the Ankole long horned herds. Since the milking is always done in the morning, the clients will wake up at 6 am for the cattle milking and later have breakfast at the lodge. They will learn more about the Ankole culture and later head to Igongo cultural center for lunch, a tour of the museum where we encounter the past and present information about the Kingdom and the cultures of the people in the region. If the tourists like, we shall go up to the Biharwe solar Eclipse monument and also learn about the history at that site while we take in the beauty of Mbarara city from a distance. If time allows, we shall visit the Nkokonjeru Royal tombs. This is where the bodies of some of the Kings like King Charles Godfrey Rutahaba Gashyonga II who died in 1982 and King Edward Solomon Kahaya II who died in 1944 are buried. Cultural rituals and ceremonies are usually performed on the site and later spend the night at Nshenyi Cultural Village which is in Ntungamo district.

Day 3. Visit Kisiizi falls, Kabale Museum and Lake Bunyoyi Punishment Island

After your early morning cultural breakfast, we shall drive to Kisizi falls in Rukungiri District. The falls drop approximately 30 meters off a cliff at Kisizi. Historically the Falls are known as a tragic place where unmarried pregnant Bakiga girls were thrown to their deaths. After having lunch in Kabale, we shall go for an afternoon tour of Kabale museum, this will expose you to all the tools used by the early people of the region more importantly the stretcher (engozzi) which was used as an Ambulance to evacuate pregnant mothers, the elderly, the sick to a place of safety in the Mountainous country side. We shall continue to Lake Bunyoyi. This is Africa’s second deepest lake with up to a maximum depth of 900m approximately 2953 feet. This lake harbors up to 200 bird species including egrets, grey crowned cranes among others. A home to over 29 unique islands which include; Bushara Island, Akampene Island (Punishment Island) among others. We shall visit Akampene Island (Punishment Island); It was on this island where the Bakiga used to dump unmarried pregnant girls so as they could die of hunger or while swimming to the mainland. Poor men without bride price used to come to this island and pick girls to marry. We shall check into one of the beautiful lodges overlooking the lake and have a camp fire in the night after dinner.

Day 4. Visit Kigezi museum, Kisoro museum, Mumification Cave Island on Lake Mutanda and the Batwa living museum

After your nice breakfast, we shall visit Kigezi museum sometimes known as Home of Kigezi. This is a community-run museum of living culture and natural history of the banyakigezi
people of South Western Uganda. Located at Nyiragakoro-Nyakabande along Kabale Kisoro road, 5km before Kisoro town, it is suited in dense natural environment of vegetation with houses that house the museum and outside area demonstrating the lifestyle of the Banyakigezi people. We shall also visit Kisoro Museum and later proceed to Mumification Cave Island on Lake Mutanda the island is called ‘Ichangushu’, the main burial place of the Bahinza. The bodies are mummmified and preserved in bull-hides, never to decompose. It is believed that, these traditional rulers played many roles in society like, giving blessing like birth and managing spells i.e drought, magic in fighting and hunting weapons. After lunch, we shall head to the Batwa living museum. At the museum visitors are able to undergo the Batwa culture experienced firsthand in one place and be sensitized about the Batwa society and culture with the purpose of preserving their way of life. The site offers Batwa cultural experience through music, dance, drama and art crafts. The facility also houses a craft shop for Batwa trademark materials. We shall check into our amazing lodge and rest of the night.

Day 5. Transfer back to Kampala with stopovers at craft villages.

Introduction

The primate species of wildlife are held close to our hearts for they have so much physical resembles with the human being and also have very similar ways of life. They are all found in tropical forests thus the aspect of tracking. Many tourists find the primate safari as the most life changing for the golden monkeys, chimpanzee and gorilla tracking activities are phenomenal experiences.

Trip summary

Day 1. Visit Mpanga forest and transfer to Kyambura gorge

Day 2. Track chimpanzees, visit Maramagombo and transfer to Bwindi

Day 3. Gorilla tracking and transfer to Muhanga National park

Day 4. Golden monkey tracking

Day 5. Transfer back to Kampala with lunch at Igongo Cultural center.

Best time. Any time of the year but mostly in the dry season. Recommended Clothes.

Warm clothes like sweaters and gloves, shorts and long sleeves, rain coat, long trousers and hiking shoes for the mountains.

DAY 1. Visit Mpanga forest and transfer to Kyambura gorge

We set off after breakfast, go to Mpanga forest which is habitant to variety of tree species, red tailed monkeys, birds, butterflies. The forest is found in Mpigi district approximately 37km from Kampala and 1 km from the main road. Take a nature walk around the forest. After we shall proceed to the Equator for the water bucket experiment at the yellow line that runs across the road to the monument as a representation of the imaginary line. It is located, in Mpigi District, 72 km along the Kampala Masaka highway. We transfer to Kyambura forest reserve near Kasese and check into our lodge for the night.

DAY 2. Track chimpanzees, visit Maramagombo and transfer to Bwindi

After breakfast, we set off for Chimp Tracking in the Kyambura Gorge
where one can track chimpanzees in their natural environment. We shall also get the opportunity to learn about the ecosystems of Kyambura Gorge’s atmospheric “underground” rainforest, including vegetation types, bird identification and behavior and chimps and monkey ecology. Although chimp sightings are not guaranteed, visitors stand a pretty good chance of hearing and seeing them habituated. Tours last between one and three hours and start at 8am and 2pm daily. After lunch, we transfer to Bwindi with a stopover at Maramagambo Forest, found in the district of Bushenyi in Uganda. It is part of Queen Elizabeth National Park and one of the largest forests in East Africa. Maramagambo forest is home to chimpanzees, elephants, bush pigs, pythons, bats and the rare Bates’s pygmy and antelopes. On reaching Buhoma in Bwindi Impenetrable forest, which was designated as a UNESCO heritage site and it provides habitat to 120 species of mammals, 348 bird species, 1000 flowering plants, 163 species of trees and 104 species of ferns. This is home the largest number of Mountain gorillas. We shall check into our Lodge for the night.

**DAY 3. Gorilla tracking and transfer to Mghahinga National park**

After an early morning breakfast, with your packed lunch and some water, we head to the sector of Gorilla tracking according to your permit. You are advised to be at the briefing center at 7:30am to verify your permit and receive enough briefing about the activity by Uganda Wildlife Authority guide rangers. At any of the sites selected there are always porters who can carry your bags during tracking experience at a fee.

You will be close to the Mountain Gorillas one of our cousins; you will be advised to the guidelines offered at the site because they are endangered. Kindly remember to carry charged cameras, rain proof clothes, hiking shoes or boots to match with the terrain, on this day you will carry a packed lunch and enough drinking water. Your guide will brief you more about it. This is a life time experience and you will graduate with certificates from this world heritage site. When you are tracking experience is done early, the clients will transfer to Mghahinga there is an optional activity to visit the Batwa of Uganda where you can encounter the first life experience while they were living in the forest and the present day. They take you through their unique songs and performance on how they lived near Gorillas and other mammals. More importantly is their way of making fire using friction. This activity is done at a fee. There are curio shops for Batwa and other people of the community near these areas this would be good for anyone interested in shopping and supporting the community.

**DAY 4. Golden monkey tracking**

After your morning breakfast we shall set off to the starting point, where we shall go to track the rare golden monkeys and gorillas in Mghahinga National park which has got the most striking features and its conical, extinct volcanoes that are part of the spectacular Virunga Range which lies along the border region of Uganda, Congo and Rwanda. The national park also forms part of the much larger Virunga Conservation area.

**DAY 5. Transfer back to Kampala with lunch at Igongo Cultural center**

After having breakfast, at leisure you can set off to Kampala using Mbarara road and stop over at Igongo cultural center for lunch and also have a photo moment at the equator then reach Kampala and check into their hotel with the best memories.

NB, This itinerary is very flexible and depending on your core passions and interest, your travel consultant can customize it to meet your desired outcome.
5 DAY FUN ROAD TRIP

Introduction
This is a fun filled trip to the south western part of Uganda and it includes lots of stops overs along the way for site visits, photo moments and enjoying the variety of foods.

Trip summary

Day 1. Visit the Equator, Lake Mbuuro, Igongo cultural center
Day 2. Visit Kisizi waterfalls and proceed to Lake Bunyonyi
Day 3. Visit Kisizi waterfalls and proceed to Lake Bunyonyi
Day 4. Transfer to Queen Elizabeth national park (290km)
Day 5. Have a morning game drive on your way back to Kampala. Best time. Any time of the year.

Recommended Cloths. Warm jackets, sweaters and gloves for Kabale-Kisoro region, dull colors for the National parks, shorts and long sleeves.

Day 1. Visit the Equator, Lake Mbuuro, Igongo cultural center
This trip is all about fun and the team will set off for Masaka at 9am after doing some shopping at the mall, along the way, we shall have a stop at the Equator for the water bucket experiment at the yellow line that runs across the road to the monument as a representation of the imaginary line, a photo moment, bathroom break and some snacks. Then continue through akageti Mbarara road to Lake Mbuuro National park for a boat cruise and have lunch at their preferred lodge. Later in the afternoon, the team proceeds to Igongo Cultural Center for a site visit, a tour of the museum and walk up to the Biharwe solar eclipse monument. This place will also give our clients some physical exercise as they walk up the hill, rich history of the place, epic photo moments at the eclipse monument and also amazing views of Mbarara city.
After this activity, our clients will check into their hotel and prepare for a camp fire later on in the night after dinner or Kisoro by night to check out the clubs and bars around the area.

Day 2. Visit Kisizi waterfalls and proceed to Lake Bunyonyi
You will have an early breakfast and as you transfer to Kisoro, you will visit the churchill view point, Kisoro Museum and later go to Lake Mutanda. This beautiful fresh water lake is located in the mountainous landscape north of Kisoro near Bwindi Impenetrable Forest. The lake has 15 islands that are barely touched. The biggest island, named after the lake, is Mutanda Island. From the lake you can get views of the Virunga volcanoes and papyrus swamp. The clients will take part in canoeing and bird watching of Pin-tailed Whydah, Great Cormorant, Pied & Malachite Kingfishers, & sunbirds. We shall also visit the Mummification Cave Island on Lake Mutanda which was the main burial place of the Bahinza. After lunch, visit Lake Chahafi and enjoy with breathtaking scenic views. Lake Chahafi is about just 20km from Mountain Muhavura, Mgahinga and Sabinyo and less than 20km from the Mgahinga Gorilla.
Spend a night at the lodge around the Lake and enjoy the camp fire.

Day 3. Visit Kisizi waterfalls and proceed to Lake Bunyonyi
You will have an early breakfast and as you transfer to Kisoro, you will visit the churchill view point, Kisoro Museum and later go to Lake Mutanda. This beautiful fresh water lake is located in the mountainous landscape north of Kisoro near Bwindi Impenetrable Forest. The lake has 15 islands that are barely touched. The biggest island, named after the lake, is Mutanda Island. From the lake you can get views of the Virunga volcanoes and papyrus swamp. The clients will take part in canoeing and bird watching of Pin-tailed Whydah, Great Cormorant, Pied & Malachite Kingfishers, & sunbirds. We shall also visit the Mummification Cave Island on Lake Mutanda which was the main burial place of the Bahinza. After lunch, visit Lake Chahafi and enjoy with breathtaking scenic views. Lake Chahafi is about just 20km from Mountain Muhavura, Mgahinga and Sabinyo and less than 20km from the Mgahinga Gorilla.
Spend a night at the lodge around the Lake and enjoy the camp fire.

Day 4. Transfer to Queen Elizabeth national park (290km)
After the early morning breakfast, we shall transfer to Queen Elizabeth national park (290km)
to Queen Elizabeth National park where we shall check into our preferred lodge around the northern side of the park, have lunch and later head out for an evening boat cruise on MV Kazinga while watching wildlife and the sun setting in the horizons, the cruise lasts two hours and run three or four times a day. This gives the visitor the chance to cruise just meters from hundreds of enormous hippos and buffalos while elephants linger on the shoreline. An average of 60 bird species can be spotted during the trip. On this cruise we shall have some amazing photo moments, sight of the wildlife on the water and an incredible sunset along the Kazinga channel. We shall enjoy the lodge’s night life around the camp fire. Sing and dance the night away.

**Day 5.** Have a morning game drive on your way back to Kampala. We shall have our last breakfast and packed lunch then head out for an early morning game drive and transfer back to Kampala.

NB, This itinerary is very flexible and depending on your core passions and interest, your travel consultant can customize it to meet your desired outcome.

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**Introduction**

The tourism industry in Uganda is mainly nature based and in the southwestern region of the country, you are bound to find some of the best national parks with a range of wildlife species both birds and animals. On this trail, you will also have a chance to visit our amazing mountain gorillas which are only found in 3 countries around the world. We are going to notice great change in the landscape as we go further to the south west of the country.

**Trip summary**

- **Day 1.** Transfer to Lake Mburo National park with a stopover at the Equator
- **Day 2.** Transfer to Queen Elizabeth National Park
- **Day 3.** Have a game drive, visit Kyambura gorge and transfer to Bwindi.
- **Day 4.** Bwindi Impenetrable forest
- **Day 5.** We transfer back to Kampala. Best time. Any time of the year but especially between November and March

**Recommended Cloths.** Warm jackets, sweaters, hiking shoes and gloves for Kabale-Kisoro region, light cloths the parks, shorts and long sleeves.

**DAY 1.** Transfer to Lake Mburo National park with a stopover at the Equator

From the starting point in Kampala you drive on Masaka road to the Equator point for the water bucket experiment, photography and bath room break. It’s a good place for coffee, eats and curio shopping and toilet break. Then we shall go to Lake Mburo National Park which is a gem of a park. Though the park is just 370sq km in size, its landscapes are varied and even a short drive is alive with interest and color. You will pass gallery forests, open savannah and acacia woodland, rocky kopjes, seasonal and permanent swamps, and open water as you search for the wealth of wildlife they support like Zebras, Impalas, waterbucks, bushbuck, and many others. We shall go for a game drive as we head to our lodge for lunch and later have a boat cruise on Lake Mburo
or go for horseback riding around the park with the support of a paid UWA ranger for security. And later head back to our lodge for dinner and a camp fire.

**Day 2. Transfer to Queen Elizabeth National Park**
After the early breakfast, you transfer to Queen Elizabeth national park which boasts the highest biodiversity ratings of any game reserve in the world. This is evidenced by the presence of open savannah, rainforest, dense papyrus swamps and brooding crater lakes, and the vast Lake Edward. Queen Elizabeth national park has almost 100 mammal species and a remarkable 612 bird species hence making it a superb safari territory, with elephant, a profusion of hippos, the elusive giant forest hog and handsome Uganda Kob all regularly sighted around the tourist village on the Mweya Peninsula - which also boasts a marvelous waterfront setting in the shadow of the Rwenzori Mountains. We shall get to the park just in time for lunch and check into our preferred lodge where we shall have dinner and prepare for the long day a head.

**Day 3. Have a game drive, visit Kyambura gorge and transfer to Bwindi.**
After having breakfast, we shall drive south of Queen Elizabeth National park and it can be a self-guided game drive only if you know the tracks in the park. Otherwise you can pay for a trained guide ranger from UWA at any entrance point. This game drive gives high chances of sighting Zebras, Impalas, water Bucks, BushBucks, the big four (Lions, Buffalos, Elephants, Leopards) and more kobs. Because Queen Elizabeth is gifted by nature, we shall proceed to Kyambura and Kicwamba to view crater lakes you will also visit the twin lakes and lake Rutoto which is shaped in the map of Africa. Plan your lunch and visit Kyambura gorge for afternoon Chimpanzee tracking experience. While in this area look out for the great views of Mt. Rwenzori the mounts of the moon. After this we shall have to drive to Buhoma where we shall check into our lodge have dinner and prepare for the long day a head.

**Day 4. Bwindi Impenatibile Forest**
After having breakfast with packed lunch and water in hand, we shall assemble at the park offices for the briefing prior to this historic event. Gorilla tracking is a very captivating activity; it might take 1-8 hours which involves walking in the wilderness in search of these gentle giants. Gorilla Tracking can be a challenging activity, therefore ensure physical fitness. Eight people are permitted per group per day. On occasions the Gorillas prove elusive but often can be found within an hour by the tracker guides. It is a wonderful experience to stare in to the eyes of these gentle giants; watch them in awe as they play and go about their daily activities. Gorilla Tracking is indeed a “once in a lifetime” experience that you must never miss. Each encounter with the gorillas is different and has its own rewards, but you are likely to enjoy the close view of adults feeding, grooming and resting as the youngsters frolic and swing from vines in a delightfully playful display. We shall head to the ranger post for the start of our gorilla tracking. The tracking experiences has so far the most sought after tourism product we have in the country thus the need to embark on it.

**Day 5. We transfer back to Kampala**
After breakfast drive back to Kampala with some stop overs for lunch and crafts shopping the best memories.

NB, This itinerary is very flexible and depending on your core passions and interest, your travel consultant can customize it to meet your desired outcome.
LISTINGS

MASAKA

AMBIANCE DISCO DECQUE
It’s a great happening place for those who would like to indulge into night life when in Masaka town. Located on Broadway Rd, Masaka Uganda.
Tel: +256 756 603761

GATORS CAFÉ (STOP OVER)
Located at Jalia City Buyaya, along Masaka Road. Opens from Monday-Sunday: 6am-10pm
Email: info@gators.cafe
Tel: +256(0)789695212 or +256(0)702009649

CLUB TAVERN KICK
Perfect for entertaining clients, incredible nights or just a spontaneous visit. Here you can enjoy wide range of drinks. Located along Mbarara Road Kyabakuza, Masaka district.
Email: info@tavernkick.club
Tel: +256758966903

BUFFALO RESORT
Perfect place for relaxing and hanging out when in Mbarara. Best known for its pork delicious dishes, muchomo, entertainment and drinks.
Tel: +2563292829250, +256777188418

ISHANYU FOOD CENTRE AND TAKE AWAY
Opposite Buffalo Resort; this place offers variety of local foods and roasts.
Tel: 0392178444

JB’S LOUNGE
Located along Masaka-Mbarara Road
Tel: +256701344444, +256755181674, +256788660494
Web: tavernkick.club

Mbarara

BAGUMA RESTAURANT
The restaurant offers variety of tasty local cuisines one can enjoy at an affordable price like Kalo, matooke, beef stew, eshaabwe, bushera among others.

CALABASH CAFÉ
Buremba Road, Mbarara +256782275585

BUFFALO RESORT
Perfect place for relaxing and hanging out when in Mbarara. Best known for its pork delicious dishes, muchomo, entertainment and drinks.
Tel: +2563292829250, +256777188418

Vegas Club, Golf Supermarket & Hotel
This is a great happening place with variety of drinks and great music for one who would like to have a great night life in Mbarara.
Tel: +256702974729

DESSERT LOUNGE
+256702967431

SIGNATURE PREMIUM
This is fantastic spot for one looking to have a great night life in Mbarara. It has fully stocked lounge, sports bar, restaurant and grills.
Tel: +256778415015

NTUNGAMO

KAMA INN
+256701299839

KIHURURA RESTAURANT AND HOTEL

CHOOED STANDARD RESTAURANT

KARIHUA MILK BAR AND RESTAURANT

RUKUNGIRI

ROBATHY HOTEL
Rukungiri - Kanungu, 0777 732572

SMART PUB AND PORK JOINT
0787 098600

PRAISE HOT POT HOTEL
+25671076870

RESTAURANT IN SOUTH WESTERN UGANDA

MOONLIGHT RESTAURANT AND TAKEAWAY
Mbarara- Masaka Road
+256779494447

SHAHEEN RESTAURANT
Mbarara
+256752786888

CAFE HAVANA
Mbarara- Masaka Road
+2567679494447

SHUHEEN RESTAURANT
Mbarara
+256752786888

Nakumatt Mbarara,
Buremba Road
+256752786888

SMART PUB AND PORK JOINT
0787 098600

PRAISE HOT POT HOTEL
+25671076870

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CHOSEN STANDARD RESTAURANT

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ROBATHY HOTEL
Rukungiri - Kanungu, 0777 732572

SMART PUB AND PORK JOINT
0787 098600

PRAISE HOT POT HOTEL
+25671076870
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<td><strong>CREAM RESTAURANT</strong></td>
<td><strong>CAFÉ BEA</strong></td>
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<tr>
<td>Located in Kabale district along Kabale- Kisoro road. It offers hot and cold beverages with variety of foods and snacks. It also has a bar section offering variety of alcoholic drinks. Tel: +256775775755/ <a href="mailto:cafebeakabale@gmail.com">cafebeakabale@gmail.com</a></td>
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<td><strong>CAFÉ BARISTA</strong></td>
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<td></td>
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<tr>
<td>Kisoro Road, Kabale (U)</td>
<td>+256795268622</td>
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**HOTELS IN MASAKA**

**HOTEL BROVAD**
(High end) (125 Rooms)

www.hotelbrovad.com
Tel: 0772425666/0752425666
P.o Box 556 Plot 6 Circular Road, Masaka, Uganda
administrator@hotelbrovad.com
hotelbrovad@utlonline.co.ug

Activities
Swimming
Conference facilities
Health club

**MAPLE LEAF HOTEL**
(High end) (27 self-contained rooms, 9 executive rooms, 11 double/single rooms, 7 twin rooms)
Tourist Services Directory for South Western Uganda

VIENNA GOLDEN HOTEL
(Mid-Range) (100 rooms)

Phone: +256 (0) 200 901 190
Email: info@mapleleafhotel.co.ug
www.mapleleafhotel.co.ug/

COURTYARD HOTEL
LYANTONDE
(High- end) 20 rooms

Located 2kms from Lyantonde Town along Mbarara- Masaka Road
courtyardhotel.net/about-us/
Telephone Number: +256787520536 +25670 454 56 49
Email: info@courtyardhotel.net,
booking@courtyardhotel.net

Activities
Guided tour to Lake Mburo National Park
Nature walks
Conference facilities
Swimming

MPOGO LODGE
High end 14 en-suite rooms and camping grounds

Located along Masaka-Mbarara highway, 14km from Lyantonde town in Nyakahita trading center
www.mpogosafarilodge.com,
Email: info@mpogosafarilodge.com
Tel: 0414253597, +256706725822

Activities
Guided tours in Lake Mburo National Park
Bird watching
Cultural experience
Camping
Boat cruise
Cycling activities

IGONGO COUNTRY HOTEL
High end, 52 guest rooms

Located 12km from Mbarara along Masaka-Mbarara Highway
Tel: +256(0)39-2-722828,
+256(0)39-2-722829
Email: reservations@igongo.co.ug
Web: https://www.igongo.co.ug
**Activities**
Conference facilities
Health club
Guided tour in the museum
Craft shop and bookshop
Cultural village tour

**HOTELS IN MBARARA**

**HOTEL TRIANGLE MBARARA**
(High end), 160 guest rooms

Website: [http://www.hoteltrianglembarara.co.ug](http://www.hoteltrianglembarara.co.ug)/
Telephone Number: +256 393240502, +256752871888, +256706730793

**Activities**
Conferences
Swimming
Spa and wellness

**AGIP MOTEL**
(Mid range)

Located near Mbarara town on Kampala-Masaka Highway, plot 34-46
Tel: +256-485421615, +256 77258366, +256 485420575
Email: reservations@agipmotelmbarara.co.ug,
agipmotel@utlonline.co.ug
Web: [www.agipmotelmbarara.co.ug](http://www.agipmotelmbarara.co.ug)
P.o Box: 1191 Mbarara

**LAKE VIEW RESORT HOTEL**
(High end) 70 rooms

Located on plot 129 along Fort Portal-Kasese Road in Mbarara district.
Tel: +256485422112, +256485421509, +256772071882
Email: lakeviewresorthotel@gmail.com
[www.lakeviewresorthotelmbarara.com](http://www.lakeviewresorthotelmbarara.com)

**KOSIYA HOTEL**
(Mid-range)

Plot 94-96, Ntare Road, Mbarara Uganda
Tel: 0775916004/0758547691
Email: rubaxmotel@gmail.com or info@rubaxmotel.com or bookings@rubaxmotel.com
Website: [www.rubaxmotel.com](http://www.rubaxmotel.com)

**RUBAX MOTEL**
(mid-range) 20 guest rooms

Plot 94-96, Ntare Road, Mbarara Uganda
Tel: 0775916004/0758547691
Email: rubaxmotel@gmail.com or info@rubaxmotel.com or bookings@rubaxmotel.com
Website: [www.rubaxmotel.com](http://www.rubaxmotel.com)
EMBURARA FARM LODGE

(High end lodge)

Located along Mbarara-Ibanda road, approximately one and a half kilometres from the Nyakyisharara airstrip.
Web: www.emburarafarmlodge.com
Email: info@emburarafarmlodge.com
Tel: +256-793-336644

ACTIVITIES
- Cultural experiences
- Family stays
- Conference facilities
- Excursions to Lake Mburo National Park, Queen Elizabeth National Park, Kibale National Park

ELEGANT HOTEL AND LOUNGE

(Budget) 16 rooms

Located in Ntungamo District,
Tel: +256704023485/ +256756170721

ACTIVITIES
- Cultural experiences
- Family stays
- Conference facilities
- Excursions to Lake Mburo National Park, Queen Elizabeth National Park, Kibale National Park

HOTELS IN KABALE

WHITE HORSE INN

High end, 60 guest rooms

Located on Makanga hill, in Kabale town just off the main road. It is a 10 minute walk of Kabale Golf Club and Kabale Regional Referral Hospital.
Web: www.whitehorseinnkabale.com,
Telephone Numbers: +256705809994/ +256779414342
Email: reservationwhi@gmail.com.

ACTIVITIES
- Sight seeing
- Quad biking
- Camping
- Nature walks
- Boat cruise

BIRD NEST RESORT

(high end) 15 rooms all with lake views. 7 cottages

Email: reservations@birdnestresort.com
Telephone Numbers: +256758402585 +256776252560

ARCADIA LODGES

(High end) 25 rooms and cottages

Tel: +256 785623366
Mobile: +256 772727955
arcadialodgesuganda@gmail.com

Website: https://www.arcadialodges.com/
Head office
Crane Plaza. 1st Floor
Room 19, Kisementi
John Babih (Acacia Avenue)
Kampala Uganda

ACTIVITIES
- Sight seeing
- Quad biking
- Camping
- Nature walks
- Boat cruise
Activities
Canoeing
boat cruise
bird watching
Batwa experience
Traditional and gospel dances
Gorilla tracking

BUNYONYI RESORT OVERLAND
(Mid-range) 10 safari furnished tents, 12 cottages, 2 family cottages, 4 guest rooms

HAWK’S EYE LODGE BUNYONYI (High end)

Activity
Volleyball
Badminton
indoor games
swimming
canoeing
boat-motor hire
bird watching
mountain biking
Fishing
community walks

Email: reservations@hawkseyelodge.co.ug
Web: https://hawkseyelodge.co.ug/
Telephone Number: +256793930000

Website: https://www.bunyonyioverland.com/
Email: resort@bunyonyioverland.com
Tel: +256 793930000

Activities
Nature adventures
zip lining
birding
bike tours
canoeing
hiking
island hopping
community visits
Fishing expeditions

Bird watching
Nature walks
Boat cruise
Mountain Gorilla trekking
Chimpanzee trekking
Zip lining

LAKE BUNYONYI ECO RESORT
(High end)

LAKE BUNYONYI ROCK RESORT
(Mid-range) 12 rooms (9 self-contained) 3 (non- self-contained)

Activities
Canoeing
Sight seeing

Email: info@lakebunyonyirockresort.net
Web: www.lakebunyonyirockresort.net
Kampala Head Office
Located at UMA Show grounds (Bwetwajja Building)
Tel: +256414372067, +256776280344
Island: +256392080344
Website: https://www.lakebunyonyiecoresort.com/

Activities
Nature walks and game viewing
Bird watching
Community visits
Canoeing
Boat cruise
Swimming
ON YOUR WAY TO KISORO

RUSHAGA GORILLA HAVEN’S LODGE
(Mid End) (16 Bedrooms)

P. O. Box 459 Kabale Uganda
10 Km from Nyanamo trading center
Tel: +256 788 871 046
Email: rushagagorillahavenslodges@gmail.com
Web: rushagagorillahaven.com/
Booking Office
Plot 14 Lugard Avenue, Entebbe
Tel: + 256 701192152
Email: rushagagorillahavenslodges@gmail.com

Activities
Gorilla tracking
Hiking
Sunset at bwindi
Bird watching
Batwa visits
Nature walks
The lodge has a great view of Bwindi Impenetrable Forest

NSHONGI CAMP
(Low End) (The camp has 4 traditional bands and camping site)

Tel: - 0774 231913
Email: nshongicamp@gmail.com
Web: nshongicamp.altervista.org/

Activities
Gorilla tracking,
Bird watching,
Guided Batwa visit,
Community walk,
Tea Plantation Tour,
Gorilla Dance,
Sighting of bush elephants and monkeys come close to the camp.
(Nshongi Camp is the perfect location to start your Gorilla tracking, in fact it’s the only place in Uganda and in the world where you can track FIVE different Gorilla Groups, Nshongi, Mishaya, Kahungye, Busingye, Bweza.

BRIDGES COUNTRY RESORT
(Mid-range) 15 rooms
Located along Mbarara-Masaka Rd
Tel: 0706704442
bridgesIncorporatedlimited@gmail.com

Services
Accommodation
Health club
Camping
Cycling
Hiking

GORILLA SAFARI LODGE
(High End) (18 Bedroomed Lodge)

Telephone Number:-0772 470260
Email: - reservations@gorillasafarilodge.com
Website:-https://www.gorillasafarilodge.com/

Activities
visit to the Batwa pygmies,
mountain biking,
guided community walks
And forest walks to the Bayenda Falls.
Gorilla Safari Lodge sits comfortably at the edge of the Bwindi Impenetrable Forest National Park, and is a 5 minute walk from the briefing point for gorilla trekking.

ICHUMBI GORILLA LODGE
(High End) (10 Cottages)
10 Minutes' Walk to Rushaga Gate, Bwindi Impenetrable Forest National Park,
Tel.:+256-788118233
+256-772500805, +256-772349040
Email:reservations@ichumbigorillalodge.com
Website: http://ichumbigorillalodge.com/

Activities
Rushaga forest walk
Community walk
Nature walk
Birding
Gorilla Tracking in Bwindi
In just 10 minutes' walk to Rushaga gate of Bwindi Impenetrable Forest, Ichumbi has a spectacular view of the park right from your room!

KARUNGI CAMP
(Low End) (5 Cottages Rooms and Camp Site)

Activities
Hiking
Meeting the artisans
Safari
Karungi Projects
Community walks
Visit Lake Bunyonyi And Lake Mutanda
Visit Mt. Nyirangongo, Congo
Karungi Projects
Karungi Camp's aim is to make as many small impacts in the community as possible. They intend to start with a few little projects, and have one or two of the neighbor's getting on board and join in. Hoping the effects will slowly ripple outward. The long term goal is to be a 'demonstration' lodge where locals can learn new techniques or see first-hand, that it is possible to have delicious chicken meat from the local chicken variety or grow tomatoes without having to spray them.

WAGTAIL ECO SAFARI CAMP
(Low End) Camp Site

Muko-Ruguburi Road
Ruguburi Town
Kisoro District, Uganda
Telephone Number:+256 (772) 682 718, +256 (779) 806 583
Email: Bookings@karungicamp.com
Web: Karungicamp.Com

Activities
Hiking
Nature walks
Gorilla trekking
Bird watching
Visiting the Batwa people

KISORO HOMELY
(Low End)

GOLDEN MONKEY GUEST HOUSE
(Low End) (8 Rooms)
Bunagana Road P.O Box 280
Kisoro, Uganda
Tel: +256 701 257647
Email: info@goldenmonkeyguesthouse.com
Web: www.goldenmonkeyguesthouse.com

VIRUNGA HOTEL AND CAMPSITE
(Mid End) (18 Rooms)
Mutanda Road, Kisoro Uganda
Telephone Number:0486 430109

SAFARI HOME STAY FOUNDATION
(Low End) (5 Rooms)
Telephone Number: 0772 695837
Email: safarihomestayfoundation@gmail.com
Web: http://www.safarihomestayfoundation.com
**MUTANDA ECO COMMUNITY CENTRE**
(Mid End) (10 Rooms)

Kisoro-Bunangana Road, Opposite Kisoro Municipal Offices, Kisoro, Uganda
Address: P.O. Box 280, Kisoro, Uganda
Telephone Number: +256782306973
Email: info@mcdou.org
Website: https://www.mcdou.org

**Activities**
- Boat Cruise, Conening
- Road Map to Lodges
- Punishment Island
- Mummification Cave

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**Mondi Longi Hotel**
(Mid-Range) (5 Cabins)
Accommodation Bar and coffee shop

Address: Building 2, Kisoro - Bunagana Rd, Kisoro
Telephone Number: 0706 348584

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**KISORO TOURIST HOTEL 2008**
(Mid-Range) (16 Rooms)
Address: Kabale-Kisoro Rd, Kisoro
Tel: 0775 577742,
Email: skybluehotels@gmail.com
Website: www.aboutuganda.com/kisorohotel.html

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**MUTOLERE LODGE**
(Mid-Range) (10 Rooms)

Plot 82, Kabuga, Kisoro
Telephone Number: +256393240395
Mobile: +256784456001
Email: res@ikorohotel.com
Website: www.ikorohotel.com

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**LAKE CHAHAFI RESORT**
(Mid-Range) (8 Cabin)

Lake Chahafi, Cyahafi, Kisoro, Uganda
P. o. Box 283, Kisoro, Kisoro Uganda
Tel: +256 782 754496
Email: info@lakechahafiresort.com

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**MUCHA LODGES**
Kisoro, Western Uganda
Telephone Number: +256 (0) 776 556 674, +256 (0) 705 845 010
Email: info@muchalodges.com
Website: www.muchalodges.com

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**IKOLO HOTEL**
(High End) (26 rooms)

Plot 82, Kabuga, Kisoro
Telephone Number: +256 0784 118050

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**CLUB HILLS KISORO**
Kisoro Town Mutanda Road after Umeme Office
Kampala, Uganda
Tel: +256 0784 118050
Activities
Gorilla Tracking
Golden monkey Tracking
Hiking Virunga Mountains
The Batwa Trail
Bird watching
Canoeing on Lake Chahafi
Sport Fishing
Guided Nature Trails
Swamp walk
The culture Trail

BWINDI RUHIJA

BROADBILL FOREST CAMP
(Low End) (4 En Suite Tents)

Activities
Gorilla Tracking
Nature Walking Safaris
Cultural Community Tours
Bird Watching Tours
Story Telling From Local Elders
Bicycle Tours
Volunteering
Volunteer at Charity Omushana, Sunshine for children www.omushana.org

GORILLA MIST CAMP
(Mid-Range) (12 Rooms)

Ruhija, Eastern Edge of Bwindi Impenetrable Forest, Kabale Uganda
Tel: +256 754 134875
www.broadbillforestcamp.com

Activities
Gorilla Tracking
Nature Walking Safaris
Cultural Community Tours
Bird Watching Tours
Story Telling From Local Elders
Bicycle Tours
Volunteering
Volunteer at Charity Omushana, Sunshine for children www.omushana.org

RUHIJA GORILLA LODGE BWINDI
(Mid-Range) (24 Rooms)

Kampala Office
Acactus Hotel Makindye, Luwafu Rd
Tel: +256758563577 | +256772563577
Email: info@gorillamistcamp.com
Web: www.gorillamistcamp.com

Activities
Gorilla tracking
Bird watching

TREKKER’S TAVERN COTTAGES
(Low End) (8 Rooms)

For Bookings:
Email:info@asyanuttours-safaris.com
Tel:+256 393 503 065/0712 187 411

Activities
Gorilla trekking
Nature walks
Community walks
Biking
Traditional dance from locals

Reservation Details
Telephone Number:+256 (0) 772 455 423, +256 771 438 131
Email:trekkerscottagesbwindi@gmail.com
Webs: www.trekkerstavern.com
BAKIGA LODGE
(Mid-Range) (10 Rooms)

Mubwindi Swamp in Bwindi Forest
Forest walks
Relax and take in the breathtaking
views at the lodge
Performances of dance and song by
local children
Community based activities:
Dancing, crafts, singing.
Visiting the trading centre and local
schools and orphanages
Bakiga Lodge is an ideal venue for
retreats and conferences.
The lodge managers show visitors
some of the water development
work its carried out in Ruhija.

Activities
Gorilla Trekking – permits are
required from UWA to track
Gorillas
The three Gorilla groups in Ruhija
are the Bitukura, Oruzongo and
Kyaguriro gorilla groups
Guided hikes in the Forest
Guided walk to the famous
Mubwindi Swamp in Bwindi Forest

Ruhija Trading Centre, Ruhija
Bwindi Impenetrable Forest
Telephone Number::: Emmy: +256
(0)774518421
Emmy: +256 (0)700113920
George: +256 (0)701179789
Email::info@bakigalodge.org
Website::http://bakigalodge.org

GORILLA FRIENDS
RESORT AND CAMP
SITE
(Low End)
(4 Furnished Safari Tents And 3
Twin Rooms)

Tel: - 0754323546
Email::bitarihorobert@gmail.com

Activities
Hiking and trekking
Birdwatching
Village walks
Cultural performances
Craft and curio markets
Wildlife viewing

CUCKOO LAND
TENTED LODGE
(Mid-Range) (4 Tents)

Activity
Gorilla trekking
Nature walks
Cultural visits with the locals

RIDE 4 A WOMAN,
BWINDI WOMEN’S
COMMUNITY CENTRE
(Mid-Range) (8-Enuite Rooms)

Activities
Cook traditional Ugandan dishes
Learn to pedal sew
Feel the rhythm of tribal dancing
Weave with the women

ANIMALIA GORILLA
LODGE AND
RESTAURANT
(Low End) (12 Tented Rooms)
Tourist Services Directory for South Western Uganda

Animalia Gorilla Lodge, Buhoma, Bwindi, Opposite Bwindi Community Hospital, Kanungu, Uganda
Tel: +256 782 121414
Email: animaliagorilla@gmail.com
Web: www.animaliahotel.com

Activities
Bird watching
Nature walks

**ENGAGI LODGE**
(High End) (8 Rooms)

Entebbe booking office:
Kimbla-Mantana, Entebbe, Uganda
Email: info@kimbla-mantanauganda.com
Tel: +256-41-4-320152 / +256-77-2-401391
P.O. Box 11060 Kampala, Uganda
Web: www.engagilodge.com

Activities
Gorilla trekking
Bird watching
Batwa experience
Tree climbing lions in Ishasha

**SANCTUARY GORILLA FOREST CAMP**
(High End) (8 Rooms)

Reservation
Email: reservations.kenya@sanctuaryretreats.com
Telephone Number: +254 20 2487374
Kampala Address
Plot 46 A Victoria Loop, 108
Lubowa P. O. Box 7799 Kampala, Uganda
Website: http://www.sanctuaryretreats.com

Activities
Gorilla Tracking
Batwa Tribe Experience
Birding Walks
Forest Walk
Queen Elizabeth National Park Drives
Community Walk

**SLIVER BACK LODGE**
(High End) (12 rooms)

Kampala Booking Office
Marasa Central Reservations

**BWINDI LODGE VOLCANOES**
(High End) (9 Bandas, 1 Deluxe)

Ugandan Lodges Sales Office
Mobile: +256 772 741 720
Tel: +256 (0) 414 346 464
Email: enquiries@volcanoessafaris.com
Web: https://volcanoessafaris.com
Activities
Gorilla tracking
Bwindi bar
Tea processing
Birding
Bwindi community hospital

**Bwindi View Lodge**
*(Low End) (8 Guest Houses)*

Tel: +256 773 131 335 (WhatsApp)
+256 772 530 520 / +256 752 229 224
Email: bwindiviewlodge@gmail.com
Web: https://bwindiviewlodge.com/

**Buhoma Community Rest Camp**
*(Low End)*
6 well-furnished and self-contained (en suite) safari tents, 3 self-contained cottages, and 2 non-self-contained twin cottage bandas, 6-bed dormitory as well as several camp sites

Buhoma Community Rest Camp:
Tel: +256 (0)772-384965
Email: buhomacommunity@yahoo.com
Web: www.buhomacommunity.com

**BuHomA Lodge**
*(High End) (10 Ecofriendly Wooden Chalets)*

Reservations office
Email: reservations@ugandaexclusivecamps.com
Tel: +256 772 721 155
Office: +27 (0) 11 702 2035
Office cell: +27 (0) 72 927 7529

**Ruhondeza Lodge and Camp** *(Mid-Range)*

Ruhondeza Silverback Lodge
Tel: +256 782 769546 / 256 773 465938 / 256 758 695643
Email: ruhondezasilverbackcampsite@yahoo.com
Web: https://ruhondezalodge.com

**Activities**
Batwa cultural experience
Bwindi village walk
Ride a woman
Forest walk

**Activities**
Mountain Gorilla Tracking
Buhoma Community Village Walk
Batwa Tradition
Bwindi Community Hospital Tour
Gorilla Research Clinic Tour
Nature Walks in Bwindi
Impenetrable National Park
Birdwatching
Massage Therapy

**Activities**
Cooking Experience
Gorilla Trekking
Community Walk
Nature Walk

Nature trail from the site down to the river and forest. Sit near the waterfall. And be at one with nature – you may even see the famous Mountain Gorillas on the slope on the opposite bank. Further along the river you can sometimes see animals come to graze. And walk right up to the edge of the forest.

A short walk through the tea plants takes you to the river and forest. Sit near the waterfall. And be at one with nature – you may even see the famous Mountain Gorillas on the slope on the opposite bank. Further along the river you can sometimes see animals come to graze. And walk right up to the edge of the forest.
Birding
Rushura Hill Hike
Motorbike safaris

The Crested Crane Bwindi Hotel
(Mid-Range) (10 Rooms)

Activities
- Gorilla Trekking in the Bwindi Impenetrable Forest
- Bird Watching - The Grey Crowned Crested Cranes
- Safaris to the Queen Elizabeth National Park
- Community Interactions
- Mountain Hiking
- Camp Fires

ACCOMMODATION IN KANUNGU, KIHIHI AND QUEEN ELIZABETH NATIONAL PARK

Kanungu

Kanungu Resort Hotel
(mid-range) (12 Rooms)
Located 200m away from Kanungu district Headquarters alongside Rugyeyo road
Tel: - 0781 489300
Email: - kanunguresort@gamil.com

Savannah Resort Hotel
(high end) (32 Grass Thatched Bandas, 10 Standard Rooms and 2 Deluxe Suites)

Activities
- Gorilla tracking in Bwindi Impenetrable Forest National Park,
- Safari drives to discover the vast array of animals in Queen Elizabeth National Park,
- Bird Watching and the ideal ambience for rest and recreation

The Farmers Lounge
(Mid-Range) (11 rooms)

Activities
- Farmers Lounge operates a farm called Bwanga Farm that has the following animals and birds’ fish, ducks, chicken, pigs, goats and zero grazing cattle. Visitors can take a tour of the farm where they learn different maintenance

The Hotel also boasts an 18 hole golf course for both the avid and casual golfer.
- Swimming
- Nature walks

Kampala Office:
Telephone:+256 414 252 253, +256 753 486 207/8
4th Floor, Nakawa House, Nakawa, Kampala
Tel: +256 751 382 916, +256 777 076 086
P. O. BOX 30, Kihiihi, Kanungu, Uganda
Email: - reservations@savannahresorthotel.com
Website: - https://savannahresorthotel.com/res
activities and participate in the daily upkeep of the animals. Conferences facilities

Kigezi Forest Cottages
(Mid-Range) (11 Cottages)

Kigezi Forest Cottages
(Bukoto Kisasi Road Plot 1918 Kampala, Uganda E.A. info@kigeziforestcottages.com
Call: +256 (0) 200 902 394
Head Office Kampala +256775600068
Website: https://www.kigeziforestcottages.com/

Kigezi Forest Cottages
(Bukoto Kisasi Road Plot 1918 Kampala, Uganda E.A. info@kigeziforestcottages.com
Call: +256 (0) 200 902 394
Head Office Kampala +256775600068
Website: https://www.kigeziforestcottages.com/

Kigezi Forest Cottages
(Bukoto Kisasi Road Plot 1918 Kampala, Uganda E.A. info@kigeziforestcottages.com
Call: +256 (0) 200 902 394
Head Office Kampala +256775600068
Website: https://www.kigeziforestcottages.com/

Kigezi Forest Cottages
(Bukoto Kisasi Road Plot 1918 Kampala, Uganda E.A. info@kigeziforestcottages.com
Call: +256 (0) 200 902 394
Head Office Kampala +256775600068
Website: https://www.kigeziforestcottages.com/

Activities
Swimming
Fishing
Nengo Experience
Queen Elizabeth Game Drive
Conference facilities

Kihihi

Kihihi West
Land Inn
(Low-End) (20 Rooms)
Kihihi, Uganda Telephone Number: + 256 (0) 392-905978 + 256 (0) 776-905978. +256 (0) 774935306

Star Hotel Kihihi
(Low End) (11 Rooms)
Telephone Number: - 0754253719

Goro Cottages
(Mid-Range) (21 Cottages)

Tel: +256 200 900808
Email: bookings@gorocottages.com
Web: www.gorocottages.com/

Activities
Gorilla trekking in Bwindi
Impenetrable Forest National Park
Mountain climbing of the Rwenzori, which is about 45Km away from the cottages.
Visiting Queen Elizabeth to see the tree climbing Lions
Other sites worth visiting include Lake Katwe, Lake Albert and Lake George. As well as the Copper mines in Kilembe.

Queen Elizabeth
National Park
Accommodation in Ishasha

Ishasha Topi Lodge
(Mid-Range) (3 Rooms)

Ishasha Topi Lodge is located at the edge of the Ishasha sector of Queen Elizabeth NP (in the direction of Kihihi). A 3.5 km drive from the Southern gate. The lodge is part of the chain Woodland Lodges managed by Mamaland Safaris:
Tel /WhatsApp: - +256 702 747 758
Email: info@woodlandlodgesug.com
Kampala Booking office:- Mamaland Safaris Kansanga Kiwafu road (off Gaba rd) P.O. Box 28645 Kampala Web:-www.toplodgeishasha.com

Activities
Game-drives in Ishasha through our safari company Mamaland Safaris
Gorilla trekking, hiking Rwenzori Mountains,
Chimps trekking,
Community walks,
Crater lakes experience

Ishasha Wilderness Camp
(High End) (10 Canvas Tented Rooms)
The lodge is operated by Wild Frontiers Uganda
Kampala Office bookings-Safari
Bookings
E: reservations@wildfrontiers.com
Tel: +27 (11) 702 2035 or +27 (0) 72 927 7529
Website: www.wildfrontiers.com
Camp Bookings
Email: exclusivecamps@wildfrontiers-uganda.com
Telephone Number: +256 772 721 155 +256 414 321 479

Activities
Hot air balloon rides
Explore the camp on foot in search of the Narina Trogon and Black Bee eaters, two of the camp’s rarer bird species.
Savour Ishasha’s vast vistas and the atmosphere of this beautiful area of the park with a bush breakfast or late afternoon sundowner besides the Ntungwe River or along the ridge
Guided walks along the Ishasha River for close-up viewing of hippos can be arranged with National Park staff
The lodge supports the Ishasha Community Uplift Project which was voted Best Community Tourism Initiative 2015 for developing Deo’s Homestead Tour and Agartha’s ‘Taste of Uganda’ Tour, a short drive from the camp. Meet the people of Ishasha and see how the farming community lives beside the National Park

Enjojo Lodge
(Mid-Range) (8 Cottages, 8 Tents, 3 Bamboo Huts, Camp Site)

Telephone: +256 (0) 758 880 521
Email: info@enjojolodge.com

Activities:
Game drives
Bush breakfast in the park
Bush camping in the park
Morning/evening visit to Rwenshama Fishing Village
Birding at Enjojo Lodge
Fishing
Nature walk
Community walk and bicycle tours
Open-roof safari land cruiser (nicknamed “da monsta”)

Ishasha Jungle Lodge
(Mid-Range) (9 Rooms)

Kampala Booking Office
Uganda Jungle Lodge Ltd
Robert Mugabe Plot 2B

Ishasha Tree Climbing Lions View Lodge
(Mid-Range) (41 Rooms)

Plot 1 Kameme - Road Katokye-Kameme Road, Kihihi, Uganda
Tel: +256 (0)772 661854
Email: info@treeclimbinglionslodge.com
Web: www.treeclimbinglionslodge.com
Activities
Live music/performance
Happy hour
Bike tours Additional charge
Walking tours Additional charge
Pub crawls
Evening entertainment
Bikes available (free)
Hiking Additional charge
Games room

P. O. box 99, Kasese, Uganda
Lodge Landline: +256 392 796773
Lodge Mobile: +256 752 798882
Reservations: +256 312 260260,
Email: reservations@marasa.net
Kampala Reservations Office

Marasa Central Reservations
Plot 96-98, 5th Street Industrial Area
P.O. Box 22827 Kampala, Uganda

Activities
Birding
Safari Drive
Water Safari
Chimpanzee Trekking
Katwe Explosion Crater
Culture Talk
Tree-Climbing Lions
Gorilla Trekking
Bush Breakfast
Pelican Point

Mobile +256 772 741 720
Telephone Number:-: +256 (0) 414 346 464
email:-enquiries@volcanoessafaris.com
Web:-https://volcanoessafaris.com

Activities
Chimpanzee tracking at Kyambura
Gorge Lodge and Kalinzu Forest.
Game drives in Queen Elizabeth
National Park.
Tree climbing lions.
Kazinga Channel Boat Cruise.
Hike the Ruwenzori Mountains.
Visit the Kyambura Coffee
Processing and Café.

Outside The Park
Accommodation
Volcano Lodge
Kyambura Gorge (8Bandas) (High end)

Kyambura Gorge
Eco-Tourism Project
The Kyambura Gorge Eco-tourism
Project. The lodge operates the
Kyambura Gorge Eco-tourism
Project and in 2009 started
new activities to safeguard the
Kyambura Gorge ecosystem.
The Volcanoes Safaris and
Volcanoes Safaris Partnership
Trust is the single largest
stakeholders in the Gorge
ecosystem after the Ugandan
Wildlife Authority. Without the
intervention of VS and VSPT, the
survival of the gorge and chimps
would be under severe threat.
Through activities and the strategic
assembling of four adjoining sites
next to the Gorge over the last
ten years, the VSPT helps to link
Kyambura Gorge Lodge to the
local community and promotes
sustainable eco-tourism and
conservation in one of the most
important areas for avian, primate
and wildlife biodiversity in Africa.
Initiatives include not only those
listed below but also a series of
smaller projects with the local
schools, teaching them of the
benefits of tourism and the natural
value of the wildlife diversity in the
area.

The Activities Include
Kyambura Gorge Buffer
Chimpamzee Naming Ceremony
Kyambura Women’s Coffee
Cooperative
Kyambura Dance Group
Kyambura Community Café
Kyambura Community Playground
Rusty Roof Exchange
Bee-Keeping Training and Fences
Tree Nursery and Reforestation
Project
Kyambura Wetland Restoration

Simba Safari Camp
(low end) (70 beds including
family cottages, twin rooms and
dormitories).
**Voyager Equator Lodge**  
(low end) (7 Rooms and Camp Site)

1.2 km on Kikorongo (Equator) Road, Mpondwe  
Tel: 0772 430256  
https://www.facebook.com/VoyagerEquatorLodge/?ref=page_internal

**Activities**

- Game drives in the Kasenyi Plains  
- Wildlife viewing at Mweya Peninsula  
- Boat safari on the Kazinga Channel  
- Exploration of the Crater Lakes  
- Chimp tracking in Kyambura Wildlife Reserve  
- Finding tree climbing lions in Ishasha  
- Cross the Equator

**Elephant Plains**  
(10 rooms) (High end)

Kampala Booking Office  
Uganda Lodges  
Mutungo Hill, Plot 1001 block 243, Biina Road  
P.O. Box 33024  
Kampala, Uganda  
Tel: +256 (0) 393-267153  
Mob: +256 (0) 701-426368  
Mob: +256 (0) 776-411316  
Email: info@ugandalodges.com / cro@ugandalodges.com  
Web: https://ugandalodges.com

**Activities**

- Game drives in the Kasenyi Plains  
- Wildlife viewing at Mweya Peninsula  
- Boat safari on the Kazinga Channel  
- Exploration of the Crater Lakes  
- Chimp tracking in Kyambura Wildlife Reserve  
- Forest Walks in Maramagambo Forest  
- Finding tree climbing lions in Ishasha  
- Cross the Equator

**Hostel Wild Tracks Over lander Camp**  
(Low End) (3 Cabins, Campsite)

Mpondwe Road, Queen Elizabeth National Park Uganda  
Teddy: +256 (0) 701317476  
David: +256 (0) 772619804  
Email: info@wildtracksafaris.com  
Website: http://www.wildtracksafaris.com/contact-us/
Activities
Boat trips on Kazinga Channel
Chimpanzee-tracking in the
Kyambura gorge
Nature walks in the dark
Maramagambo forest
Cave
Birding
Game drives through the national park
Cultural Heritage and Village Tours

Elephant Home and Camp Site
(Low End) (3 Rooms and camp site)

Marafi Safari Lodge
(12 Cabins, Tents, 4 Dormitories)  
(Mid End)

Activities:
Bodaboda safari
Kikorongo village walk
Traditional dance
Crafts making workshop
Village hill trek
Cotton growing tour

 actividades.html

Matt – +256 (0) 775 941 189
Tino – +256 (0) 784 056 831
Bookings
Email: Bookings@marafikisafaris.com
Tour Enquiries
Email: info@marafikisafaris.com
Web: www.marafikisafaris.com/activities.html

Activities
Land Safari
Boat Safari
Kyambura Gorge
Crater Lake Exploration
Cross the Equator
Cultural Village Walks
Tree Climbing Lions of Ishasha

Ihamba Lakeside Safari Lodge
(10 Rooms) (mid-end)

Kampala Booking Office
Amandinda House, First Floor Rm 18
Parliament Avenue, App. Farmers House
Email: info@ihambasafarilodge.com
Tel: +256 393 513 675 / +256 705 555 056

Web: www.ihambasafarilodge.com

Kampala Booking Office
Dewinton Road, Theatre House
Plot 5 F7 P.O.Box 2599 Kampala, Uganda
Email: bookings@kikorongosafarilodge.com
Website: https://kikorongosafarilodge.com
Tourist Services Directory for South Western Uganda

Tourist Services Directory for South Western Uganda

Activities
Bush Experience Splendor
Morning Sunrise Game Drive
Boat Ride Kazinga Channel
Breakfast in the Park
3 Nights Wonder in the Wild
Picnic Thembo Falls Hike & Swim
Breakfast in the Park
Breakfast in the Park
Ishasha Tree Climbing Lions

Katunguru Buffalo Lodge (17 Rooms) (High End)

Kampala Reservations Office
Plot 475 Tal Cottage Road,
Off Kabusu Road, Kampala
Email: bookings@savannahlodges.com
Telephone: +256 772 378565
Web: www.buffalolodge.ug

Activities
Bush Experience Splendor
Morning Sunrise Game Drive
Boat Ride Kazinga Channel
Breakfast in the Park
3 Nights Wonder in the Wild
Picnic Thembo Falls Hike & Swim
Breakfast in the Park
Breakfast in the Park
Ishasha Tree Climbing Lions

Nature Lodges the Bush Lodge (Mid-End)
(10 Non-Self-Contained Tents. Two Self Contained Tents, 12 Self-contained Bandas)

Tel: +256312294894 / 770532881
Email: booking@naturelodges.biz
Web: www.naturelodgesuganda.com/

Activities
Game Drives
Launch Trip
Birding

Chimpanzee Trekking in Kyambura Gorge
Salt Crater Lakes
Wildlife Research Tours

Engiri Game Lodge and Camp (mid-end) (7 cottages, tents and campsite)

Queen Elizabeth NP., Fort Portal – Mpondwe Rd, Rubirizi, Uganda.
Tel: 039 4812915
Email: info@engirigamelodge.com
Web: www.engirigamelodge.com/

Engiri Game Lodge and Camp

Activities
Bird Watching
Campfire and goat roasting
Chimpanzee tracking in Kyambura Gorge

Albertine Valley Lodge (5 rooms)

Queen Elizabeth National Park, Kichwamba Uganda
Tel: 039 4812915
Email: albertinevalleylodge@gmail.com
Email: info@albertinevalleylodge.com
Web: albertinevalleylodge.com

Albertine Valley Lodge

Activities
Bird Watching
Campfire and goat roasting
Chimpanzee tracking in Kyambura Gorge
Crater lakes and underground cave visits
Sundowner boat cruise on Kazinga Channel
<table>
<thead>
<tr>
<th>BANKS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABC Capital Bank Limited</strong></td>
</tr>
<tr>
<td>Colline House Plot 4</td>
</tr>
<tr>
<td>Pilkington Road</td>
</tr>
<tr>
<td>PO Box 21091 Kampala</td>
</tr>
<tr>
<td>+256 414 230 141/ +256 414 230 136</td>
</tr>
<tr>
<td>Swift: CAIEUGKA</td>
</tr>
<tr>
<td>Email: <a href="mailto:cibugi@infoom.co.ug">cibugi@infoom.co.ug</a></td>
</tr>
<tr>
<td>Web: <a href="http://www.cairointernationalbank.co.ug">www.cairointernationalbank.co.ug</a></td>
</tr>
</tbody>
</table>

| **Bank of Baroda**               |
| Plot 18, Kampa Road              |
| PO Box 7197 Kampala              |
| +256 414 236 192/ +256 414 236 192 |
| Swift: BARBUGKA                  |
| Email: kampala@bankofbaroda.co.ug |
| Website: www.bankofbaroda.ug    |

| **Bank of Africa Uganda Ltd.**   |
| Plot 45, Jinja Road              |
| PO Box 2765 Kampala              |
| Tel:+256 414 302 001             |
| Swift: AFRIUGKA                  |
| Email: feedback@boauganda.com    |
| www.boauganda.com               |

| **Bank of India (Uganda) Ltd.**  |
| Plot 57, Jinja Road              |
| +256 312 400 437/ +256 414 341 880 |
| Email: BOIUGanda@bankofindia.co.in |

| **Cairo International Bank**    |
| Plot 30 Kampalla Road            |
| PO Box 7052 Kampalla (U)         |
| +256 414 230 141/ +256 414 230 136 |
| Swift: CAIEUGKA                  |
| Email: cibugi@infoom.co.ug       |
| Web: www.cairointernationalbank.co.ug |

| **Diamond Trust Bank Uganda Limited** |
| Plot 17/19, DTB Centre.          |
| Kampalla Road                    |
| PO Box 7155, Kampalla            |
| +256 312 318 700/ +256 312 318 700 |
| Swift: DTEUGKA                   |
| Email: info@dtbuganda.co.ug      |
| Web: dtbfinancial.com            |

| **Commercial Bank of Africa (Uganda) Ltd** |
| Tide Towers, Plot 10 Kafu Road, Nakasero – Kampalla. |
| PO Box 74827 Kampalla (U) +256 312 318 4000 |
| Email: Samuel.odedeke@cbagroup.com |
| www.cbagroup.com                 |

| **Centenary Rural Development Bank Ltd** |
| Head Office, Mapeera House        |
| Plot 44-46 Kampalla Road          |
| +256 414 346 956/ +256 414 251 273 |
| Swift: CERBUGKA                   |
| Email: info@centenarybank.co.ug   |
| www.centenarybank.co.ug          |

| **Citibank Uganda Ltd**          |
| Centre Court Plot 4              |
| Ternam Avenue                    |
| PO Box 7505 Kampalla             |
| +256 312 305 500/ +256 414 340 626 |
| Swift: CITUGKA                   |
| Web: www.citigroup.com           |

| **DFCU Bank**                    |
| Plot 36 Kadondo Road             |
| Tel: 0414 330000                 |
| Swift: DFCUGUKA                  |
| Email: Customercare@dfcugroup.com |
| Web: www.dfcugroup.com           |

| **Guaranty Trust Bank (Uganda) Limited** |
| Plot 56, Kira Road               |
| PO Box 7323, Kampalla (U)        |
| +256 417 718500/ +256 414 231 833 |
| N/A Swift: GTBUGKA                |
| Email: info@gtbank.co.ug         |
| Web: www.gtbank.co.ug            |

| **Housing Finance Bank Ltd**     |
| Investment House, Plot 4.        |
| Wampewo Avenue, Kololo           |
| +256 414 259 651/ +256 414 341 429 |
| Swift: HFINGUKA                  |
| info@housingfinance.co.ug        |
| www.housingfinance.co.ug         |

| **KCB Bank Uganda Limited**      |
| Sixth Floor, Commercial Plaza,   |
| Plot 7 Kampalla Road,            |
| PO Box 7399 Kampalla             |
| +256 417 118 200/ +256 417 154 600 |
| Swift: KCBUGKA                   |
| Email:KCBankCentreU@kcb.co.ug    |
| Website:kcbbankgroup.com         |

| **NC Bank Uganda Limited**       |
| Rwenzorri Towers                 |
| Plot 4/6, Nakasero Road          |
| Box 28/107 Kampalla              |
| +256 312 388100/ +256 312 388155 |
| +256 417 337100/ +256 414 342 875 |
| Swift: NINGUKA                   |
| Email: info@nc-bank.co.ug        |
| Website: www.nc-bank.co.ug       |

| **Orient Bank Ltd**              |
| Orient Plaza, Plot 6/6A          |
| Kampala P.O.Box 3072             |
| Kampala                          |
| +256 417 719 101/+256 414 341 429 |
| Swift: ORINUGKA                  |
| Email: mail@orient-bank.com      |
| Web: www.orient-bank.co.ug       |

| **Stanbic Bank Uganda Ltd**      |
| Crested Towers, Short Tower      |
| 17 Hannington Road              |
| PO Box 7131 Kampala              |
| Uganda                           |
| +256 417 154 600/ +256 312 224 600 |
| +256 414 231 116/ +256 414 230 608 |
| Swift: SBICUGKA                 |
| Web: www.stanbic.com            |

| **Standard Chartered Bank Uganda Ltd** |
| Plot 5 Speke Road Branch,        |
| PO Box 7111 Kampala              |
| +256 200 524 100/ +256 313 294 100 |
| +256 414 342 875/ +256 414 231 172 |
| Swift: SCBLUGKA                  |
| Email: Ug.Service@sc.com         |
| Website:www.sc.com/ug            |

| **Tropical Bank Ltd**            |
| Plot 27 Kampalla Road            |
| PO Box 9485 Kampala              |
| +256 414 313 100                 |
| Swift: TBUGKA                    |
| Email: admin@trobank.com         |
| Website: www.trobank.com         |

| **United Bank for Africa Uganda Ltd** |
| Plot 2 Jinja Road                |
| PO Box 7396 Kampalla (U)         |
| +256 417 715 100                 |
| Swift: UNAFUGKA                  |
| Email: admin@unbank.com          |
| Website: www.unbank.com          |
## Forex Bureau Outlets

<table>
<thead>
<tr>
<th>Bureau</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forex Alpha</td>
<td>Shop No. 1B, William Street, Edruma Building, Jinja.</td>
<td>0414-252428</td>
<td><a href="mailto:biccobfx@gmail.com">biccobfx@gmail.com</a></td>
</tr>
<tr>
<td>Best Forex Uganda</td>
<td></td>
<td>0712-729729</td>
<td><a href="mailto:manager@bestforex-uganda.com">manager@bestforex-uganda.com</a></td>
</tr>
<tr>
<td>Bicco</td>
<td>P.O. Box 3307, Kampala, Plot 67, Main Street, Edruma Building, Jinja.</td>
<td>0414-252428</td>
<td><a href="mailto:biccobfx@gmail.com">biccobfx@gmail.com</a></td>
</tr>
<tr>
<td>Big Bills</td>
<td>P.O. Box 7714 Kampala, Plot 13, Buganda Road, Mukwano Courts, Shop No. G-02, Kampala.</td>
<td>0414-252428</td>
<td><a href="mailto:biccobfx@gmail.com">biccobfx@gmail.com</a></td>
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<td>Aussie</td>
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<td>Arach Forex Bureau</td>
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<td>Access Forex Bureau</td>
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<tr>
<td>Bicco</td>
<td>P.O. Box 7566, Kampala, Plot 359 Bombo Road, Collage Inn Building, Kampala.</td>
<td>0772-333370</td>
<td><a href="mailto:bravefxbureau@gmail.com">bravefxbureau@gmail.com</a></td>
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<td><a href="mailto:arachforex@yahoo.com">arachforex@yahoo.com</a></td>
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<td>Access Forex Bureau</td>
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<td>0414-252428</td>
<td><a href="mailto:biccobfx@gmail.com">biccobfx@gmail.com</a></td>
</tr>
</tbody>
</table>
GALAXY
P.O. Box 3311, Kampala, Plot No.92 Kampala Road, King Fahd Plaza, Shop No.1, Kampala
0414-237123
galaxyforexbureau@gmail.com

GLORY
P.O. Box 70738, Kampala, Plot 12, Johnson Street, Superior Complex, Kampala
0772-441330
gloryfxb@gmail.com

GOLDENBAG
P.O. Box 2165 Kampala, Plot No. 10, Wilson Street, Room CB II, Jesco Plaza, Kampala
0712-979394
goodnewsforexbureau@gmail.com

GOOD NEWS
P.O. Box 50711, Kampala, Plot 12, 33A Luwum Street, DTL Plaza, Shop No. DT-132, Kampala
0772-513537
goodnewsforexbureau@yahoo.com

GUILD FRANK
P.O. Box 2546, Kampala, Quality Shopping mall, Plot 16/20, Newubwa Estate, Entebbe Road Kampala
0775-367651
guildfrankforex@gmail.com

GUILD FRANK
P.O. Box 2546 Kampala, Plot 1900 Naamba Road, Capstone Building, Kabalagala, Kampala
0775-367651
guildfrankforex@gmail.com

GUILD FRANK
P.O. Box 2546 Kampala, Quality Shopping Village, Plot 9922 Kijende, Entebbe Road Kampala
0775-367651
guildfrankforex@gmail.com

HADY
P.O. Box 16007, Kampala, Plot No. 15 Nakivubo Road, UniFarm Plaza, Kampala
0772-435082
hady281@gmail.com

HEAVEN GATES
P.O. Box 16007, Kampala, Shop No. B01/B02, Crane Plaza, Plot No. 10 Cooper Road, Kisementi, Kampala
0704-166342
shelikabajwisa@gmail.com

HARE KRISHNA
P.O.Box 34114,Kampala, Plot 15 Nabugabo Road, Kampala
0414-340583
harekrishnafxb@gmail.com

HARVAN
P.O. Box 34542, Kampala, Plot No. 14 Wilson Road, Shop No. G.08, Twese Plaza
0312-110923
harvanforexb@yahoo.com

HEART
P.O. Box 9931, Kampala, Plot 21 Nakivubo Road, Fami Plaza, Shop No. B/F07, Kampala
0772-971753
heart.forexbureau ltd.com

HIGH SAVINGS
P.O. Box 762, Kampala, Plot 54 Kampala Road, Damanico Building, Shop No. G6, Kampala
0776-180367
highsavingsfxb@yahoo.com

HJS
P.O.Box 22213, Kampala, Plot No 7 Burton Street Mutaasa Kafeero Plaza, Shop No. L3-21.
0414-507086
hjsforex@yahoo.com

HOTEL AFRICANA
P.O.Box 10218 Kampala, Plot No.46/58, William Street, Kalungu Plaza, Shop No.6, Kampala
0414-254115
hotelafricana@kifionline.com

HOTEL AFRICANA
P.O.Box 10218 Kampala, Plot No. 2-4, Wampewo Avenue, Kampala
0414-348080
hotelafricanamainfxb@gmail.com

HOTSPOT
P.O. Box 22492, Kampala, Plot 8 Johnson Street, Titanic Plaza, Kampala
0757-920539
hotspotsforex@gmail.com

HYDERY
P.O. Box 3707 Kampala , Plot 32, William Street, Kampala
0411-233984
hyder@hyderyforex.com

IDAA
P.O.Box 31612 Kampala, Plot No.30, Avich Rd., Gulu
0704-344200
idaaforex@gmail.com

IFTIN
P.O. Box 1063 Kampala , Plot No. 06, Wilson Road, Prime Complex, Kampala
0782-633891
iftinforex@yahoo.com

INDUSTRIAL GRAPHICS
P.O Box 207 Entebbe, Plot No. 69, Spring Road, Bugolobi, Kampala
0772-930296
iglfxbureau@gmail.com

INTERLINK
P.O. Box 372 Jinja, Plot No. 8 Nizam Road, Jinja
0772-647312
interlinkforexbureau@gmail.com

JESUS
P.O.Box 762 Kampala, Plot 54 Kampala Road, Damanico Building, Shop No. G6, Kampala
0776-180367
hjsforex@yahoo.com

Kisoro Bunagana

GORILLA VALLEY LODGE
Kisoro Southern sector/ Bwindi Rushaga

GORILLA SAFARI LODGE LODGE Kisoro Rushaga village, RubuguriT.C

GULLY BUDGET HOTEL
Kisoro Slaza groups

RAFIKI GUEST HOUSE
Kisoro municipality

NKURINGO BWINDI GOLLIRA LODGE
Kisoro Nkuringo trading centre

BAM REST HOUSE
Kisoro hill

PARADISE HOTEL
Kisoro municipality

ICHUMBI GORILLA LODGE
Kisoro kinshindo

SKY GORILLA CAMP
Kisoro Nyabwishenga

RUSHAGA GORILLA CAMP
Bwindi Kisoro kinshindo

NHSONGI FOREST CAMP
Kisoro

APO - HOTEL
Rukiga

RIVERLINE GUEST HOUSE
Rukiga

SUMMIT SAFARI LODGE
Rukiga

BIVER GUEST HOUSE
Rukiga

FIRST BAR AND LODGES
Rukiga

VISION BAR AND LODGE
Rukiga

EB GUEST HOUSE
Isingiro town council, 0775394934

AKEZA MOTEL AND LODGE
Isingiro town council, 077408545

VISION PALOR GUEST HOUSE
Rukiga

ZIRIO PUB AND GUEST HOUSE
Isingiro town council, 0773703174

RUKIGA MUNICIPALITY

LEANDRA GAS COMPANY
551, Chief Jackson Rd., Rukiga
0772-674312
interlinkforexbureau@gmail.com

LODGE LODGE

CHAMELEON HILL LODGE
Kisoro kinshindo

VISION PALOR GUEST HOUSE
Rukiga

ZIRIO PUB AND GUEST HOUSE
Isingiro town council, 0773703174

REGISTRATION AND INSPECTED FACILITIES IN WESTERN UGANDA

RUKIWA BUDGET HOTEL
Kisoro

GORILLA BACKPACKERS
Kisoro Nembube Rubugur town council

RUSHAGA PARADISO CAMP
Kisoro

SUMMIT SAFARI LODGE
Rukiga

BIVER GUEST HOUSE
Rukiga

VISION BAR AND LODGE
Rukiga

EB GUEST HOUSE
Isingiro town council, 0775394934

AKEZA MOTEL AND LODGE
Isingiro town council, 077408545

VISION PALOR GUEST HOUSE
Rukiga

ZIRIO PUB AND GUEST HOUSE
Isingiro town council, 0773703174

REGISTERED AND INSPECTED FACILITIES IN WESTERN UGANDA

NRKINGA GUEST HOUSE
Kisoro

GORILLA VALLEY LODGE
Kisoro Southern sector/ Bwindi Rushaga

GORILLA SAFARI LODGE LODGE Kisoro Rushaga village, RubuguriT.C

RAFIKI GUEST HOUSE
Kisoro Slaza groups

NKURINGO BWINDI GOLLIRA LODGE
Kisoro Nkuringo trading centre

BAM REST HOUSE
Kisoro hill

PARADISE HOTEL
Kisoro municipality

ICHUMBI GORILLA LODGE
Kisoro kinshindo

SKY GORILLA CAMP
Kisoro Nyabwishenga

RUSHAGA GORILLA CAMP
Bwindi Kisoro kinshindo

NHSONGI FOREST CAMP
Kisoro

APO - HOTEL
Rukiga

RIVERLINE GUEST HOUSE
Rukiga

SUMMIT SAFARI LODGE
Rukiga

BIVER GUEST HOUSE
Rukiga

FIRST BAR AND LODGES
Rukiga

VISION BAR AND LODGE
Rukiga

EB GUEST HOUSE
Isingiro town council, 0775394934

AKEZA MOTEL AND LODGE
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AKEZA MOTEL AND LODGE
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VISION PALOR GUEST HOUSE
Rukiga

ZIRIO PUB AND GUEST HOUSE
Isingiro town council, 0773703174
KATAMBA PUB AND GUEST HOUSE
Isingiro town council, 0779798592

JB MOTEL
Isingiro town council, 0703210536

WILLS GUEST HOUSE
Isingiro town council

VINE GUEST HOUSE
Isingiro Lower high street

MODERN GUEST HOUSE
Isingiro Bukanga, 0757641813

AK SUITES
Isingiro Upper high street

GOOD LIFE PUB
Isingiro town council

ABEL INN
Isingiro town council

ETA MABONA GUEST HOUSE
Isingiro town council 0789292794/0757581214

HIS GRACE SUITS
Isingiro town council 07515611396

TOGETHER BAR AND GUEST HOUSE
Isingiro town council

BMK 14 GUEST HOUSE
Lower high street

BNK 111 GUEST HOUSE
Isingiro, Mbarara road

ANOTHER WAY PUB
Isingiro Bukanga

SECRET GUEST HOUSE
Isingiro Market street

TEXAS GUEST HOUSE
Isingiro Burezi road

BMK GUEST HOUSE
Isingiro Burezi street

NGARAMA PASSWORD
Isingiro Upper high street

MOUNTAIN GUEST HOUSE
Isingiro Rugaga road

PAKALAST BAR AND GUEST HOUSE
Isingiro Upper high street

COUNTRY BAR AND GUEST HOUSE
Isingiro upper high street

CAMP JACKSON GUEST HOUSE
Isingiro Upper high street

JB MOTEL MOTEL
Isingiro town council 0776362030

KIRUHURA ROYAL GUEST HOUSE
Kiruhura Rushere

AMAZON SUITS RUSHERE
Kiruhura Rushere

MODERN PUB AND LODGE
Kiruhura Rushere

RUSHEREHOSPITAL COMMUNITY GUEST HOUSE
Kiruhura Rusheretown council 0772866516

BRASS SPORTS BAR LODGE
Kiruhura Rushere

STEP INN LODGES
Kiruhura Rushere

BUNINGWIRE GUEST HOUSE
North Ankole diocese Kiruhura Rushere

OCCANS LOUNGE
Kiruhura Rushere

JOMAKA GUEST HOUSE BAR AND RESTAURANT
Kiruhura Rushere

SUNDAY RESTING IN BAR AND LODGE
Kiruhura Rushere

MUTALIKOYA GUEST HOUSE
Bundibugyo town Mumpaliza road

BLUE SKY MOTEL
Bundibugyo fortportal rd. 0783427683

FOREST LODGE
Bundibugyo Kibale cell

PAPA YOKA HOTEL
Bundibugyo Kisenyi - Mukirania road

SWEET MOTHER EXECUTIVE WIREH
Bundibugyo town Mumpaliza road

TARID GUEST HOUSE
Rubanda Murole, 0782682778

ELENS SUITS
Rubanda Karukara ward Hamurwa town council, 0780781414

MUKO GUEST HOUSE
Rubanda, 0772341583

MUKO'S HOUSE
Rubanda Karukara ward Hamurwa town council, 0780781414

RING TO MATCH AND MIX BAR & LODGE
Ntungamo Cell 9

HOME TO HOME
Mbarara - Kabale road

AMBACE PUB
Ntungamo Mbarara - Kabale road 0772358709

MATCH AND MIX BAR & LODGE
Ntungamo Cell 9

HOME TO HOME TOURIST HOTEL
Mbarara - Kabale road

AMBACE PUB
Ntungamo Mbarara - Kabale road 0772358709

MATCH AND MIX BAR & LODGE
Ntungamo Cell 9

KIRUHURA RESTAURANT
077289719

DEMSE LODGES
Ntungamo Central ward, central division, 0772607867 / 701828306

ARIHO HOTEL
Ntungamo Central ward, central division, 0789951377/7772517278

QUID PROQUO
Ntungamo Kabahambi cell
<table>
<thead>
<tr>
<th>Business Name</th>
<th>Address</th>
<th>Contact Number</th>
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<tbody>
<tr>
<td><strong>MOON LIGHT GUEST HOUSE</strong></td>
<td>Old Mbarara - Kabale road</td>
<td>0701828306</td>
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<tr>
<td><strong>M.K BAR AND LODGE</strong></td>
<td>Ntungamo Radio Ankole rd. 772683254</td>
<td>0777510700</td>
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<td><strong>PERTENT BAR AND LODGES</strong></td>
<td>Ntungamo Kategaya rd. 0773542758</td>
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<td><strong>CITY LODGE</strong></td>
<td>Ntungamo Kaguta road. 0772868156</td>
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<td><strong>EMBASSY TOUR HOTEL</strong></td>
<td>Ntungamo Kategaya rd. 0785539968</td>
<td>0772487559</td>
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<tr>
<td><strong>BELSMO HOTEL</strong></td>
<td>Ntungamo New Mbarara - Kabale road 0772487559</td>
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<td>Ntungamo New Mbarara - Kabale road 0788077432</td>
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<tr>
<td><strong>TEBKA LODGE</strong></td>
<td>Magarita street, 0776674255</td>
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<td><strong>TREVELLERS INN</strong></td>
<td>0776812981/ 754329909</td>
<td>0773822304</td>
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<td><strong>ACIF HOTEL</strong></td>
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<td>0783423080</td>
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<td><strong>KASANZI BAR AND LODGE</strong></td>
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<tr>
<td><strong>NEN-PARK VIEW BAR AND LODGE</strong></td>
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<td>0772893374</td>
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<td><strong>MUNYONYO GUEST HOUSE</strong></td>
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<td><strong>MBARA SAFARI LODGE</strong></td>
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<td><strong>ROCK GARDEN</strong></td>
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<td><strong>NELO HOPE GUEST HOUSE</strong></td>
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<td><strong>TRANS AFICA GARDENS</strong></td>
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<td><strong>EMIRATE HOTEL</strong></td>
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<td><strong>TEBKA LODGE</strong></td>
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<td><strong>KIRUHUKA BAR AND LODGE</strong></td>
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<td><strong>PARK SIDE PUB AND LODGE</strong></td>
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<td><strong>AFRICA GARDENS</strong></td>
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<td><strong>PLUS TWO BAR AND LODGE</strong></td>
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<td><strong>MT. RWENZORI GUEST HOUSE</strong></td>
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<td><strong>SK REST GARDEN</strong></td>
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</tbody>
</table>
TJ GLOBAL HOTEL
KASESE
Kasese Magarita street
0392175965

ATACOO HOLIDAY IN/PENTAL HOUSE
Stanley town centre - central division
0701498094

LEISURE PUB BAR AND LODGE
Kasese

SPARON BAR AND LODGE
Kasese

MOON LIGHT LODGE
Kasese 0782430771/ 701430771

SUN SET LODGE
Kasese, 0777210113

SIZZLERS BAR AND LODGE
Kasese

NEW VEGAS LODGE
Kasese 0785809783

COLLIN PALM GARDENS
Kasese Busongora, 0772768155

LABENZE BENZE BAR AND LODGE
Kasese Kyabambe road - central division 0773254686

SHOE BILL GUEST HOUSE
Kasese Kamulikirizi 0772369707

HAPPY LAND GUEST HOUSE
Kasese 0772966242

LOW PRICE BAR AND LODGE
Kasese 0774525509

KIDODO GUEST HOUSE
Kasese 0394863294

KASESE VILLA GUEST HOUSE
Kasese 0779591110

BETHEL GUEST HOUSE
Kasese 0789325643/774007951

MBARA SAFARI LODGE
Kasese Mbarara - Kasese road 0703301650

SPRING INTERNATIONAL HOTEL
Kabale 750404220

THIRT’S (03’S) CLUB
Kyabambe road - central division, 0781266686

HIGHLAND LOSE
Kabale 0708090786

GREEN HILLS HOTEL
Kabale

AGENDA REST INN
Kabale Along Kisoro road 073257775

GOLF SIDE INN
Kabale 0783556679

JOWILLS HOTEL
Town Hotel (TH) Kabale 0774807494

KIGEZI GARDENS INN
Kabale 0773250306/779870999

AFRIQUE BAR AND LODGES
Kabale

VIENNA GUEST HOUSE
Kabale 0772192707

VICTORIOUS GUEST HOUSE
Kabale 0775036295

RWEENZORI BAR AND LODGE
Kabale Nkunda road 0775036295

DOT COM GUEST HOUSE
Kabale 0774386908

ALPINE GUEST HOUSE
Kabale

NYAKISHENYI LODGES
Kabale 0775499663

WORLD NEIBOURS INN LODGE
Kabale 0775499663

VISI TOURS HOTEL AND ACCOMMODATION
Kabale 0784127013

CLOUDS VIEW HOTEL
Kabale 0775431899

CITY MAX HOTEL
Kabale, 750404220

TOWN VIEWS INN
Kabale 0772680770/ 772682836

MEDITERENIAN SOURCE
Kabale, 0772159218

HERAS COUNTRY RESORT
Kabale, 0772451396

LIONS VILLA RESTAURANT
Kabale 0756055604/ 781424504

BANBOCHA LODGE
Kabale, 772572042

SKY LINE HOTEL
Kabale 0772389030

BRAZIN FOREST RESORT
Kabale Rukondo road 77286683458

ROYAL COMFORT GUEST HOUSE
Kabale Babukika

STANDARD HOTEL
Kabale

RENDEZVOUS VALLEY PUB
Kabale 782730174

TWO STEPS BAR AND LODGING
Kabale

HAPPY LAND INN
Kabale Market street 135

BUNYONYI HEIGHTS INN
Kabale 0776740652

THE BOSS MONALIZA
Kabale

CAPRICON HOTEL
Kabale 0774464909

MANHATTAN HOTEL
Kabale

LITTLE RITZ HOTEL
Kabale Nyerere Avenue 0771681016

HILL TOP HOTEL
Kabale 0779842965

NEW LANDON IMAGE HOTEL
Kabale

COUNTRY VIEW HOTEL
Kabale

KIRIGIME GUEST HOUSE
Kabale

CITY MAX HOTEL
Kabale, 750404220

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BUNYONYI HEIGHTS INN
Kabale 0776740652

THE BOSS MONALIZA
Kabale

CLOUDS VIEW HOTEL
Kabale 0775431899
TOUR OPERATORS

1000 Shades Of Green
Tours
And Safaris Co. Ltd
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www.gogreensafaris.com

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info@gorillas-safaris.com
www.gorillas-safaris.com

AAB Tours and Travel Ltd
Zana Town: Kampala - Entebbe Airport Highway
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www.adventurevacationsafaris.com

Abacus African Vacation
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info@afriwhiterhinos.com
www.afriwhiterhinos.com

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And Travel Limited
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Abercrombie & Kent Tours
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info@afritourstravel.com
www.afritourstravel.com

Adrift Uganda
Jinja Town, Uganda
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www.ugandagorillassafari.com

Afri Tours & Travel
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www.afritourstravel.com

Africa Adventure Safaris
Begurmsa Close Lubowa
Estates, off Entebbe Road,
Block 269, Plot 2792, P.O.
Box 22754, Kampala Uganda
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www.rwandagorillasafaris.com

Africa Runners Co Ltd
Plot 79 Bukoto Street, Kampokya,
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info@aficranrunners.co.ug
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Africa Tours Adventure Ltd
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www.africawildexplorations.com

African Adventure Travellers
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26784, Kampala, Uganda.
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tours@adventure-travellers.com
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+256 703 203 341
info@ugandagorillatour.com
+256 787 192 744
info@africawildexplorations.com
+256 782 118 037
info@adventure-travellers.com
+256 392 085 003
info@afriwhiterhinos.com
+256 787 192 744
info@africawildexplorations.com

African Adventure Safaris
P.O. Box 4562, Kampala (U)
+256 772 454 017
info@alphatouring.com
www.alphatouring.com

African Jungle Adventures
Plot 63. Buganda road near Case Clinic
+256 392 085 834 / +256 392 881 681
info@alphatouring.com
www.alphatouring.com

African Pearl Safaris
Plot 3 Kampala Road, Station
House 1st Floor, Room 3.
P.O.Box 4562, Kampala (U)
+256 392 260 975 / +256 774 950 238
info@afripearlsafaris.com
www.afripearlsafaris.com

African White Rhino Safaris
Plot 79 Bukoto Street, Kampokya,
P.O.Box 2775, Kampala
+256 372 250 014 / +256 772 400 701
info@aficranrunners.co.ug
www.aficranrunners.co.ug

African Wild Explorations
Enya Lweere Courts; Block
22 Plot 136, Busega, Mungo-
Kampala. 4049 Kampala.
+256 784 567 474 / +256 756 195 000
info@ugandagorillassafari.com
www.ugandagorillassafari.com

Around Africa Safaris
Plot 273 Deo Lane, Kyeleko Estate
Kampala, Uganda
+256 414 370 912 / +256 772 403 766
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www.afriwhiterhinos.com

Albireux Africa Tours
Limited
Plot 51 Bombo Road ESAMI
House, Room 1 level 2 on first
floor, P.O. Box 7166
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www.albireuxafriucatours.com

Alpha & Omega Tours & Travel
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info@albaandomegatours.com
www.albaandomegatours.com

Alpha Adventure Safaris
Plot 4, Pilkingston Road, Fami House
+256 414 232 657 / +256 731 901 801
info@ugandagorillasafaris.com
www.ugandagorillasafaris.com

Ansima Safaris Limited
In the heart of Kampala city-Ntinda Opposite Centenary Bank:
P.O. Box 9206 Kampala- Uganda
+256 414 695 341 / +256 777 704 417 / +256 774 954 199
info@ansimasafraris.com
www.ansimasafraris.com

Ape Treks Limited Uganda
+256 414 374 930 / +256 772 691 350
info@apetreks.com
www.apetreks.com

Around Africa Safaris
Plot 273 Deo Lane, Kyeleko Estate
Kampala, Uganda
+256 414 370 912 / +256 772 403 766
info@afriwhiterhinos.com
www.afriwhiterhinos.com
Uganda Wildlife Scene Safaris
Plot 643 Semwogerere Close, Bukoto Kampala PO.Box 21997, Kampala, Uganda
+256 414 237 506 / +256 772 434 386
info@ugandawildlifescene.com
www.ugandawildlifescene.com

Venture Uganda Ltd
Uganda
+256 393 202 033 / +256 772 440 899
info@ventureuganda.org
www.ventureuganda.org

Victoria View Hotels and Tours Ltd
Plot no. 1423 Lubowa Estate near Serena Kigo PO. Box 1508, Kampala
+256 392 178 098 / +256 773 474 562
charitykukundakwe@yahoo.com
www.victoriaviewhotel.com

Visit Uganda Tours and Travel Uganda
+256 700 137 176 / +256 772 440 899
visitugandatours.travel@hotmail.com
www.visitugandatours.com

Volcanoes Safaris
13 Cooper Road Kissimenti PO.Box 22818, Kampala, Uganda
+256 414 346 464 / +256 772 741 720
salesug@volcanoessafaris.com
www.volcanoessafaris.com

Voyager African Safaris Limited
Hotel Aficana, Plot 2 – 4 Wampeowo Avenue Kololo PO.Box 36453, Kampala (U)
+256 414 268 675 /
+256 712 441 832
voyager@discoverafrica.co.ug
www.discoverafrica.co.ug

World Venture Ltd
National Mosque Headquarters old kampala
Hill plot 23/25 / +256 772 502 037 /
info@worldventuresltd.com
www.worldventuresltd.com

Wave Expeditions Limited
Capital shoppers Complex 2nd floor Level 22A New Postbell Rd Nakawa.
PO. Box 24389 Kampala, Uganda
+256 414 661 541 / +256 772 653 193
info@waveexpeditions.ug
www.waveexpeditions.ug

Whistling Duck Tours And Travel Ltd
Plot 16 Kisinja Road, Jinja PO.Box 53, Jinja, Uganda
+256 434 122 168 / +256 792 767 605
helmut@whistlingduckuganda.com
www.whistlingduckuganda.com

Wild Frontiers Uganda
Plot 3 Nsamizi Close, Off Nsamizi Road Entebbe
PO.Box 619 Entebbe, +256 414 321 479
+256 772 502 155
info@wildfrontiers.co.ug
www.wildfrontiers.co.ug

Wild Jungle Trails Limited
Lubowa Plot 23 Neje Road
+256 414 661 115 / +256 777 690 798
info@gorillatrailsafaris.com
www.gorillatrailsafaris.com

Wild Whispers Africa
Plot 19 Bukoto Street, Kampala Uganda PO.Box 36566, Kampala
+256 312 107 945 / +256 793 503 426
info@wildwhispersafrica.com
www.wildwhispersafrica.com

Y- Save Safaris Limited
Block 668 2nd Floor Unit 3, Buganda Road Flats
+256 414 699 471 / +256 792 657 327
basaba@y-save.org
www.ysavesafaris.com

TOURIST INFORMATION CENTRES

MBARARA DISTRICT

Mbarara Tourism Information Centre
Located along Plot 352 Mubangizi Road, Mbarara City
Tel: +256701498046/ +256701356038/+256772592569
Email: embassyh@gmail.com
Website: www.visitmbarara.com

QUEEN ELIZABETH NATIONAL PARK

Mweya Visitor Information Centre
Located in Queen Elizabeth National Park
Tel: +256782387805

BWINDI IMPENETRABLE NATIONAL PARK (BINP)

BUHOMA Park Head Quarters
Located in Kanungu District, Buhoma Town Council - Southern Ward. Easily accessible via Queen Elizabeth NP (Ishasha sector) and Rukungiri.
Tel: +256-782-957-970/ +256-773-494-641

RUHIJA Tourism Station
Located in Rubanda District, Ruhija sub-county, Kitojo parish. Easily accessible via Kabale Municipality
Tel: +256-772-850-593/ 256-772-850-593

RUSHAGA Tourism Station
Tel: +256-772-911-499/ +256-783-148-777

NKURINGO Tourism Station
Located in Kisoro District, Nyabwashenya Subcounty, Nkuringo Town Board.
Tel: +256-772-640-157/ 256-775-015-254
UGANDA SAFARI GUIDES ASSOCIATION (USAGA)

The Uganda Safari Guides Association (USAGA) was formed in 2000 by tour guides and specialists of tourism sub-activities such as birding, butterflies, reptiles, and cultural tourism, to provide a platform to increase their visibility and recognition as key actors in the tourism industry. USAGA was formally registered as a company limited by guarantee on 14th May 2004, and has since grown in membership and is recognized as the umbrella association of all tour guides and associated clubs in Uganda. USAGA’s organizational structure is governed by the General Assembly whose authority is delegated to the Executive Committee and operationalized through a secretariat based in Kampala. USAGA membership includes ordinary, corporate and associate members, and with 600 individuals currently registered as ordinary members.

admin@ugasaf.org

Location:
Capital Shoppers Nakawa
2nd Floor, Room 17
Phone: +256 786 401 191
Mobile: +256 782 919 838
Mobile: +256 777 912 938.

PRACTICAL INFORMATION

- Western Uganda is best visited during the drier months of June to August and December to February, when it's easiest to go gorilla trekking in hilly Bwindi and the wildlife viewing in the parks is at its prime. Travelling during the rainy low season months of March to May and September to November does have its budget-friendly benefits though – you'll get cheaper room rates at hotels and lodges and it is possible to get discounted gorilla trekking permits, but be prepared for muddy roads, torrential downpours, challenging hiking and low visibility for wildlife.

- If you want to go gorilla trekking, you need to book your permit several months in advance through the Uganda Wildlife Authority or through a tour operator, as there's a limited number of permits that sold every day and during the most popular months for trekking (June to August) the permits can sell out five months in advance. For chimpanzee habituation experiences it's best to book around three months in advance.

Market share of petroleum products marketing companies in Uganda, these are some of the companies you will get to fuel your transport means while touring the South western Part of Uganda.

<table>
<thead>
<tr>
<th>RANK</th>
<th>OIL COMPANY</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vivo Energy</td>
<td>22.7</td>
</tr>
<tr>
<td>2</td>
<td>Total M&amp;S Uganda</td>
<td>19.6</td>
</tr>
<tr>
<td>3</td>
<td>Oryx, Kobil and Mogas</td>
<td>9.0</td>
</tr>
<tr>
<td>4</td>
<td>Independent oil marketers</td>
<td>49.0</td>
</tr>
</tbody>
</table>

Uganda Tourism Police Force Unit: This has well over 1000 fully trained personnel aiding in protecting of tourists and visitors to Uganda. Thus, both local and international tourists. They are found at most Tourist sites including hotels and lodges thought Uganda. You can reach them on:

- Tourism Police 0717 179563
- Mbarara 0714 667841
- Ibanda 0714 667845
- Ntungamo 0714 667848
- Kiruhura 0714 667863
- Isingiro 0714 667866
- Bushenyi 0714 667851
- Sheema / Kibingo 0718731758
- Kabale 0714667857

How does it work?

These taxis are driving on fixed routes, mainly through the cities and from their centres to the suburbs. It is not that easy to tell which taxi goes where, so it is best always to ask. All the gardans are really friendly and they will help you.

You can flag them down everywhere and you can get off everywhere. The payment is done after the ride. the amount depends on the distance. When you drive far out of Kampala...
you don't pay more than a few Euros. You pay when you alight the co-driver at the rear door. Always carry enough small change with you. Advice: When you first use a taxi, take somebody with you who knows how it works. After this test you will see how easy it is. It's not always comfortable to use taxis in Uganda. Sitting with 14 people in a small car, in the middle of a traffic jam with 30° outside - there are better things in the world. If you want to avoid such a situation, using a special hire is the better choice.

The last few kilometers with boda boda
In addition there are the so called "boda bodas", either as motorbikes or bicycles. That means that you are the pillion rider. The boda bodas are used for the destinations off the main roads, instead of walking home some kilometers from where the taxi stops. Within Kampala the main advantage of boda bodas is that you safe time during rush hours. You reach your target by boda boda quickly, while all others have to wait in the traffic jam. Boda bodas are very cheap. For a distance of some few kilometers you pay only 50 cent. However, their use is not without hazard in the bustle of the streets. Because there is no helmet it is not without hazard in the bustle of the streets. Because there is no helmet.

Special hire: more comfortable, still cheap
A “special hire" in Uganda is that, what we would call a “taxi" in Europe: A standard vehicle for 4 persons + driver, who drives you wherever you want. This works very well, and the drivers are friendly, helpful and they know one's way around. The fee does not depend on the distance or the duration, but its negotiated before you start. Of course as a tourist you always pay a little bit more than a Ugandan. But nevertheless you can drive through whole Kampala for not more than 5 Euro - some insider tips from the driver inclusive, and sometimes air conditioned!

When you walk through Kampala by feet, the drivers of “special hire” and “boa boda” permanently make you offers to use their vehicle. This is always meant kindly and friendly, even the hundreddr offer. Therefore you should also be friendly when you refuse this offer.

Travelling by bus in Uganda
All cities in Uganda are linked by bus. The bigger coaches are preferable compared to the smaller shared taxis regarding security and comfort. Especially recommended are the post coaches, for which you can obtain tickets at every post office. Departure is normally at the post office as well. To travel by bus is in general cheap. On average you pay 1-2 Euros per 100 km. It is best to by your ticket the day before departure. There are also international connections, for example to Nairobi (Kenia) or Kigali (Ruanda). Details, addresses and fares you can establish through known travel guides for Uganda or locally.

Shopping in South Western Uganda
In the capital Kampala you actually can get everything what you are used to at home. There are a few western style shopping centers (e.g. Garden City Shopping Mall, Quality Hill Shopping Mall, Shoprite Checkers). There are big shopping malls in other cities as well, especially South Western Uganda in particular, Partly you will encounter the same brands and products which you find in the shelves at home. Recommended are the countless small local supermarkets, where you can purchase regional products at cheaper prices. You will find these shops in a lot of towns. Tempting is also the numerous streets stands of local people offering fruits, herbs, nuts and the huge choice and freshness especially of the tropical fruits beats every supermarket at home! Pineapples, bananas, mangos, papayas, oranges and a lot more you can get here in excellent quality for a few cents. Be careful with meat and fish, because the hygienic standards often leave a lot to be desired.

HEALTH SERVICES

1. Kabale Regional Referral Hospital, commonly known as Kabale Hospital, is a hospital in the town of Kabale in Kabale District, in south-western Uganda. It is the referral hospital for the districts of Kabale, Kanungu, Kisoro and Rukungiri.

2. Mbarara Regional Referral Hospital, commonly known as Mbarara Hospital, is a hospital in Mbarara in the Western Region of Uganda. It is the referral hospital for the regions of Mbarara, Bushenyi, Ntungamo, Kiruhura, Ibanda, and Isingiro.

Emergency 24 Hours
+256701995356
Ambulance Number:
+25677000000
MINISTRY OF TOURISM, WILDLIFE AND ANTIQUITIES.
2nd FLOOR RWENZORI TOWERS,
PLOT 6 NAKASERO ROAD
P.O. BOX 4241, KAMPALA, UGANDA.

Phone: 0200780400
Email: info@tourism.go.ug
Website: tourism.go.ug