

ADVENTUREX

WITHOUT ADVENTURE... WHAT IS LIFE?

The White Nile - Uganda

With its easy access to the river, some of the world's finest play spots and play waves, hot weather and amazing scenery, the White Nile is fast becoming one of the most popular kayaking destinations in the world. This 11 day journey takes you from Entebbe airport, across this amazing country before spending 10 days running and playing the whole river. With evenings spent relaxing in comfortable accommodation just 3 minutes from the river you couldn't find a more perfect place to work on those river running and playboating skills.

This expedition allows you to make the most of your time and get the best out of your trip. It is fully guided throughout with top quality coaching making it a safe and organised environment in which to sample this mighty river. Be warned though the White Nile is incredibly addictive!

Adventure Itinerary

Day 1:

Upon arrival at Entebbe Airport you will be met by an AdventureX representative and embark upon the three hour scenic journey to Bujagali Falls Jinja. Here you will be checked into your dormitory accommodation and taken on a local village walk, with the chance to view a couple of the spectacular rapids the Nile has to offer. In the evening we have a B.B.Q and cold beers whilst watching the sun go down.

Day 2:

After breakfast we head down to 'Kalagala Falls' where we start the day stretch of the Nile. This section boasts World-class play waves. Our guide will run you down giving you plenty of time to play on these awesome waves. This will give you a taster for which waves you want to check out.

Day 3:

After breakfast we head down to the Kayak Session ramp and launch ourselves onto the Nile for the full on one day section. Our guide will lead you down different lines to suit your ability giving detailed descriptions of the rapids and scouting where necessary.

Day 4:

After a morning of relaxation we head to the water again to run the first 10km of the river. As you covered this stretch on the first day, it will give you a chance to become more familiar with the river and check out some of the many different lines.

Day 5:

After breakfast we go for a quick bungy jump (optional extra) before running the full one day stretch finishing at 'Itanda Falls' This huge spectacular rapid offers an exhilarating ride for the very skilled and very brave. Our guide will be at hand to advise on all the different lines during the day.

Day 6:

This marks the start of our multi day trip. We head off down the one day stretch to Itanda Falls, where we meet our vehicle and set up camp before watching sunset on this most spectacular rapid.

Day 7:

The next day we have a leisurely start and 'session' all the waves on the way down the river. Our top class guides will be on hand as well as members of the Ugandan Kayaking Team to offer coaching on how to huck those 'big air' tricks. In the evening we reach the 'Hairy Lemon' a beautiful mid river campsite five minutes paddle from 'Nile special' probably the worlds sweetest surf wave!

Day 8:

After a leisurely morning we paddle down stream to 'Malalu' an awesome wave to practice those big air tricks. With sweet eddy access and a flat pool behind it, this wave offers a coaching paradise. In the evening we head back to the 'Hairy Lemon' for a relaxed evening by the fire.

Day 9:

Today we head up to Kalagala Falls, where we run this awesome section once again – maybe taking a more adventurous line. After playing all the way down to 'Malalu' we take the scenic drive back up to Bujagali Falls to party away our penultimate night in Uganda.

Day 10:

We return to Kalagala Falls today to run our first section again and see how we have improved. Catching and playing the whole way down the river until we return to Bujagali Falls for our final night.

Day 11:

Waking super early we drive down to the lake where we head out for sunrise. Although a mission to get up so early it is one of the most spectacular sights ever. After some local style breakfast by the lake we take the spectacular drive back to Entebbe to fly home. Alternatively you can stay on and we are more than happy to continue organising your logistics.

The Details

What Is Included?:

- All airport transfers and river shuttles.
- Accommodation - Nile River Explorers and the Hairy lemon offer the best accommodation geared towards kayakers. Its location is just a mere 5 minute paddle from 3 awesome play waves and 7 major class 5 rapids. The dormitories have either four or six beds. Twin and double rooms are available but will incur an additional cost.
- Tents and camping gear for the nights we are camping (sleeping bags and thermorests excluded)
- Breakfast and lunch every day plus evening meals on Days 1 and 6-10. Please inform us if you have any special dietary requirements.
- Guides - You will be accompanied by a qualified guide for every day you are on the river. All of our guides are C.P.R. trained and have extensive experience of this river and many others around the World.
- All necessary permits and licenses.
- A very cool AdventureX t-shirt.
- Kayaks are available. Demand can be high so please give us plenty of notice if you wish use one of ours and we will advise on boats available.

Please note: Not included are flights, visas, departure taxes, travel insurance, inoculations, sleeping bags, thermarests, DVD of the trip, beer/wine (if applicable) , personal items or gratuities. You will also

need to budget for meals in towns (see itinerary). A meal at the campsite will cost around \$4, or as cheap as \$0.50 in village fares in town. A beer will cost 2000 UGX (about 0.61 GBP/ US \$1.21)

Getting There:

If you have any queries or need a hand at all in arranging your flight to and from Uganda please give us a shout. AdventureX and SN Brussels have recently teamed up to bring fantastic deals to kayakers travelling to Uganda. SN Brussels is the World's first kayak friendly airline. They offer easy and convenient flights from a number of European destinations via Brussels to Entebbe. The flights are not only cheaper than competitors but they will also transport your kayak for free!!

Note a maximum of 5 kayaks per flight will be permitted. This will work on a first come first served basis.

Kampala

If you are arriving late at night or leaving early in the morning, it is suggested that you spend a night in Kampala. We have a number of places we can recommend in Kampala. Contact us with your dates and we can make arrangements.

Visa:

The Uganda High Commission in Trafalgar Square London will arrange your visa for you.

Simply visit <http://www.ugandahighcommission.co.uk/> and download the application form. Send with your passport, photos and a postal order for £25 (single entry) with a SAE to the Uganda High Commission. They will then send your visa back to you within 2 weeks.

We suggest that you send it to the High Commission by recorded delivery for safety, and also pre-pay at your post office to send the SAE back to you recorded too (they will have to stamp your SAE it so leave your package open). Just give us a call if you need a hand.

Alternatively if you have little time you can purchase a tourist visa on arrival at Entebbe airport – however be prepared to queue! This will cost approx \$30. Please make sure you have your passport, and a photo. The visa cost is not included in the trip price.

Is Uganda a Safe Place to Travel To?:

Yes absolutely. There are troubles in the north of the country, but this is very localised and does not come any where near where we are. Uganda is actually one of the most stable countries in the region, and has one of the fastest growing economies on the continent. The tourism industry is growing all the time and has around 500,000 international tourists per year.

Injections:

For advice, check out official websites such as:

<http://www.mdtravelhealth.com/destinations/africa/uganda.html> and also consult your doctor.

It is recommended that you have a number of vaccinations before coming to Uganda and they should be done ASAP as you may need a course of boosters. Below is the general recommendation and guideline but please consult your Medical Centre for full information.

Hepatitis A+B

Typhoid

Tetanus (make sure up-to-date)

Polio

Yellow Fever.

Rabies - There is a vaccination against rabies that your medical centre may recommend. This is really for remote town areas or occupational risks (ie zoos) – so not a major risk, but do get advice.

Malaria

Yes it's a problem and lots of people get it. However if you are careful - ie put longs on at dusk, and use mosquito repellent, you will have no problems. If you party all night in board shorts with a beer and no repellent then you are more at risk!

Malaria is easily treated, by taking a course of pills. Malaria tests are cheap and easy, but it is important that you learn to distinguish the difference between a hang over and feeling ill. It can kill so do not get blasé, you must take it seriously.

If you are coming out for a short period (less than three months) it is recommended you take anti-malarials. However the best option is to contact your doctor for advice.

Safety & Hygiene:

Drinking tap water is not recommended, but bottled water is widely available and cheap. Remember when you are paddling you are using up loads of energy in the equatorial sun. You should be drinking around 4 or 5 litres a day.

It is a good idea to bring out a small personal first aid kit. We will have one on the river and there is an International Medical Centre in Jinja, so you don't need to bring out much - just a scratch kit.

Insurance:

It is imperative to carry your own medical and travel insurance. Evacuation insurance from the river is included for emergency situations, however costs incurred and treatment of any such injury are your own responsibility.

Money & Credit Cards:

The campsites and bars all take debit cards and visa, and can run a tab for you for the duration of your stay. There is a small surcharge on the card. Forex bureaux can be found in Jinja, and Kampala. They Change most major currencies and Travellers cheques. Visa cards can be used in some ATM's if you have a pin.

The exchange rate is currently at time of print GBP £1 = 3,253 UGX (Ugandan Shillings).

E-mail & Telephone:

There are a number of internet cafes in Jinja and Kampala. They are generally good but can be slow at peak times of the day.

Telephone services are good, with payphones able to make international calls for around £0.75 GBP a minute. The lines are usually really clear.

If you plan to extend your trip, it may make sense to bring your mobile out and buy a sim card. Around \$10. The mobile network is fantastic quality and International calls are cheaper than landlines. It all works on a pay as you go system and you can buy airtime all over town. There is even a network on most of the river so you can call mates in the office at home and let them know about the pummelling you have just taken!

Fitness and Safety:

You don't need to be superman or woman but we do recommend a certain level of fitness in order to get the most from this kayak trip. All we ask if that if you have any medical conditions or problems that you do let us know as we take safety very, very seriously and it is our first priority. We employ some of the best kayak guides in the world and these men and women are whitewater professionals, trained in CPR, emergency wilderness first aid and swift-water rescue. They are highly experienced and level headed in the most demanding and stressful situations.

Dress Code:

On the river anything goes and with hot temperatures you will of course spend most of your time in your shorts, bathing cosies and kayak gear. However when it comes to the towns you must dress appropriately.

Personal Equipment:

We will send you all the information you need on what to bring. You will find that most of the kit list you have already ie. your regular kayak gear (suggest both shorty and long sleeved cag to cover all weathers) plus shorts, swim wear and social wear.

Finally:

It is imperative that you realise that you are entering an environment where the rules and realities of life are much different. Africa has a very relaxed approach which sometimes delays the itineraries and plans. However this is a big part of what makes Uganda special. The White Nile is in our opinion one of the finest rivers in the world, and we're sure after this trip you will definitely agree!