



Race the Nile Uganda Ultra

RACE MANUAL
2026

INTRODUCTION

Race the Nile is more than a race. It is an opportunity to experience Uganda from a different perspective, following the river Nile through remote landscapes, vibrant communities, and some of East Africa's most remarkable scenery. Whether your goal is to compete, challenge yourself, or simply embark on an unforgettable journey, we are excited to have you with us.

As a self-supported event, **Race the Nile** requires preparation, resilience, and decision-making. Participants are responsible for managing their own race strategy, accommodation, nutrition, and equipment throughout the course. While the race organization will provide key logistical support before and after the event, the adventure itself is yours to navigate.

This Participant Manual has been designed to help you prepare for the race and answer many of the questions you may have before arriving in Uganda. Inside, you will find information on race rules, logistics, safety procedures, transfers, checkpoints, mandatory equipment, and what to expect both on and off the water.

As this is the inaugural edition of **Race the Nile**, every participant will play a role in shaping the future of the event. Together, we are creating a new chapter in adventure racing on the African continent, and we are grateful to have you as part of that journey.

We encourage you to read this manual carefully and keep it handy throughout your preparations. In the weeks leading up to the race, we will continue to share updates, recommendations, and important information through our participant newsletters.

Thank you for joining us. We can't wait to welcome you to Uganda and see you on the Nile

Klemens, Lilly & Pablo
Race Directors

The Race Manual

This edition of the Race Manual contains preliminary information for participants taking part in the inaugural edition of ***Race the Nile***. It details the route, the environment, logistics, safety considerations, and what you can expect throughout your journey along the Nile.

This document is your primary source of information about. It is the result of months of planning, route scouting, local consultations, and extensive on-the-ground research. We have spent countless hours exploring the route, working with local communities and partners, and ensuring that the information provided is as accurate and useful as possible.

Please note, however, that conditions on the ground can change. River levels, weather patterns, accommodation availability, transport infrastructure, and local circumstances may differ from what is described here. All information is provided in good faith and is believed to be correct at the time of publication.

While the core structure of the race is unlikely to change, preparations are ongoing, and certain aspects of the event may be updated right up until the start. For this reason, you must ensure you are working from the latest version of this manual and that you regularly check official race communications.

All important updates, announcements, route information, and participant notices will be shared through our official communication channels. Full details on how to access these channels will be provided once your registration has been confirmed. Please do not rely solely on email communications, as some updates may only be published through the designated participant platforms.

If you have questions that are not covered within this manual or the Frequently Asked Questions section on the website, please contact the Race the Nile team directly via the official race email address. To help us manage communications effectively, please avoid contacting organisers through personal social media accounts or messaging platforms regarding race matters.

Finally, remember that ***Race the Nile*** is a self-supported adventure. Thorough preparation is an essential part of the challenge. We strongly encourage you to read this manual carefully from start to finish and refer back to it regularly throughout your preparations.

WEST NILE - UGANDA

Race Overview

Race the Nile is a self-supported gravel ultra-endurance race covering approximately 800 km. The event is designed to test physical endurance, navigation skills, and self-reliance in a remote and challenging environment.

Riders must complete the entire distance using their own physical effort, navigation abilities, and logistical planning, relying only on publicly available resources along the route.

Self-Supported Format

This is a fully self-supported race. Riders must rely entirely on themselves throughout the duration of the event.

This means:

- No pre-arranged assistance of any kind is allowed
- No support crews are permitted
- No technical support permitted (only from local vendors that can be found on the way; fellow riders can help along the route)
- No outside help from friends, teams, or third parties is allowed
- Riders must use only publicly accessible services and resources along the route

All riders are responsible for managing every aspect of their journey, including:

- Food and nutrition
- Water and hydration
- Repairs and mechanical issues
- Navigation and route-finding
- Rest, recovery, and sleep planning

Careful preparation and in-race decision-making are essential to complete the course safely and within the official cut-off times.

A photograph of a busy street in an African city. In the foreground, a man wearing a plaid shirt and a beanie sits on a blue and red motorcycle. Behind him, another man in a pink shirt is also on a motorcycle. To the right, a woman in a yellow and green striped shirt and a headscarf walks. In the background, a large red truck is visible, with several people sitting on its roof. The scene is set on a dusty road under a clear sky.

"IN MANY PARTS OF AFRICA, THE BICYCLE IS NOT JUST TRANSPORT
—IT'S A LIFELINE, A BURDEN BEARER, A PARTNER IN SURVIVAL."

Race Categories

The race can be completed in two formats:

Solo Category.

- Riders compete individually
- Each participant is fully independent for the entire duration of the race
- No interaction or shared support is allowed between competitors

Pair Category.

- Two riders compete together as a team
- Both riders must remain together for the entire duration of the race
- Pairs must stay within sight and close distance of each other at all times
- Equipment, food, and decision-making may be shared within the pair
- No outside assistance is permitted at any time

Common Rules for All Categories

Both solo and pair participants follow the same core principles:

- Fully self-supported riding only
- Same route and course for all participants
- Equal responsibility for preparation, safety, and execution
- No external support or intervention during the race



WHAT IS INCLUDED

- Official participation slot in the race
- Complete route file provided as GPX download
- Real-time race tracking through an individual GPS device
- Rider welcome kit, including cap and safety information card
- Local Airtel or MTN SIM card with 7 days of prepaid data
- Small reward items at each checkpoint (for riders within the cut-off time)
- Exclusive finisher present upon successful completion
- Breakfast service before the start
- Full access to the official race photo gallery
- Invitation to the official closing celebration
- Checkpoint crews and mobile course vehicles, plus a doctor on standby for emergencies
- Compact insider guide with curated recommendations for discovering the West Nile

We provide live GPS tracking by **www.followmychallenge.com**

For every rider, we provide Queclink GSM trackers, the majority of which are the newest GL320MG model. They are all equipped with an emergency button.

Because they are GSM trackers, they roam across available cell networks to transmit and receive data, using GPS to determine their location to within 2.5m.

By avoiding slow and expensive satellite data transfers, they offer far better functionality and performance.

Dotwatching fans, family, and friends can follow on a live map on racethenile.com along with detailed statistics, weather data, 3D view, leaderboards, elevation charts, replays, and more.

followmychallenge is a reliable Partner who has served over 60.000 individuals in 1500 challenges

Getting to and from the race

With both the start and finish set in **Arua** in the West Nile region of Uganda, this edition of **Race The Nile** keeps things geographically simple.

While the loop structure removes the need for complex point-to-point logistics, it still places riders in one of East Africa's most dynamic and remote-feeling regions.

Most participants will likely travel to and from Entebbe International Airport, followed by a domestic connection or an overland transfer to Arua; however, we expect some riders to turn the journey itself into part of the experience—taking the long way through Uganda and beyond, and soaking in more of the landscapes, cultures, and roads that lead to and from West Nile.

For this manual, we'll outline the main options for travelling to and from **Race The Nile**.

Uganda is well connected internationally via Entebbe International Airport, the country's main entry point. The most straightforward way to reach the race location is to fly into Entebbe, followed by a transfer to Arua in the West Nile region, where both the start and finish of **Race The Nile** take place.

Alternatively, riders may choose to fly into a major international hub such as Istanbul, Doha, or Dubai, before connecting onwards to Entebbe and continuing their journey into northern Uganda.

To make logistics easier, ***Race The Nile will provide a complimentary shuttle service for riders and their bikes from Entebbe / Kampala to Arua two days before the race start.** This service is designed to ensure a smooth and coordinated transfer into the race region, allowing riders to focus on preparing for the event once they arrive in Uganda. Also, we will cross the **Murchison Falls National Park** to reach Arua. 

****More information, different options, and combined packages coming soon via email***

At the end of **Race The Nile**, riders will travel out of Uganda via Entebbe International Airport. From Entebbe, there are plenty of daily flights to major international hubs like Istanbul, Doha, Dubai, and Amsterdam, as well as connections across East Africa.

It's Uganda's main airport, so getting onward from there is usually straightforward. We recommend checking options in advance, as there are multiple departures each day depending on where you're heading next.

We will organise a bus service from the finish line in Arua to Entebbe International Airport on the morning of **Saturday, the 28th of November**.



UGANDA

Race the Nile – Travel Information & Entry Requirements

Overview:

Traveling to Uganda for ***Race the Nile*** is generally straightforward, whether coming from Europe or the United States. Most itineraries involve one international flight with at least one connection. Participants should plan carefully to allow sufficient time for transfers, baggage handling, and onward domestic travel to the race start location.

Points of Origin:

Europe

Typical departure hubs include major European cities such as

- Amsterdam
- Brussels,
- Frankfurt
- London
- Paris
- Istanbul.

United States (USA)

Common departure hubs include:

- New York (JFK / Newark)
- Washington D.C.
- Chicago
- Atlanta
- Los Angeles

Flights from the USA typically connect through European or Middle Eastern hubs before continuing to Uganda.

Arrival Airports in Uganda

Entebbe International Airport (Main Gateway)

- Distance to Kampala: approximately 40 km
- Main entry point for international travelers



Official information:

<https://www.caa.go.ug/entebbe-international-airport/>

https://en.wikipedia.org/wiki/Entebbe_International_Airport

Arua Airport (Race Start Location)

Arua Airport serves north-western Uganda and is the closest airport to the ***Race the Nile*** start point

- Approx. 375 km from Entebbe (by air)
- Access via domestic flights from Entebbe

Total Journey Time

- Estimated travel time: 10–16 hours (Europe origins)
- Estimated travel time: 14–20+ hours (USA origins, depending on routing)

Recommended Airlines (Europe–Africa Connections)

- KLM (via Amsterdam) – <https://www.klm.com>
- Brussels Airlines (via Brussels) – <https://www.brusselsairlines.com>
- Ethiopian Airlines (via Addis Ababa) – <https://www.ethiopianairlines.com>
- Turkish Airlines (via Istanbul) – <https://www.turkishairlines.com>

 **Note:** Turkish Airlines has occasionally been associated with delayed baggage arrival, with luggage sometimes arriving on later flights. Participants are advised to carry essential items in hand luggage.

Common USA Routing Options

Flights from the United States typically connect through:

- European hubs (Amsterdam, Brussels, Frankfurt, Paris, Istanbul)
- Middle Eastern hubs (Doha, Dubai, Addis Ababa)

From there, travelers continue onward to Entebbe, Uganda.

To make your journey easier, we will provide a complimentary shuttle service for riders and their bikes from Kampala/Entebbe to Arua. We will share full details closer to the race date.

If you would like to arrive in Arua before the event, there are convenient flights from Entebbe International Airport to Arua Airport.



Entry Requirements for Uganda

Visa

- A visa is required for entry into Uganda
- Must be applied online via Uganda's official e-Visa system before travel
- <https://visas.immigration.go.ug/>

Passport

- Must be valid for at least 6 months beyond the date of entry

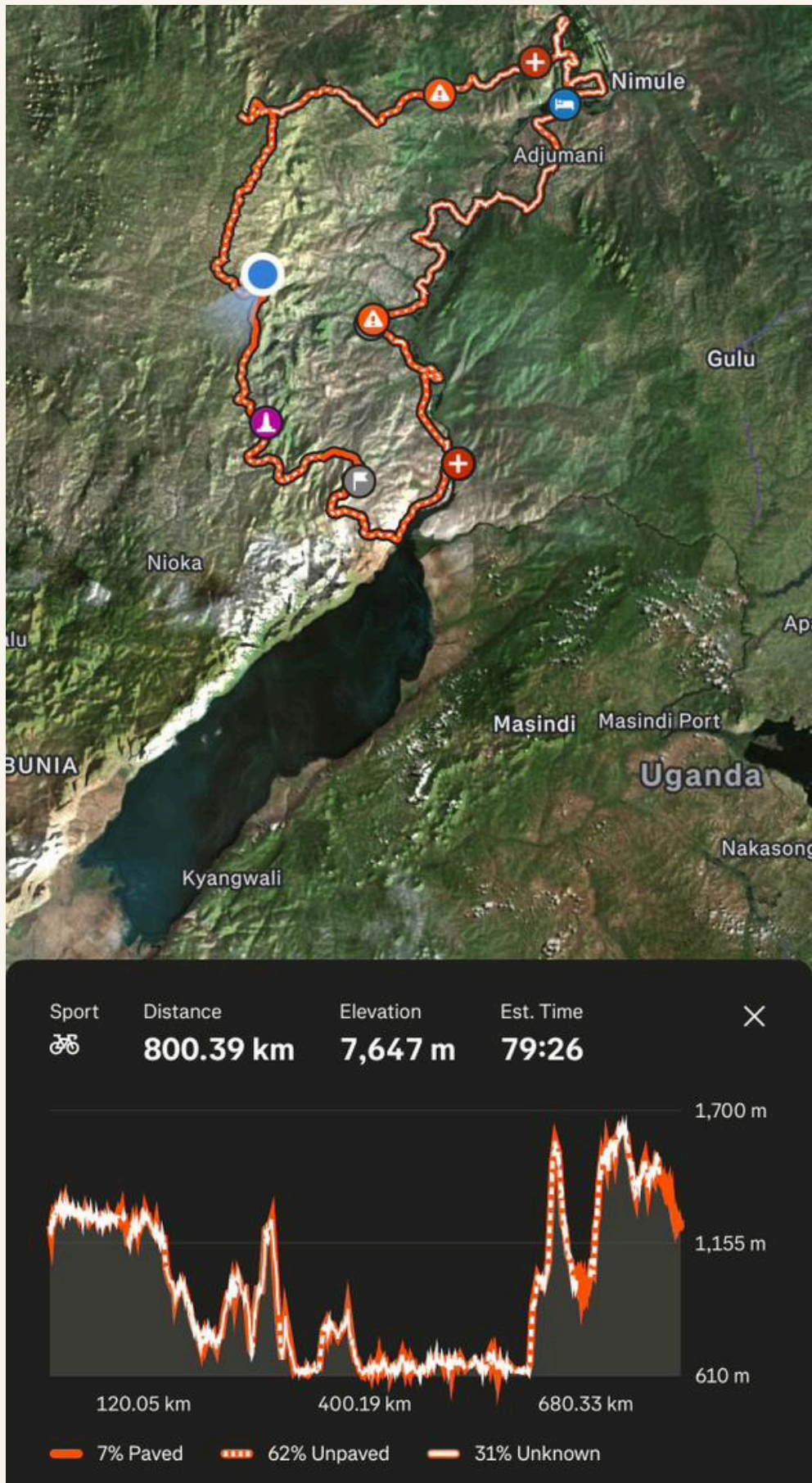
Vaccinations

- Mandatory: Yellow Fever vaccination certificate required on arrival
- Recommended:
 - Hepatitis A & B
 - Typhoid
- Malaria is present in Uganda; please check with your doctor about the best approach for you before traveling.

MURCHINSON FALLS NATIONAL PARK



THE RACE



THE RACE

Race the Nile takes you on an unforgettable ride across Uganda, following the course of the legendary Nile River through constantly changing landscapes that never get boring.

One moment you're climbing through green hills, cotton fields, and matoke plantations; the next you're rolling past lakes, forests, and riverside tracks. As you push further north and west, the scenery shifts dramatically — the lush equatorial greenery of central Uganda gradually gives way to the wide, sparse acacia woodland of the West Nile Region.

The West Nile sits on a high plateau bounded by the Nile to the east and south, the Albertine Rift to the west, and the border with South Sudan to the north. This elevated ground — much of it sitting above 1,000 metres — catches surprising amounts of rainfall, making it greener than its latitude might suggest.

You'll ride through rolling grasslands dotted with granite outcrops, past wetlands and papyrus-fringed streams, and along ridgelines with sweeping views down to the shimmering silver ribbon of the Nile far below. In the valleys, small-scale farms of sesame, sorghum, and sunflowers replace the matoke and coffee of the south, painting the land in warm golds and yellows. Mango trees crowd the roadside and provide welcome shade.

Towns like Arua — the region's bustling commercial hub — pulse with cross-border energy, their markets stacked with goods moving between Uganda, **South Sudan**, and the **Democratic Republic of the Congo**. Beyond the towns, the roads thin out. Tracks of red laterite dust weave through communities that see few visitors, where children run alongside your wheels, and elders sit in the shade of enormous fig trees.

The route also brings you close to Uganda's borders with South Sudan and the Democratic Republic of the Congo, adding to the sense of remoteness and adventure. Here, the landscape carries a quiet vastness — a feeling that you are somewhere genuinely far from the beaten path, riding through *a part of Africa that travellers rarely see*.

You'll pass through busy towns, quiet villages, and remote roads where it feels like time slows down a bit — where the pace of life is set by the seasons, the river, and the land rather than any clock.

This 5-stage race is challenging, beautiful, and an incredible way to experience Uganda from the saddle.

THE CONGO BORDER



Arua → Koboko → Yumbe

Distance: 165 km

Elevation Gain: 1,600 m+

The opening stage of ***Race The Nile*** takes riders from the bustling streets of Arua into the historic borderlands where Uganda, the Democratic Republic of Congo, and South Sudan converge. Fast gravel roads, rolling terrain, and rich cultural landscapes make this a memorable introduction to the race.

Highlights

- Ride through the historic frontier of three nations
- Visit the iconic **Saliya Musala** landmark (a single tree with three branches, each located in a different country)
- Experience the transition from Lugbara to Kakwa cultural territories
- Scenic highland approaches to Yumbe

Route Conditions

- Predominantly murram (gravel) roads
- Generally fast and rideable terrain
- Dust and occasional washouts possible
- Straightforward navigation with GPS guidance

Rider Notes

- Food and water are available along much of the route
- Commercial support becomes limited before Yumbe
- Carry at least 3 litres of water
- Pack sufficient nutrition for 8–10 hours of riding

Accommodation & Bail-Out Option

Koboko Town:

- Lodging available
- Reliable resupply points
- Camping facilities available
- Recommended emergency stop-over if required

Stage Strategy

The terrain may feel forgiving, but avoid burning matches early. Settle into a sustainable rhythm, conserve energy, and prepare for the more demanding stages ahead.



Note: You'll ride along the Congolese border, briefly entering DRC terrain while staying on a Ugandan road—do not leave the road, as you won't have a DRC permit.

THE OGUMBO HERITAGE



Yumbe → Moyo → Obongi Region → Adjumani

Distance: 160 km

Elevation Gain: 1,800 m+

Stage 2 introduces riders to the rugged landscapes of northern West Nile. The route combines fast road sections, steep climbs, remote terrain, and **some of the hottest conditions of the entire race.**

Success here is not won by speed alone, but by superior heat management and tactical climbing. Riders who fail to carry adequate hydration and calories from Yumbe will be at extreme risk of not reaching Moyo town for another refill.

Highlights

This route offers stunning views over the Nile Basin and passes through the historic landscapes of Yumbe, Moyo, and Obongi, while also featuring technical climbing and long exposed sections.

Route Conditions

The stage begins on paved roads leaving Yumbe, with possible road works and loose gravel along the route, before gradually gaining elevation and becoming increasingly exposed to both sun and wind.

Rider Notes

- **Temperatures can exceed 40°C**
- **Refill opportunities become increasingly scattered**
- **Hydration management is critical**
- **Monitor electrolytes carefully**

Stage Strategy

This stage rewards patience. Ride within yourself, manage heat exposure, and avoid overexertion during the long climbs. Success here comes from consistency rather than speed.

Recommended Finish: Adjumani Town

- Primary overnight destination
- Best recovery option for most riders

 **Side Note:** To reach Adjumani, **riders must cross the Nile**. Ferry service runs from 7:30 AM–7:30 PM, with possible wait times, while paid motorboats are available from 6:00 AM–10:00 PM for a faster crossing.

A close-up photograph of two white rhinoceroses in a dry, dusty savanna environment. The rhino in the foreground is facing the viewer, showing its large, textured horn and thick, wrinkled skin. Another rhino is visible behind it, slightly out of focus. The lighting is warm, suggesting late afternoon or early morning. The text 'THE OBIRIVA TERRITORY' is overlaid in the center in a bold, white, sans-serif font with a subtle drop shadow.

THE OBIRIVA TERRITORY

Adjumani → Obongi → Rhino Camp → Ajai

Distance: 170 km

Elevation Gain: 1,600 m+

Named after the *Madi-Okollo* word for *Rhino*, this stage celebrates the landscapes surrounding **Ajai Wildlife Reserve**, home to Uganda's white rhinos.

It is one of the most scenic and tactical stages of the race.

Highlights

- Nile crossings by ferry and canoe
- Ajai Wildlife Reserve
- Zoka Forest
- Remote adventure terrain
- Distinctive landscapes and wildlife habitats

Route Conditions

- Mixed surfaces
- Remote stretches with limited services
- Strong reliance on self-sufficiency

Rider Notes

- Adjumani is your final major resupply point
- Check mechanical systems before departure
- Carry sufficient water and emergency nutrition
- GPS navigation is essential

Stage Strategy

This is where **Race The Nile** begins to feel truly remote. Plan every refill carefully, ride conservatively, and ensure your equipment is prepared for long unsupported sections.



THE ALUR MOUNTAIN EPIC

Ajai → Pakwach → Panyimur → Parombo → Erusi → Angal

Distance: 173 km

Elevation Gain: 2,600 m+

Leaving the plains behind, riders enter the mountains of the Alur Kingdom. Long climbs, exposed escarpments, loose gravel, and intense heat combine to create the race's greatest challenge.

Highlights

- Spectacular Albert Nile escarpments
- The mountains of Panyimur, Parombo, and Erusi
- The cultural heartland of the Alur Kingdom
- The highest elevation gain of the race

Route Conditions

- Steep switchbacks
- Extended mountain climbs
- Loose gravel descents
- Limited access to supplies

Pakwach is the critical refill point and the last major resupply location on this stage. Riders will find food, water, and mechanical support available here. A stop in Pakwach is strongly recommended for all participants.

Rider Notes

- Carry extra water capacity
- Water sources may be limited
- Purification tablets or filters are recommended
- **Heat management is essential**

Stage Strategy

Do not attack the early climbs. Ride efficiently, stay hydrated, and maintain a sustainable effort. The riders who respect the mountains will be rewarded later in the race.

Overnight Options

The official stage finish is in **Angal**, with additional riding continuing to Nebbi Town. Nebbi offers superior accommodation and recovery facilities and is recommended as the preferred option for stronger riders who wish to extend their ride beyond the stage finish.



WINAM OVERSEEING THE RIVERS

Angal → Nebbi → Goli → Zombo → Alur Kingdom Palace → Arua

Distance: 132 km

Elevation Gain: 1,800 m+

The final stage combines breathtaking landscapes, cultural heritage, and one last physical challenge before the finish line in Arua.

Highlights

- Panoramic views from Goli Peak
- The famous **Zombo coffee highlands**
- Alur Kingdom Palace
- Fast descent back into Arua City

Route Conditions

- High-altitude gravel and clay roads
- Unpredictable mountain weather
- Rolling terrain into the finish

Rider Notes

- Fully resupply in Nebbi before departure
- Weather can change rapidly
- Fog and rain may affect visibility
- Use rear safety lights when conditions deteriorate

Final Push

After Logiri and Vurra, the route opens into fast rolling terrain leading back to Arua City. Enjoy the descent, stay alert for village traffic, and savor the final kilometres of an unforgettable adventure.

Key landmarks along the route include *Goli Peak*, a spectacular viewpoint overlooking Uganda, the DRC borderlands, and the historic *Wadelai* region; the *Zombo Highlands*, offering challenging climbs through Uganda's renowned coffee-growing region; and the *Alur Kingdom Palace*, a cultural and historical highlight marking the final chapter of the journey.



WOMAN IN A MARKET ALONG THE WAY TO ARUA

CHECKPOINTS

All official **Race the Nile** checkpoints are located at accommodation venues, allowing riders to rest, recover, and refuel along the route.

To preserve the self-supported spirit of the race and ensure fairness for all participants, accommodation booking is not permitted in advance— whether at official checkpoints or at any other lodging along the course.

Beds are first-come, first-served.

More details on checkpoints — including locations and facilities — will be shared in the next communication.



RACE RULES

We keep things simple with a few key rules to help ensure a safe, respectful, and enjoyable adventure for everyone taking part.

1. Safety

Race the Nile takes place on public roads and mixed terrain, often in remote and dynamic environments. Riders are responsible for understanding and respecting local traffic laws and always using good judgment when sharing the road with vehicles, people, and animals.

- Front and rear bike lights are mandatory between 6 pm and 6 am (at least one of each; a second set is strongly recommended).
- A helmet must be worn at all times while riding.
- Left-hand driving on the roads of Uganda!
- Mosquito repellent is essential—Uganda is a malaria-risk area, and the route passes through swamps and humid zones, so bring a good one from home.
- In the event of a medical emergency, riders are responsible for contacting emergency services and informing the race team as soon as possible.

2. Respectfulness

Uganda is known for its incredible landscapes and warm, welcoming communities—please help us keep it that way.

- No littering. Whatever you bring onto the route, please take it with you or dispose of it responsibly.
- The race is made possible by a dedicated local and international team of volunteers and partners. Kindness and respect towards them go a long way in making this experience special for everyone.

3. Preparedness

Conditions can vary widely across Uganda, from smooth tarmac to remote gravel roads, as well as changes in weather and elevation. Riders should be self-sufficient, well-prepared, and equipped for a wide range of situations throughout the event.

4. Be Part of the Experience

Race the Nile is more than a race—it's a shared journey. Look after yourself, support fellow riders where appropriate, and take time to enjoy the landscapes, communities, and moments along the way.

RACE RULES

5. Be Self-Supported

This is a self-supported adventure.

- Riders must complete the full course on a self-powered, two-wheeled bicycle.
- Drafting is not allowed, whether behind other participants or external vehicles.
- Riders may compete solo or as pairs. Pairs may support each other and ride together but may not draft behind other riders or outside participants.
- Outside support is not allowed unless it is publicly available to all participants. This includes shops, cafés, mechanics, hotels, and other commercial services.
- Friends, family, and private support vehicles may not assist the route.
- Riders may offer help to others (for example, lending a spare tube), but should not request support from fellow riders.
- All food, water, accommodation, and equipment must be carried, purchased, booked en route, or obtained at checkpoints.
- Each rider is responsible for ensuring their GPS tracker is functioning properly and kept charged at all times.
- In the event of a mechanical issue that cannot be resolved independently, riders may seek transport to a bike mechanic. Once repaired, they may rejoin the race from the exact point they left the course.



GEAR DONATIONS

Participants are invited to support Uganda's growing cycling community by donating new or gently used cycling equipment that can continue to be used by local riders, clubs, and cycling initiatives.

To ensure donations are genuinely useful, we kindly ask that you consider the quality and suitability of any items you bring.

What is Welcome?

- We welcome cycling gear that is safe, functional, and still has plenty of life left in it. As a simple rule of thumb: if you would happily continue using it yourself, it is likely suitable for donation.

Modern bike parts compatible with road, gravel, or mountain bikes (roughly last 15–20 years) in good working order are welcome.

Cycling clothing such as jerseys, bibs, jackets, arm warmers, and other apparel in good condition is appreciated, with small to medium sizes being most useful. If donating shoes, please include cleats and ideally pedals.

Accessories like helmets, gloves, glasses, socks, bottles, pumps, and basic tool kits are all welcome.

We also greatly appreciate high-need items such as brake pads, inner tubes (road, gravel, MTB), usable tires, chains, cassettes, drivetrain parts, bike lights, GPS devices, chargers, and nutrition products (bars, gels, hydration mixes).

What is Not Welcome?

We kindly ask that all donations be in good, usable condition. If an item is no longer safe, functional, or something you would confidently use yourself, it is probably not suitable for donation. This helps ensure every contribution has real value for the cyclists who receive it.

Please remember that donations should be items that can genuinely benefit another cyclist. The goal is to provide equipment that riders can immediately use and enjoy, helping to support and strengthen Uganda's cycling community.

Thank you for contributing and helping make a lasting impact through Race the Nile.

ABOUT UGANDA

Uganda's stunning landscapes, vibrant cultures, and welcoming communities offer an unforgettable experience in one of Africa's most diverse and rewarding destinations.

Often referred to as the "Pearl of Africa," Uganda is home to an extraordinary variety of ecosystems, from snow-capped mountains and tropical rainforests to vast savannahs, lakes, and wetlands.

Located in East Africa and straddling the Equator, Uganda is a landlocked country bordered by Kenya, South Sudan, the Democratic Republic of the Congo, Rwanda, and Tanzania. The country is also home to the source of the River Nile, one of the world's most iconic waterways.



Uganda is renowned for its biodiversity and wildlife. It is one of the few places on Earth where visitors can encounter endangered mountain gorillas in their natural habitat, while also offering opportunities to see chimpanzees, elephants, lions, giraffes, hippos, and hundreds of bird species. Much of this wildlife can be found within the country's national parks and protected areas, which are among the highlights of any visit.

The country has experienced significant economic growth and development over recent decades, with increasing investment in infrastructure, tourism, and conservation. Visitors often remark on the warmth and friendliness of Ugandans, whose hospitality is evident from the moment you arrive and throughout your journey.

TOP SIGHTS



WILDLIFE · PRIMATE TREKKING

Bwindi Impenetrable Forest

Home to roughly half the world's remaining mountain gorillas, Bwindi's ancient rainforest in the south-west is Uganda's most iconic destination. Small guided groups trek dense jungle to spend a precious hour with a habituated gorilla family — an encounter described by almost every visitor as the most moving of their lives.



NATURE · UNESCO SITE

Murchison Falls

The world's most powerful waterfall forces the entire Nile through a rock cleft just seven metres wide, sending a thundering curtain of white water 43 m into the gorge below. The surrounding national park — Uganda's largest — hosts lion, elephant, giraffe, hippo, and the rare shoebill stork.



SAFARI · WATERWAYS

Queen Elizabeth National Park

Framed by the Rwenzori Mountains and the Kazinga Channel, Queen Elizabeth is Uganda's most biodiverse park. The famous tree-climbing lions of Ishasha, along with hippo-packed channel cruises, savannah game drives, and over 600 bird species, make it a complete safari in a single park.



ADVENTURE · TREKKING

Rwenzori Mountains

The "Mountains of the Moon" are Africa's third-highest range and one of the continent's great trekking challenges. Glaciated peaks, giant lobelias, and surreal afro-alpine scenery reward those who tackle the week-long circuit. Margherita Peak (5,109 m) is the ultimate prize.



WILDLIFE · CHIMPANZEES

Kibale Forest

The chimpanzee capital of the world, Kibale harbours over 1,500 chimps alongside 12 other primate species. Guided chimp-tracking walks put visitors face-to-face with troops in their natural habitat, while Bigodi Wetland Sanctuary nearby is a birdwatcher's paradise.



LANDMARK · EQUATOR

The Equator at Kayabwe

Uganda straddles the equator and the crossing point on the Kampala–Masaka highway is a landmark worth stopping for. Live demonstrations show the Coriolis effect draining water in opposite directions either side of the line — a surprisingly mesmerising piece of practical geography.



HISTORY · SOURCE OF THE NILE

Jinja & the Nile Source

The town of Jinja sits at the point where the White Nile leaves Lake Victoria — the source of the world's longest river. Beyond its historical significance, Jinja has become Uganda's adventure capital, offering white-water rafting, kayaking, bungee jumping, and quad biking on the Nile itself.



WILDLIFE · RHINO SANCTUARY

Ziwa Rhino Sanctuary

The only place in Uganda where you can see wild white rhinos, Ziwa is a conservation success story. Guided foot safaris bring guests up close to rhinos in open bush — a remarkable experience given that rhinos were hunted to extinction in Uganda within living memory and are now being carefully re-established.



CULTURE · CAPITAL CITY

Kampala

Uganda's sprawling, hilly capital is a city of energy and contradictions. The Kasubi Tombs (a UNESCO World Heritage Site), the Buganda Kingdom's Lubiri Palace, vibrant Owino Market, and a lively restaurant and music scene across Kololo and Nakasero make Kampala a rewarding destination in its own right.

Our trusted partner, **Vamos**, has put some special deals for this occasion, please book these experiences on the link below

www.vamosug.com



POST-RACE SAFARI MURCHINSON FALLS NATIONAL PARK

The morning after the finish party, we head out towards Entebbe for a one-night stay safari in **Murchison Falls National Park** a perfect way to wind down after the race with fellow riders.

Departure Arua: 28 November
Departure to EBB airport: 29 November

****What's included****

Safari vehicle, guide, and park entry fees, plus a full game drive, top of the falls, boat ride, and accommodation

****Cost per person****

- \$494 per person sharing a room in **Pakuba Safari Lodge** on Full Board basis
- \$399 per person camping with own camping gear and meals not included
- 449 per person with hired camping gear and meals not included

Book here  **VAMOS TOURS**



KAMPALA

PHOTO
STUDIO
PLASTIC
EXPRESS
PASSPORT
PHOTOS

Brital
Beddings

SHIFA'S
SHOE WORLD
STYLE
MASTER

SITYA
EMBEERA

UGF
205R

Kampala is a lively, hilly city full of colour, noise, and character—where daily life spills onto the streets, and every corner feels alive.

For those who would like to spend a few days in Kampala, it's the perfect place to explore before the ride, eat well, and soak in the city's energy.

Must-see spots

- **Gaddafi National Mosque** — Climb the minaret for one of the best panoramic views in the city.
- **Kasubi Tombs** — A powerful cultural and spiritual site of the Buganda Kingdom.
- **Uganda Museum** — A compact but insightful dive into the country's history and culture.
- **Bahá'í Temple (Kampala)** — Quiet gardens and one of the most peaceful escapes in the city.
- **Owino Market (St Balikuddembe Market)** — Loud, chaotic, and unforgettable shopping for anything you can imagine.
- **Nakasero Market** — Fresh fruit, spices, and a vibrant local food scene.

Food & vibes

Kampala eats are a highlight: try a rolex, grilled tilapia, matoke, and street-side BBQ.

For coffee, drinks, and downtime, head to Kololo, Bugolobi, or Muyenga—where cafés and rooftop spots offer a calmer side of the city.

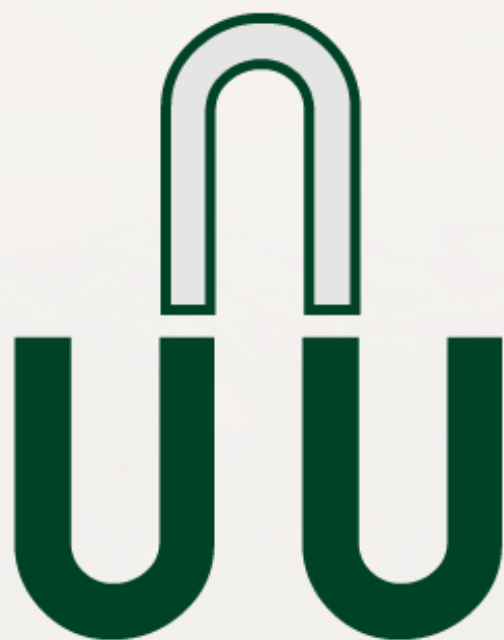
For those who prefer it calmer, **Entebbe** is Uganda's laid-back lakeside town on the shores of Lake Victoria and home to the country's main international airport.

Top highlights: chill waterfront sunsets, the lush *Entebbe Botanical Garden* with monkeys and birdlife, and the Uganda Wildlife Education Centre for close wildlife encounters.

Side note: if you're into wildlife, try to spot the *Shoebill stork* in the ***Mabamba Swamp** near Entebbe—it's one of Uganda's most unique and unforgettable birding experiences.

*also bookable via VAMOS

THE SHOEBILL IN THE ENTEBBE SWAMPS



Race the Nile Uganda Ultra

