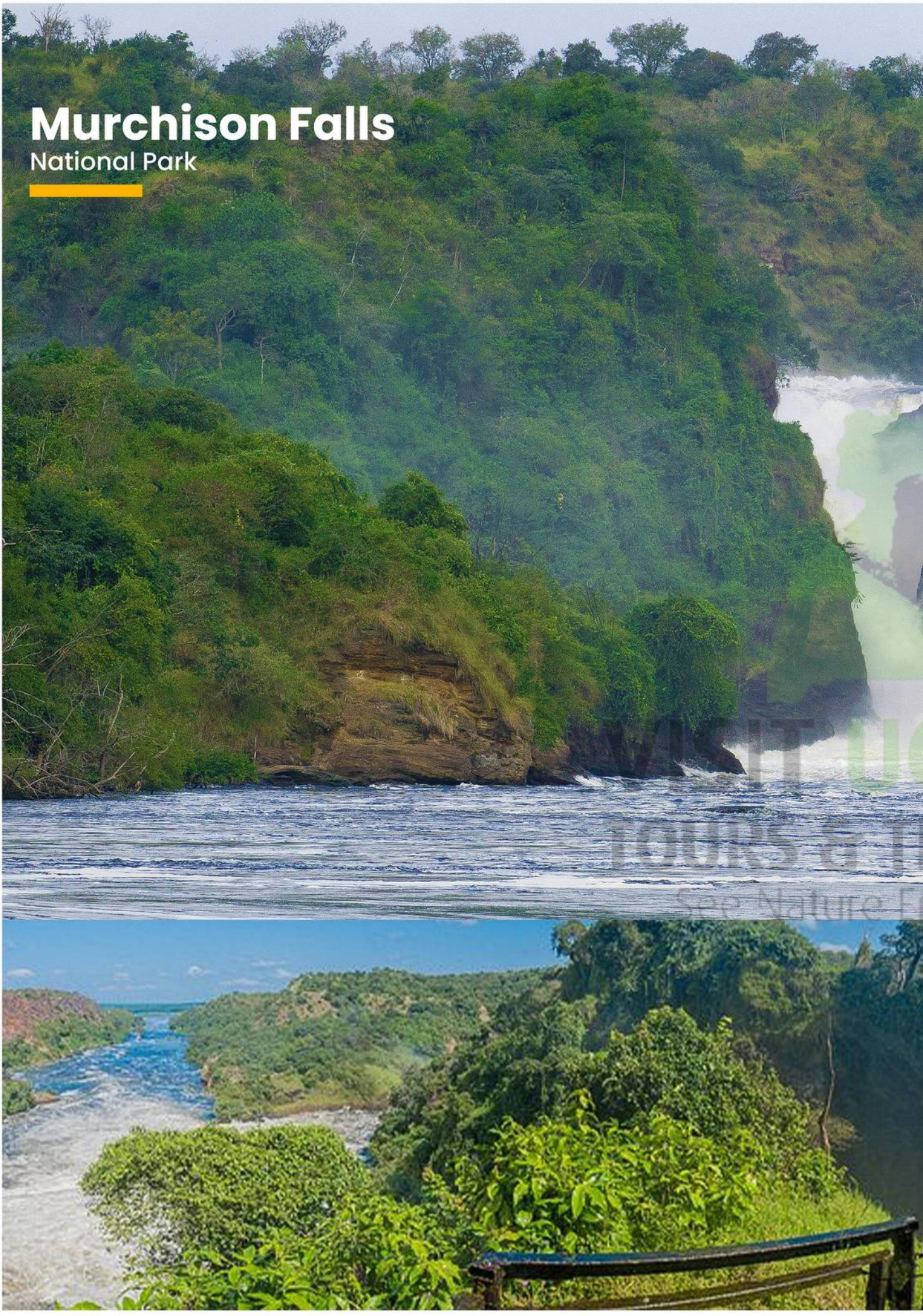

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# Murchison Falls
National Park





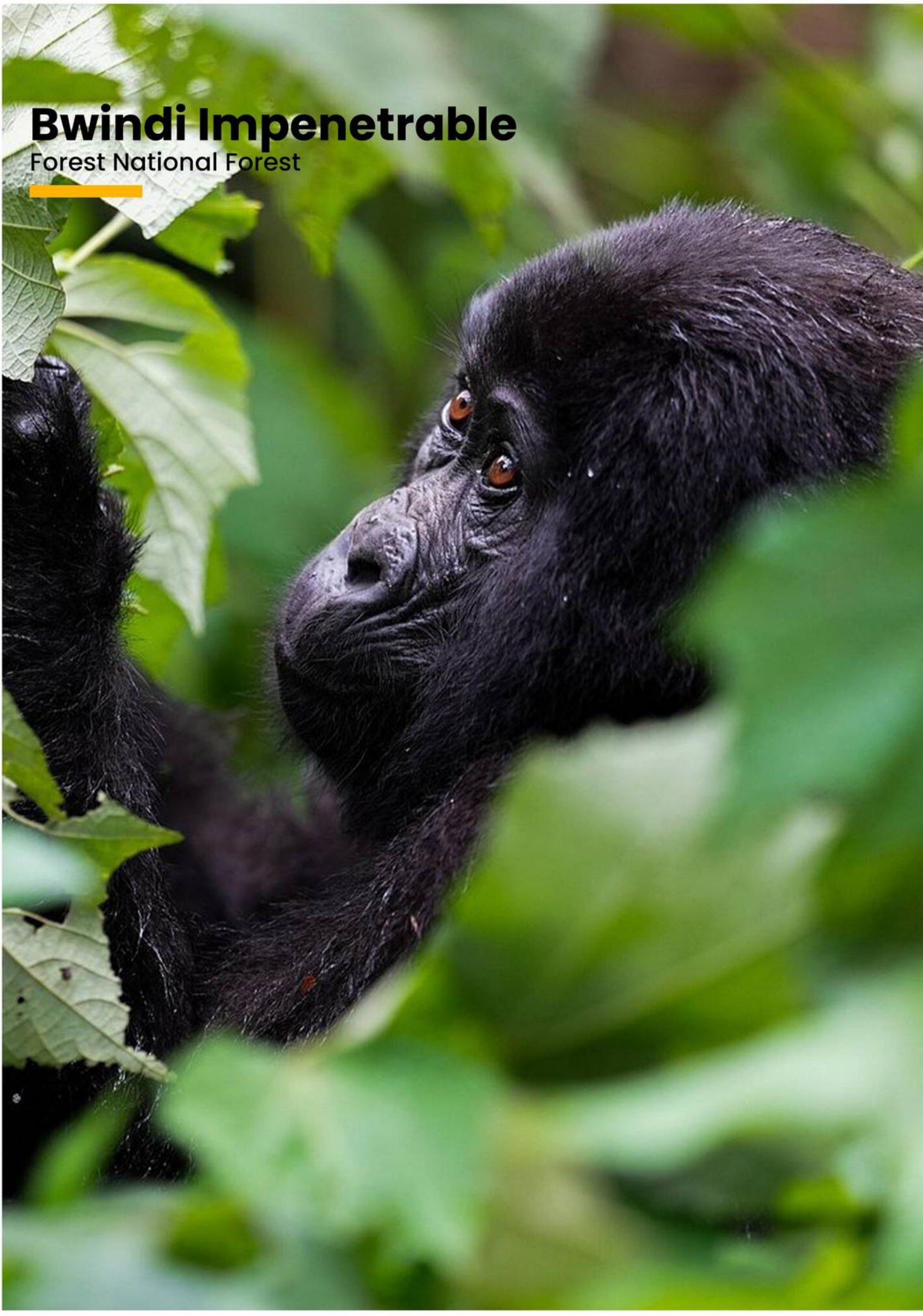


## FUN FACT

Every second, over 200 bathtubs' worth of water are forced through a narrow, 7-meter-wide gorge, creating the world's most powerful waterfall before it plunges 43 meters down.

# Bwindi Impenetrable

## Forest National Forest





## FUN FACT

**It is the only place in the world where you can find both mountain gorillas and chimpanzees living in the same forest habitat.**

# Entebbe Zoo

## Wildlife Conservation Centre





## FUN FACT

**Its original mission in 1952 was to rescue and rehabilitate injured, sick, or orphaned animals rather than functioning as a traditional zoo, making it a conservation focused establishment from its inception.**

# Table of Contents

Welcome To Uganda

**WELCOME**


| | |
|---|---|
| Murchison Falls | 02 |
| Bwindi Impenetrable | 04 |
| Entebbe Zoo | 06 |
| Overview | 08 |
| The Pearl of Africa | 10 |


**PLACES TO VISIT**


| | |
|---|---|
| Uganda | 12 |
| Kampala | 14 |
| Murchison Falls National Park | 16 |
| Queen Elizabeth | 18 |
| Kidepo Valley National Park | 20 |
| Bwindi Impenetrable Forest | 22 |
| Mgahinga Gorilla National Park | 24 |
| Lake Mburo National Park | 26 |
| Semuliki National Park | 28 |
| Rwenzori Mountains | 30 |
| Kibale National Park | 32 |
| Mount Elgon National Park | 34 |


**TRIBES & CLANS**


| | |
|---|---|
| Baganda | 36 |
| Banyankole | 38 |
| Iteso | 40 |
| Basoga | 42 |
| Acholi | 44 |


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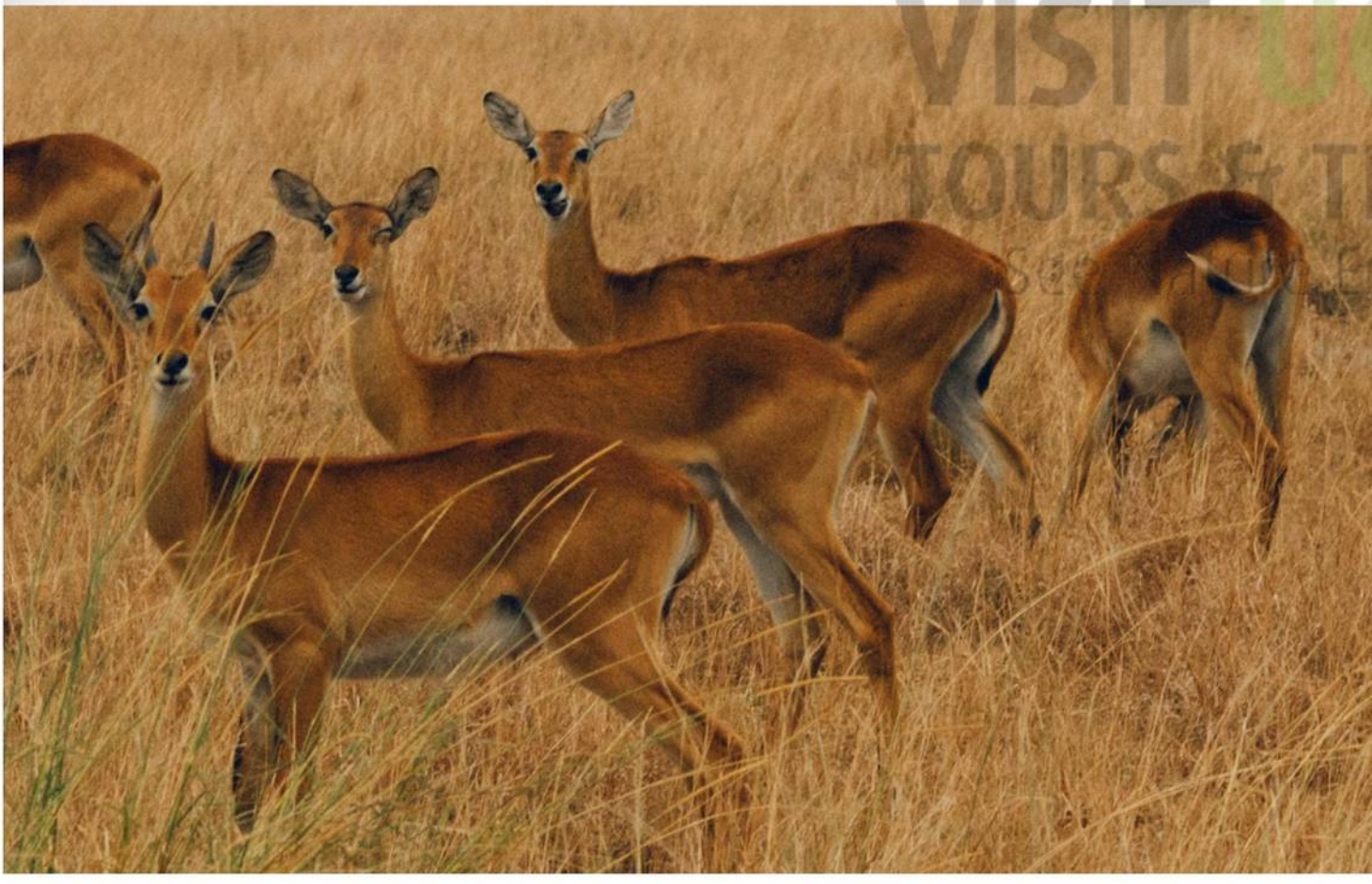








# THE PEARL





# OF AFRICA






# Legend

**Touristic Sites**

- National Park
- Wildlife Reserve
- Tourist Attraction Sites
- Historical/Cultural Sites
- Tourist Hotel(s)/ & Lodge(s)

**Transport and Route**

- Kilometres
- 80 Tarmac Road
- Unsurfaced Road
- Railway Line
- Vehicle Ferry
- International Airport
- Airport

**Landscape**

- Mountain (m)
- Tea Plantation
- Waterfall
- Rapids

**Settlement**

- Regional Centre
- Town
- Minor Town

# Touristic Attractions

| Grid. Ref. | Touristic Attraction | Grid. Ref. | Touristic Attraction | Grid. Ref. | Touristic Attraction |
|---|---|---|---|---|---|
| 34˚E, 4˚N | Kidepo Valley *National Park* | 30˚E, 1˚S | Mgahinga Gorilla *National Park* | 30˚E, 1˚N | Tooro *Game reserve* |
| 34˚E, 3˚N | Matheniko *Game Reserve* | 30˚E, 1˚S | Bwindi Impenetrable *National Park* | 32˚E, 2˚N | Murchison Falls *National Park* |
| 34˚E, 2˚N | Pian Upe *Game Reserve* | 30˚E, 0˚ | Queen Elizabeth *National Park* | 32˚E, 1˚N | Ziwa Rhino *Sanctuary* |
| 34˚E, 1˚N | Mountain Elgon *National Park* | 30˚E, 0˚ | Kibale *National Park* | 32˚E, 3˚N | East Madi *Game reserve* |
| 33˚E, 0˚ | Source of the Nile *& Jinja Adventure* | 30˚E, 0˚ | Rwenzori Mountains *National Park* | | |
| 31˚E, 1˚S | Lake Mburo *National Park* | 30˚E, 1˚N | Semliki *Game Reserve* | | |

# UGANDA

## THE PEARL OF AFRICA

Welcome to Uganda, a country of staggering natural beauty, rich cultural heritage, and incredible biodiversity. Dubbed "The Pearl of Africa" by Sir Winston Churchill, this landlocked nation in East Africa is a compact version of the continent, offering everything from snow-capped mountains and dense tropical rainforests to vast savannahs and the source of the Nile.

Uganda's reputation for hospitality is well-deserved; its people, a tapestry of over 50 ethnic groups, are known for their warm and welcoming nature. Whether you're a wildlife enthusiast, an adventure seeker, or a culture buff, Uganda promises an experience that will stay with you long after you've left.

### What to See & Do:

**Gorilla and Chimpanzee Trekking**: This is often the pinnacle of a Ugandan safari. Trekking through the dense, misty forests of Bwindi Impenetrable National Park or Mgahinga Gorilla National Park to come face-to-face with a family of mountain gorillas is a humbling and life-changing experience. In addition, you can track chimpanzees in their natural habitats at Kibale Forest National Park and Queen Elizabeth National Park.

**Source of the Nile:** Visit Jinja, the adventure capital of East Africa, to witness the spectacular spot where the mighty River Nile begins its 6,650 km journey to the Mediterranean Sea. Here, you can enjoy a range of adrenaline-pumping activities, including white-water rafting, kayaking, and bungee jumping.

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**FUN FACT**

Uganda has over 50 languages spoken across its different regions. While English and Swahili are the official languages, Luganda is the most widely spoken native language in and around the capital, Kampala


SASTOS GYM
POLICE POST



# KAMPALA

## The Capital Of Uganda

Welcome to Kampala, **the bustling, vibrant capital of Uganda** a city that promises a captivating blend of history, culture, and modern-day dynamism. Situated on a series of rolling hills near the northern shores of Lake Victoria, Kampala is a city that never sleeps, offering a unique and authentic African urban experience.

Once the hunting grounds of the Buganda kings, the city's name, derived from the Luganda phrase "K'empala," literally means "hill of the impala." Today, this name serves as a charming reminder of the area's wild past. While the impalas may have given way to a metropolitan sprawl, Kampala's green spaces, lively markets, and friendly locals ensure a welcoming atmosphere for every traveler.

**What to See & Do:**

- **Historical and Cultural Landmarks**: Delve into the rich history of the Buganda Kingdom by visiting the Kasubi Tombs, a UNESCO World Heritage Site and the burial ground of four of the kingdom's kings. Explore the imposing Kabaka's Palace and the adjacent Bulange, the parliament of the Buganda Kingdom. For a deeper dive into national history, the Uganda Museum houses a vast collection of cultural artifacts and archaeological treasures.

- **Urban Explorations**: Immerse yourself in the city's lively atmosphere by visiting its bustling markets. Nakasero Market is a feast for the senses, overflowing with fresh produce, spices, and local delicacies. For unique souvenirs and artisan crafts, head to the Uganda Arts and Crafts Village. At night, Kampala transforms with a vibrant nightlife scene, from live music venues to bustling bars.

- **Religious Sites**: Kampala is a testament to religious diversity and harmony. Discover the architectural grandeur of the Uganda National Mosque, a gift from Libya, which offers panoramic views of the city from its minaret. Explore the historic Namirembe Cathedral (Anglican) and Rubaga Cathedral (Catholic), each with its own compelling story. Don't miss the tranquil grounds of the Bahá'í House of Worship, the only one of its kind in Africa.






**FUN FACT**

Kampala was originally built on seven hills, each with its own significant landmark. These were Old Kampala, Mengo, Rubaga, Namirembe, Makerere, Kololo, and Kibuli. While the city has expanded far beyond this, the "City of Seven Hills" remains its popular nickname



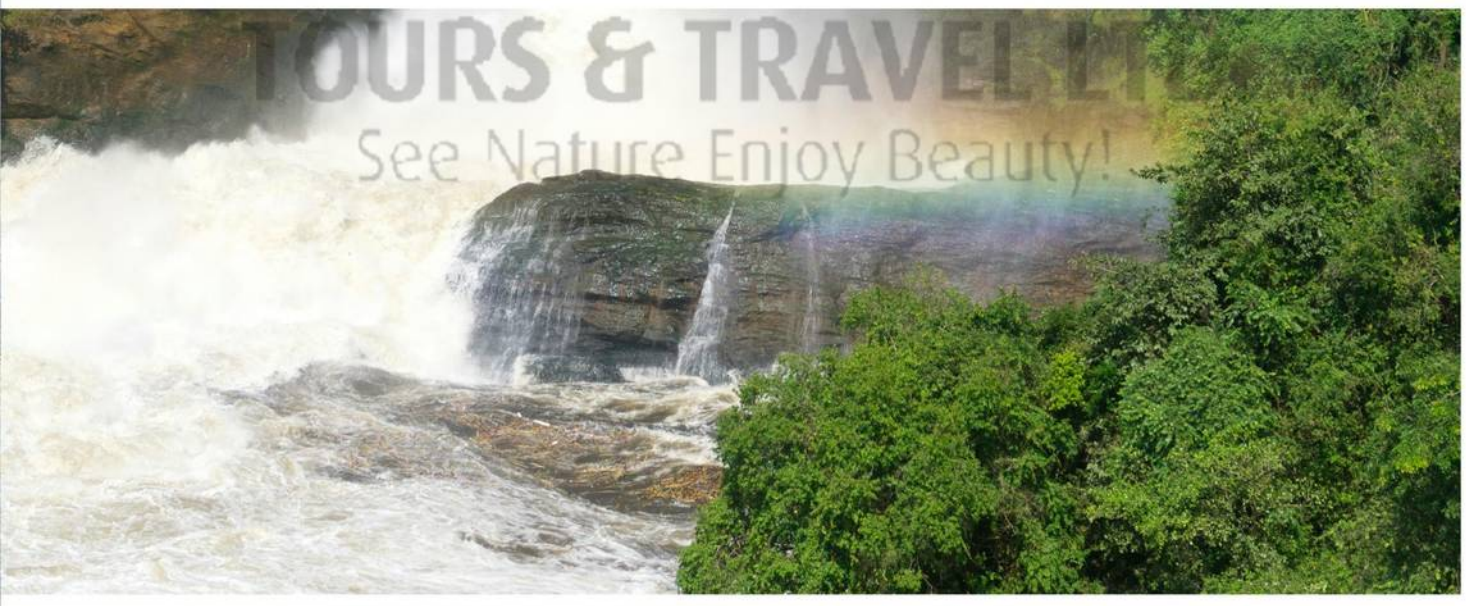
# MURCHISON FALLS
## National Park

Murchison Falls National Park, **Uganda's largest and oldest conservation area**, is a spectacular testament to the raw power of nature and the abundance of African wildlife. Located in the northwestern part of the country, the park is named after the magnificent Murchison Falls, a point where the mighty Victoria Nile River is squeezed through a narrow, seven-meter-wide gorge before plunging 43 meters into a thunderous cascade. The park's diverse ecosystem, which includes savannah grasslands, woodlands, and riverine forests, supports an incredible array of flora and fauna, making it a premier safari destination.

### What to See & Do

- **The Murchison Falls Boat Cruise**: This is an absolute highlight and a must-do for any visitor. A three-hour cruise up the Nile River from the Paraa landing site takes you towards the base of the falls. Along the way, you'll be treated to a stunning display of wildlife, including colossal hippos, giant Nile crocodiles basking on the banks, and a va riety of waterbirds. The climax is reaching the foot of the falls, where you can feel the incredible spray and hear the deafening roar of the water.
- **Game Drives**: Explore the vast savannah plains of the park on a game drive. The northern bank of the Nile is particularly rich in wildlife, and with the help of a ranger, you can spot four of the "Big Five" (elephants, buffaloes, lions, and leopards). The park is also home to a healthy population of Rothschild's giraffes, Jackson's hartebeest, Ugandan kobs, and various other antelope species.
- **Hike to the Top of the Falls**: For the most breathtaking views, disembark from the boat and take the adventurous hike to the top of the falls. This trail offers a unique perspective of the gorge and the powerful cascade. It's a chance to witness the full force of the Nile as it forces its way through the narrow cleft, a truly humbling experience

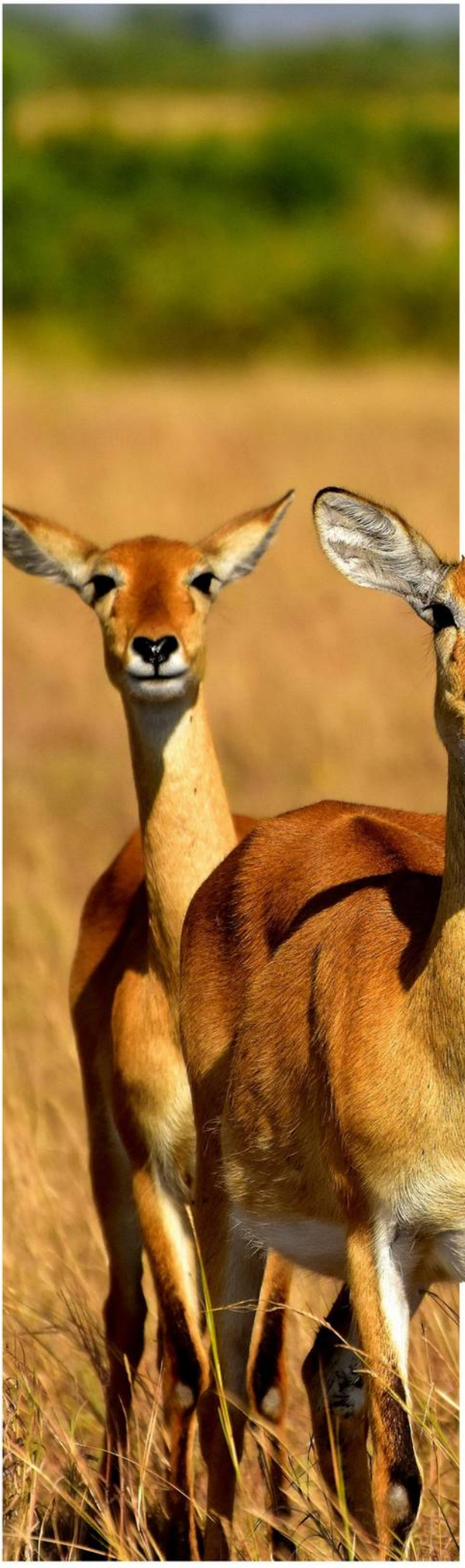
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**FUN FACT**

**The Victoria Nile bisects the park, creating two distinct ecosystems. The southern bank is characterized by woodland, while the northern bank is dominated by savannah, which is why most game drives take place there**



# QUEEN ELIZABETH
## National Park

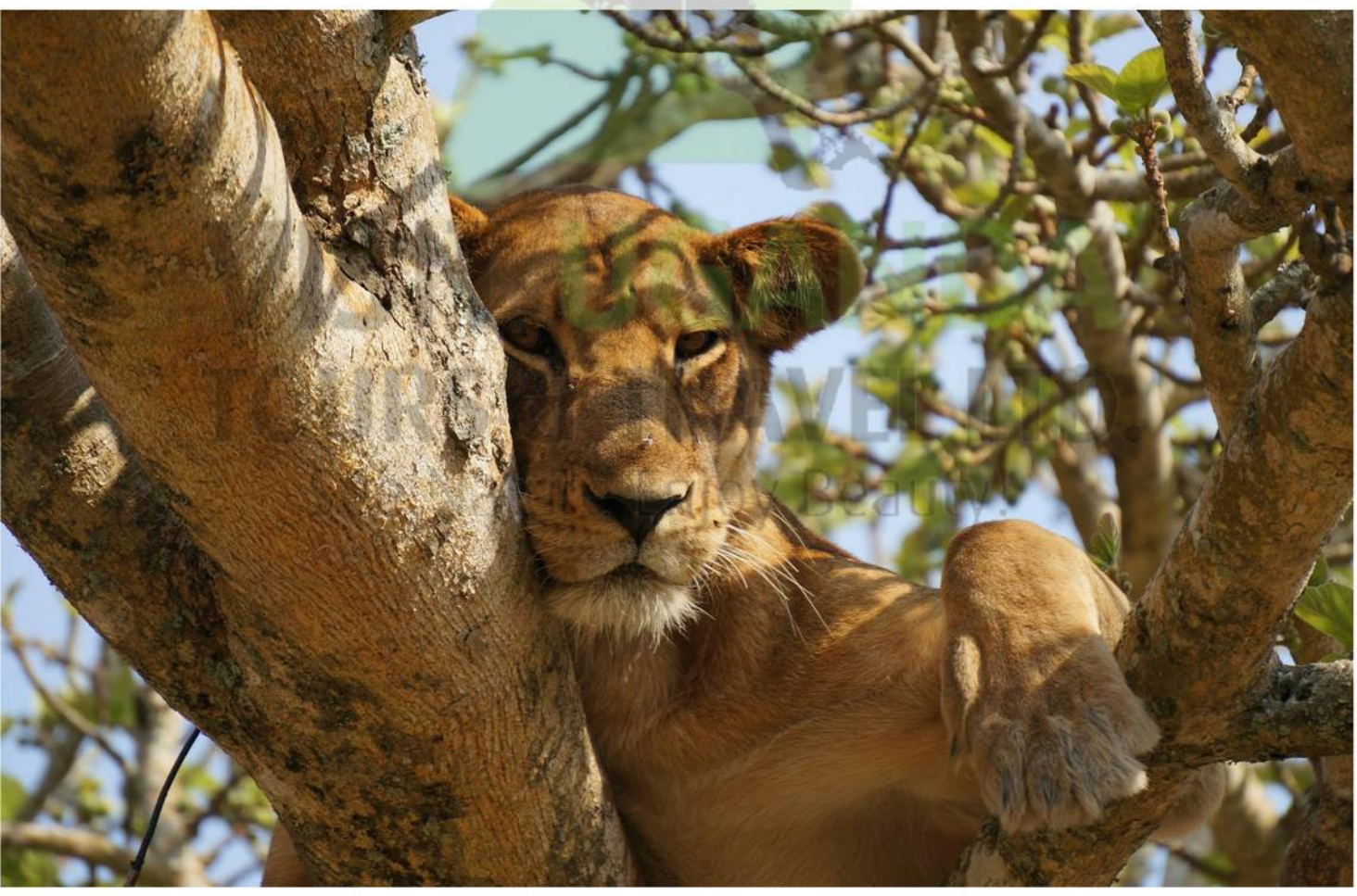
Uganda's most popular and scenic protected area. Situated in the heart of the Albertine Rift Valley, this park is a world-renowned biosphere reserve known for its incredible biodiversity. With a landscape that includes sprawling savannah, humid forests, sparkling crater lakes, and the iconic Kazinga Channel, Queen Elizabeth National Park offers a classic African safari experience with a unique Ugandan twist.

The park is a haven for an astonishing array of wildlife with 95 mammal species and over 60 bird species the highest of any national park in Uganda. Set against the majestic backdrop of the jagged Rwenzori Mountains, Queen Elizabeth National Park is a place breathtaking vistas and unforgettable encounters.

**The park was originally founded as Kazinga National Park in 1952. Two years later, it was renamed in honor of a visit by Queen Elizabeth II of Great Britain.**

## What to See & Do

- **Kazinga Channel Boat Cruise:** This is arguably the park's most famous and rewarding activity. A cruise along the 40km-long channel that connects Lake George and Lake Edward offers a spectacular view of a high concentration of wildlife. You'll witness hundreds of hippos submerged in the water, enormous Nile crocodiles basking on the banks, and large herds of elephants, buffaloes, and antelopes coming to drink.
- **Bird Watching:** Queen Elizabeth National Park is a birder's paradise. Its diverse habitats—from the wetlands of the Kazinga Channel to the Maramagambo Forest—attract a wide variety of species. Keep your binoculars ready for sightings of the African Fish Eagle, the iconic Shoebill Stork, and a myriad of other colorful species.
- **Crater Lakes Tour:** Drive through the Katwe Explosion Crater area to witness a landscape dotted with numerous extinct volcanic craters, some of which are now filled with beautiful lakes. Visit Lake Katwe to see local communities harvesting salt using traditional methods, a fascinating cultural insight.





# KIDEPO VALLEY
## National Park

Tucked away in the **remote northeastern corner of Uganda**, bordering South Sudan and Kenya, lies Kidepo Valley National Park—a truly wild and unspoiled wilderness. Often described as one of Africa's most magnificent and breathtaking parks, Kidepo offers a unique safari experience far from the beaten path. Its rugged savannah, framed by towering mountains and the seasonal Kidepo and Narus Rivers, creates a **dramatic and beautiful landscape**.

Despite its remote location, the park is teeming with an incredible diversity of wildlife, including several species that are found nowhere else in Uganda. For the adventurous traveler seeking an authentic and uncrowded safari, Kidepo Valley is a destination that feels like a discovery.

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### What to See & Do:

**Game Drives**: The game viewing in Kidepo is superb. The Narus Valley, with its permanent water source, is the main hub for wildlife viewing. Here, you'll encounter large herds of buffalo, elephants, giraffes, zebras, and various antelope species. The park is also known for its healthy population of lions, cheetahs, and leopards. It is the only place in Uganda where you can find cheetahs and the majestic eland.

**Kidepo River Oasis**: Visit the dry Kidepo River, a sandy oasis where you can take a guided walk. Look out for the park's beautiful borassus palm trees, which line the river and create a striking visual.

**Hike the Lomej Mountains:** For the active traveler, a guided walk or hike in the Lomej Mountains offers breathtaking panoramic views of the entire park. The rugged terrain and stunning vistas are a reward in themselves, and you might even spot some unique flora and fauna along the way.









## FUN FACT

**The "Cheetah Capital" of Uganda: Kidepo is the only national park in Uganda where you can reliably spot cheetahs in the wild. Their slim, sleek bodies and incredible speed make for an exhilarating sighting.**

# BWINDI IMPENETRABLE
## Forest National Park



**Bwindi Impenetrable National Park**, a UNESCO World Heritage Site, is a primeval forest in southwestern Uganda, renowned for being the world's premier destination for **mountain gorilla trekking**. The name "Bwindi" is derived from a local word meaning "a place of darkness," a fitting description for the dense, mist-covered hillsides and ancient Afromontane forest that makes it truly "impenetrable."

This biologically diverse rainforest, one of Africa's oldest, is a **vital sanctuary** for nearly half of the world's remaining mountain gorilla population. A visit to Bwindi offers a once-in-a-lifetime opportunity to come face-to-face with these **majestic and critically endangered primates** in their natural habitat.





## What to See & Do:

**Mountain Gorilla Trekking**: This is the ultimate highlight of any trip to Bwindi. Led by an experienced park ranger, you'll hike through the dense forest, tracking a habituated gorilla family. The trek can be challenging, but the reward of spending an hour in the presence of these gentle giants—observing their social behaviors, from a silverback's watchful gaze to a baby's playful antics—is an unforgettable and deeply moving experience.

**Gorilla Habituation Experience**: For those who want to spend more time with the gorillas, the unique habituation experience allows you to accompany researchers and trackers for up to four hours with a gorilla family as they undergo the process of becoming accustomed to human presence.

**Forest Nature Walks**: Beyond the gorillas, **Bwindi is a paradise for hikers and nature lovers**. Several trails, such as the Munyaga River Trail and the Ivy River Walk, take you through different sections of the forest, revealing its incredible biodiversity, including over 120 mammal species, 350 bird species, and 200 butterfly species.

**Cultural Encounters with the Batwa People**: Take a guided village walk to meet the Batwa, or "Pygmy," people. These original inhabitants of the Bwindi forest will share their traditional knowledge of the forest and their rich cultural heritage through storytelling, songs, and dances, providing a poignant insight into their history.

**Bird Watching**: Bwindi is one of the top birding destinations in Africa, with **over 350 species,** including 23 that are endemic to the Albertine Rift. Experienced birders can spot rare and colorful species like the African Green Broadbill and Shelley's Crimson-wing.

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**FUN FACTS ABOUT BWINDI**

**A World Heritage Site**: Bwindi Impenetrable National Park was designated a **UNESCO World Heritage Site** in 1994, recognizing its outstanding universal value for both its biological and ecological significance.

**A Biologically Rich Refuge**: The forest is believed to be a "**Pleistocene refugium**," a place where plants and animals survived during periods of glaciation, which accounts for its exceptional diversity and high number of endemic species.

**Home to Both Gorillas and Chimpanzees**: Bwindi is one of the only forests in Africa known to be home to both **mountain gorillas and chimpanzees**, although chimp sightings are rare due to the dense forest.







# MGAHINGA GORILLA
## National Park

**Mgahinga Gorilla National Park**, located in the far southwestern corner of Uganda, is a park of immense beauty and ecological importance. Part of the larger **Virunga Conservation Area**, it is a key sanctuary for the critically endangered mountain gorillas and the delightful golden monkeys. Its name, "Mgahinga," is derived from a local word for "**piles of volcanic stones,**" a reference to the three majestic volcanic peaks that dominate its landscape: Mount Muhabura, Mount Gahinga, and Mount Sabyinyo.

This compact park, with its stunning scenery and unique inhabitants, offers a different experience from Bwindi Impenetrable Forest, often being a **less crowded option for gorilla trekking** and a must-visit for its unique golden monkey population.

### What to See & Do:

**Mountain Gorilla Trekking**: Mgahinga is home to a habituated gorilla family that is regularly tracked by tourists. The trekking experience here is often seen as being less strenuous than in Bwindi due to the more open, bamboo-filled forests. The feeling of being in the presence of these magnificent creatures is just as powerful and humbling.

**Golden Monkey Tracking**: This is a major highlight and a unique experience to Mgahinga. Unlike gorilla trekking, which is limited to one hour of observation, golden monkey tracking allows you to spend more time with these playful and photogenic primates. Watch them as they leap from tree to tree, their stunning golden fur glistening in the sun.

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**Mount Muhabura (4,127m)**: A challenging but rewarding one-day climb to the top, where you'll find a beautiful crater lake and panoramic views of the entire Virunga range.

**Mount Gahinga (3,474m):** A shorter and easier climb that takes you through a unique swampy caldera on the summit.

**Cultural Encounters with the Batwa**: The Batwa Trail offers a poignant look into the history and culture of the Batwa people, the original inhabitants of the forest. The trail is a living museum, where the Batwa demonstrate their traditional hunting techniques, medicinal plant use, and a spiritual dance at the Ngarama Cave, a sacred site for their community.

**FUN FACT**

**A Border-Crossing Park: The three volcanoes of Mgahinga lie on the borders of three countries, making it a unique trans-boundary conservation area. A hike to the top of Mount Sabyinyo allows you to stand in three countries at once.**

# LAKE MBURO
## National Park



Lake Mburo National Park, a hidden gem and one of Uganda's most accessible national parks. Situated along the highway between Kampala and the country's western parks, it's a perfect stopover for a short but rewarding safari. Though it's the smallest of Uganda's savannah national parks, its stunning landscape of rolling hills, acacia woodlands, and tranquil lakes offers a unique and intimate wildlife experience.

The park's centerpiece, Lake Mburo, is part of a 50km-long wetland system connected by five lakes. The unique blend of savannah and water-based ecosystems makes Lake Mburo a truly special place.









## What to See & Do:

**Boat Cruise on Lake Mburo:** A boat cruise is the best way to see the park's impressive aquatic life. You'll glide past massive pods of hippos, a high concentration of crocodiles basking on the banks, and a myriad of water birds. It's a peaceful and rewarding way to see the park from a different perspective.

**Game Drives**: Explore the rolling savannah on a game drive. The park is home to a rich variety of wildlife, including large herds of zebras, impalas, elands (the largest antelope species), and topis. It's also one of the few places in Uganda to see giraffes.

**Walking Safaris**: Unlike most other national parks in Uganda, Lake Mburo is a fantastic place for a walking safari. Accompanied by an armed ranger, you can explore the park on foot, getting up close and personal with the wildlife. It's a thrilling and immersive experience.

**Horseback Riding**: For a truly unique safari, opt for a horseback ride. The ride allows you to get closer to the animals without the noise of a vehicle. You can even trot alongside zebras or watch a group of giraffes feeding on acacia trees, an unforgettable experience.

**Bird Watching**: Lake Mburo is a paradise for birders, with over 350 species recorded. Look out for the rare and beautiful African finfoot, the African scops owl, and the striking red-faced barbet.

**FUN FACT**

**A Zebra Hotspot: Lake Mburo is famous for its large population of zebras. The black-and-white striped animals are so common that you can often spot them from the main road leading to the park.**

# SEMULIKI
## National Park

Semuliki National Park, a remote and biodiverse park in Uganda's Western Rift Valley. Known as the "**true birders' haven**" and a unique tropical lowland rainforest, Semuliki offers a distinct experience from the savannah parks. The park is an eastern extension of the vast Ituri Forest of the Congo basin, making it the only place in East Africa with such a dense, **tropical ecosystem**.

Semuliki is a place of dramatic beauty, from the bubbling hot springs that seem to boil from the earth to the dense, humid jungle where the air is filled with the symphony of **exotic birds and chattering primates**. It is a place for the intrepid traveler seeking an authentic and wild adventure.

### What to See & Do:

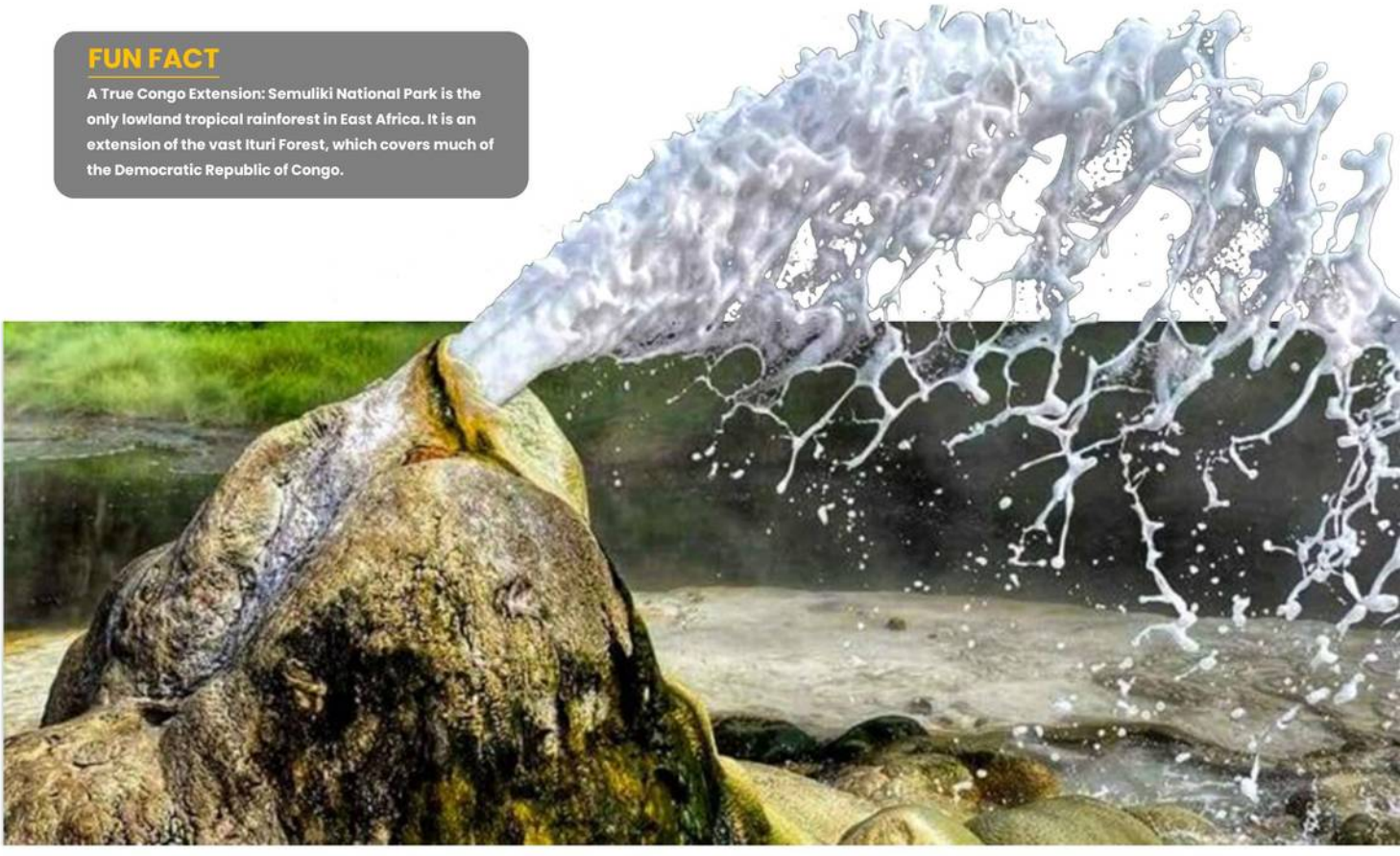
**The Sempaya Hot Springs**: This is the most famous attraction in the park. The **Semuliki hot springs** are a fascinating geological feature. The "male" hot spring, locally known as Bwera, is a powerful geyser that gushes from a small opening, while the **"female" hot spring**, Nyasimbi, is a steaming pool where you can boil eggs in a matter of minutes.

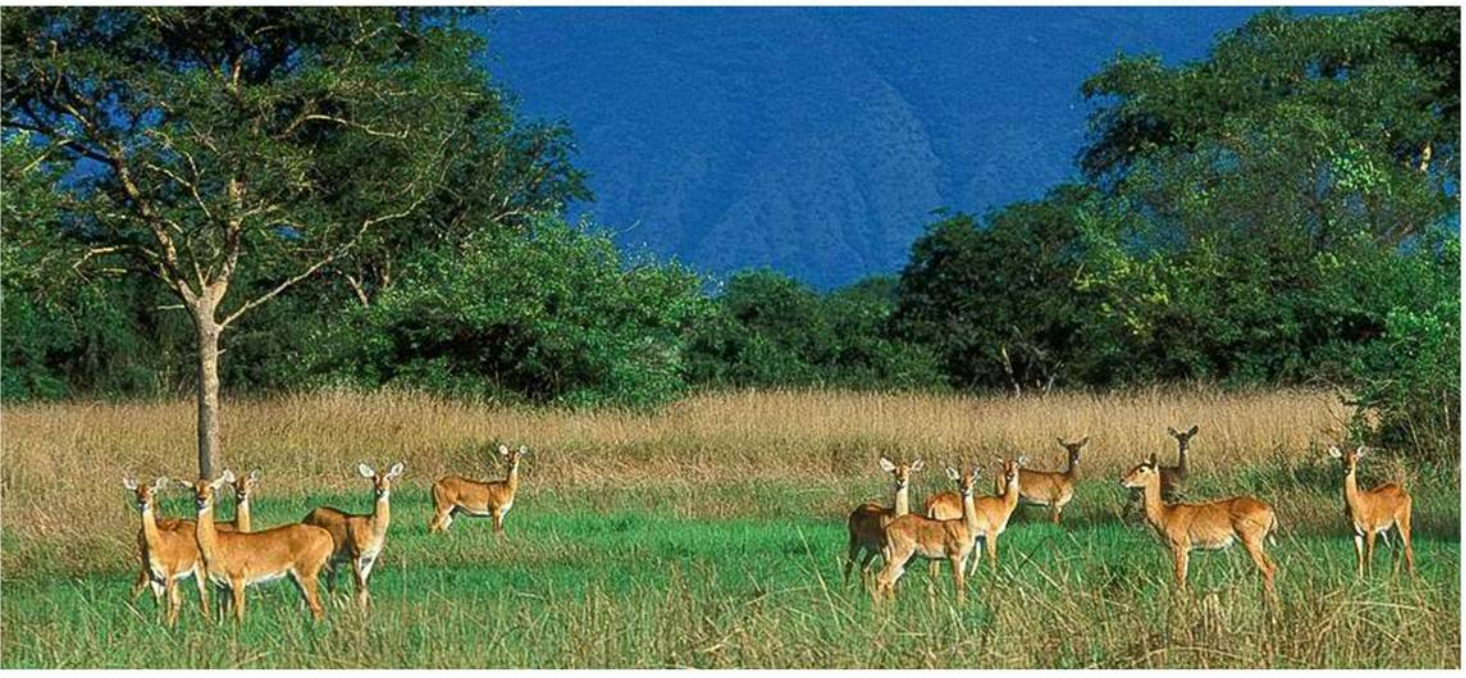
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**Bird Watching**: Semuliki is a birder's dream, with over **441 species recorded**. The park's location at the crossroads of different ecological zones means it has a unique mix of Central African and East African birds. You can spot rare species like the **Congo serpent eagle**, the red-billed dwarf hornbill, and the shoebill stork in the Semuliki River.

**FUN FACT**

**A True Congo Extension: Semuliki National Park is the only lowland tropical rainforest in East Africa. It is an extension of the vast Ituri Forest, which covers much of the Democratic Republic of Congo.**







## FUN FACT

The "Male" and "Female" Hot Springs: The local people have given the two hot springs a fascinating story. The male hot spring, Bwera, is believed to be where the local people's ancestors lived, and the female hot spring, Nyasimbi, is where their ancestors would come to cook their food.



# RWENZORI MOUNTAINS
## National Park

Located on **Uganda's border with the Democratic Republic of Congo**, the Rwenzori Mountains National Park is a UNESCO World Heritage Site of exceptional beauty and ecological significance. Known as the "Mountains of the Moon," a name given by the ancient geographer Ptolemy, the Rwenzoris are a non volcanic, **snow capped mountain range** a few kilometers north of the equator. The park is a dream for trekkers and nature lovers, offering a completely different experience from a traditional African safari.

The Rwenzoris are famous for their **unique, surreal, and stunningly beautiful Afro alpine vegetation**. As you ascend, you will pass through a series of distinct ecological zones, from montane forests and bamboo groves to giant heathers, and finally, moorland dotted with enormous lobelias and groundsels that look like something out of a prehistoric movie.

> **A "Mountain of the Moon": The name "Mountains of the Moon" was given by Ptolemy, the Greek geographer, around 150 AD, based on a description of snow-capped mountains near the source of the Nile. The name refers to the ancient belief that the Nile River originated from these mountains.**





## What to See & Do:

• **Mountain Climbing and Trekking**: This is the main attraction. The Rwenzoris are not for the faint of heart, offering a challenging but incredibly rewarding experience. There are several trekking routes, with the most popular being the **Central Circuit Trail and the Kilembe Trail**. A full trek to the highest peak, Margherita Peak on Mount Stanley (Africa's third-highest peak at 5,109m), typically takes 7 to 10 days. Shorter, less strenuous hikes are also available for those who want to experience the lower slopes and unique flora without a full summit attempt.

• **Unique Wildlife:** While a wildlife safari isn't the primary goal, the park is home to a variety of animals, though they can be hard to spot in the dense vegetation. You might see **blue monkeys**, black-and-white colobus monkeys, and even forest elephants. The park is also a **birdwatcher's paradise**, with over 217 bird species recorded, including 17 that are endemic to the Albertine Rift.

• **Cultural Encounters:** The foothills of the Rwenzoris are home to the **Bakonzo people**, who have a deep cultural and spiritual connection to the mountains. The peaks are considered the dwelling place of their principal god, Kitasamba. Visitors can participate in cultural walks to learn about their **traditions, history, and daily life**.

• **Glacial Lakes and Waterfalls:** The Rwenzoris are a significant water catchment area. As you hike, you will encounter numerous waterfalls and a string of beautiful, clear lakes, such as Lake Mahoma and Lake Bujuku, which add to the park's scenic splendor.

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## FUN FACTS ABOUT THE RWENZORI MOUNTAINS

• **Not Volcanic:** Unlike many of Africa's other famous peaks (Kilimanjaro and Mount Kenya), the Rwenzoris were formed by the uplifting of a **crystalline rock block** during the formation of the **Albertine Rift Valley**.

• **A Unique Ecosystem:** Due to their location on the equator and their high elevation, the Rwenzoris have a distinctive microclimate that supports an unparalleled variety of flora. The "**botanical big game**" found here, such as the **giant groundsels and lobelias**, are found nowhere else in the world.

• **The World's Most Powerful Waterfall:** While not located in the Rwenzoris themselves, the **melting glaciers of the Rwenzori** Mountains feed into many of Uganda's rivers, including the **Mubuku River**, which eventually flows into the Nile.

# KIBALE
## National Park

Nestled in western Uganda, Kibale National Park is a **lush tropical rainforest** renowned as the "Primate Capital of the World." This compact but incredibly diverse park is home to the highest concentration of primates in Africa, with 13 different

species. While its dense, humid forests are a haven for **numerous monkeys and other wildlife**, the star attraction is the park's population of over 1,500 chimpanzees.

Kibale is a true **jungle paradise**, where the sounds of chattering monkeys, exotic birds, and the rustle of leaves create a vibrant, living symphony. The park's well-maintained trails and expert guides ensure an unforgettable and up-close encounter with Uganda's primates.

### What to See & Do:

**Chimpanzee Tracking**: This is the most popular activity in Kibale and a truly exhilarating experience. Guided walks take you deep into the forest to find a habituated chimpanzee community. Once you locate them, you'll spend an hour observing their fascinating behavior, from their intricate social dynamics and grooming habits to their playful antics and loud hoots and screams.

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**Chimpanzee Habituation Experience (CHEX)**: For those who want more time with the chimpanzees, this full-day activity allows you to join researchers and rangers on their daily routine with the chimps. You'll witness them waking up, foraging for food, resting, and building their nests for the night. This is a unique opportunity to learn more about these intelligent primates and contribute to their conservation.

**Bigodi Wetland Sanctuary**: Just outside the park, the Bigodi Wetland Sanctuary is a community-run eco-tourism project that offers a fantastic opportunity for a guided nature walk. The wetland is home to eight different primate species, including the L'Hoest's monkey, red colobus monkey, and the black-and-white colobus monkey. It is also a birdwatcher's paradise, with over 138 species recorded.

**Forest Walks**: Beyond the primates, Kibale's trails are perfect for exploring the park's rich biodiversity. You can take a guided walk to see a variety of forest birds, butterflies, and other mammals, including forest elephants, though they are rarely seen.





**FUN FACTS ABOUT KIBALE NATIONAL PARK**

**The Primate Capital**: Kibale has the highest diversity and density of primates in Africa. In addition to the famous chimpanzees, you can find red colobus monkeys, L'Hoest's monkeys, blue monkeys, grey-cheeked mangabeys, and baboons, among others.

**A Chimpanzee for Everyone**: The park's chimpanzee population is one of the largest in East Africa, making it one of the most reliable places in the world to see them in the wild.

**A Corridor of Life: Kibale National Park** is part of a 180-kilometerlong corridor of protected forests that connects it to Queen Elizabeth National Park. This corridor allows for the movement of wildlife, including elephants, between the two parks.

**A Rainforest in the Rift**: Kibale is one of the last remaining expanses of both lowland and montane rainforest in East Africa, sitting on the edge of the Albertine Rift Valley.

**More Than Just Primates**: While famous for its primates, Kibale is also home to a diverse range of other mammals, including a small number of forest elephants and buffaloes, though they are more elusive than their savannah-dwelling relatives.







# MOUNT ELGON
## National Park

**Mount Elgon National Park is a majestic,** solitary volcano on **Uganda's border with Kenya,** the oldest and largest solitary volcanic mountain in East Africa. Its massive caldera, one of the largest in the world, and unique volcanic features make it a wonderland for trekkers, **geologists, and nature lovers**. While it's not a summit you can conquer in a day, the gentle slopes and cool climate offer a less strenuous alternative to the more **challenging Rwenzori Mountains.**

The park is a land of **beautiful waterfalls, hot springs, and ancient caves**. As you ascend, you'll pass through several distinct ecological zones, from dense montane forests to **stunning moorland with rare Afro alpine plants** like giant lobelias and groundsels.

**What to See & Do:**

**Trekking to the Summit**: The main attraction is a multi-day trek to Wagagai Peak, the highest point on the Ugandan side at 4,321 meters. The most popular routes are the Sipi, Budadiri (Sasa River Trail), and Piswa trails. Unlike many other African peaks, climbing Mount Elgon doesn't require technical climbing skills, making it accessible to a wide range of hikers. The trek rewards you with incredible views of the vast caldera, deep gorges, and surrounding plains.

**The Sipi Falls**: Located on the **foothills of Mount Elgon**, the Sipi Falls are a series of three stunning waterfalls that cascade down the mountainside. You can take a guided **hike to all three falls**, enjoying the cool spray and beautiful scenery. This area is also a major hub for coffee production.

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## FUN FACT

**A Massive Caldera: Mount Elgon's caldera is one of the largest intact calderas in the world. It measures about 40 kilometers by 80 kilometers and is a stunning landscape of cliffs, streams, and hot springs.**





## KEY DISHES

**Matoke (steamed green bananas): This is the staple food of the Baganda and is often considered the national dish of Uganda. The bananas are peeled, wrapped in banana leaves, and steamed for several hours until they turn into a soft, golden mash. It is typically served with a rich, savory stew.**



# BAGANDA
## People Of Uganda

The **Baganda (singular: Muganda)** are the largest and most influential ethnic group in Uganda, inhabiting the central region of the country, historically known as the Kingdom of Buganda. They are a **Bantu-speaking people** with a rich history and a powerful, centralized political system that has profoundly shaped Uganda's past and present.

The Baganda are renowned for their sophisticated social structure, which is organized around **a revered king, or Kabaka**, a hierarchical system of chiefs, and a complex network of clans. Their cultural identity is deeply intertwined with their kingdom, which remains a potent symbol of **pride and tradition**.

**HISTORY AND RESILIENCE:**

The Kingdom of Buganda rose to prominence in the 18th and 19th centuries, becoming one of the most powerful and influential kingdoms in East Africa. **The British colonial administration** recognized the kingdom's power and signed a treaty with them, which granted Buganda a significant degree of autonomy.

This special status led to a period of development and influence, with Buganda becoming the center of colonial administration and the hub of political and economic activity.

Although the monarchy was **abolished and restored**, the Baganda have remained a dominant force in Ugandan politics and culture.

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**TRADITIONAL BAGANDA CUISINE**

Baganda cuisine is a **rich and flavorful reflection** of the culture and traditions of the Baganda people, Uganda's largest ethnic group. Their food is known for its **hearty dishes** centered around a few key ingredients.

**Key Dishes:**

**Groundnut Sauce** (Ebinyebwa): A **thick and savory sauce** made from ground peanuts, a popular accompaniment to matoke and other staples.

**Luwombo**: A ceremonial dish where meat or fish is wrapped in **banana leaves and steamed to create a rich, unique flavor**.

# BANYANKOLE

People Of Uganda





**The Banyankole (singular: Munyankole)** are a Bantu-speaking ethnic group from the southwestern part of Uganda, primarily inhabiting the **districts of Mbarara**, Isingiro, and Bushenyi. They are a people with a long and rich history, once organized under the centralized monarchy of the Kingdom of Nkore.

The Banyankole are traditionally pastoralists, with a **deep cultural reverence** for their long-horned cattle, known as **Ankole cattle**. These magnificent animals are not just a source of wealth but are a central part of their identity, social structure, and ceremonial life.

**HISTORY AND RESILIENCE:**

The Banyankole people are believed to have originated from the merger of **pastoralist Hima and agriculturalist Iru communities**, a process that led to the formation of the Nkore Kingdom. The two groups lived in a symbiotic relationship, with the Hima owning the cattle and the Iru cultivating the land.

The Banyankole people have endured **historical challenges**, including conflicts with neighboring groups and the eventual abolition of their monarchy. Despite these challenges, their cultural identity and traditions remain strong. Today, the Ankole region is a hub of economic activity, particularly in **agriculture and dairy farming**, and the Banyankole people are known for their hospitality and entrepreneurial spirit.

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**TRADITIONAL BANYANKOLE CUISINE**

Banyankole cuisine is deeply influenced by their pastoralist heritage, with a strong emphasis on dairy products and meat from their famous long-horned cattle. Their food is simple, rich, and a testament to their love for their herds.





**KEY DISHES**

**Eshabwe: The most famous Banyankole dish. It is a rich, creamy sauce made from seasoned ghee and salt, served cold. Eshabwe is considered a delicacy and a symbol of hospitality.**

# ITESO
## People Of Uganda





**The Iteso (singular: Muteso)** are a Nilotic ethnic group from eastern and northeastern Uganda. Their historical homeland, known as Teso, **encompasses a vast area**, and their influence extends across the border into Kenya. The Iteso are a proud and industrious people, known for their **strong agricultural practices and a rich cultural heritage** centered around community and tradition.

The Iteso people are part of the larger **Ateker linguistic group**, which also includes the Karamojong and Turkana people. This shared heritage is reflected in their customs, language, and pastoralist traditions, although the Iteso are primarily sedentary cultivators.

**HISTORY AND RESILIENCE:**

The Iteso people are believed to have migrated from what is now Sudan, moving south and settling in their current homeland. Their history is marked by **periods of both peace and conflict, including raids** from neighboring pastoralist groups and internal struggles.

The Teso region was also one of the areas most affected by the cattle rustling and insurgency of the 1980s and 90s. The **violence led to displacement** and the loss of many lives and livelihoods.

**TRADITIONAL ITESO CUISINE**

The cuisine of the Iteso people reflects their **agricultural and pastoralist** heritage, relying heavily on crops like millet and sorghum, as well as milk and meat from their cattle. Their dishes are known for being **hearty and nourishing**, providing sustenance for their active, community-focused lives.

**Eboo:** A **traditional vegetable dish** made from a **mixture of fresh greens**, often prepared with groundnut paste or sesame paste for a rich flavor.

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# BASOGA
People Of Uganda



**The Basoga (singular: Musoga)** are a Bantu ethnic group from the Busoga Kingdom, located in eastern Uganda. This region is a land of **great natural beauty,** bordered by Lake Victoria to the south, Lake Kyoga to the north, and the Victoria Nile to the west. The name "Busoga" literally means "Land of the Soga."

Unlike its western neighbor, the Buganda Kingdom, **which had a strong, centralized monarchy for centuries**, Busoga was historically a collection of independent chiefdoms. It wasn't until the colonial era that the chiefdoms were united under a single, paramount leader, the Isebantu Kyabazinga, who serves as the cultural and political head of the kingdom.

**HISTORY AND RESILENCE:**

The Basoga people have a **rich and complex history**. Legends trace their origins to the Bunyoro-Kitara Kingdom, with princes migrating east and integrating with local chiefdoms. This led to a diverse collection of clans and traditions.

The Busoga region played a significant role in Uganda's colonial history, as the main route for early European explorers passed through the area. **The city of Jinja, Busoga's largest urban center**, became a hub of industrial activity during the colonial period due to its location at the source of the Nile and the development of cotton plantations.

Despite facing historical challenges, including **epidemics and famines**, the Basoga people have demonstrated remarkable resilience. Today, they are known for their strong agricultural base, particularly in crops like sugarcane and coffee, and their vibrant cultural identity.

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**TRADITIONAL BASOGA CUISINE**

The cuisine of the Basoga people, from eastern Uganda, is a blend of traditional Bantu cooking with a strong influence from their proximity to Lake Victoria and the River Nile. Their dishes are typically based on a variety of starches and accompanied by flavorful stews.

**Key Dishes:**

Kawunga: A staple food similar to posho or Ugali, a stiff porridge made from maize flour. It is a hearty base for a meal and is often served with a variety of sauces

# ACHOLI
People of Uganda



Acholi people





**The Acholi are a Nilotic ethnic group** from the northern part of Uganda, inhabiting the districts of **Gulu, Kitgum, Pader, and Lamwo**, an area historically known as Acholiland. They are a proud and resilient people with a rich cultural heritage, known for their **strong communal values, beautiful traditional music, and vibrant dances**.

The Acholi people have a long history of a strong, centralized political system led by a lineage of chiefs. They are known for their traditional homesteads, called "kal," which are typically round huts with thatched roofs built around a central courtyard.

**HISTORY AND RESILIENCE:**

The Acholi people have endured **significant hardship**, particularly during the two-decade-long conflict with the Lord's Resistance Army (LRA). This conflict led to mass displacement, and many were forced to live in internally displaced person (IDP) camps. Despite these challenges, the **Acholi have shown incredible resilience**. Today, many have returned to their ancestral homes, and there is a strong focus on rebuilding communities and reviving their cultural practices. Visitors to Acholiland will find a people determined to heal and a region that is slowly but surely returning to its vibrant and peaceful roots.

Traditional Beliefs and Religion: While many **Acholi have converted to Christianity**, traditional beliefs and customs still hold a significant place in their culture. They believe

Traditional Arts and Crafts: The Acholi people are skilled artisans, known for their **basketry, pottery, and unique beadwork**. Their crafts often have symbolic meanings and are used for both daily life and ceremonial purposes.

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**TRADITIONAL ACHOLI CUISINE**

The cuisine of the Acholi people from northern Uganda reflects their **agricultural and pastoralist history**. Their dishes are typically based on a variety of grains, especially millet and sorghum, and a **mix of vegetables and meats**. Their food is known for its hearty and nourishing qualities.

**Key Dishes**:

**Malakwang**: A sour, green, leafy vegetable that is a staple of the Acholi diet. It is often prepared with **sesame paste, groundnut paste, or simsim** (sesame) for a rich and distinctive flavor.



IATA

## THE PEARL OF AFRICA AWAITS

Thank you for joining us on this journey through Uganda.

From the roaring power of Murchison Falls to the gentle gaze of a mountain gorilla in Bwindi, and the **vibrant life of Kampala**, we hope this catalog has sparked your wanderlust. But this is just a glimpse. Uganda is a country that must be experienced to be believed. It's a **land of a thousand smiles**, a **rich tapestry of cultures, and a wild heart that beats with the rhythm of nature**. We invite you to step beyond these pages and discover the magic for yourself. Let the Pearl of Africa welcome you home.

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