

Rwenzori Mountains National Park – Premier Adventure Destination

The Rwenzori Mountains (“Mountains of the Moon”) lie in western Uganda (Kasese District) along the DR Congo border premiumafricasafaris.comugandawildlife.org. The park spans roughly 996 km² (120×65 km) of rugged peaks, glaciers and montane forests ugandawildlife.org. Gazetted in 1991 and declared a UNESCO World Heritage Site (1994) and Ramsar Wetland (2008) ugandawildlife.org, it protects the highest peaks of the Rwenzori range. The summit of Mt. Stanley (Margherita Peak, 5,109m) is the third-highest point in Africa ugandawildlife.org. Unlike volcanic Kilimanjaro, the Rwenzoris are tectonic mountains with year-round snow and glaciers. The park’s **biodiversity** is exceptional: over 70 mammal species (including Albertine Rift endemics such as the rare Rwenzori otter) and 217 bird species (19 endemic Albertine Rift species) inhabit the forests and moorlands ugandawildlife.org. Unique Afro-alpine vegetation (giant lobelias, groundsels, heathers and mosses) carpet the moorlands above 3,500m ugandawildlife.orgmountainrwenzorinationalparkuganda.com, giving hikers an “otherworldly” landscape of **giant lobelia forests** and mystical mossy terrain. Culturally, the Bakonzo people live in the foothills; the park area includes historic Bakonzo sites (e.g. the Bulemba king’s houses) and community tourism (traditional dances, local homestead visits) ugandawildlife.orgpremiumafricasafaris.com.

Recent years have seen major infrastructure upgrades. In late 2024 the government opened **Elena Camp** at 4,500m – a modern high-altitude base camp for climbers, with beds, kitchen and 34-person capacity travelholidayer.comrwenzoridaily.com. UWA also installed ~13 km of wooden boardwalks on the Margherita trail and delivered new ropes, crampons and stretchers to improve safety travelholidayer.comrwenzoridaily.com. These projects (funded by the Ministry of Tourism) make Rwenzori trekking safer and more accessible, heralding “a new era” for Uganda’s mountaineering rwenzoridaily.comtravelholidayer.com.

How to Get There

- **By air:** The nearest airstrip is Kasese Airport, served by domestic flights from Entebbe/Entebbe (Eagle Air, Aerolink, etc.). Daily scheduled flights (~1 hour) depart Entebbe at 7:00 am and 12:30 pm and return from Kasese at 10:45 am and 2:45 pm kandooadventures.com. Flights are convenient if you plan a guided trek (operators often coordinate flight bookings).
- **By road (Uganda):** From Kampala or Entebbe, Rwenzori is reached via Fort Portal or Masaka/Mbarara routes (see map). The drive is long (about 6–8 hours) but scenic. Premium Africa Safaris notes it takes “6–7 hours” via Masaka–Mbarara and about 6 hours via Mubende–Fort Portal premiumafricasafaris.com. Many visitors hire a private taxi or shuttle to Kasese (often around UGX 200,000–300,000, ~\$60–80); buses depart

Kampala's Bwaise or Clock Tower regularly (fare ~UGX 50,000, ~US\$14kandooadventures.com). Road conditions are mostly tarmac up to Fort Portal/Kasese, but check local reports in rainy season (Nov–Dec, Mar–May) for mudslides.

- **From Kasese to trailheads:** Rwenzori NP has two main trailheads. The northern (Nyakalengija) gate is ~18 km from Kasese town, reachable by shared taxi or 4×4; the southern (Kilembe) gate is 12 km north of Kasese by road. Lodges and camps (e.g. Ruboni, Equator Snow Lodge) are within a few km of the park entrancesrwenzorimountainsnationalpark.com. Note that although Rwenzori abuts DRC, the usual entry route is by first flying/driving into Uganda. (If arriving via DRC, one may cross at Bunagana/Kisoro and continue through Kabale, but this involves extra visas and permits.)
- **Visa & border:** Most international travelers need a Ugandan tourist visa (e-visa or on-arrival, ~US\$50 for 30 days). A valid **Yellow Fever** certificate is required by Ugandawwwnc.cdc.gov. If coming from DRC or Rwanda, check visa rules for crossing back and forth.
- **Seasonal advisories:** The Rwenzori climate is equatorial, with two rainy seasons (Mar–May, Sept–Nov). The **best months** for trekking are the drier periods (June–August and December–February)kandooadventures.com. In heavy rains trails can be boggy or washed out. Always check the local weather and UWA advisories.

Key Highlights of the Destination

- **Margherita Peak (Mt. Stanley, 5,109m):** The park's crown jewel – Africa's third-highest mountain. Reaching the summit is a 9–12 day technical climbugandawildlife.org. Hikers earn panoramic views of snowfields and glaciers. *Best time:* July–September, December–February (dry months). *Unique:* Rarely visited peaks (few climbers), plus the recently installed rope bridge over the glacier crevasserwenzorimountainsnationalpark.comrwenzoridaily.com.
- **Stanley Range (Speke Peak 4,890m & Mt. Baker 4,843m):** Adjacent peaks to Stanley. Many treks include summits or viewpoints on these mountains. E.g. a 5–7 day Weismann's/Baker circuit offers challenging scrambling but with slightly lower altitude. *Unique:* Remote alpine terrain, dramatic landscapes. (Rope and glacier techniques may be needed for Baker's harder sectionsrwenzoriexpeditions.com.)
- **Alpine Lakes (Mahoma, Bujuku, Kitandara, etc.):** The central circuit features a string of glacial lakes. Lake Mahoma (2,651m) lies at forest's edge, others like Lake Bujuku (~3,490m) lie in high moorlands. These emerald tarns reflect the snowy peaks. *Best*

time: After the short rains (Apr/Nov) for fullest water. *Unique:* Camping by a glacial lake, surrounded by giant lobelias.

- **Waterfalls & Rivers:** Lower Rwenzori has spectacular falls on the Mubuku and Nyamwamba rivers. Notable falls (part of the multi-day waterfalls circuit) include Enock's Falls, Samalira Falls and the series of Bridal/Sine waterfalls rwenzoritrekking.com. These can be visited on shorter treks (2–4 days) through montane forest. *Unique:* Lush rainforest trails ending in tropical waterfalls; excellent birding by the streams.
- **Afro-alpine Flora – “Land of the Dwarfs/Triffids”:** The Rwenzori moorlands are world-famous for their exotic vegetation. Above ~3,000m one finds giant groundsel (Senecio) and lobelia “trees” several meters tall, as well as heath, moss and lichen. British visitors liken it to “Middle Earth” or “enchanted forest” mountainrwenzorinationalparkuganda.com. *Best time:* Flora is visible year-round; mossy landscapes are especially striking in misty mornings.
- **Wildlife and Birdwatching:** Although large mammals are scarce (after decades of hunting), the forests host elephants and chimpanzees on the lower slopes kandooadventures.com. The park is a birding paradise: the endemic Rwenzori turaco (only found here) and rare sunbirds, eagles, and forest robins abound premiumafricasafaris.com. Lower trails (Nyamwamba, Mubuku) are good for primates and colobus monkeys ugandawildlife.orgkandooadventures.com. *Unique:* Spotting the Scarlet-tufted Malachite sunbird (alpine sunbird) or rare Rwenzori double-collared sunbird in bloom.
- **Cultural & Scenic Sites:** In the foothills, Ruboni Village overlooks Kasese and offers cultural tours (traditional Bakonzo dances, village visits, local cuisine) ugandawildlife.org. The historical **Bulemba Ruins** (former king's palace) lie nearby. Trails from Nyakalengija also offer grand vistas of the mountain backdrop. *Unique:* A chance to learn Bakonzo history and hospitality as part of the mountain journey ugandawildlife.org.

Travel Tips

- **Timing:** The **dry seasons** (June–August and mid-Dec–Feb) are ideal for trekking kandooadventures.com. However, Rwenzori has frequent mist and rain even in “dry” times, so be prepared for wet weather any time of year.
- **Packing Essentials:** Bring high-quality **waterproof gear** – a durable rain jacket, gaiters, and waterproof backpack covers. Footwear should be sturdy, broken-in hiking boots (plus *leech socks* to avoid leech bites in the humid undergrowth). Layered clothing is vital: conditions range from tropical on the trail to freezing near summits kandooadventures.com. Other must-haves: warm gloves, wool hat, sleeping bag

(rated to -10°C at least), headlamp, and sun protection for high-altitude glare. A **trekking pole** and a lightweight camping pad also improve comfort on muddy trails or in hut dorms.

- **Health Precautions:** Uganda requires proof of **Yellow Fever** vaccination wwwnc.cdc.gov. Routine vaccines (typhoid, hepatitis A, tetanus) should be up-to-date. Malaria prophylaxis is strongly recommended wwwnc.cdc.gov – the Rwenzori foothills are malarious year-round. Carry a basic first-aid kit and any personal medications. Altitude sickness can occur above 3,000–4,000m; consider medications like acetazolamide and acclimatize gradually on longer treks.
- **Budgeting (3–5 day trip):** Park entry fee is USD35 per foreign non-resident per day ugandawildlife.org (camping fee USD25 extra). Guiding and porters are mandatory and usually included in organized tours (expect ~\$25–30/day for guide, ~\$15/day per porter). Basic food/meals on trek are included in most packages; personal snacks or hot drinks cost extra. In Kasese or Ruboni, expect ~\$5–10 for a meal. For 3–5 days (2–3 nights camping/hut), budget roughly \$500–800 per person for a simple group trek, more for private tours.
- **Connectivity:** Mobile signal is available in Kasese town and some foothill lodges, but is virtually **nonexistent on the mountain** (above ~2,000m). Don't count on Wi-Fi or cell service above base. Many lodges offer Wi-Fi hotspots or small solar chargers. Go **offline-savvy**: bring printed maps or pre-download maps and guides.
- **Etiquette & Sustainability:** Rwenzori is a protected wilderness; practice “leave no trace.” Carry out all litter and biodegradable waste. Use refillable water bottles (purify or boil water). At campsites/huts, respect quiet hours. In local villages, ask permission before photographing people. Tipping guides/porters (~5–10% of tour cost) is customary and much appreciated. Support local economies by buying crafts or hiring community guides (e.g. cultural tours at Ruboni).
- **Solo, Family, and Accessibility Notes:** Solo travelers should hire a registered guide (mandatory and for safety). The park is **not wheelchair-accessible** and has no accommodations for major mobility issues; trails are rough and steep. The trek to Margherita is strenuous – children under ~10 or those with heart/lung conditions are discouraged from high-altitude camping. However, short nature walks (2–5 hours) around Nyakalengija or Ruboni can suit families and older visitors if guided and well-prepared.

Common Adventure Activity Experiences

1. Summit Margherita Peak (Climbing Expedition). The ultimate challenge: a 9–12 day **technical climb** to 5,109m ugandawildlife.org. Group size is usually small (4–8 climbers). You'll spend nights in mountain huts (John Matte, Elena) and use mountaineering gear. Difficulty is very high: glacier travel and fixed ropes are involved. *Booking:* Permits and guides must be arranged in advance through tour operators or UWA; availability can be limited. The UWA website notes this requires experienced trekkers ugandawildlife.org. Insurance covering high-altitude mountaineering is advised safari frank.com.

Category	Budget	Mid-range	Luxury
Price (per person)	~US\$1,350 rwarzorimountaineeringservice.com	~US\$1,645 safari frank.com	~US\$2,500+ rwarzorixpeditions.com
Typical Itinerary	9–10 days, group expedition (public camping huts)	8–9 days, smaller guided group	10–12 days, private guide & exclusive camps
Includes	Park permits, guide & porters, camping gear, meals, hut fees	All of above; plus higher-percentage porter-to-client ratio, extra meals/snacks	All of above; private campsite or Elena Camp allocation, special cuisine, photography permits, oxygen kit
Excludes	Flights, hotel in Kasese, personal gear, tips, international insurance	Same; may include better quality tents/sleeping pads	Same; plus optional extras (USB charging, satellite phone)

2. Peak Trek (Weismann's/Baker, ~5–7 days). For a shorter summit experience, popular treks reach peaks like **Edward Weismann Peak (4,620m)** and sometimes Mt. Baker. This moderate climb still requires fitness and acclimatization but is non-technical. *Difficulty:* High hiking intensity (long days, steep trails, basic scrambling) but no glacier equipment needed. *Tour Options:* Budget groups often climb Weismann's (5 days) or combine Baker/Weismann (7 days) rwarzorixpeditions.com.

Category	Budget	Mid-range	Luxury
Price (pp)	US\$820 rwenzoritrekking.co.m (5-day Weismann's)	US\$1,040 safarifrank.co.m (5-day Weismann's)	US\$1,240 rwenzoriexpeditions.co.m (6-day private Weismann's)
Duration	4–5 days	5 days	5–6 days
Includes	Guide, porters, hut/camp lodging, meals, permits	All above, smaller group, improved camps/food	Private guide & porters, exclusive accommodations (sometimes stretch tents), full-board meals
Excludes	Transport to trailhead, sleeping bag, tips	Same	Same

3. Waterfalls & Lakes Trek (3–4 days). A short, scenic trek visiting **Samalira Falls, Bridal/Sine Falls, Mahoma Falls** and highland lakes. Ideal for experienced hikers short on time. *Duration:* 3–4 days, often looping from Mubuku or Nyamwamba valley. *What to expect:* Mossy rainforest trails, bamboo groves, and multiple river crossings leading to impressive cascades. No technical climbing.

Category	Budget	Mid-range	Luxury
Price (pp)	US\$420 rwenzoritrekking.com (3-day Samalira trek)	~US\$800 (4-day mixed trek)	N/A (Typically not offered as ultra-luxury)
Includes	Guide, porters, basic lodging (camp or guesthouse), meals, permits	Guide, porters, upgrade to guesthouse lodging on some nights, additional snacks	N/A
Excludes	Transport, personal snacks/gear, tips	Same	N/A

4. Nature Walks & Birding (day trips). Half-day to full-day walks at lower elevations (around Ruboni, Nyamwamba or Mubuku valley). *Experience:* Explore montane rainforest and bamboo zones with a guide, spotting turacos, sunbirds, monkeys and reptiles. Small group size (2–6). Difficulty is low–moderate (no altitude). *Duration:* 3–6 hours. *Tours:* Operators in Kasese/Ruboni

offer guided birding walks, often including lunch. (Prices ~\$30–50 pp for a private walk, including guide and transport.)

Category	Budget	Mid-range	Luxury
Price (pp)	~\$30 (group walk)	~\$50 (private half-day)	~\$100 (full-day VIP)
Includes	Guide, vehicle transport, bottled water	All above plus boxed lunch and snacks	All above plus gourmet meal, photography guide

5. Village & Cultural Tours. Immersive experiences in Bakonzo villages (especially Ruboni). *What to expect:* Visits to local homesteads, traditional drumming and dance performances, and walks through banana plantations or to small waterfalls. Suitable for any fitness level. *Duration:* 2–6 hours. *Booking:* Often arranged from Kasese or Ruboni.

Category	Budget	Mid-range	Luxury
Price (pp)	~\$20 (basic cultural demo, shared guide)	~\$40 (extended visit with lunch)	~\$80 (private guide, home-cooked feast)
Includes	Guide, short village tour (self-catering)	Guide, cultural show, light meal/snacks	Private guide, full traditional lunch/dinner, craft workshop

(*Note:* Prices are indicative, based on local operators in 2025; confirm current rates with tour providers.)

Where to Stay

Several lodging options cater to different budgets on both sides of the park. Below is a comparison of representative accommodations (2025 double-occupancy rates):

	Accomm			
Category	odation (Location)	Price (per night)	Key Features	Pros / Cons
Budget (<\$100)	Rwenzori Trekkers Hostel (Kyanjuki,	Camping \$8 / Dorm \$12 / Single \$15 / Double \$25 rwenzorimountainstationalpark.com	Camping site & dorms run by RMS; shared kitchen; close to trailhead.	+ Very cheap; + Communal vibe. – Very basic; no privacy.

Category	Accommodation (Location)	Price (per night)	Key Features	Pros / Cons
	Kilembe trailhead)			
	Ruboni Community Camp (Ruboni, park gate)	~\$45 double (est.) bonobosafricansafariholidays.com	Community-run lodge with mountain-view rooms, restaurant and bar.	+ Authentic village atmosphere; excellent views bonobosafricansafariholidays.com . – Limited rooms; must book in advance.
	Rwenzori Backpackers (Kilembe Valley)	From \$72 rwenzoriexpeditions.com (dorm beds)	Hostel-style lodge with dorms, cafes, hot showers.	+ Friendly environment; bookable via Expeditions. – Remote location outside park gate.
	Rwenzori Turaco View Campsite (Mihunga, 22min to Kasese)	Campsite tents ≈ \$10+ (est.)	Quiet eco-camp with bar/restaurant; community-owned.	+ Immersive nature; good birding. – Very basic facilities; limited coverage.
Mid (\$100–\$300)	Snow Height Lodge (Lumuti, lower slopes)	\$180 rwenzoriexpeditions.com	Cozy cloud-forest lodge; heated dining room; views.	+ Comfortable rooms; great location for hiking. – Pricey for region; electricity sometimes runs out.
	Equator Snow Geo	≈ \$130 (est.)	Modern mid-range hotel; western-style rooms; breakfast	+ En-suite rooms; reliable amenities; close to park entry. –

Category	Accommodation (Location)	Price (per night)	Key Features	Pros / Cons
	Lodge (near Ruboni gate)		included rwenzorimountain.snationalpark.com .	Can fill up in peak season.
	Tours Base Camp (Holiday Inn) (Ibanda, Kasese)	\$45 single / \$65 double rwenzorimountain.snationalpark.com	Clean guesthouse with bar and in-house restaurant; basic Western meals.	+ Good value; hot showers, Wi-Fi. – Plain furnishings; near highway (some noise).
	Sandstone Hotel (Kasese town)	~\$100 (est.)	Brick-built hotel; restaurant and lounge; city-center location.	+ Consistent quality; good Wi-Fi. – 10–15 km from park; city ambiance.
	<i>No true luxury lodges exist inside the park.</i>			
Luxury (>\$300)	Some high-end options near Kasese: Marana Tourist Hotel (~\$300+, est.) or	—	Upscale décor; swimming pool (Marana); spa services	+ Premium comfort, dining & spa. – Farther from mountains; very expensive.

Category	Accommodation	Price (per night)	Key Features	Pros / Cons
	(Location)			
	Rwenzori Mountain Lodge (luxury safari-style lodge) offer more upscale amenities			

(Prices are approximate 2025 rates, taxes incl. Actual rates vary by season and booking source.)

Frequently Asked Questions (FAQs)

Activity

- **Q: How hard is it to summit Margherita Peak? A:** It's one of Africa's toughest climbs (9–12 days, technical glacier route) ugandawildlife.org. Only experienced, well-prepared trekkers attempt it. A simpler goal is Weismann's Peak (4,620m) or Baker (4,843m) on shorter treks.
- **Q: Can beginners do Rwenzori treks? A:** Non-climbing tours are available. For beginners, a 4–5 day trek to Weismann's base (no summit) or a short waterfall circuit is recommended. All treks require reasonable fitness; expect steep, muddy trails. Beginners should acclimatize and possibly hire extra porters for rest breaks.
- **Q: Is a guide or porters required? A:** Yes. UWA requires all mountain groups to hire a registered guide (and porters) for safety and conservation. Typical ratio is one guide and 2 porters per climber. Most tour operators include these in package prices.
- **Q: How large are trekking groups? A:** Group sizes vary by operator – budget trips may be large (10–12), while private/"mid-range" tours keep groups small (4–6). Solo travelers can join shared-group departures or hire a private guide (then group size = your party).

- **Q:** *Do I need insurance?* **A:** Adventure insurance is strongly recommended. Operators (e.g. Safari Frank) advise **high-altitude trekking insurance** covering up to 5,500 m safari frank.com. Also ensure medical evacuation cover – emergencies on the mountain require helicopter rescue.

Planning

- **Q:** *When is the best time to visit?* **A:** Dry-season months (June–September, December–February) are ideal kandoo adventures.com. These have the least rain, though some drizzle is common year-round. Avoid major rains (March–May, October–November) when trails can be flooded or closed.
- **Q:** *How do I book a trek/permit?* **A:** Book through a reputable tour operator or UWA-licensed agency (e.g. Uganda Wildlife Authority, Uganda Tourism Board recommended companies). Permits are issued by UWA; most operators include park fees and camping fees in their tour cost.
- **Q:** *What travel time is needed?* **A:** For the classic Central Circuit, allow **8–10 days** plus travel. A shorter 3–5 day trip covers key highlights (lower peaks, lakes, waterfalls). Plan extra time (1–2 days) for travel to/from Kasese and acclimatization.
- **Q:** *How far from Kampala and how long?* **A:** By road it's ~465 km (via Fort Portal) or ~540 km (via Mbarara). Driving non-stop takes ~8–10 hours. Flights to Kasese cut travel time significantly.
- **Q:** *Border crossings or visas?* **A:** If coming from neighboring countries, note that Bunagana (DRC) is the closest border (into Kisoro). Ensure you have the necessary visas for all countries (Uganda visa ~\$50; some travelers use the East Africa Visa for Uganda/Kenya/Tanzania). Always carry your Yellow Fever certificate wwwnc.cdc.gov.

Requirements

- **Q:** *What vaccinations or meds do I need?* **A:** Yellow Fever vaccination is **required** (certificate on arrival) wwwnc.cdc.gov. Malaria prophylaxis is strongly **recommended** for travel anywhere in Uganda wwwnc.cdc.gov. Also get routine vaccines (tetanus, typhoid, hepatitis A) and consider hepatitis B and rabies if staying longer.
- **Q:** *Do I need special trekking gear?* **A:** Yes. Aside from standard hiking gear, climbers need insulated sleeping bags, a high-altitude-rated sleeping mat, crampons/ice-axe (usually provided by tour), and headlamps for early starts. Porters carry communal gear, but be sure you have quality boots and personal rain gear.

- **Q: Are there age or fitness limits? A:** There is no strict age cutoff, but children under ~10 are generally discouraged due to the rigor and cold. Fitness should be above average for multi-day treks: you should be able to hike 10–15 km per day with a daypack. Medical clearance is advised for anyone with heart/lung issues.
- **Q: Insurance requirement? A:** Travel medical insurance covering rescue/evacuation is mandatory. Many operators require proof of **mountaineering insurance** (covering altitude illness) for any climb above 4,000 m safari frank.com.

Preparation

- **Q: What should I pack? A:** Essentials include waterproof boots, gaiters, synthetic wool layers, fleece jacket, waterproof pants, hat, gloves, headlamp, and a sturdy 50–70L backpack. Sunscreen (high SPF), sunglasses, and lip balm are important above the treeline. Bring personal toiletries and any medications (altitude sickness drugs, antibiotics). Packing cubes or dry bags are helpful since porters will be juggling gear.
- **Q: How cold does it get at night? A:** Very cold above 3,500m. Nighttime temps on the moorland can drop below freezing (-5°C or lower). A good -10°C sleeping bag is recommended even if the operator provides blankets. Insulated sleeping pads are also essential for warmth.
- **Q: What about water and food? A:** All tour packages include meals (simple cooked breakfasts, lunches, dinners). Water is boiled or filtered by guides. Carry 2–3 L/day in a reusable bottle. Bring high-energy snacks (trail mix, chocolate, energy bars) for summit day or long treks.
- **Q: How do I handle altitude? A:** Acclimatize gradually: if possible, spend an extra day around 2,500–3,000m before pushing higher. Stay hydrated and eat carbs. Be aware of symptoms (headache, nausea). Descend if severe. Some operators carry oxygen for emergencies at Elena Camp, but it's best not to rely on it.

Accommodation

- **Q: What lodging is available? A:** Options range from campsites and hostels to lodges in Kasese. Inside the park there are no hotels – only wooden huts (e.g. Nyabitaba, John Matte) at campsites (no electricity, dorm rooms). Outside, budget stays include **Rwenzori Trekkers Hostel** (dorms, camping) rwenzorimountainsnationalpark.com, **Ruboni Community Camp** (simple rooms) bonobosaficansafariholidays.com, and **Backpackers Lodge** (\$30 beds) rwenzoriexpeditions.com. Midrange options (~\$100–\$200) are **Snow Height Lodge** rwenzoriexpeditions.com and **Equator Snow Lodge** rwenzorimountainsnationalpark.com near Nyakalengija, or the *Tours Holiday Inn*

(\$45–65)rwenzorimountainsnationalpark.com. Luxury-style options in Kasese (>\$300) are very limited.

- **Q: *Do I need to pre-book?*** **A:** Yes, especially in peak season. Accommodations in Kasese/Ruboni fill up quickly for weekends and dry-season treks. Mountain camping huts must be reserved via your tour operator/UWA as part of the permit process.
- **Q: *What facilities are there?*** **A:** Hut camps provide basic bunks and pit latrines only (no showers or heating). Guesthouses in Ruboni/Kasese have flush toilets, hot showers, and electricity. Some high-end lodges offer Wi-Fi and even spa services, but these are far from the trails.

Safety

- **Q: *Are there dangerous animals?*** **A:** Not really – no big cats or venomous wildlife on the trek routes. You may encounter elephants or buffalo in lower forests (uncommon). Insects: carry repellent for mosquitoes at lower altitude. The main hazards are environmental: slippery trails, river crossings, and leeches in the rainforest.
- **Q: *What about weather and terrain hazards?*** **A:** Rains are frequent; trails can be muddy and washed-out. Trails have many river crossings (bridges or boulders) – waterproof boots help. High-altitude hypothermia is a risk if caught in cold/rain. Always follow your guide's advice.
- **Q: *Is it safe in terms of security?*** **A:** The park itself is safe and patrolled by rangers. Petty theft can happen in towns, so secure belongings. The DRC border region has occasional security incidents, but it does not directly affect park trails (stay on the Ugandan side).
- **Q: *What if I get sick or injured on the trek?*** **A:** Guides carry first-aid kits, and minor injuries are handled on-site. Serious evacuation is difficult (helicopter is the only fast option above tree line). Travel insurance with emergency evacuation cover is essential.
- **Q: *How can I practice sustainable tourism?*** **A:** Stay on marked trails, carry out all trash, and use biodegradable soap only at sinks. Buy from local communities (Ruboni crafts, banana beer, etc.) and respect local customs. Follow UWA rules (no off-trail fires, no wildlife feeding). These practices help keep the park pristine.

Why Rwenzori Stands Out: The Rwenzori Mountains offer a unique blend of epic high-altitude trekking and rich cultural experiences. Few places on earth mix glaciers and giant tropical plants in one hike. Adventure travelers come for the challenge of summiting “Africa’s roof,” and for the magic of its moorland scenery. Recent enhancements (modern Elena Camp, new trails) and a growing focus on eco-tourism ensure Rwenzori remains an emerging hot spot for sustainable

adventure travel. Whether you seek a hardcore mountaineering expedition or a scenic nature trek, the Rwenzori experience is unforgettable – a true “Mountains of the Moon” adventure.