

8-DAY ADVENTURE

SIPI FALLS & MOUNT ELGON

Uganda

A real immersion into African culture. Spend a week rubbing shoulders with the locals and experiencing the real Uganda, treading off the beaten track and exploring a unique area, lesser known to the wider world. This trip can be curated to your preference with optional rafting and abseiling activities that allow you to gain a whole different viewpoint on this incredible landscape, but which are easily opted out of, should they push you too far out of your comfort zone. Visit the roaring rapids at the source of the Nile, photograph the glistening torrent of Sipi Falls and summit the achievable peak of Mount Elgon on a 4 day full service, camping trek.

TRIP HIGHLIGHTS

- Trek to the base of the spectacular Sipi Falls
- Visit the roaring rapids at the source of the Nile in Jinja
- Hike the Sasa trail of Mount Elgon, home to the world's largest Caldera
- Relax in the knowledge this trip is fully carbon offset


KANDOO
ADVENTURES
Trek
Transfer
Sipi Falls
Mount Elgon
Mbale
Kimwemwe
Kampala
Jinja
Entebbe
LAKE VICTORIA
To Kimwemwe
Mude Cave Camp
3472m
Hunwick's Camp
2882m
Masaba Camp
3745m
Wagagi Peak
4321m

ITINERARY

DAY 1

WELCOME TO UGANDA

All trekkers need to organise their own flights to Entebbe International Airport (EBB). At EBB, you will be met by a member of our team and transferred to your hotel. Early the next morning you will meet your local Kandoo representative and have a full pre-trip briefing.

Transport: **Private transfer**
Accommodation: **Guesthouse**

DAY 2

ENTEBBE – SIPI FALLS

This morning begins with breakfast in Entebbe. Your guide will meet the group and sit with everyone to go through the trip at your pre-trip briefing before we set off on the drive to Mbale where we have our lunch. Arriving at Sipi in the afternoon, we make the steady walk up to one of the waterfalls. The highest drop in Uganda, Sipi Falls cascades down over a sheer drop of golden rock. For those feeling particularly adventurous there is the opportunity to abseil over the edge of the falls, finishing in freefall as the spray from the base of the falls encases you. Please note: this has no additional cost, but those who wish to complete the abseil must let us know upon booking.

Transport: **4wd Safari Vehicle**
Hiking time: **4 hours**
Accommodation: **Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

SIPI FALLS – BUDADIRI – HUNWICK'S CAMP

This morning after breakfast, we transfer to the Ugandan Wildlife Authority (UWA) Gate. Here we will have a pre-trek briefing and meet our team of porters, cook and other crew that will support us on on our trek up Mount Elgon. The trek starts at Elgon Trekkers Base Camp and crosses through luscious coffee plantations to the Gasawa steel ladders just above Bogiboni Village. After several steep sections above the ladders, the route then flattens out as it passes through the local community. From here, it is a gentle incline up to the park boundary that lies directly below Dirigana Falls. The trail switches back and forth giving excellent views of the waterfall. Directly above the falls we enter the montane forest. Here, the path becomes lined with huge Podacarpus trees and thick vegetation. We continue up the Dirigana valley before crossing the river, stopping at a fantastic rest spot on it's banks for a short break and something to eat before mustering up the energy for the final ascent to Hunwick's Camp (2,882m). From Hunwick's camp, a short climb provides panoramic views across the towering hills and down to the twinkling lights of the valleys.

Hiking time: **4 - 5 hours**
Ascent: **1162 m**
Max. altitude: **2882 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

HUNWICK'S CAMP – MASABA CAMP

Today we continue climbing up through the montane forest to 3,200m where the vegetations opens out into what used to be the bamboo zone. Unfortunately, due to heavy exploitation by the communities for bamboo shoots and building materials it is now almost none existent. Together with Uganda Wildlife Authority, our team will be implementing a programme to propagate the indigenous bamboo and replant the affected areas so future generations will be able to enjoy the beauty of the bamboo for years to come.

The next zones we pass through are the newly discovered Giant Heather zone (Erica arborea) which breaks into the Moorland Zone. Open alpine grasslands, littered with wildflowers and scattered with areas of Giant Heather, blanket the rolling hillsides. We take a short break at a rest point in the upper levels of the Heather Zone before walking the last two kilometres to Masaba Camp (3,745m).

After lunch, there is the option to climb 1.2km to the top of the Masaba Table; a huge flat rock, 700m in length, surrounded by vertical cliffs averaging 70-90m above the surrounding moorland grasses studded with the giant lobelia and groundsel plants. The top, unsurprisingly, offers exceptional views.

Hiking time: **4 - 5 hours**
Ascent: **863 m**
Max. altitude: **3754 m**
Accommodation: **Mountain Hut**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

SUMMIT WAGAGI PEAK (4321M) – MUDE CAVE CAMP

An early start from Masaba Camp this morning, leaving around 6:30am as we climb to the summit; a 6.4km walk with an altitude gain of 576m bring us to our high point, Wagagai Peak standing proud at 4,321m. Our trail passes close to the cliffs surrounding Masaba Table and drops just below Masaba Peak. From the summit, we then descend to Mude Cave Camp to enjoy the high-altitude environment and maybe catch sight of an elusive serval cat or the twitching ears of a mountain hare. The camp is named after an infamous poacher named Mude and is a brilliant place to watch as mesmerising clouds roll in and out of the valleys below. As it sits at a relatively high elevation, expect this night to be a chilly one!

Hiking time: **8 - 9 hours**
Ascent: **576 m**
Descent: **849 m**
Max. altitude: **4321 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 6

MUDE CAVE CAMP – BASE CAMP – JINJA

Descending down through the forest along the original Sasa Trail, we turn and cut across to the top of Dirigana Falls through an area of Giant Tree Ferns. We descend alongside the roar of the falls, back to Elgon Trekkers Base Camp at Bugiboni. Our trek complete by roughly 11am -12noon, we hop in our transfer vehicle and make our way to Jinja. If time permits, this afternoon we can head out to visit the torrenting rapids that form the source of the Nile.

Hiking time: **3 - 4 hours**
Descent: **1752 m**
Accommodation: **Hotel**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

JINJA

Jinja is a vibrant, busy town known best for it's adventurous activities. Those who wish to can take to the water and join on an exhilarating white water rafting experience down Nile. Any who don't wish to do this can take a relaxing walk along the riverbank. Activities for the day complete, we relax in the comfort of our hotel and reflect on the highlights of our trip.

Accommodation: **Hotel**

Meals included:
Breakfast / Lunch / Dinner

DAY 8

DEPARTURE

This morning is a relaxed one in Jinja before transferring back to Entebbe for our departure flights.
Please note: departure flights must be booked after 5pm today to ensure you have time to return to Entebbe.

Transport: **4wd Safari Vehicle**

Meals included: **Breakfast**

PLEASE NOTE

The abseil and rafting on this trip are optional, however you must let us know upon booking if you wish to partake in these so we can allocate you a place.
It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

This trip is an active adventure. Mount Elgon is considered a **relatively tough** trek and you will be trekking between **4-5 hours each day** for four days, over mountain trails, reaching a high point of over 4,000m. Due to the high altitude reached, and the long hours trekking each day, a good level of fitness is required. The other activities included in this trip, abseiling and rafting, are optional, so can be removed should you choose to do so.

FOOD & DRINK

There will be tea, coffee, hot chocolate and biscuits available upon arrival at the huts. Your three main meals will consist of a combination of fresh and canned foods. For breakfasts there will be a selection of sausages, bacon, onions, baked beans, green beans sliced avocado, yoghurt, rolled oats and eggs. Lunches will generally consist of a sandwich, some fruit and a small drink. Evening meals will be three courses, usually consisting of a soup starter with a main meal such as chicken and potato curry, chilli con carne or even steak and mash! This will then be topped off with a sweet pudding for example rice pudding with sultanas or custard and chopped banana. Additional servings of fresh vegetables and local fruits will be included where possible. Depending on your energy requirements, you may wish to bring additional snacks such as muesli bars, chocolate, sweets or biscuits to have during your day's trek. Occasionally, porters may sell items such as sweets, chocolate bars, cans of beer or coke along the trail that you could purchase should you so wish.

Our chefs are able to cater to all dietary requirements as long as they are provided with this information prior to the trip, so please inform us of these upon booking.

In Entebbe, at the start of your trip, you can purchase meals at the hotel or head out in to the city to find a restaurant. You will find restaurants offering both Ugandan and western alternatives. Beer is probably the most widely available alcoholic drink across Uganda as well as the locally made fermented banana beer - Pombe.

On the trek we will boil mineral water for you to fill your bottles each morning and evening, however we suggest you bring a water purification system in case you need to refill your bottle from a natural spring during the day. We do not encourage the purchasing of single use plastic bottles and there will be nowhere to purchase these during your time in Mount Elgon national Park.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of accommodation and meal basis. All of our pre- and post- trek accommodation is based in Entebbe. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Ugandan Shillings, or often in US Dollars. When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits. Please be aware that Uganda is still a developing country and cut offs in both water and electricity supply still happen regularly. The hotel will help as far as they can, but these outages are outside their control.

We use only the very best high altitude mountain tents for our camping nights to ensure you stay warm, dry and comfortable on your trek. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don’t expect to be able to stand up and walk around inside!
Your meals will be taken in a dining hut where you will be able to sit comfortably, while you relax, chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you.

At Masaba Camp we will be staying in mountain huts. These are small, wooden cabins or A-frames housing between 4-12 people in dormitory-style beds. Mattresses are provided and in some huts, blankets too, but you still need to bring a warm, sleeping bag. Rooms usually have solar powered lighting but no electrical sockets and your meals will be served in an indoor dining hut with a stove. Toilet facilities are primitive and consist of sheltered long drop toilets.

YOUR GUIDE

You will meet your Kandoo guide either at your hotel on Day 1 of your trip, or the following morning for your pre-trip briefing. They will then be with you until drop you off at the airport on your final day.

TRANSPORT

On this trip we use comfortable 4x4 safari vehicles for all our transfers.

LUGGAGE

CLIMBING BAG WEIGHT

There is a strict weight limit of 20kg per porter on our trips in the Mount Elgon national Park, however this must also include group equipment, so we ask that your main luggage bag is no heavier than **15kg**. This limit includes your sleeping bag and is more than sufficient for your needs on the mountain.

PLASTIC BAG BAN

Similar to many African countries, Uganda has introduced a **ban on all single-use plastic bags**. Please support this fight against plastic by using more sustainable alternatives in your luggage, such as packing cubes and dry bags. Passengers with plastic bags in their luggage may be asked to surrender them on arrival at the airport.

The zip-lock bags required to carry liquids and toiletries in cabin baggage on airplanes will still be permitted.

HOW DO I GET THERE?

All of our tours begin and end in Entebbe, which is just south of Kampala, Uganda's capital. You will need to arrive into Entebbe International Airport (EBB). KLM and Brussels Airlines fly to EBB from all of the major UK airports. Flights tend to leave early in the morning, transferring at Luchthaven Schiphol, Amsterdam's main airport or Brussels, then Kigali International airport, before arriving at EBB late that same evening. Emirates also offer flights via Dubai. From the US, Delta offer flights with a similar flight path to KLM, however arrive the next day. Emirates and Qatar also offer flights, transferring in Dubai and Doha respectively.

We will arrange transport from the airport to your hotel at any time, including the late evening or early morning. The transfer takes approximately 40 minutes. As flights into Entebbe tend to arrive around 10pm in the evening, we would recommend planning in an additional rest day after such a long flight to recover and prepare yourself and your kit for the trip, rather than heading out straight away the next morning.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Please ensure your departure flight leaves **after 5pm** to allow for time to transfer back to Entebbe to your departure day.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from your arrival in destination to drop off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a pre-trip briefing prior to the trip beginning. This gives our guides the opportunity to speak to you about your adventure, and sort out any last-minute queries or concerns. Most flights into Entebbe arrive late in the evening so our briefing in Uganda is held at 7am on the morning of Day 2, in the restaurant at your pre-trip hotel.

BUDGET & CHANGE

The **Ugandan Shilling** (UGX) is a closed currency so you will not be able to buy these at home before you arrive. It is advisable to travel with US Dollars, as these are widely accepted and can be easily exchanged. It is very important that US bills be new (no more than 10 years old), crisp and untorn. If you need to take out more local currency whilst in Entebbe then we can take you to an ATM or bank. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

Please Note that not all hotels can accept card payments so you may need to use an ATM to access funds.

TIPS

Whilst not mandatory, tipping is appreciated in Uganda and you should budget for tips for guides, support crew, drivers and staff at your accommodation. Tips are not a substitute for good wages: our guides are all well paid and well looked after and the amount you tip should be based on the level of service you feel you have received.

Recommended tip amounts:

Guides and drivers: 19,000 – 37,000 UGX (equivalent to US$5 - $10) per person per day

Gorilla tracking head ranger: 19,000 – 37,000 UGX (equivalent to US$5 - $10) per person per day

Park porters: 74,000 UGX (equivalent to $20 per person per day) is a mandatory fee if you decide to hire a porter. The tipping recommendation is 19,000 (equivalent to $5) per client

Climbing guide: 35,000 – 40,000 per person per day

Safari lodges: 11,000 - 19,000 UGX (equivalent to US$3 - $5) per person per stay

Baggage porters at lodges and hotels: 3700 - 7400 UGX (equivalent to US$1 - $2) when help provided

Support staff on forest walks: 19,000 UGX (equivalent to US$5) per client

Restaurants: Add approximately 3 - 5% on top of the bill

Whilst on safari, you will be lead by your guide and accompanied by at least 2 rangers. This will vary based on the size of your group. Tips should be given to your lead guide who will share this with the others.

Safari lodges typically have a central tip box in their reception area. It is preferred that these are used rather than tipping individual staff.

Please use Ugandan Shillings (UGX) for small daily tips (porters and waiters) as these are easier for locals to use. US dollars can be used for larger, final tips for your driver-guides and safari lodges. US$ bills should be less than 10 years old, crisp and untorn). It is recommended to separate money for tips (ideally in envelopes) ready for each section of your trip so that tips can be handed directly to the person and you are not opening a wallet or counting out cash in public.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Uganda. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport with you at all times.

VISA

For visitors traveling to Uganda, it is mandatory to apply for a visa. We advise you to apply at least one month before departure, through the official Ugandan immigration service. Visas are valid for 90 days from the date of issue so don't apply too early.

Visas can be acquired via the following website - https://visas.immigration.go.ug/

For each visa you need to upload the following documents:
Copy of your passport (photo page with bio-data). Validity of at least 6 months after returning from Uganda
Recent Passport size photograph
Copy of Vaccination Certificate Yellow Fever (copy or photo of page with Yellow Fever vaccination) - this may not be requested during the online application process
Return Ticket

All documents must be in pdf, jpeg, png or bmp format, small file size (minimum file size 5 KB, maximum file size 250 KB).

You should take physical copies of these documents with you as they may be requested at the airport on your arrival.

When filling in the form:
Visit: Uganda only
Visa or permit type: Visa
Category: Uganda Ordinary/Tourist Visa
Subcategory: Single entry

Single Entry visas cost US $50. Payment will be taken as part of the application process.

When you send the form, you will immediately receive a tracking code. This code helps you to keep track of how far your application has progressed. You can check its status using the immigration link above.
The Ugandan authorities will send you a letter via email after they have approved your application (please make sure to check your SPAM folder)
Print this letter and bring it with you. It will be requested when checking-in for your flight to Entebbe and when you arrive at Entebbe International Airport. You will need it to collect your visa.

When applying for your visa online before you travel, you should be aware that the website can be slow and it is sensible to make a note of any log-in details and application numbers when you start your application.

Some nationalities do not require a visa, please check this in advance.

VACCINATIONS

The standard vaccinations required are Diphtheria; Hepatitis A; Polio; Tetanus and Yellow Fever, but you should always consult your doctor or travel clinic for the most up to date advice.
Please be aware that a Yellow Fever certificate will be necessary for your Ugandan visa application.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. If you are climbing Mount Stanley, we recommend cover up to 5200m of altitude. If you are climbing Mount Elgon you will need cover for trekking up to 4400m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is a high risk of malaria in Uganda so you will need to plan anti-malarial medication for your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts, particularly at dusk and dawn when the mosquitos are active, and using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows is that it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen for lips and skin - After sun cream (for sunburn) - Any personal medication including malaria tablets

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- A 3-man tent per two people
- Mattresses
- Dining tent including tables chairs and eating utensils

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf - A scarf or balaclava comes in useful as a warm layer for your neck and face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x2)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket
- Insulated jacket – down or primaloft
- Water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric

LEGS

- Leggings – thermal or fleece base layer
- Trekking shorts
- Trekking trousers – light or medium weight – convertible trousers work well
- Waterproof hard shell trousers
- Gaiters

FEET

- Trekking boots – sturdy boot with good ankle support
- Training shoe or similar – to wear in the evenings
- Mid-weight trekking socks
- Breathable, high-wicking liner socks

EQUIPMENT TO BRING

TREKKING GEAR

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Sleeping bag (4 season or -5 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water
- Water purification system - a charcoal filter or chlorine tablets will work well

OTHER ACCESSORIES

- Sunscreen and lip balm - high SPF
- Toiletries, including toilet paper, wet wipes and hand sanitiser
- Camera and spare batteries
- Plug adapter, for charging devices in hotels
- Solar charger/powerpack - for charging devices on the trek
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are a good option
- Isotonic drink powder / energy drink powder to mix in with your water
- Microfibre towel for wiping hands and face each day
- Toilet roll

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.