SPICE ROADS
CYCLING

TOURING

CYCLING THE WILDS OF UGANDA

Tour Code
UGA-CWU

10 DAYS
9 NIGHTS

Destinations	Uganda
Tour Meets	Entebbe
Tour Ends	Entebbe
Fly in to	Entebbe International Airport (EBB)
Fly out of	Entebbe International Airport (EBB)
Group Size	4-12 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**276** km Total cycling distance
46 km Avg distance / day	**551** m Avg climbing / day

PRICING

Price	US$ 4,400
Bike Hire (Mountain Bike)	US$ 250
Bike Hire (Gravel Bike)	US$ 350
Bike Hire (E-Bike)	US$ 500
Single Supplement	US$ 495

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

29 Nov - 08 Dec 2026
17 Jan - 26 Jan 2027
14 Feb - 23 Feb 2027
07 Mar - 16 Mar 2027
06 Jun - 15 Jun 2027
08 Aug - 17 Aug 2027
28 Nov - 07 Dec 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares
- ✓ Trekking

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

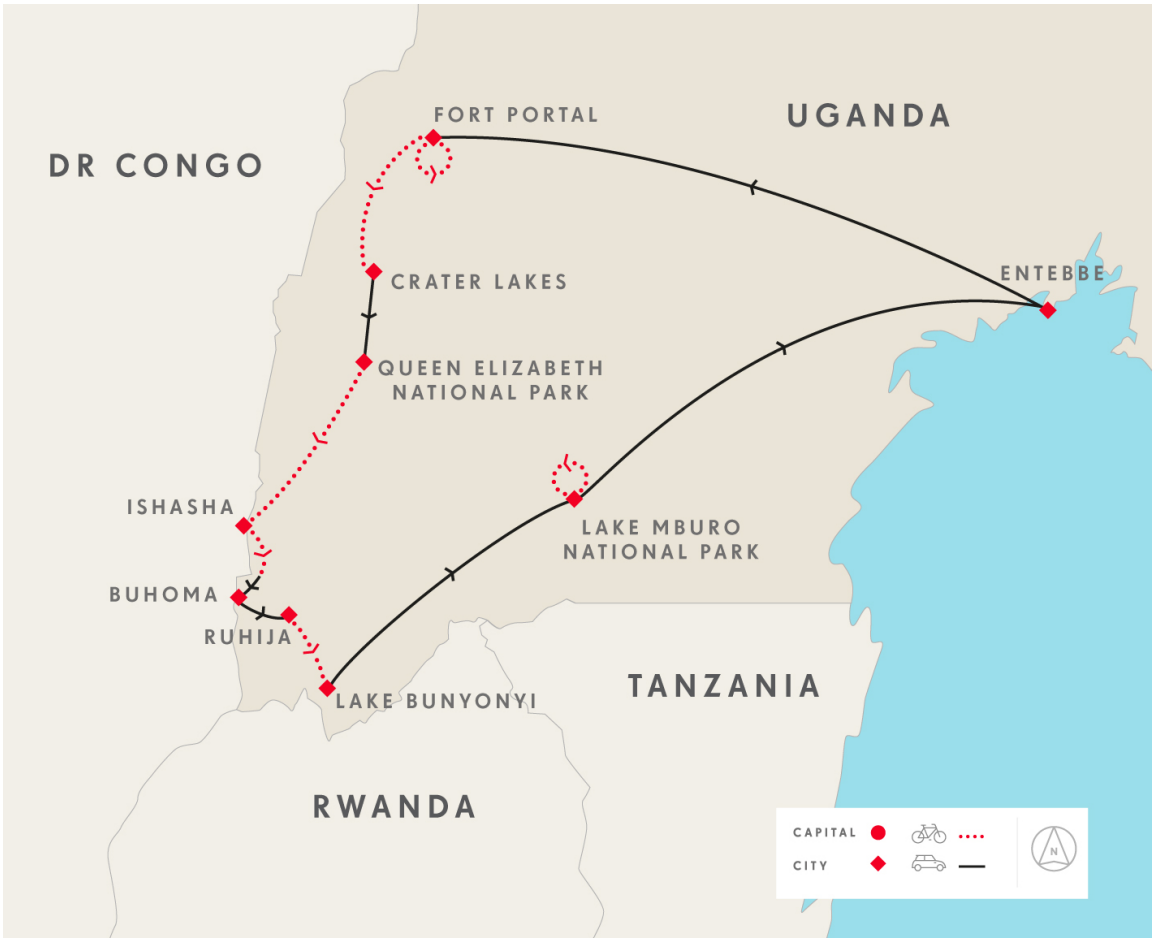
We ride a total of 276 km over six cycling days. The route follows a mix of vehicle-width and single-track dirt roads through Uganda's rural highlands, savannahs, misty rolling hills, lakes regions and wildlife reserves. With vehicle transfers before and after some rides, we avoid busy main roads, focus on the most enjoyable routes, and keep the distances at a moderate level. Uganda is a hilly country, so undulating terrain is to be expected each day of riding. While cycling is a highlight of the tour, the itinerary also includes a diverse off-saddle programme to fully immerse you in Uganda's remarkable wildlife. Two days are entirely off the bikes: on Day 4, we embark on a game drive and wetland cruise in Queen Elizabeth National Park, and on Day 7, we trek into Bwindi Impenetrable Forest to search for mountain gorillas in their natural habitat. Additionally, we combine cycling with wildlife encounters during bike safaris in two reserves (days 5 and 9)! While the itinerary is designed to maximise your chances of wildlife sightings, it's important to note that nature is unpredictable, and encounters cannot be guaranteed. We encourage you to come with an open mind and let the whims of nature surprise you. Accommodations on this tour are a character-rich collection of locally owned and operated lodges, many set in spectacular wilderness locations. While most meals are enjoyed at the lodges, we also take opportunities to introduce you to Ugandan cuisine beyond the hotel setting. On certain days, we have packed lunches as part of the cycling route. Western Uganda also produces world-class tea and coffee, so be sure to give that a try!

Your guide's expert knowledge of the area and terrain ensures you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active-level tour, and riders can expect to be challenged by the route in a variety of ways! Each riding day, we navigate East Africa's renowned gravelly, bumpy and cratered dirt roads — good handling skills and some experience with technical manoeuvring are an asset. Daily distances are generally manageable for most riders, but Day 5 features a 75 km stretch that will put endurance to the test. While climbs are typically gentle with mild gradients, there are some steep sections on rough terrain. The downhills are just as prominent and, while fun, require concentration. A basic level of physical fitness, comfort on a mountain or gravel bike, and adept handling skills enhance the enjoyment of the tour. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: The majority of the riding takes place on Uganda's iconic red-dirt roads, which sprawl across the countryside and weave through national parks and nature reserves. These roads vary from vehicle-width to single-track, with surfaces ranging from smooth gravel to bumpy and cratered. Occasionally, we ride on paved roads, but we avoid highways entirely. Most of the route takes us along quiet countryside paths with minimal traffic, though we do share the roads with other vehicles—primarily motorbikes, but also the occasional car, truck, or bus. Oh, and cattle and goats, of course! When conditions are dry, the dirt roads can be notoriously dusty; when it rains, they can turn muddy. We generally ride rain or shine, but adjustments to the planned route can be made at the guide's discretion or to suit your comfort level. It's all part of the adventure!

A Note on Gorilla Trekking: Gorilla trekking in Uganda is strictly regulated by the Uganda Wildlife Authority (UWA) and, due to the limited number of daily permits, visitor permits need to be issued well in advance. Our tour price covers this, but we ask for an upfront, non-refundable payment of 1000 USD per person so that we can take care of it well in advance. This will be deducted from your final balance due. We also need a copy of your passport, as required by the UWA to secure and issue your individual trekking permit in your name.



Day 1: Meet in Entebbe

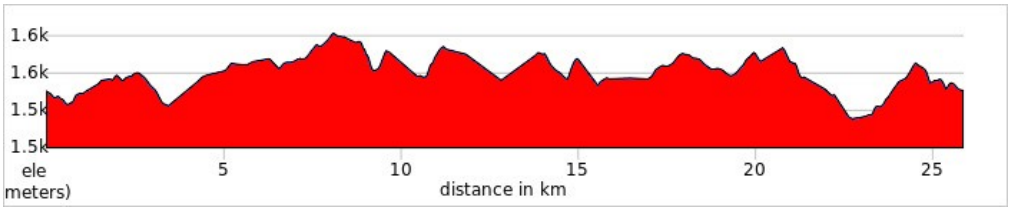
Welcome to Uganda! We meet in the laid-back city of Entebbe, nestled on the shores of Lake Victoria, Africa's largest lake. Entebbe is also conveniently located near Uganda's only international airport, making it the ideal launchpad for our Ugandan bike adventure. We'll gather at our tour hotel in the late afternoon for a trip briefing and welcome dinner. If you arrive early, feel free to explore the lush Entebbe Botanical Gardens or relax by one of the nearby lakeside beaches. Please let us know if you require assistance with airport transfers or pre-tour hotel bookings.

ViaVia Guesthouse Dinner

Day 2: Entebbe - Fort Portal

It's time to hit the road! Early this morning, we embark on a 6-7 hour drive to the far west of Uganda. Get comfortable and take in your first impressions of the country's expansive countryside, which we'll soon get to know intimately by bike. Our destination is the city of Fort Portal, situated at the base of the mighty Rwenzori Mountains and surrounded by rolling hills blanketed by rows of tea bushes. We arrive in time for lunch, and in the afternoon, saddle up for an undulating warm-up ride into Fort Portal's lush rural hinterland, passing by small villages and tea plantations as we ride along East Africa's iconic red dirt roads. Before dinner, we treat ourselves to a sundowner at one of the most beautiful lakes in the region.

Ruwenzori View Guesthouse Breakfast, Lunch, Dinner

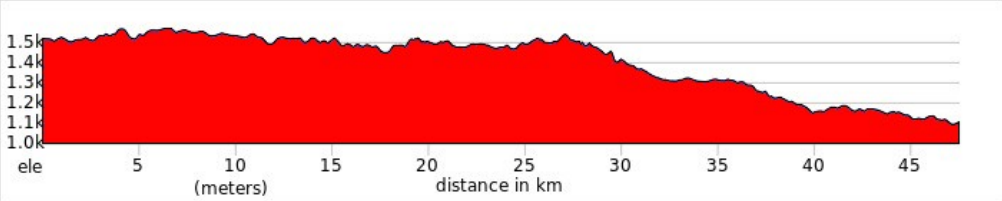


Ride 26km +450m -448m

Day 3: Fort Portal - Crater Lakes - Queen Elizabeth National Park (QENP)

This morning, we leave Fort Portal and cycle south, navigating bumpy dirt roads that wind through hilly, agrarian landscapes. After about 25 km, we reach the “Crater Lakes,” a breathtaking area on the edge of Kibale National Park, where volcanic activity has created a patchwork of water-filled craters, some over 400 metres deep. Cycling past these shimmering lakes, surrounded by forests and tea estates, is a serene experience, capped with a lakeside picnic lunch. After a few more kilometres of riding, we join the main road — our queue to hop into the support van for a two-hour transfer to Queen Elizabeth National Park. Along the way, we pause briefly at an equator marker, the exact point of 0° latitude where Uganda is split between the Northern and Southern Hemispheres. Tonight, we settle into safari-style accommodations in Queen Elizabeth National Park, the first of two nights immersed in the park's wildlife-rich surroundings.

Bush Lodge Breakfast, Lunch, Dinner



Ride 48km +665m -1083m

Day 4: Queen Elizabeth National Park Game Drive & Boat Safari

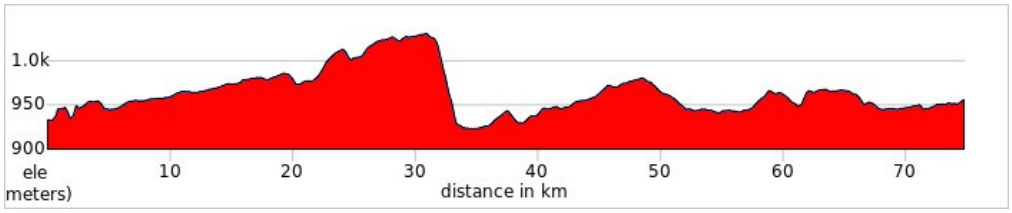
Queen Elizabeth National Park (QENP for short) is Uganda’s most popular wildlife reserve, and for good reason! Nestled between the Rwenzori Mountains and Lake Edward, its diverse landscape of savannahs, wetlands, and crater lakes is home to a staggering array of wildlife. Today we give our bikes a day off and explore QENP in full force. Early this morning we venture out on a game drive in an open safari vehicle, on the lookout for grazing herds of buffalo and antelope, along with large herds of elephants and giraffes roaming the plains. If we're lucky, we might catch sight of the elusive leopards or the famous tree-climbing lions, found only in QENP! After a late morning siesta and lunch back at the lodge, we spend the afternoon aboard a boat cruising on the Kazinga Channel, one of the most biodiverse waterways within QENP. As we drift along, we may spot massive pods of hippos splashing about, crocodiles lounging on the banks, and elephants and buffalo coming down for a drink. Up above, birds of prey circle the skies. After an enriching day in QENP, we ring out the day with dinner back at the lodge.

Bush Lodge Breakfast, Lunch, Dinner

Day 5: Queen Elizabeth National Park by Bike

As the perfect sequel to yesterday’s safari in QENP, today we cycle through the park. Riding along a relatively flat, wide gravel road that winds through savannah, we head south, right into the heart of QENP. At a leisurely pace, followed by our support vehicle, we have plenty of time to take in the stunning terrain around us. Herds of buffalo, antelope, giraffes, zebras, and even elephants are frequently spotted, while the more elusive tree-climbing lions, often found resting in large fig trees, are a rare but exciting possibility. At 75 km, this is the longest ride of the trip. However, with no technical off-road sections and a maximum gradient of just under 3%, it remains an achievable endurance challenge. If you prefer, you can cycle a shorter distance and complete the rest of the route in the support vehicle. We’ll spend the night at another cosy lodge, situated right at the doorstep of Uganda’s wilderness at the southern edge of QENP.

Enjojo Lodge Breakfast, Lunch, Dinner

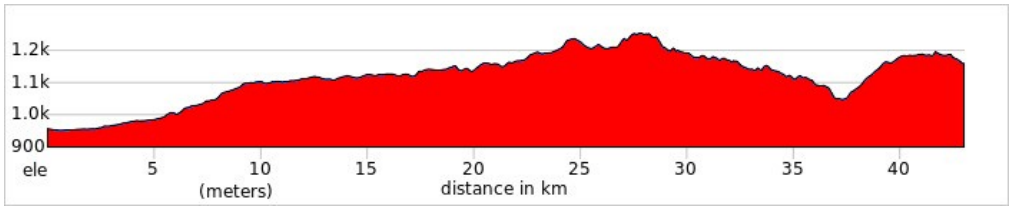


Ride 75km +313m -292m

Day 6: Ishasha - Buhoma

Today's route marks a transition from savannah to rainforest. Starting from our lodge, the first 5 km serve as a gentle warm-up before a gradual climb takes us higher into the highlands of southwestern Uganda. As we cycle on dirt roads, we pass forest-clad hills, small villages, plantain fields, coffee farms, and tea plantations. After around 30 km, we cruise downhill, followed by a final short uphill stretch to our lunch spot, where a wholesome Ugandan meal awaits. In the afternoon, we transfer by vehicle for an hour to Buhoma, situated at over 1,500 m ASL. We have now reached the edge of Bwindi Impenetrable Forest, home to Uganda's beloved mountain gorillas. Our guesthouse for tonight is connected to the Bwindi Community Hospital, and a stay here supports medical care and other vital services in the local community.

Bwindi Guesthouse Breakfast, Lunch, Dinner



Ride 43km +632m -430m

Day 7: Gorilla Trekking in Bwindi Impenetrable Forest

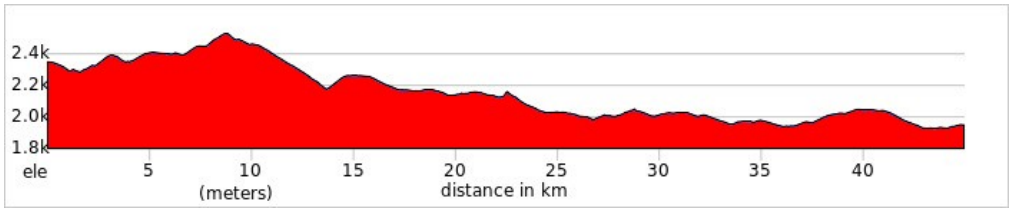
A truly special day awaits as we embark on the unforgettable experience of gorilla trekking in the mist-shrouded hills of Bwindi Impenetrable Forest. Beneath towering trees and amidst dense bamboo thickets, ferns, and twisting vines, we venture into the habitat of nearly half the world's endangered mountain gorillas. Guided by expert rangers, we track these magnificent creatures, following clues to their movements on a journey that may take 1 to 4 hours and involve steep hiking sections. While sightings aren't guaranteed, the rangers' expertise offers our best chance of success. Once located, we spend up to an hour observing the gorillas in their natural habitat. Opportunities to encounter wild mountain gorillas don't come often in life, so flexibility and a go-with-the-flow attitude are key! After this incredible experience, we transfer to a safari lodge in Ruhija, perched on the western edge of Bwindi, where we unwind with stunning views of the ancient, wildlife-rich rainforest.

Gorilla Mist Camp Breakfast, Lunch, Dinner

Day 8: Ruhija - Lake Bunyonyi - Lake Mburo National Park

Despite its name, Bwindi Impenetrable Forest does have some roads! From our lodge, we ride directly into the protected rainforest, following the gentle rise and fall of a gravel path that winds through the misty highlands for around 15 km. Exiting the forest, we transition into an agrarian landscape of terraced fields etched into hillsides, grazing lands for livestock, and mudbrick houses with thatched roofs. Continuing south along undulating dirt roads, the views open to reveal the island-dotted Lake Bunyonyi in the distance. Known as the "Place of Many Little Birds" for its abundant birdlife, Lake Bunyonyi is also one of Africa's highest (nearly 2,000 m ASL) and deepest lakes. This tranquil area is the perfect spot to conclude our ride and enjoy a lakeside lunch. In the afternoon, we begin a 4–5 hour transfer back north. Our destination is Lake Mburo, where we spend the night at an eco-lodge perched on a scenic outcrop, overlooking the lush ecosystem below.

Rwakobo Rock Breakfast, Lunch, Dinner

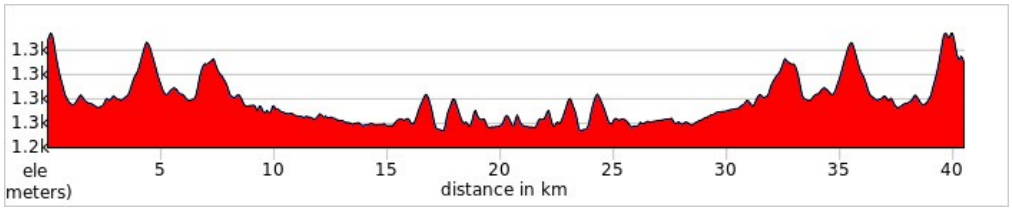


Ride 45km +747m -1148m

Day 9: Lake Mburo National Park Safari Cycling – Entebbe

It's time for our final ride, and we've saved some of the best for last! Lake Mburo National Park, one of Uganda's smallest wildlife reserves, offers us the chance to cover much of its interior on a 20 - 40 km cycling safari. The exact distance varies depending on where the animals are spotted! We'll crisscross undulating jeep tracks through savannah grasslands, with opportunities to spot zebras, warthogs, buffalo, impalas and giraffes from the saddle. Skirting the shores of the lake we may also see hippos lounging in the shallows and crocodiles lurking in the reeds. After lunch, we transfer back to Entebbe, completing our epic loop through Western Uganda. The drive takes 4-5 hours, with a crossing of the equator for the second time on our tour. In the evening, we gather for a celebratory farewell dinner in Entebbe.

ViaVia Guesthouse Breakfast, Lunch, Dinner



Ride 20-40km +500m -500m

Day 10: Entebbe Departure

Our tour has ended but feel free to extend your stay in Entebbe or continue your journey through East Africa. Please let us know if you require assistance with post-tour hotel bookings or airport transfers.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is a mountain bike or gravel bike in good mechanical order.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

To enter Uganda you need to obtain an Electronic Visa through the Uganda e-Visa portal. Use the official website here and follow the step-by-step process to fill in your information, upload documents, and make the payment. The cost of an ordinary, single-entry tourist visa is 50 USD. You will need to upload your passport bio-data page, a recent passport-size photograph and your return ticket confirmation. Please ensure you hold a passport with at least 6 months of validity remaining. **You must also upload a Yellow Fever Vaccination Certificate.** Make sure you obtain this before applying for the visa so that you have all documents ready. You will receive your approved visa by e-mail and are allowed to stay in Uganda for up to 90 days (three months) from your date of entry. Do not leave it to the last minute to submit your application and we suggest doing it no later than 2 weeks before arrival. If you also plan to visit Rwanda and/or Kenya then you should consider applying for the East Africa Tourist Visa.

Health

For travel into Uganda, some doctors recommend getting vaccinated for Hepatitis A and B, as well as for rabies and typhoid. Visit your medical professional to confirm what precautions you should take, specifically regarding cholera and malaria. **A yellow fever vaccination certificate is required for all travelers over 1 year of age.**

Weather

With no true winter or summer, Uganda has a relatively steady temperature all year. January and February are hottest, averaging 24-33°C up to 40°C further north. The south has rains from mid-September to November and then from March to May. December to February and June to July are “dry seasons” in that there’s less rain. With 1,000 to 2,000 mm in rain annually, it can rain at almost any time. In the north, such as around Murchison Falls and Kidepo Valley, there is one continuous wet season from March to November before it goes dry season from December to February.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Ugandan cuisine draws on English, Arabic, and Asian, especially Indian, influences to cook up local produce. Matooke (green bananas) is boiled or steamed then cooked in or served with a sauce of peanuts, beans, fresh fish, or meat. Luwombo and ugali are traditional Ugandan dishes, comprising a stew of either chicken, beef, mushrooms, or fish steamed in banana leaves. We’ll make sure you get to sample a large variety of local cuisine. Vegetarians may struggle outside of major towns, but we will do our best to cater to any special dietary requirements. Please let us know at the time of booking.

Money

The local currency is the Ugandan Shilling (UGX). Cash is king in Uganda, especially outside the main cities, so we highly recommend preparing the local funds you’ll need before leaving

Entebbe. Generally, it is easiest to exchange money upon arrival at the airport. Ensure that your foreign bills are clean, crisp, and free of any ink marks, stamps, or tears—and specifically for US Dollars, ensure they are printed after 2013—or they may be rejected. You will also receive a better exchange rate for larger bills (like $50 or $100) than for smaller ones. While you can withdraw money from ATMs in towns using a VISA card, don't expect to use credit cards for most in-house purchases at hotels; however, some larger lodges may accept clean, new USD or EUR notes as direct payment.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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