



18 Days

# Uganda

## Rwenzoris and rafting expedition

Uganda is the country where East & West Africa meet, featuring lush forests inhabited by primates & arid savannahs home to a wide array of game. On this trip lakes, mountains, waterfalls & animals are some of the landmarks that made Winston Churchill refer to Uganda as "The Pearl of Africa". Lonely Planet gave this country 'best destination to visit' award in 2012 and we don't think you will be disappointed by the highlight tour itinerary we have put together for you. Beauty, "wow factor" and some unique experiences mean this is one expedition that will stay with you for life.



# Recommended expedition itinerary

Day  
1-2

## Arrive Kampala

Upon arrival we will be met and transferred by our driver from Entebbe Airport to our hotel for dinner and overnight stay. The following morning we depart for Masindi, via the Ziwa Rhino Sanctuary. It's been established to breed black and white rhino which in the 80's were extinct due to poaching. Proceeding to Murchison Falls for an over night stay

---

Day  
3-4

## Murchison Falls National Park

This morning we have an early morning game drive to look for the big five and their prey. The lion, the elusive leopard, the laughing hyena, the silent elephant, the aggressive buffalos all share this park and struggle for survival. There are warthogs, antelopes and giraffes all hiding in the tall savanna grass. We will have a boat ride up to the bottom of Murchison Falls. Hippos, crocodiles, buffaloes and other animals can be sighted. Bird viewing and photography opportunities are rife! Day 4 sees us depart for Fort Portal town to explore the traditional offerings of Toro Kingdom.

---

Day  
5-6

## Fort Portal town to Mabere Nganyina Mwiru caves

We start with an excursion of Fort portal, visiting traditional farms to provide a close up experience of life for the traditional Batoro people, one of the biggest tribes in Uganda. On day 6 we head off to see the amazing stalagmites and stalactites of Mabere Ganyinamwiru caves. Our local guide will take us through the cultural importance of these sites. After lunch we visit the cultural Karambi tombs for the Toro traditional leaders and in the evening we visit the Toro Kingdom Palace at Fort Portal. This is the second largest Kingdom in the country, established in the 16th Century.

---

Day  
7-8

## Fort Portal to Kasese & Rwenzori Mountain Trek

En route to Kasese we visit some crater lakes and some amazing views of the Mt. Rwenzori Ranges. We will have lunch in Kasese and in the evening we have some relaxation and shopping time in preparation for tomorrows hike. Day 8 sees us start trekking at 1450 and finish sleeping in a Sine hut at 2595 meters. We will see birds and blue monkeys and white Colobus monkeys swinging through the trees. There are rare animal opportunities and we may hear wild chimpanzee's in the distance. Enock falls are just 200 meters from Sine Hut, an opportunity for a very memorable picture! For those who have the energy, we can proceed to Kalama Camp at 3134 metres or Mutinda Lookout 3975 meters; fantastic views!!

---

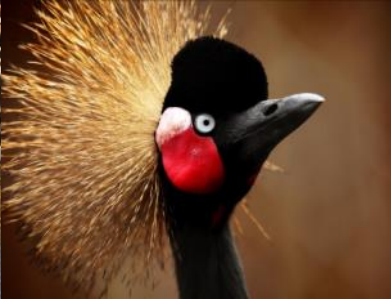
Day  
9

## Trek to Mutinda Camp

After a good breakfast our trekking takes us to Bamboo-Mimulopsis Zone, which is a steep climb with many steps. This can be slow going in the wet season. With a beautiful atmosphere and forest we climb to the Heather-Rapanea Zone for a rest, before heading onto the Mutinda Camp. We will meander along a ridge top then drop down the side of the valley before climbing again, passing close to moss coloured waterfalls. Mutinda Camp offers the chance to refresh and relax over some amazing views of the Rwenzori Mountains. For anyone climbing onto Margherita this is an excellent way to acclimatise.

---





Day  
10-11

## Mutinda Camp to Kiharo Camp

We climb up a Rocky River bed over a stretch of bogs before reaching a high waterfall. After a photo opportunity we descend down Hunwick's Pass, heading through Twin Peaks with the chance of seeing a hyrax or red dikler, hawks and eagles. Kiharo camp is surrounded by high waterfalls cascading down moss covered rocks. Day 11 sees us trek through a route which took us 6 years to find a way through, a truly beautiful valley! The forest along this section is magnificent and full of life with many primates, dikers and Hyrax.

---

Day  
12-13

## Kasese-Queen Elizabeth National Park

After arrival at the park we head out for a short game drive and then later a relaxing evening at the hotel. Day 13 sees us take a longer game drive to see lion, elephant, leopard, buffalo, hippos, hyenas, hogs, antelopes and more! In the afternoon we head up the Kazinga Channel on a boat cruise connecting Lake Edward to Lake George. Believed to be the biggest Hippo concentration in Africa, this is also great for bird viewing with over 550 species noted as inhabitant.

---

Day  
14-15

## Jinga

After an early breakfast we head to Jinga with a few stopovers at the Equator on the way. Following an overnight stop at the Nile River Camp we commence the ultimate Nile rafting experience! Thundering through legendary rapids, drifting quietly through deep green pools and revelling in the thrill of river surfing. We will visit the source of the River Nile, taking in a short boat ride. A truly memorable day!

---

Day  
16

## Kampala City Tour

Leaving Jinga after breakfast we proceed to Kampala. On arrival we check into the hotel and head out for a fantastic tour of the city. We will visit various sites including historical centres, cultural sites and religious entities. Lunch is in a city restaurant.

---

Day  
17

## Entebbe UWEC zoo

We say goodbye to Kampala and head to the Ugandan Wildlife Education Centre with our guide who will show us the highlights of this fascinating place. Established in 1952 as a reception centre for wild animals found as casualties, this was also the place that Queen Elizabeth II departed from to return to England on learning of her father's death and that she had become Queen. We have an overnight stay at the Entebbe Backpackers Hostel.

---

Day  
18

## Departure

After breakfast, depending on flight times, we transfer to the airport for the return flight back to the UK. With heads full of amazing sites and experiences to share with family, friends and school mates on return.

---

# Further information

## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your expedition timeline



## Physical expedition rating:



Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip

## Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



t: 01392 660056 | e: [schools@thestc.co.uk](mailto:schools@thestc.co.uk) | w: [www.thestc.co.uk](http://www.thestc.co.uk)