

TOUR PREPARATION UGANDA

version 1.0

A photograph of two cyclists riding away on a dirt road through a savanna landscape. The road is reddish-brown and leads into the distance. The landscape is filled with tall green grass and scattered acacia trees under a cloudy sky. The cyclists are in the middle ground, one slightly ahead of the other.

red dirt

AFRICA. CYCLING. ADVENTURE.

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ABOUT RED DIRT

“Adventure is a path. Real adventure – self-determined, self-motivated, often risky – forces you to have firsthand encounters with the world. The world the way it is, not the way you imagine it. Your body will collide with the earth and you will bear witness. In this way you will be compelled to grapple with the limitless kindness and bottomless cruelty of humankind – and perhaps realize that you yourself are capable of both. This will change you. Nothing will ever again be black-and-white.” - Mark Jenkins



Company profile

Red Dirt was set up in 2016 by Thies Timmermans, a passionate biker from The Netherlands with a great love for Uganda. He is surrounded by a group of guides, technicians and other bikers who have explored Uganda's national parks, lakes, mountain ranges and forests. This team will make your Uganda experience unforgettable.

Our Services

Do you like to go and explore on your own and would you like to use some of our knowledge, infrastructure and some guidance or do you like a fully organised and guided trip? Red Dirt can help you to make your cycling adventure in Uganda or Rwanda a success.

For an updated overview of all of our cycling trips, events and services check our [website](#)

History

2012
First period of stay in Uganda. During weekends various parts of the country were explored on a bicycle,

2014
The idea of Red Dirt was born and preparations were made

2016
Return to Uganda. with one bicycle and a suitcase full of bicycle parts. First organized cycling adventure.

2017
Red Dirt is growing and four multiple day cycling tours are made in this year. Training of two Ugandan tour guides.

2018
Official registration of the company. Hire of first full time employee. Development of first cycling adventure to Rwanda. Expansion of bicycle fleet to over twenty,

2019
Purchase of first company car, named Betsy. Development of two cycling tours in Rwanda.

2020
Develop cycling tours in East Uganda, Kenya and Tanzania

INTRODUCTION TO UGANDA

“One should never rub bottoms with a porcupine.” – Uganda proverb

Uganda is awesome!

With the best climate in the world, thousands of kilometres of unexplored dirt tracks and friendly and helpful people, Uganda is the cycling destination for those looking for a unique and off the beaten track active mountain bike holiday.

Weather

One of the most fantastic things of Uganda is that in general the temperature in stays around 25-29 degrees the whole year round. It can be a bit colder in higher areas such as Rwenzori Mountains, Bwindi and Kisoro in the West and Mt Elgon in the East. Uganda has two wet seasons: from March to May and from September to November. Short showers take place mostly in the morning and evening, but it can rain the whole day through. In these periods, temperature is generally cooler and obviously there are more clouds and mud: excellent conditions for the mountain bikers under us. The hottest months are from December to February.

Geography & climate

One of the first things that you will notice is that Uganda is very green. Annual rainfall of 1000-1500mm (apart from the Northern area) makes

that literally everything grows. There are even two and sometimes three harvests in Uganda. Landlocked Uganda lies between the eastern and western sections of Africa's Great Rift Valley. The country is bordering South Sudan, Congo, Rwanda, Tanzania and Kenya. The capital city Kampala lies on the shore of Lake Victoria, the largest lake in Africa and second largest freshwater body in the world. Jinja is considered the source of the Nile.

The ever-changing scenery includes tropical rain forest, a semi-desert area in the northeast, the vast savannahs in several nation parks, tea plantations, terraced hills and fertile banana plantations in the West.

Population

Get to know Ugandans and mingle with the friendliest people on the globe. Traveling on a bike instead of in a car allows you to closely interact with the locals. Did you know that Uganda was rated the friendliest country in the world according to this [BBC article](#)? Uganda's heart-warming culture always welcomes any visitor from abroad. The inhabitants are always interested to know where you are from and how you are doing; never too busy for a chat.

The current population of Uganda has reached over 42 million. However, Uganda is one of the youngest nations in the world. It's listed number 3 with an average age of 15,8 years on [Wikipedia](#). Big families with loads of kids. There will be no exception: If you are cycling through Uganda, you will be followed, cheered and sometimes even pushed up hills by the ever exciting and cheerful children of Uganda.

Culture

Experience the cultural richness all squeezed in one little country! Did you know that Uganda is the most ethnic diverse country on this planet according to [Harvard University's Institute for Economic Research](#)? Uganda is home to more than 40 different indigenous ethnic groups, including the Baganda, Iteso, Basoga and Banyankore - all of which have their own

beautiful languages, cultures and customs. So, when you travel through Uganda it's like travelling through multiple countries in one trip.

Although English is the most inter-tribal used language, especially in rural areas people's vocabulary doesn't go much further than "How are you?" and "Bye". At Red Dirt we value our local guides a lot, since they are a treasure of knowledge when it comes to local languages and habits.

Politeness

Ugandans are very polite and extremely friendly. They love to talk and can discuss about almost any topic you bring up. Generally they don't like to say no or being a bringer of bad news. This means that it sometimes might be hard to find out exactly why things go in a certain way.

Roads

Tarmacked roads in Uganda are mostly found in the larger cities and towns. However some of the roads are more pothole than tarmac and it might be a challenge for unexperienced drivers to use them. In the last few years the road network has been given an enormous boost. Especially roads connecting mayor cities are of good quality and only a few years old, if not brand new. Traveling with our support vehicle is therefor quite comfortable and transfers can be done without wasting much time. The good thing is that there is a massive network of small single tracks and wider dirt roads spread all over the country. A dream for every mountain biker

Wildlife

Needless to say, that one of the most valued unique selling points of the country is her extraordinary variety of wildlife.

When you say Uganda, you say extraordinary wildlife! Elephants, lions, zebras, giraffes or any other of the over 350 species of mammals divided over [10 National Parks and 4 Wildlife Reserves](#) scattered all over the country. But what makes it even more special is the fact that you can cycle between them in some parks. Imagine finding a friendly elephant on the road or being morning greeted by the odd hippo. Talking about bragging rights.

Uganda's dense forests are home to over half the world's 1004 mountain gorillas, which are listed as endangered on the IUCN Red List. The marvellous animals can be found in Bwindi

Impenetrable National Park and Mgahinga Gorilla National Park. Visiting one of the 18 (!) families in their natural habitat is possible with guidance of highly trained park rangers only. You will hike through the jungle, sometimes for several hours, until suddenly you are surrounded by these mighty creatures. A life experience that you will never forget!

We are not there yet. Uganda is also known as one of Africa's premier birding destination with the list of birds found in the country almost reaching 1000 according to [Birdlife International](#)! Many of these birds live only in the country's tropical forests with rare sightings being described as "mythical" while it is believed that some of the birds living in the remote forests of Uganda may not even be classified as of yet! A couple of special species are the Shoebill, African Green Broadbill, Great Blue Turaco and Shelley's Crimsonwing. See a top 10 on [Africa Geographic](#). If you're not really into ornithology, then just enjoy the outstanding colors and beautiful chirping.

Food

Go on a culinary adventure and taste Uganda's delicatessen! Being among the top ten banana-producing countries and being famous for its excellent tea and coffee, it's hard to avoid and definitely not a crime, riding through beautiful banana forests, immensely vast tea plantations and picturesque small farmer coffee plantations. But for the more adventurous among us you could also go for local street food and drinks. There is the delicious rolex (a flatbread with an omelette rolled inside: rolled eggs), fried nsenene (grasshoppers) and waragi (locally produced gin). Yum!

More info

Movies:

Queen of Katwe
Last King of Scotland
Black Panther
Gorilla in the mist
7 days in Entebbe
god loves Uganda
The pearl of Africa
Veronica's wish
27 guns

Websites:

[Diary of a mzungu](#)
[Uganda Tourism Board](#)
[Uganda Wildlife Authority](#)
[Lonely Planet](#)



TRAVELING TO UGANDA

“The world is a book, and those who do not travel read only one page.” – Saint Augustine

Visa

You need to have a valid visa to be able to visit Uganda. Visas need to be applied for [online](#). Depending on your length of stay and the countries you want to visit you can apply for a regular tourist visa (single entry to Uganda for 30 days, USD 50,-) or an East Africa visa (multiple entry to Uganda, Kenya and Rwanda for 90 days, USD 100,-). The application process is not difficult, but can be a bit cumbersome at times. For example, you will have to upload several documents in a specific format and size. Also, you will need to fill out an online form which includes mentioning a contact in Uganda. You can use Red Dirt for this. After you have completed the application process online you will receive a registration number. Don't forget to note this down. When your application has been validated and approved, make sure to bring copies of all submitted documents, received emails and proof of payment.

Passport

Your passport must be valid for at least 6 months upon arrival. It is always wise to keep a copy of your passport for emergencies.

Yellow fever

Being vaccinated for yellow fever is a requirement in order to visiting Uganda. You need to bring proof of your yellow vaccination, usually in the form of a yellow book. Your vaccination has to be at least 10 days old.

Airport

In most cases your point of entry to Uganda will be Entebbe international airport. You might need to fill in an arrival card which will be provided already in the airplane or else in the airport. Second thing will be a check for your yellow fever vaccination. Sometimes customs are required to measure your body temperature with infrared thermometers. After all this you need to stand in the E-visa queue and provide all your documents of your E-visa application. If it's busy this can take more than an hour. When having obtained your visa, you are allowed to proceed

to the baggage belt where you can collect your luggage. Bike boxes are sometimes put on the conveyor belt, but are also sometimes just placed somewhere near the belt. You need to X-ray your luggage if you want to exit the airport. Before exiting through the sliding doors there is the opportunity to withdraw money at a Barclay ATM. After the sliding doors you can find small booths where you can organize a local simcard.

Currency

The local currency of Uganda is the Uganda Shilling (UGX). The value of the UGX changes quickly over time so make sure to check www.xe.com or any other valuta site for the conversion rates. Because most prices are stated in thousands of Shillings locals sometimes display prices in computer values. E.g. UGX 10,000 would be displayed as 10k. The local slang for the Uganda Shilling is bob. So, if somebody asks you for 10k bob, you now know how much you are requested to pay.

Changing money

There are money exchange companies in the bigger towns and cities. Generally rates are getting worse the more you move away from Kampala. US dollars and Euros are most accepted currencies. Most larger hotels accept foreign valuta. Please note that dollars notes with a value below USD50,-, pen marks, tears or cracks or a manufacturing date before 2009 receive a bad rate.

Credit card

VISA is the most accepted credit card. When it comes to ATMs, Eurocard or Maestro cards are only accepted at certain bank (Barclays, Stanbic & Equity). Usually only the bigger shops, mainly in Kampala and the larger hotels accept credit cards as form of payment.

Tipping

Tipping is entirely voluntary and although it is customary to tip the tour guides and drivers, the amount you give should be dependent on the level of service you receive. As a guide we

would say USD 3-5 per person per day would be appropriate.

Simcard

It's relatively easy to purchase a local simcard. Calling with local rates is significantly more affordable than calling with your own provider. We have good experience with MTN and Airtel. To obtain a local simcard you will have to register at a telecom agent (most easy one can be found upon arrival at Entebbe airport). They will need to take your picture and you will be charged a small fee (not more than UGX 5,000). It's very easy to buy airtime or data anywhere in Uganda.

Internet/WIFI

The phone network in Uganda has been upgraded a lot. In major cities you will find a 4G network. In remote areas, where most of our tours take place, and in specific in Queen Elizabeth NP and Bwindi NP, telephone reception might not be optimal. Still, setting up your phone as a personal hotspot with a local simcard works most of the times better than the WIFI offered by hotels and guesthouses. Pretty much all the time it's extremely slow, not reliable, unstable or just non-existent.

Traveling with your bike

Flying with your bike can be a bit of a hassle. [Bike Radar](#) has written a nice article with more detailed info on how to fly with your bike. We use 4 golden rules:

- Book ahead to make sure your bike can go on board. Some air travel companies have

a maximum number of bikes they take on board

- Make sure to check with your flight company what the exact requirements are for taking a bike on board. Maximum weight, packing materials, level of disassembly and tube pressure are important things to watch out for.
- When packing your bike, take into account that during aircraft transport, if there is a risk of breaking some component it probably will. Especially rear derailleurs, shifters and brake levers are usual victims.
- Bring spares of unique or very bike specific components.

Accommodation

Red Dirt has handpicked all the accommodations where you will stay during your Ugandan cycling adventure. Every place has something special and together they offer you the best variety of sleeping experiences you can get in this beautiful country. This can vary from a wooden cabin with a beautiful view over Bwindi Impenetrable Forest to a safari tent on the savannahs of Queen Elizabeth National Park.

The most common type of accommodation used for our tours is basic and midrange. We strive to offer you the minimum of a comfy bed, a nice meal and a relaxing hot shower. However, things in Africa don't always go smoothly. This can mean that for example WIFI is not present or only cold showers are available. In such cases we smile and use the phrase [T.I.A.](#) (This Is Africa).



© Picture by Mike Steegmans

SAFETY & SECURITY

“Man cannot discover new oceans unless he has the courage to lose sight of the shore.” – Andre Gide

General safety in Uganda

Relax and feel at ease in one of Africa's most political stable country. The dark days of Idi Amin and Obote are long gone! Over the last decades Uganda gained a reputation for stability, due in no small part to the apparently lifetime rule of President Yoweri Museveni, who came to power in 1986 after decades of strife both within the country and with its neighbours.

Having said that, please take regular safety considerations in mind, for example: do not cycle on your own, don't go out in the dark on your own, don't talk to strangers in dark alleys.

Situations can change quickly in East Africa, so make sure to check with national foreign affairs for their latest travel advise.

Conservativeness

Ugandans have a traditional approach to life that might differ from what you are used to at home. Religion (84% of the population is Christian and 14% Muslim) plays a very important role in the daily life of Ugandans and feeds the conservative view on things. A few examples: men and women have their typical traditional roles and respective tasks in Ugandan society. Homosexuality, abortion and being non-religious are no-no's. Polygamy is allowed and, in some societies, and groups common practice in Uganda. Keep this in mind when discussing certain topics with locals.

Dress code

Since East African culture is very conservative, and though women are not required to adhere to religious dress, modest clothing is the norm. Though most of us will be wearing cycling shorts and/or lycra, please understand that this might be offensive or least funny for the local population. High necklines are usually not required, though it is suggested that you keep shoulders covered. You may relax these requirements while in lodges and accommodation, but while in local villages, please dress modestly!

Taking pictures

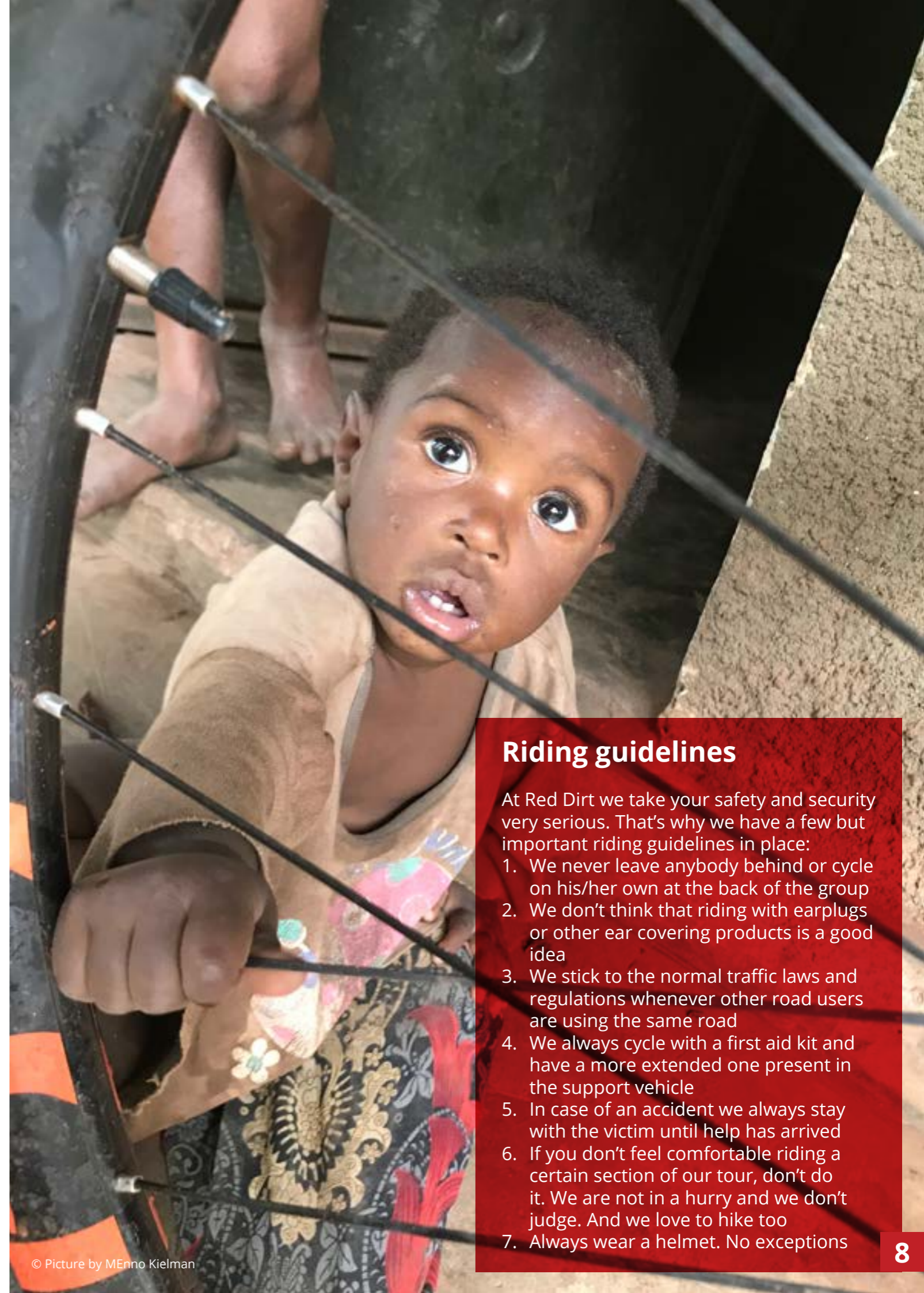
Uganda is a beautiful country and you will have plenty of opportunities to make awesome pictures to support your memories of your adventure. However please make note of the following. Don't take pictures of government buildings, policemen or military strategic location like bridges, antennas, airports, military bases, etc. This can get you in trouble. Also be cautious when making pictures of random people. In some parts of the country, especially rural areas, locals don't value having a lense pointed at them. Best procedure here is to ask before you shoot. Sometimes people will request money for having their portrait taken. We advise to not make any pictures if money is required to pay.

Helmet

During Red Dirt tours and trips, you are required to wear a protective helmet. With the strap tied. No exceptions. If you don't have a (good) helmet, we are happy to provide one for you.

Safety preparations taken by Red Dirt

All of our guides have followed a first aid course. They are always carrying a basic first aid kit in their bags. A more extensive first aid suitcase can be found in the support vehicle. The driver of the support vehicle is instructed to always stay in close proximity (although preferable out of sight) of the group. It's important to realize that for certain trails it will not be possible for the vehicle to follow the riders. Extra caution is the advice.



Riding guidelines

At Red Dirt we take your safety and security very serious. That's why we have a few but important riding guidelines in place:

1. We never leave anybody behind or cycle on his/her own at the back of the group
2. We don't think that riding with earplugs or other ear covering products is a good idea
3. We stick to the normal traffic laws and regulations whenever other road users are using the same road
4. We always cycle with a first aid kit and have a more extended one present in the support vehicle
5. In case of an accident we always stay with the victim until help has arrived
6. If you don't feel comfortable riding a certain section of our tour, don't do it. We are not in a hurry and we don't judge. And we love to hike too
7. Always wear a helmet. No exceptions

HOW TO PREPARE

“By failing to prepare, you are preparing to fail.”
— Benjamin Franklin

Cycling fitness

To be able to optimally enjoy your cycling trip you need to be fit. This means that you have to prepare for your trip by doing weekly rides already months prior to departure. You can compare distances and climbing meters of your exercise rides with the ones of your Ugandan adventure.

However a lot of our participants state that the difference in weather (high temperature and cycling in the sun), the altitude (we start cycling at 1400m above sea level and go up to 2100m) and the consecutive days of cycling (your body doesn't have much time to recover) have a big impact on their performance. That's why we advise to train for distances that are 25%-30% longer and have more climbing meters. If you don't know how, please look at our [training schedules section](#) below.

Having said that, please be assured that during the trip we can always adapt the cycling pace, distance and technical level of the ride ad hoc. Our guides are always there to support you and adjust the situation to the needs. And then there is always the support vehicle you can hop in. Our drivers love to drive you around, show you places and update you on all ins and outs in Uganda.

Training schedules

We are no qualified cycling trainers, but our experience might help you a bit. You would need at least 12 weeks of training prior to your departure time. Every weeks should include at least 3 sessions. Generally ride steady and don't overdo it. No need to get injuries!

From week 12 to 8 try to do two sessions of 1 hour and 1 longer session of 2 hours. Week 7 to 4, increase the duration of your shorter rides to 1-2 hours and your longer ride to 2-3 hours. With only 3 to 2 weeks to go keep your training duration the same, but try to increase intensity by for example introducing intervals. The last week before your departure you should ease up and only do a very easy comfortable ride.

For official training schedules check out the links below.

- [Cycling Weekly](#)
- [Active](#)
- [Rei](#)
- [Singletracks](#)

Basic mechanical skills

You don't need to have any technical developed skills for joining our cycling adventures. Our guides will always be available to carry out basic mechanical works, must your bike require it. However, it's always great if you can do it yourself. Most common maintenance during our trips are:

- fixing a puncture tyre
- replacing brake pads
- replacing broken gear cables
- cleaning and lubing the chain and gears.

Check [singletracks](#) or [youtube](#) for some tips and tricks.

Packing list

Great! You booked your ticket and your visa is taken care off. Everything is ready. Only that suitcase... and the ever complicated task of packing and trying to decide what you should bring and, more importantly, why should stay at home. No worries, we got you sorted. Check our packing list. Use it as guidance though; it's certainly not a definite and complete list.

One suitcase and one backpack

First of all, we advise you to only bring one large bag or suitcase and one smaller backpack that you will be using during cycling or when hiking/visiting attractions. We have limited space in our support vehicle and second suitcases will need to be placed on top of the roof where things can get wet, dusty and dirty.

Nice to bring

- Your own saddle and pedals
- First aid kit
- Gopro
- Extra phone for local sim
- Tools for bike fixing
- Tyre repair set
- Extra battery and memory card
- GPS or bicycle computer
- Elektrolyte tablets / solution
- Energy bars
- Old or new spare parts or clothes****

No need to bring this

- Tent
- Sleeping bag
- Mosquito net

Essentials

- Minimum of two sets of cycling clothes*
- Raincoat for cycling
- Sun cream
- Cycling helmet
- Cycling shoes
- Cycling socks
- Cell phone
- One set of warm clothes
- Sunglasses
- Toiletries
- Power bank
- Camelbak or drinking bottle**
- Camera
- Underwear
- Swimwear
- Passport with visa
- Copy of important documents
- Insurance papers
- Flight ticket
- USD 200 in large notes***
- Small backpack
- Mosquito repellent

If you bring your own bike:

- One tyre
- Two tubes
- Rear derailleur hanger
- Three spokes
- Two sets of brake pads
- One gear cable

* one set is a jersey and padded shorts. However, we advise to bring more, since washing during the trip can be a hassle.

** see chapter on [health](#)

*** see chapter on [currency](#)

**** see chapter on [doing good](#)

Vaccinations

We are cyclists not doctors and therefore we can't advise you which vaccination and measurements you should take. Please talk to your local doctor for the best advice and discuss which vaccinations you should have for your cycling adventure in Uganda. You might be advised to get vaccinations for DTP, Hepatitis A & B, Typhoid, Cholera, and Rabies. Please note that a yellow fever vaccination is required in order to enter the country. Also see our [yellow fever chapter](#).

Malaria

Malaria is very common in Uganda. Most travelers take malaria prophylaxes to prevent from being infected. Please note that some malaria treatments need to start already before you travel to Uganda. The mosquito that carries malaria generally comes out at night, especially in wet environments below an altitude of 1400m. Using mosquito repellent, mosquito net and proper clothing help to prevent malaria. The incubation time of malaria (time between being infected and first signals) is 4-10 days. This could mean that you might only discover the effects when you have returned home.

Parasites, bugs, snakes, etc

Bilharzia, giardia and amoeba are common parasites that usually enter the body through swimming in infected open water. There are a few venomous snakes in Uganda. Please don't pet them. For more information on any of the above check the blog of [The Surgery](#).

Allergies

Please note that hospitals can be at a few hours driving distance once we are on tour. Most hospitals don't have specific anti-allergy medication in stock. If you have a specific allergic, please make sure to bring your own medication. Notify the Red Dirt team of your allergy and show them where they can find medication in case of an emergency.

Most common sicknesses

The most common health cases during our tours are sunburnt, dehydration and small scratches and bruises. Sun cream, regularly drinking and a small first aid kit can solve these issues quickly.

Hospitals

Best quality hospitals can be found in major cities and towns. We have selected the best ones along our route. However, our cycling

adventures generally take place in desolated places at a certain distance from larger cities and towns. This means that in order to receive good treatment you might have to travel for a couple of hours. Please bare this in mind when you think of hopping off a big rock or down hilling at ultra-speed. The general rule for cycling in Uganda: if you hesitate, don't do it.

Health preparation taken by Red Dirt

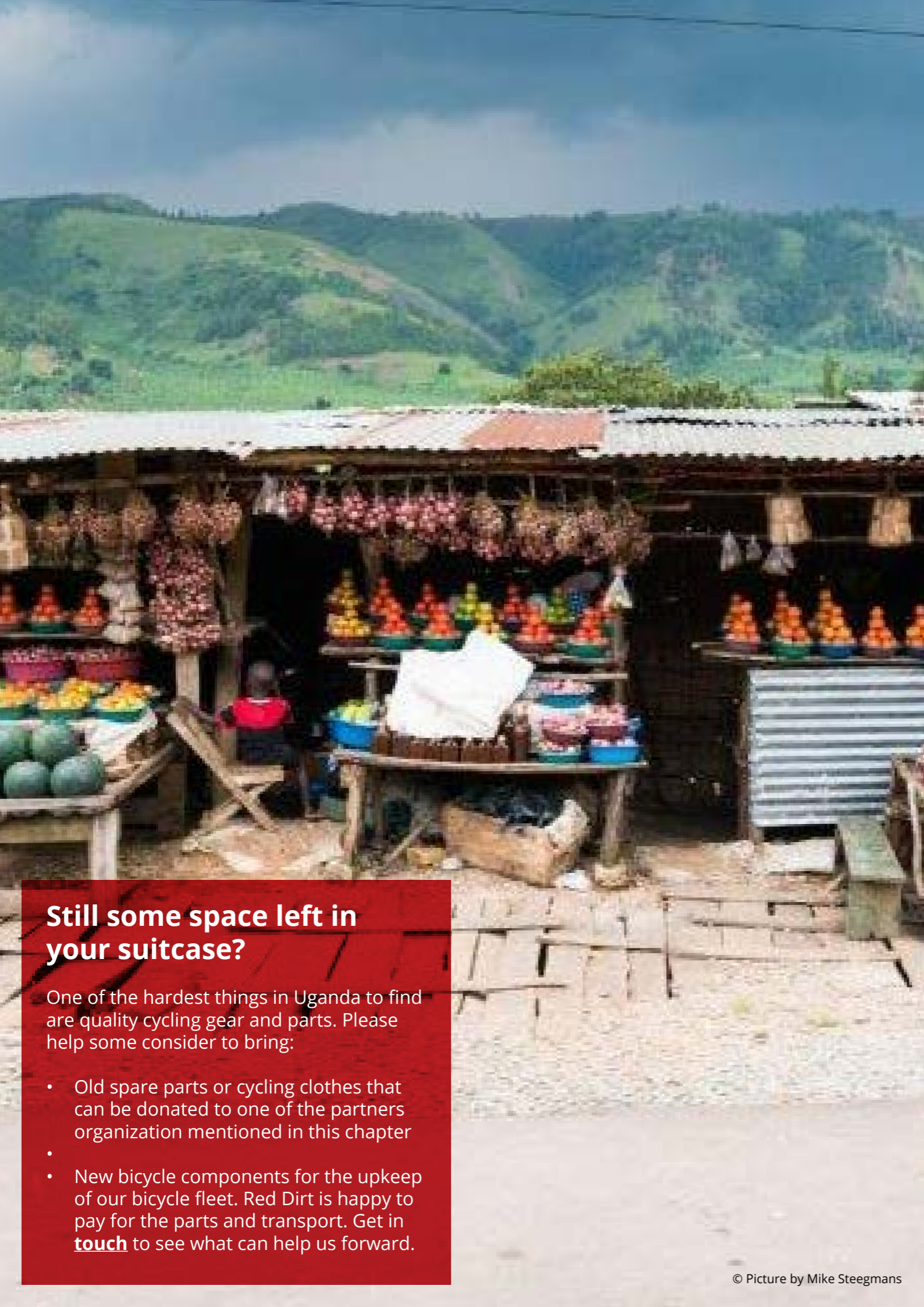
Your health is of vital importance to us. That's why we have taken the following preparations:

1. All of our senior guides have successfully completed a 3-day first aid wilderness course
2. For all our tours we check weather conditions and any local political/health developments. For every day we have alternative routes available. We can change our route instantly if necessary.
3. All our guides carry basic first aid kits during cycling
4. Our support vehicle carries an extensive professional sport medical first aid kit. We added some extra items based on our experience on cycling in Africa
5. Our support vehicle is always driving at close range (although not visible) of the cycling group
6. We have an overview of best hospitals along our cycling route
7. Our support vehicle always carries water and snacks in order to keep you hydrated and full of energy
8. We have an AMREF flying doctors insurance for emergency evacuation to the nearest professional hospital in case of an emergency
9. We have mapped out all airstrips along our route
10. All our rental bikes are fully mechanically checked before the trip starts
11. All bikes are cleaned and checked on a regular base during the tour
12. Wearing a helmet is a must

HEALTH

"Because in the end, you won't remember the time you spent working in the office or mowing your lawn. Climb that goddamn mountain." – Jack Kerouac





TRAVEL RESPONSIBLY

“Take nothing but pictures, leave nothing but footprints, kill nothing but time.” - Aliyah Eniath

Responsible tourism

At Red Dirt we are committed to responsible tourism, because we acknowledge that while tourism provides locals with income to improve their standard of living, it can also affect their culture and environment. That's why we suggest the following guidelines:

1. We all come from different social and cultural backgrounds so please keep in mind that what you consider normal behavior may be extremely offensive to others. Try to be sensitive and show respect to locals and their customs
2. Things in Africa generally take their time. As a Ugandan friend once pointed out: “You guys all have watches, but we have the time”. You will quickly learn that keeping time and being efficient have their own meaning in Uganda. Expect that plans will go awry sometimes. When this happens, please do not lose your temper, no matter how angry you are. Try to see it as part of your African experience.
3. Souvenirs are available everywhere, but we encourage buying items that benefit the local economy and avoiding expensive shopping malls where most of the money goes abroad or to large businesses.
4. Never buy products or souvenirs that endanger wildlife species and their habitats. It is illegal to bring wildlife products into western countries, e.g. ivory, lion skins, etc.
5. Donations are a sensitive subject in many parts of Africa. What might seem like a small gift to a local child, can cause a pattern of unbalance in the local economy that perpetuates the cycle of poverty. We ask that you do not bring items of any kind to give to locals or children. If you wish to make a contribution to local communities, we suggest to consider one of our partner organization mentioned in the next chapter. Similarly, it may be difficult to refuse begging, especially from small children. Ask your guide for advice on how to respond to begging. Remember, by visiting these places on your trip, you are already supporting the local economy through tourism, which has a much longer-lasting impact.

Doing good

Red Dirt has partnered with the following organizations. All of them are related to our current activities as a cycling adventure tour operator.

Bwindi women bicycle project

This project supports a group of local women in Buhoma. They have been trained in bicycle mechanics and fix and sell local and donated bicycles to make a livelihood. Next to financial support they are always looking for second hand bicycle parts for the maintenance of their bikes. Visit [this website](#) for more info

Kampala Cycling Club

Kampala Cycling is a cycling club based in the capital of Uganda. The club offers unemployed youth a chance to be trained into bike messengers and mechanics and teaches other income earning activities. It also supports upcoming cycling athletes and helps them to participate in national and international races. Kampala Cycling Club is always looking for cycling clothing, old cell phones and laptops. Visit [their website](#) for more info

Kyaninga Child Development Centre (KCDC)

KCDC works to overcome barriers and create equal opportunities for children with disabilities through a multi-pronged approach. The center provides access to a wide range of specialist, multidisciplinary therapy services, as well as specialized equipment, that allow children to gain greater independence and lead more fulfilling lives. Check out their website [here](#)

If you are considering a donation, get in touch with us or contact the organizations directly.

Still some space left in your suitcase?

One of the hardest things in Uganda to find are quality cycling gear and parts. Please help some consider to bring:

- Old spare parts or cycling clothes that can be donated to one of the partners organization mentioned in this chapter
- New bicycle components for the upkeep of our bicycle fleet. Red Dirt is happy to pay for the parts and transport. Get in [touch](#) to see what can help us forward.



red dirt

AFRICA. CYCLING. ADVENTURE.

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