

# SPICE ROADS

## CYCLING



### CYCLING UGANDA MOUNTAIN BIKE SAFARI

Tour Code  
**UGA-MBS**

**15** DAYS  
**14** NIGHTS

	Destinations	Uganda
	Tour Meets Tour Ends	Entebbe, Uganda Entebbe, Uganda
	Fly in to Fly out of	Entebbe International Airport (EBB) Entebbe International Airport (EBB)
	Group Size Minimum Age	2-12 riders 18 (on scheduled departures)

### ACTIVITY PROFILE



<b>9</b> Cycling days	<b>419</b> km Total cycling distance
<b>47</b> km Avg distance / day	<b>734</b> m Avg climbing / day

### PRICING



Price	US\$ 4,950
Bike Hire (Mountain Bike)	US\$ 420
Single Supplement	US\$ 320

### WHAT'S INCLUDED

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

### WHAT'S EXCLUDED

- ✗ International flights
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

### DEPARTURES



06 March - 20 March 2022  
05 June - 19 June 2022  
07 August - 21 August 2022  
04 December - 18 December 2022  
05 March - 19 March 2023  
04 June - 18 June 2023  
06 August - 20 August 2023  
03 December - 17 December 2023

## TRIP PROFILE

This is a challenging off-road ride with 95 % of the cycling on dirt terrain and 22% of that is single track. We cycle 419 km in 9 cycling days and climb a total of 6600 m. This is a tough trip due to the amount of ascending and the dirt terrain. However, there are many options to adjust the days' ride in length and or difficulty with the region's vast network of trails. Your knowledgeable local guide will be there to assist you with en-route options each day.

Vehicle support, which allows cyclists the option to get into the truck, is available on all cycling days, however it will be limited on certain days. When riding on single-track the vehicle will meet the group at predetermined points. Your guide will give a full briefing the night before the ride.

**Suitability:** This trip is designed for the experienced cyclist with a high level of fitness. The many climbs we'll be doing, means that this is a tough trip, and you'll enjoy it much more if you have a good level of stamina and fitness. The distances and gradient each day are not extreme, but getting into the best shape possible for the trip will ensure you get the most from your holiday.

**Biking Conditions:** Dirt trails over rough terrain, through river beds, and over stony mountain ridges demand good technical skills in handling balance, steering and braking. Experience riding on single track and dirt roads is strongly recommended.



### Day 1 Arrival in Uganda

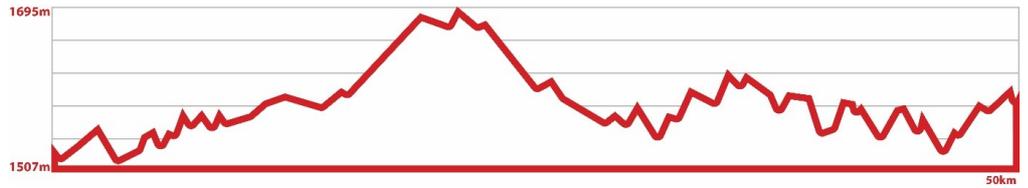
Welcome to Uganda! We will pick you up from the airport and transfer to our nearby hotel in Entebbe. We meet tonight for a trip briefing and dinner.

 Viavia Guesthouse  Dinner

### Day 2 Entebbe – Fort Portal

A long morning transfer takes us to Fort Portal and to the edge of Uganda's rainforest. Though there is no longer a fort, the town is known as the heartland of the nearby tea-growing area and sits under the majestic Rwenzori Mountains. After lunch we will test the bikes with a 25 km ride through small villages and the countryside. End the day with a sundowner at one of the most beautiful crater lakes in the area.

 Ruwenzori View Guesthouse  Breakfast, Lunch, Dinner

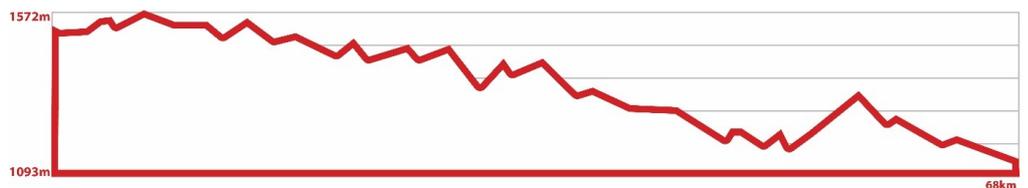


 Ride 25km  +319m  -244m

### Day 3 Fort Portal – Queen Elizabeth National Park

Today is a beautiful and scenic cycle past several volcanic crater lakes and along the Kibale Forest National Park, home to large communities of chimpanzees, over 600 of which live in nests in the tree canopy. We will have a picnic lunch at one of the crater lakes and if it's a hot day we can go for a swim. One highlight today will be crossing the equator and we will stop for a photo op. We transfer two hours in the afternoon and cross over the Kazinga Channel, a natural waterway that links Lake Edward and Lake George. We overnight safari-style, sleeping in tents, with animals roaming in and out of the camp and the sounds of hippos and hyenas accompanying our star-lit dinner.

 Queen Elizabeth Bush Lodge  Breakfast, Lunch, Dinner



 Ride 35-62km  +905m  -1315m

### Day 4 Queen Elizabeth National Park Safari Day

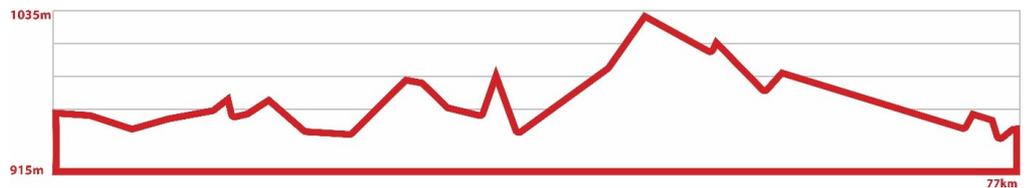
A perfect location for a rest day in an amazing environment full of magnificent wildlife. In the morning we will head out early to do a game drive where we have a good chance of viewing elephants, buffalo, antelopes, track down a pride of lions, or maybe even the odd leopard. We head back to our lodge to rest and in the evening we will go on a boat safari through the Kazinga Channel, which attracts a varied range of animals and birds, with one of the world's largest concentration of hippos and numerous Nile crocodiles.

 Queen Elizabeth Bush Lodge  Breakfast, Lunch, Dinner

### Day 5 QENP – Ishasha

An exciting day as we cycle directly through the heart of Queen Elizabeth National Park, home to 95 mammal species and over 500 bird species. We'll have the option of another game drive in the morning or afternoon in addition to the day's ride. We'll ride on a flat, wide gravel road through the savanna and have the chance to see wild animals such as buffaloes, elephants, several types of boks and maybe even the famous tree-climbing lions whose males sport black manes.

 Enjojo Lodge  Breakfast, Lunch, Dinner



 Ride 45-78km
  +204m
  -220m

## Day 6 Ishasha – Buhoma

We leave the flat savanna behind and climb up to the jungle. It is a challenging cycle with just under 1,000 m of ascending ahead of us. We will take a break at a tea plantation on our way up to Buhoma. Considered the world's capital of gorilla tracking, Buhoma lies at 1,500 metres above sea level. Though the day's ride includes plenty of climbing, the support vehicle will always be available to have a rest. Our guesthouse was originally the home to the founders of the community hospital next door. The guesthouse now frequently houses volunteers at the hospital, but also intrepid travellers.

 Bwindi Guesthouse
  Breakfast, Lunch, Dinner



 Ride 60km
  +931m
  -395m

## Day 7 Wild Gorilla Tracking

Today you will do something that you will remember the rest of your life: tracking the wild mountain gorillas in their natural environment. Due to the nature of tracking wild gorillas, who move throughout the forest in small family groups, tracking is tricky and is conducted based on where rangers believe the groups are and will go that day. To minimize the impact of human tourists on the gorillas, the tracking group size is kept to a minimum. The rangers are expert trackers, but in some cases, it can take some time to find the gorillas. The hike through dense vegetation can take up to 4 hours. Once they have been located, trackers are allowed to observe for a maximum of 1 hour.

 Bwindi Guesthouse
  Breakfast, Lunch, Dinner

## Day 8 Bwindi Impenetrable Forest

Another challenging day 60km (shorter route 45km) climbing, ranging from singletrack through rural areas to wide dirt roads straight through the rainforest. We will be on the edge of Bwindi Impenetrable Forest, thusly named for the thick stands of bamboo and ground cover of ferns, vines, and other plants that severely hinder direct access on foot. This is also home to half the world's population of highly endangered mountain gorillas. As we will be high we have some stunning views to take in. It is very likely that we will encounter a monkey or two, and if we are really lucky a family of mountain gorillas. We will start our day at 1,500 m and end it at 2,300 m, so expect a chilly evening when the sun goes down.

 Gorilla Friends Lodge and Campsite
  Breakfast, Lunch, Dinner





Ride 45-56km



+1535m



-735m

## Day 9 the lake of 100 Birds

Mainly downhill day today, we will cycle 35km straight through Bwindi Impenetrable Forest in order to reach civilization again. Once out of the forest we will see some impressive terraced fields where the community grows a variety of crops. Be sure to look out for island-dotted Lake Bunyoni in the distance. Meaning "the place of little birds" the lake is believed to be Africa's second deepest and has 29 islands of all shapes and sizes. We will have lunch on the shore of the lake and afterwards, take a 45-minute boat ride to the tranquil island where we will stay the night



Byoona Amagara Community



Breakfast, Lunch, Dinner



Ride 35km



+692m



-1056m

## Day 10 Lake Bunyonyi

With its breathtaking panoramic views, Lake Bunyonyi is arguable Uganda's most beautiful lake. Cycling partly around it is a treat. But don't let the beauty fool you for an easy ride. The short and steep hills bordering the lake of the 1000 small birds will make the ride a challenging one.



Byoona Amagara Community



Breakfast, Lunch, Dinner



Ride 55km



+1231m



-1192m

## Day 11 Lake Mbuo national Park

We will leave after breakfast towards Lake Mbuo National Park as we have a 5-hour transfer to get there. On the way we will have lunch at Igongo Cultural Center, which promotes the cultural heritage of southwest Uganda, particularly the Ankole, through artefacts, a cultural village replica and a heap of info. Soon afterwards we will approach Lake Mbuo, where we will stay at a bush camp on a stones' throw from the park entrance. Have dinner and sleep with the sounds of roaring wildlife in the background.



Leopard Rest camp



Breakfast, Lunch, Dinner

## Day 12 Riding Between The Zebras

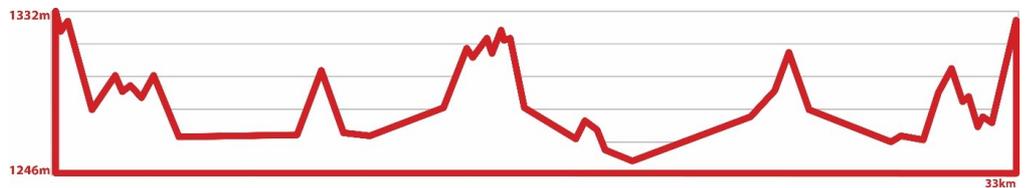
Wake up and have your breakfast looking out over the park. In the early morning, there is a high chance that animals might have approached the bushcamp to graze. After breakfast, we will do a 25km/50km cycling trip along the borders of the park. Expect to encounter zebras, antelopes and buffaloes on the road! In the afternoon will leave for a 3-hour transfer to Mabamba swamp. For the second time, we will cross the equator where we shall make a short stop.



Nkima Lodge



Breakfast, Lunch, Dinner



📍 Ride 25-50km    📈 +340m    📉 -344m

## Day 13 Shoebill Boat Safari

Mabamba swamp is the most popular birding site in Uganda to observe the rare Shoebill stork, which is the most sought-after bird in Uganda. The 25 square kilometres large and extensive wetland is located along the northern shores of Lake Victoria, near Entebbe town. The marsh stretches through a narrow and long bay that is fringed with papyrus towards the main body of Lake Victoria. After exploring the Mamba swamp per boat and a well-deserved lunch it's time to cycle back to Entebbe. During this 20 kilometre ride, we will cross the world's second-largest lake: Lake Victoria.

🏠 Viavia Guesthouse    🍴 Breakfast, Lunch, Dinner

📍 Ride 20km    📈 +140m    📉 -165m

## Day 14 Visit Kampala

A short drive of 1.5 hours to the capital will be the start of a day full of sightseeing and/or souvenir hunting. Visit Owino market, National Museum, the Great Mosque and Idi Amin's dungeon and enjoy one of the many great restaurants. See, feel, smell and taste the capital of Uganda. Return to Entebbe in the evening.

🏠 Viavia Guesthouse    🍴 Breakfast, Lunch, Dinner

## Day 15 Departure from Uganda

Please let us know your departure time so we can arrange your drop off at Entebbe airport.

🍴 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. The bikes are brand name mountain bikes with disc brakes, front suspension, and 24-to 27-speed gearing. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, and that it is 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

It is advisable to obtain an East African Tourist visa for this trip, which allows travelers to travel freely between Uganda, Rwanda, and Kenya at most points of entry (please note, this trip only goes from Uganda to Rwanda). To apply for an East Africa visa please go [here](#), and select "East African Tourist Visa" under the "category," and select "Entebbe" as the port of entry, unless you are beginning your travels elsewhere.

The East African visa application costs US\$ 100, and approved visas are valid for 90 days starting from the issue date. Please ensure your passport is valid for at least six months from the date of entry.

### 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. Matoke (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 official currency of Uganda is the Ugandan Shilling. US Dollars are widely accepted (make sure they are printed after 2006), but you should have some shillings handy for small purchases. There are ATMs that except foreign VISA cards in the bigger towns and cities, and make sure you plan ahead as most places outside Kampala will not except credit cards.

## 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

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