

UGANDA: Pearl of Africa

Bicycle Africa ©2008

(subject to change)

Program: Small group, self-contained bicycle tour of western Uganda, with extraordinary scenery, delicious food, lots of contact with local people and fascinating visits to development projects (school, hospital, orphanage, factory), national parks, traditional villages, historical sites and much more.

Cycling Conditions: 600 km, 360 miles, 60% dirt, several long climbs

Weather Conditions: Highs in the 80'sF (20'sC), lows in the 40'sF (10'sC), chance of rain.

Code: Lighting: E - electric, K- kerosene or candle; Climate: AC - Air conditioned, F - Fan; Bath: S - Shower or bath tub, B - Bucket bath, h - hot water, T - Toilet, L - Latrine, p - Private.

- DAY 01 Sun KAMPALA (elev. 1155). Arrive in the morning. Afternoon bicycle tour of the capital. Points of interest: Uganda Museum, Makerere University, Kasubi tombs, Rubaga Cathedral, Buganda Parliament, Nommo Gallery, Bahai Temple, Kibuli Mosque, National Theatre and markets.
Accommodations: hotel (E, pSh, pT) Breakfast: hotel Dinner: restaurant
- DAY 02 Mon Kampala to Ft Portal (bus 300km) to KICHWAMBA (cycle 18km, 11mi) (elev. 1525) We catch an early bus for the longest leg of the day and shake-out the body on a short afternoon bike ride.
Cycling conditions: dirt/gravel, rolling
Accommodations: family farm (K, B, L, rustic) Breakfast: hotel Dinner: special
- DAY 03 Tue Kichwamba to NKINGO (60-70km, 37-44mi) (elev. 1220) Crater lakes, lush high country--good vistas.
Cycling conditions: dirt/gravel, hills, net descent
Accommodations: Afr. hotel (K, B, L, rustic) Breakfast: special Dinner: Afr. hotel
- DAY 04 Wed Nkingo to RWETERA (20km, 12mi) (elev. 1370) Morning forest walk in Kibale National Park, known for its primates (sometimes chimpanzees, baboons and several varieties of monkeys)
Cycling conditions: dirt/gravel, hills, net ascent
Accommodations: Afr. hotel (E, S, T) Breakfast: Afr. hotel Dinner: Afr. hotel
- DAY 05 Thu Rwetera to KESESE (55km, 34mi) (elev. 1110) Cross Butoro, cycle to the foothills of the Ruwenzori.
Cycling conditions: rural trails, dirt/gravel, rolling, more down than up.
Accommodations: Afr. hotel (E, S, T) Breakfast: Afr. hotel Dinner: Afr. Restaurant
- DAY 06 Fri KESESE. Rest day and local activities.
Cycling conditions: local cycling, this is a flat town, many of the roads are not paved.
Accommodations: Afr. hotel (E, S, T) Breakfast: Afr. hotel Dinner: Afr. Restaurant
- DAY 07 Sat Kesese to MWEYA (60km, 37mi) (elev. 990m) Cross the equator (photo opportunity), Queen Elizabeth National Park (wildlife).
Cycling conditions: paved, very gentle descent with a little roll, last 22km dirt
Accommodations: Afr. hostel (E, S, T) Breakfast: Afr. cafe Dinner: restaurant
- DAY 08 Sun Mweya to NDEKE (50km, 31mi) (elev. 1400m) Game viewing before we leave the park and climb out of the valley.
Cycling conditions: 22km dirt followed by paved, flat followed by a long climb (400m gain).
Accommodations: Afr. hotel (K, B, L) Breakfast: Afr. cafe Dinner: Afr. restaurant
- DAY 09 Mon Ndeke to KESHENYI (40km, 25mi) (elev. 1600m) Breathtaking views from a plateau above the rift valley
Cycling conditions: paved, long climbs, 5km of dirt (535m of elevation gain.)
Accommodations: Afr. hotel (K, B, L) Breakfast: Afr. cafe Dinner: Afr. restaurant
- DAY 10 Tue Keshenyi to RUKUNGIRI (45km, 28mi) (elev. 1700m) A visual offering of postcard perfect scenery.
Cycling conditions: dirt/gravel, very hilly (765m of elevation gain.)
Accommodations: Afr. hotel (E, S, T) Breakfast: Afr. cafe Dinner: Afr. restaurant
- DAY 11 Wed Rukungiri to village (40km, 25mi) (elev. 1670m) Off the road, on to the beaten track, spectacular scenery.
Cycling conditions: dirt/gravel track, long descents and climbs (600m of elevation gain.)
Accommodations: guest house (E, S, T) Breakfast: Afr. cafe Dinner: Afr. restaurant
- DAY 12 Thu Village to NTUNGAMO (80km, 50mi) (elev. 1500m) Last ride through Uganda's lush rural countryside.
Cycling conditions: 80km dirt/gravel, a few hills, net descent
Accommodations: hotel (E, S, T) Breakfast: Afr. cafe Dinner: Afr. restaurant
- DAY 13 Fri Ntungama to Kampala (by bus, 330km, 200mi) This leg takes us back to relative "civilization." Celebrate completing the circle.
Cycling conditions: paved, rolling
Accommodations: hotel (E, pSh, pT) Breakfast: Afr. cafe Dinner: restaurant
- DAY 14 Sat End of program.