

SPICEROADS

CYCLING



CYCLING UGANDA & RWANDA: THE HEART OF AFRICA

Tour Code
MCT-URS

15 DAYS
14 NIGHTS

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

ACTIVITY PROFILE



10
Cycling days

428 km
Total cycling distance

43 km
Avg distance / day

758 m
Avg climbing / day

PRICING



Price	US\$ 4,100
Bike Hire (Mountain Bike)	US\$ 420
Single Supplement	US\$ 295

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



17 February - 03 March 2019
23 June - 07 July 2019
16 February - 01 March 2020
21 June - 05 July 2020

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 584 kms in 11 cycling days and climb a total of 9607 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 on 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. This will be the case on days 2, 6, 8, 9, 12 and 13. 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

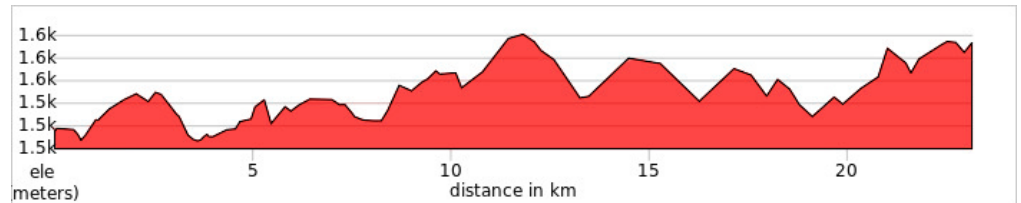
A long morning transfer takes us to Fort Portal and to the edge of Uganda's rainforest. Though there is no longer a fort, the town is known as the heartland of the nearby tea-growing area and sits under the majestic Rwenzori Mountains. After lunch we will test the bikes with a 25 km ride through small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



-280m

Day 3 Fort Portal – Queen Elizabeth National Park

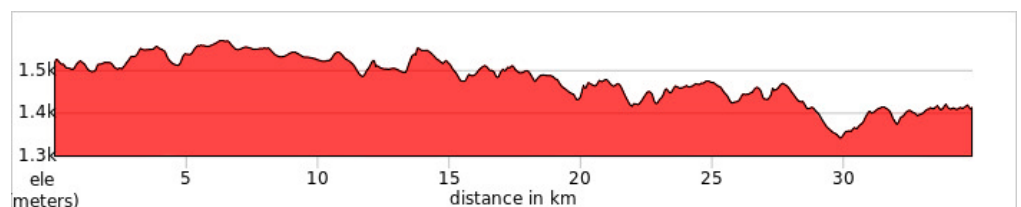
Today is a beautiful and scenic cycle past several volcanic crater lakes and along the Kibale Forest National Park, home to large communities of chimpanzees, over 600 of which live in nests in the tree canopy. We will have a picnic lunch at one of the crater lakes and if it's a hot day we can go for 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 35km



+645m

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

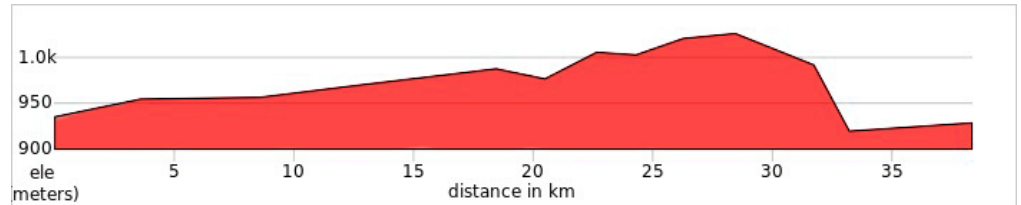


Breakfast, Lunch, Dinner

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 bocks and maybe even the famous tree-climbing lions whose males sport black manes. Don't worry, our vehicles will be driving right behind you and you don't need to worry about being lunch for any animals. Our lodge tonight is on the Ntungwe River.

 The River Ishasha  Breakfast, Lunch, Dinner

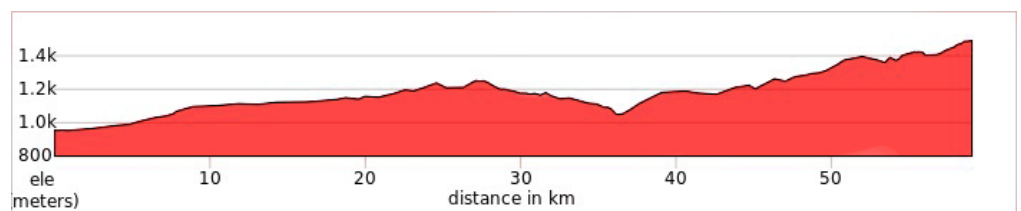


 Ride 39km  +133m  -111m

Day 6 Ishasha – Buhoma

A change of scenery today as 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. In the afternoon we will go for a short hike along the river and through the village to visit some local projects. 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 travelers.

 Bwindi Guesthouse  Breakfast, Lunch, Dinner



 Ride 60km  +931m  -395m

Day 7 Buhoma – Ruhija

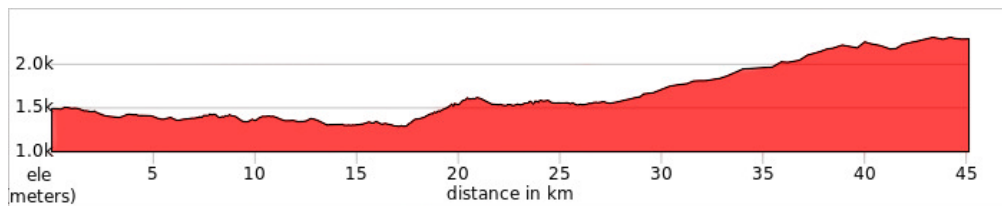
Another challenging day of climbing, ranging from single track through rural areas to wide dirtroads straight through the rainforest. We will be on the edge of Bwindi Impenetrable Forest, thusly named for the thick stands of bamboo and ground cover of ferns, vines, and other plants that severely hinder direct access on foot. This is also home to half the world's population of the highly endangered mountain gorillas. Another big climbing day, but rest assured the support vehicle is nearby if you need to take a break. 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, 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. We overnight at a community-run camp where proceeds go to water projects and a local orphanage. Our cottages will be basic tonight.



Ruhija Community Rest Camp



Breakfast, Lunch, Dinner



Ride 56km



+1535m



-735m

Day 8 Ruhija – Lake Bunyonyi

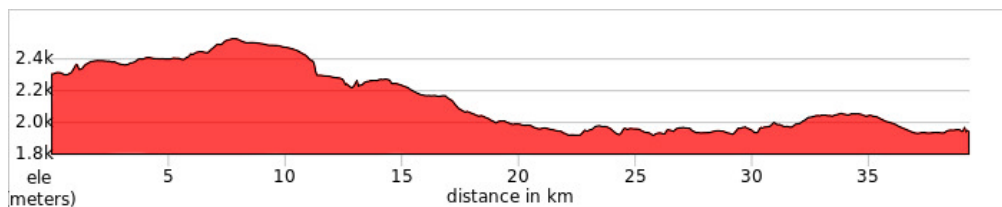
We will cycle straight through Bwindi Impenetrable Forest in order to reach civilization again. Though we descend more overall than we climb, it doesn't mean we won't still have some major hills to tackle today. Once out of the forest we will see some impressive terraced fields where the locals grow a variety of crops -- bananas, pineapples, maize, sugarcane. Be sure to look out for island-dotted Lake Bunyonyi 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 you have a choice – take a 45-minute boat ride to the tranquil island where we will stay the night, or continue riding for 20 km more to another boat landing. This boat ride will be just 10 minutes. It will be a treat to sleep in open-air Geodomes crafted from local materials. From your veranda you will be in a prime position to see and hear the sounds of fluttering herons, cooing cranes and the tweets of weaver birds.



Byoona Amagara



Breakfast, Lunch, Dinner



Ride 40km



+692m



-887m

Day 9 Lake Bunyonyi – Lake Mutanda

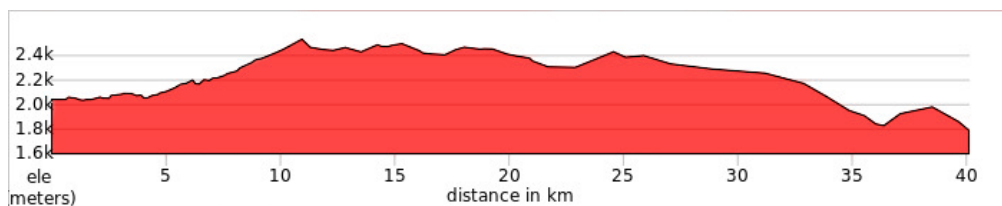
After a refreshing swim in the morning we'll take the boat 45 minutes to the mainland. Today we cycle to another lake, but there are a few hills in our path. We will be riding up and down most of the day as we pass many villages and farms growing on primarily red dirt roads. The Virunga Volcanoes tower around Lake Mutanda. Six of the volcanoes are dormant, but two erupted as recently as 2010.



Mutanda Lake Resort



Breakfast, Lunch, Dinner



Ride 43km



+957m



-1204m

Day 10 Lake Mutanda

A highlight of the tour, today our group will go to track wild mountain gorillas in Rushaga, a 1.5 hour drive from the resort. 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 impact of human tourists on the gorillas, tracking group size is kept to a minimum, so there's a chance our group will be split to track separate family groups. Tracking can last anywhere between 1 to 4 hours- remember, these are wild animals moving on their own free will! The rangers are expert trackers, but in some cases it can take some time to find the gorillas. Once they have been located, trackers are allowed to observe for a maximum of 1 hour. You don't get many chances in life when it comes to tracking wild mountain gorillas, so the key to this day is to be flexible and ready to go with the flow!



Mutanda Lake Resort



Breakfast, Lunch, Dinner

Day 11 Lake Mutanda – Musanze

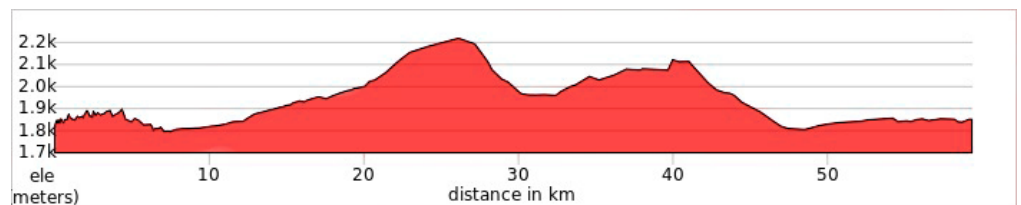
We leave our peaceful retreat behind and start cycling along the lake towards the Rwanda border. We again ride on dirt tracks and have some slow and steady climbs ahead of us, but we also have a descent to the border and our overnight in Musanze. From Musanze we will have a front row view onto Volcanoes National Park, where zoologist Dian Fossey had her base. The park remains a haven for the endangered mountain gorilla and golden monkeys. Our guesthouse is centrally located so feel free to walk around and explore town.



Musanze Garden Home



Breakfast, Lunch, Dinner



Ride 65km



+792m



-773m

Day 12 Musanze – Kinunu

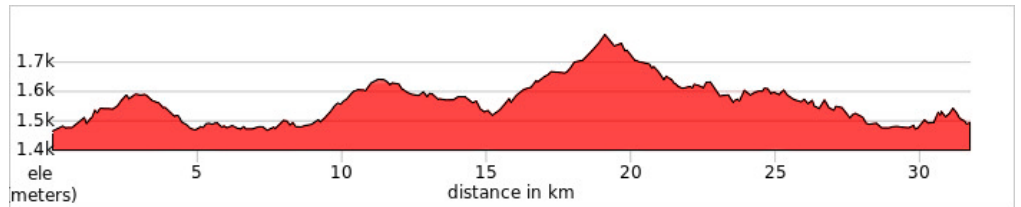
We start today with a transfer of just over an hour to the start of our ride, the official Congo Nile Trail named for the mountain range, not the country or river. This 227 km trail along Lake Kivu is popular with hikers and bikers and will give us a clear indication of why Rwanda is called the 'land of a thousand hills'. Today's ride is 25 km through the beautiful hills of the Congo Nile Trail, followed by a short transfer to the hotel. You have the option of cycling an additional 21 km the evening's accommodation. Cycling this remote track provides us with panoramic views of the Lake Kivu coastline, bright green tea fields and coffee plantations, and an insight into daily Rwandan life. We overnight at a paradise on the lake's shore, complete with its own sandy beach.



Rushel Kivu Lodge



Breakfast, Lunch, Dinner

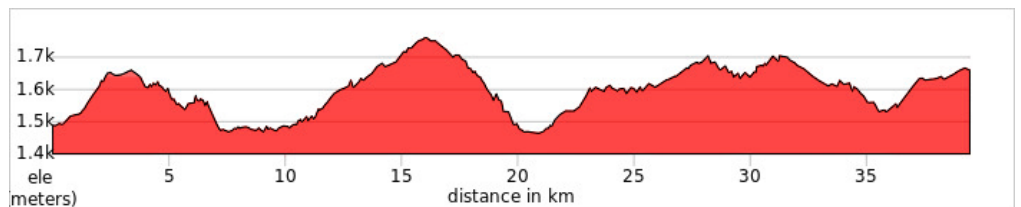


Ride 25km +579m

Day 13 Kinunu – Kibuye

Our last day of cycling won't be any less challenging as we continue on the Congo Nile Trail as it undulates inland and then back to the lake. There are a few long climbs with a gradual gradient into the town of Mabanza, followed by a short transfer to our accommodation for the night. We should have views today on the Rift Escarpment. Look forward to a swim in the lake from our hotel.

Bethany Hotel Breakfast, Lunch, Dinner



Ride 40km +995m -830m

Day 14 Kibuye – Kigali

This morning we say good bye to Lake Kivu and transfer approximately four hours to Rwanda's capital of Kigali. After lunch we'll have a city tour to give you an orientation and then the remainder of the afternoon is yours. We will meet up again for a farewell dinner to celebrate all the climbing we have accomplished!

Chez Lando Breakfast, Lunch, Dinner

Day 15 Departure from Kigali

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

Breakfast

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

To enter Uganda, all nationals must have a passport valid for at least six months from the date of entry. Visa are required by all nationals except for citizens of Cyprus and Malta. You can obtain visas either via the nearest Ugandan embassy or high commission or by using the Uganda [e-Immigration](#) system. The validity of an approved E-Visa is three months starting from the issue date.

Travelers planning to visit Uganda, Kenya, and Rwanda as a tourist may want to consider applying for an [East Africa](#) Tourist Visa, which is valid for multiple entries within the three countries for 90 days. You can [apply online](#), it takes 3 days to process and processing fee is US\$ 100. The entry point from Uganda to Rwanda is Cyanika.

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 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 accept foreign VISA cards in the bigger towns and cities, and make sure you plan ahead as most places outside Kampala will not accept credit cards.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

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. 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 you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 381 7490
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
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