





Besides the beautiful terrain, rich heritage, environment and climate, Kampala prides itself in being hospitable, and welcoming and it is the real reason that makes this City shine.

Mayors Pemarks

Welcome to Kampala

As the Lord Mayor of Kampala, I am delighted to welcome you to the Capital City of the Pearl of Africa. I am quite confident that the rich cultural heritage, beautiful landscape, fresh water bodies; particularly Lake Victoria, tropical climate and soils, hospitable and cultured people are the magnets that attract you to Kampala.

Besides the beautiful terrain, rich heritage, environment and climate, Kampala prides itself in being hospitable, and welcoming and it is the real reason that makes this City shine. Whether your desire is nature, culture, mingling with the locals at the numerous festivals or dining in any restaurants of your choice, you will find it all in Kampala. This will undoubtedly help you appreciate the natural and cultural beauty of our City. But what will further make you fall in love with our city is what the locals offer. Our warmth, passion, welcoming nature, and friendliness are the magic ingredients that keep visitors coming back year after year, after year.

We have utilized spatial techniques to work on the City Address Model (CAM) to simplify the course-plotting and navigation. Through this, we have made great strides in improving and transforming the description of tourism locations through geocoding such as; coordinates, address and the names of these sites.

We have also taken a policy at institutional level to the effect that all roads being constructed and in the foregoing, must have

pedestrian side/walkways. This is part of the Kampala Road Safety Strategy to ensure that the Kampala road and street network is forgiving to users where the public is safe from road crashes, injuries and all sorts of fatalities. We also introduced the Non-Motorized Transport (NMT) corridor which will address decongestion, deconcentration, and improvement of hospitality while you walk on our streets.

I wish to express my appreciation to all who contributed to the development of this Visitors' Guide. And as the Lord Mayor, I would like to recommend and direct my commitment as mandated under the KCCA Act 2010 as amended to promote the Capital City as a tourist and investment destination. By being dogged in the pursuit of our strategic goals and objectives, we will together make Kampala's future even greater than it was in the past.

I am quite confident this Visitors' Guide 2022/23 contains all the required information about Tourism in the City that includes; Tourism sites, Hotels, Food Centres, Major Places of Worship, etc. This is the official guiding tool which is conscripted to ensure that the motive of your stay in Kampala remains meaningful, memorable and moralistic.

ERIAS LUKWAGO LORD MAYOR, KAMPALA CITY





Foreword

ampala offers glorious weather, warm people, diverse landscapes, engaging activities and sounds that make us the unrivaled hospitable and happy City in the region.

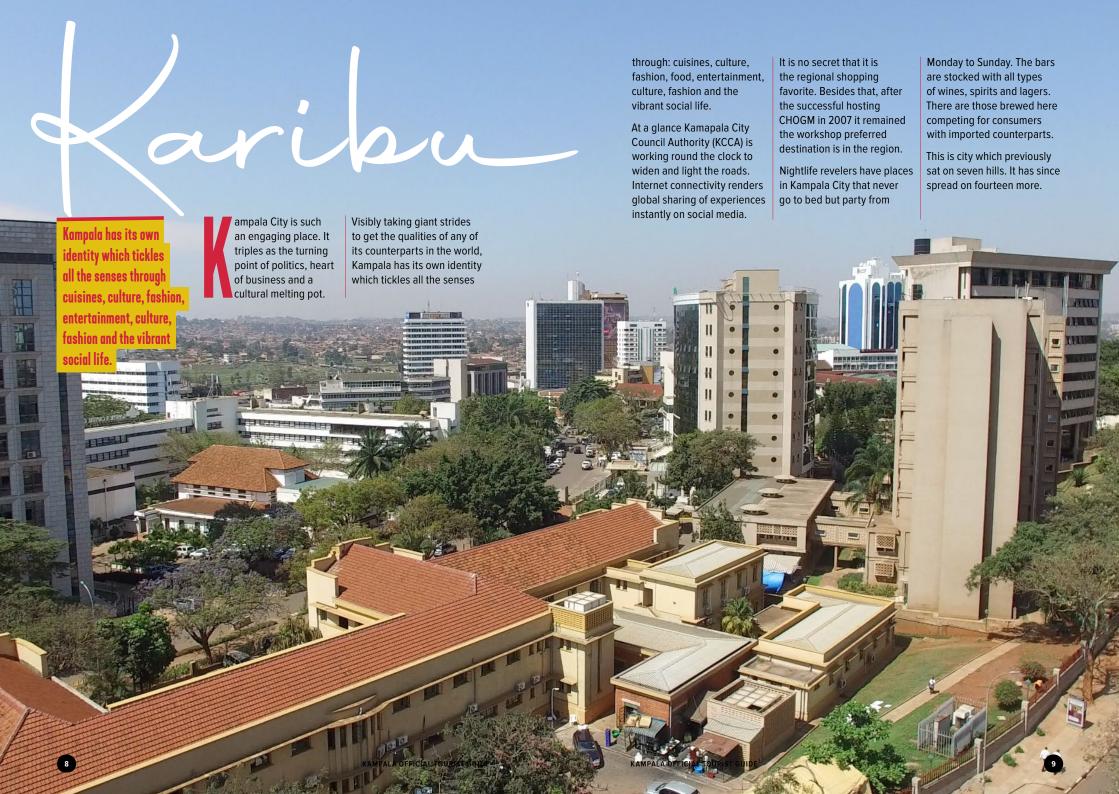
Kampala has morphed into a vibrant city with a lot to offer in terms of a thriving entertainment scene. Kampala consistently churns out great, bucket listworthy experiences and leads the pack when it comes to an authentic African urban experience.

Perched dramatically on seven major hills, most of Kampala's cultural attractions are visible from almost any point in the city, a constant reminder of Kampala's long and fascinating history. As you explore the city's striking scenery, tranquil green spaces and exciting attractions, you will soon understand why so many visitors keep coming back.

As an Authority, we are keen on making Kampala a SMART City that is livable and enjoyed by our visitors through infrastructure improvement, use of technology for service delivery and people improvement.

I warmly welcome you to enjoy this wonderful city of Kampala. Go out and experience our local cuisine and our warm people. This guide will help you with the entire infrastructure required to have a memorable stay in the City.

EXECUTIVE DIRECTOR
KAMPALA CAPITAL CITY AUTHORITY



ightights OF KAMPALA CITY TOURS



There are places that stir to life, all night long, and patrons tap their feet to Jazz, Country Music or Reggae as they sip every type of beer, wine and spirit. Street food scents hang in the air.

This is replicated in Kabalagala, Bugolobi, Casinos, Acacia Mall, Acacia Avenue, Centenary Park and Garden City.



The fish on the shores of Lake Victoria come weighing as much as 80kg-120kg. Diners wolf them deep-fried, smoked or sauté. The shores are the perfect place to watch the sun go down and gold plate the horizon. Vantage locations comprise:

TRADITIONAL FOOD

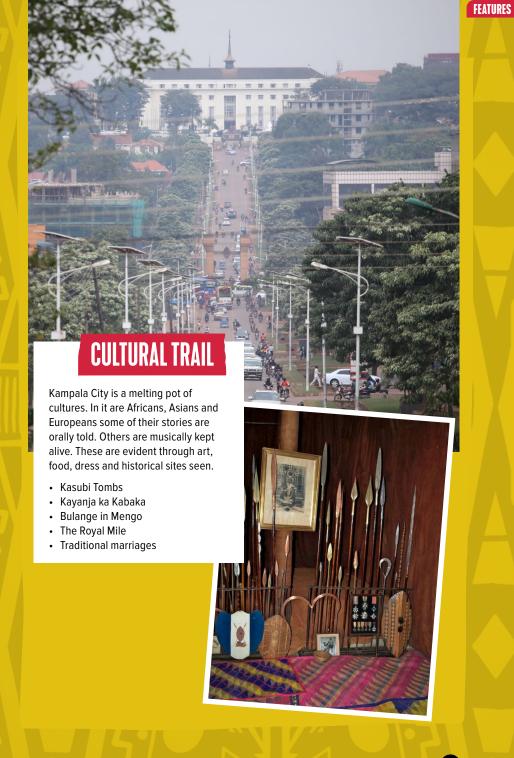
Diners' tongues are often sent wagging when it comes to sampling traditional cuisines. There are places that serve Luwombo (steamed meat/chicken.) The menu also comprises smoked beef/fish in groundnut stew. These delicious sauces are eaten with mashed bananas, maize/millet flour, potatoes and cassava slabs

- Speke Resort Munyonyo
- · Gabba Beach
- KK Beach
- Mulungu Recreation Center



KAMPALA OFFICIAL TOURIST GUIDE

FEATURES

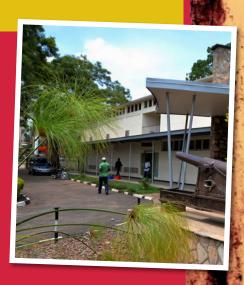


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HISTORY /MUSEUMS

History (museums) of Uganda is fluently told through collections of early man. The architecture, utensils and dress code speak volumes about the ancestral lifestyles in the country.

- Uganda Museum in Kitante
- Fort Lugard
- Makerere University
- Kisingiri House in Mengo





The execution of Africa's first martyrs who paid a price of losing their lives, for putting God before their Kabaka Mwanga on 3rd June 1886. Their story reads like an adventure novel, strength and resilience. Their footsteps have been retraced and pilgrims always walk in them.

A spine chilling movie has been shot with the walk starting from Busega through swamps and thorny bushes to Namugongo where the hangman Mukajanga did his job.

Highlights

- St Matia Mulumba
- · Lubaga Cathedral
- St Balikudembe
- Munyonyo Martyrs site
- Salaama Road Monument
- Gonzaga Monument
- Mukajanga's grave
- Namirembe Cathedral
- · Ndeeba Monument
- Busega Protestant Church
- Alexander Mackay Church/Cave
- · Qaddafi Mosque
- Kibuli Mosque





KAMPALA OFFICIAL TOURIST GUIDE



DOS & DON'TS IN KAMPALA CITY

DO

always bargain in the markets and craft shops

wear a helmet when using a Boda Boda (motorcycle)

DO

only drive when sober

DO

try to learn some Luganda phrases – the locals will be delighted and happy to help you if you need something

DO

keep an eye on your belongings, else you could find yourself without them in a short while

DO

try to walk as much as possible - this way, you will discover Kampala's charm

DO

wash your hands as you enter any shop, restaurant or office

DO

always wear your mask

DO

when sneezing do it in a V on a folded arm



buy from street vendors (people selling from non-authorized places)

FEATURES

DON'T

walk on the grass - we endeavor to

litter – always look out for disposable trash bin

keep Kampala ever clean

pay to enter public parks

play loud music

hoot unnecessarily

offer street beggars any gifts and money

park on pavements in the city

smoke in public

move in dark and isolated corners at night

attempt to be second passenger on a Boda Boda (motorcycle)

try to explore Kampala by car – you will save yourself much trouble







Prevent Covid-19 Infection

Once beaten twice shy, goes the old adage and Kampala City's new normal way of life comes on the heels of the two Covid-19 Lockdowns that had everything grind to a halt. The Minister of Health Ruth Aceng urged everyone to prevent infection. The measures she tipped all to practice, if counted, would exhaust the fingers on one's hands.



· Wash hands as frequently as possible



• Read your temperature at every entrance



Wear a mask



Sneeze in the V of a folded arm



 Rub fists instead of hugging, pecking or shaking hands



Mantain social distance



 Go check if symptoms of sneezing, coughing and high temperature manifest themselves.



Eat wisely to balance your diet and boost immunity



Lubaga Hospital Lubaga

P.O. Box 14130 Kampala, Uganda Tel: 256 414 270203/4, E: info@lubagahospital.org W: www.lubagahospital.org

Medipal International Hospital

John Babiha (Acacia) Ave, Kampala Tel: 041 7799900

W: www.medipalhospital.com

Kampala Medical Chambers Hospital

P.O Box 3479 Buganda Rd, Kampala Tel: 041 4348846

Mengo Hospital

Sir, Albert Cook Rd, Kampala Tel: +256771370263/ 0312307100 Web: mengohospital.org

St. Francis Hospital -Nsambya

Nsambya Road Nsambya Hill/ Box 7146 Nsambya Rd, Kampala

Tel: 041 4267012

Case Medical Centre

71 Buganda Rd, Kampala Tel: +256701250362 Web: www.casemedservices. org

Mulago National Referral Hospital

Mulago Hill, Kampala P.O. Box 7051, Kampala Tel: +256-414-554008/1 Web: www.mulagohospital. go.ug

Norvik Hospital

Plot 13 Bombo Road, P.O.Box 26190, Kampala Tel: +256 200 907766

Kibuli Hospital Kibuli Hill

Makindye Division P.O.Box 24548, Kampala General Hospital Line: +256-414 236476 / 7

International Hospital Kampala (IHK)

7 Wampewo Avenue, Kololo, Kampala Tel: (031) 3200401

International Medical Centre

Namuwongo, Kampala 24 Hr Emergency Service, Tel: (031) 2200400

Kampala Children's Hospital Ltd.

833 Rubaga Kabusu, Kampala Tel: +256 772 308110 Email: kampalachildrenshospital@ qmail.com

Nakasero Hospital

14A Akii-Bua Road, Nakasero, Kampala Tel: (041) 4346150/2 / (031) 2346150/2 / (0 41) 4346154 Email: Info@nhl.co.ug www.nakaserohospital.com

Paragon Hospital 6B/7B, Luthuli Close,

Bugolobi, Kampala Tel: (041) 4220026/28 Email: paragonhospitaladmin@ gmail.com



AMBULANCE SERVICES

Rescue Medical Services Mobile: +256 772 217218 / +256 772 349990 Email: rmsuganda@gmail.com

The Surgery

2 Acacia Avenue, Kololo, Kampala Tel: (041) 4256003 Mobile: +256 772 256003

24 Hrs Emergency Service, Mobile: +256 752 756003 / +256 772 756003

Ambulance Service Mobile: +256 752 756004 Email: Stockley@ thesurgeryuganda.com Website: www. thesurgeryuganda.org

Uganda Ambulance Services Mobile: +256 782 556878 Pager: 0660 266052 Emergency: +256 712 112999 Email: ugambula@yahoo.co.uk

KCCA Ambulance Services 0800299000 0704740948



OTHER IMPORTANT CONTACTS

Uganda Hotel Owners' Association

Tel: +256 (0)414 345 601 Fax: +256 (0)414 232 675 Email:uhoa@ hotelafricana.com or hotelownersassociation@ yahoo.com

Association of Uganda Tour Operators

Plot 14, York Terrace Kololo -P.O. Box 73371, Kampala, Uganda Tel: +256 (0)41 454 2599, Mobile +256 (0)775 331077,

Airport Shuttle Service Maroon Transport Co,

18A Buganda Road, near Hotel Triangle, Mobile: +256 782 842856/ +256 774 445388 Email: beauty@infocom.co.ug

Uganda Tourism Board

42 Windsor Crescent, Kololo, Kampala Tel: (041) 4342196/7 Email: utb@starcom.co.ug Website: www.visituganda. com



The following are the public libraries located in strategic areas of Kampala. Some can also act as information centers for tourist.

KCCA Library Services Kampala Capital City Authority

Plot 1-3, Apollo Kaggwa Road P.O. Box 7010, Kampala E-Mail: library@kcca.go.ug

National Library of Uganda

Plot 50, Buganda Road P.O. Box 4262, Kampala Tel: +256-414-254661/233633

Makerere University Library Services

Makerere University P.O. Box 7062, Kampala Tel: +256-414-533735 Email: universitylibrarian@ mulib.mak.ac.ug

Department of Library Services Parliament of Uganda

Plot 16-18, Parliament Ave. P.O. Box 7178, Kampala Tel: +256-414 377241 / 377242

KAMPALA OFFICIAL TOURIST GUIDE KAMPALA OFFICIAL TOURIST GUIDE

MONEY

The currency in circulation is the Uganda shilling. It is issued in coins of Shs. 500 and Shs. 1000. The notes are in the values of Shs. 1000, Shs. 5000, Shs. 10,000, Shs. 20,000 and Shs. 50,000.

Monetary transactions

There are numerous banks and foreign exchange bureaus in Kampala City. The banks include Centenary Bank, S Standard Chartered Bank, Bank of Baroda, Equity Bank and Opportunity Bank., The US dollar and Pound Sterling are in the lead when it comes to exchanging rates.

Bigger denominations are exchanged a fraction higher than the low ones. There no particular rate and it keeps changing. Credit cards are now in operation. Alternatively, one can have their foreign currency changed at the airport while in transit.

Credit cards

Cashless transactions are in operation with credit cards being accepted in most Kampala operations. Here the new global mobile wallets operate alongside physical cash. Today there is a convergence of three large and powerful industries: telecommunications, banking and retail outlets.







TIME

Kampala City happens to be two hours behind the Austrian Eastern Standard Time, eight hours ahead of Greenwich Mean Time, 16 ahead of USA Eastern Standard Time. This implies that while it is 12:00 pm in Kampala it is 2:00 pm in Sydney, 4:00 am in London and 11:00 pm the previous day in the USA.

CLIMATE

Located astride the equator Uganda enjoys tropical climate. Kampala is usually sunny most of the year, with temperatures rarely rising above 29oC. The heavy rainy season is March-May, light rainy season November -December; June is usually dry, but showers can still be expected. Kampala can generally be visited all year round.



UGANDA POST OFFICE

The main post office on Kampala Road has become more relevant when expected to be obsolete in the social media era. The postal system is efficient and has been rendered more relevant in the online shopping that was picked up during the Covid-19 Lockdown.

UGANDA VISAS

All visitors who need a visa to Uganda can obtain them at Uganda missions abroad or on arrival at the country's exit/entry stations. Check if you require an entry visa.

There are online visa/ permit applications. The Uganda Electronic Visa/ Permit Application System performs checks against law enforcement databases. All travellers seeking admission to Uganda are required to obtain a visa using this system prior to being granted boarding. All

persons intending to travel to Uganda for holiday, tourism, business, study, visit, and/ or medications are required to apply and obtain a visa online.

Applications should be filled in at the following link: https://visas.immigration. go.ug/.

CUSTOMS AND QUARANTINE

Customs is generally client-friendly. For particular information on Ugandan customs statutes and regulations, please contact the Uganda Revenue Authority: https://www.ura. go.ug/.

E-mail: info@ura.gov.ug

DEPARTURE TAX

Departure taxes are included on the cost of the ticking during the time of issuing, only to international passengers who intend to

come to Uganda, it's always good to check with your travel Agency while issuing your ticket.

LANGUAGE

The official language in Uganda is English. Luganda and Swahili are also widely spoken in the city. Though many Ugandans do not speak Swahili at all, it is a common African trade language. Dozens of African dilects are spoken in Kampala, the most common being Luganda.

ELECTRICITY

The voltage is 220/240 volts. British-style plugs with three pins are used.

BUSINESS HOURS

Government offices are open from 08:00hrs to 17:00hrs, Monday to Friday, closing for lunch from 13:00hrs to 14:00hrs.

Bank hours vary from bank to bank but most are open from



8:30am – 14:30hrs Monday to Friday. Only some are open on Saturdays.

Shops are generally open from 8:00am to 8:00pm, Monday to Friday and 8:00am to 3:00pm on Saturdays.

INTERNET SERVICES

42 per cent of the Uganda population has Internet connectivity which is 19m of the 44m population in place. This continues to be boosted given the penetration of mobile phones that peaked at 20m subscribers.

While in Kampala City one can share experiences with 2.5 subscribers here and others abroad. The most popular are Facebook, Whatsapp and Twitter. Linked, Skype and Snapchat are yet to catch up with the aforementioned.

Smartphones are readily available in various outlets spread across the city. The prices range from \$80-\$300.

Tea and coffee is readily available almost everywhere and the latest craze is coffee houses or cafes. Soda (Coke, Fanta, Sprite, bitter lemon, etc) are sold by the (glass) bottle, which are returnable and recycled. Local beer (lagers only) are as good as any international beer and there are many to choose from – Bell, Club, ESB, Pilsner, Nile Special, Eagle, Castle, Guinness (all brewed in Uganda).

peppers. These can be

bought from roadside stalls,

many shopping malls in the

Nakasero Market and the

FOOD AND DRINK

Uganda with its agricultural resources, combined with the conducive climate, produces a wide range of food products. Bananas, millet, maize, sorghum, rice, wheat, sweet potatoes, Irish potatoes and cassava grow in abundance. Fruits and other vegetables are also plentiful - watermelon, passion fruits, pineapples, mangoes, tomatoes, aubergine, green

RELIGIOUS SERVICES

CHRISTIANS/ PENTECOSTAL

- Watoto Church
- Miracle Centre Cathedral
- Victory City Church
- Dove Church Kampala
- Prayer Palace Church

ANGLICAN

- St Francis Chapel Makerere University
- Namirembe Cathedral
- St. Andrews Church, Bukoto
- Old Martyr's Church, Mackay C.O.U
- · Martyrs' Church Katwe
- Namugongo Martyrs' Church Of Uganda
- St. Stephen's Church Mpererwe
- St. Francis Chapel, Makerere University

MUSLIM

- Gaddafi National Mosque
- Kibuli Mosque
- Aga Khan Mosque
- Kololo Jamia Mosque

ROMAN CATHOLIC

- Christ the King Church
- Our Lady of Africa Mbuya Catholic Church
- Naggulu Parish (Our Lady & St. Jude)
- · Rugaba Cathedral
- Namugogo Martyrs' Shrine
- St. Augustine Church, Makerere University

FACTS AND FIGURES



189 Km²



3.6 Million

* 5.2% increase from 2020



MAJOR LANGUAGES

- English
- Luganda
- Kiswahili



LOCATION

Latitude: 4012'N & 1029'S Longitude: 29034'E & 3500'W Continent: Africa, *E.Africa* Country: Uganda, *Capital City*





HOLIDAYS

Being in the heart of Africa, it is interesting that many of the festivals and holidays celebrated in Uganda are of Christian roots. Although the British have had a major impact on the country, certain celebrations have survived from pre-European times.

Holidays such as Christmas and Easter are celebrated throughout Uganda, and are considered public holidays. The end of December can be an interesting time to visit the country, as Christmas and New year's carry a different flair in Uganda. Below are the official calendar holidays of the year.

FEBRUARY

16th Janani Luwum Day

JANUARY

- 1st New year's day
- 26th NRM Day

JUNE

- 3rd Martyrs' Day
- 9th National Heroes' Day

MARCH

 8th International Women's Day

MAY

• 1st Labour Day

OCTOBER

• 9th Independence Day

DECEMBER

- 25th Christmas Day,
- 26th Boxing Day







Kampala evolved from a colonial seat of power to a post-independence sprawling urban centre. The British and Indian architecture speaks volumes about where the area has been.

Amidst the foreign influence were Arabs who competed for converts to Islam with Christians. The dress code of the tunic and names of places like Salama (fine) and Mutundwe (slave market) speak volumes.

The original seven hills of Kampala were as enlisted below

- Kasubi Hill, this is home to Kasubi Tombs where the decade's kings of Buganda are buried.
- Mengo Hill where the present Lubiri (Kabaka's Palace) is and the Headquarters of the Buganda Court of Justice and of the Lukiiko, Bugand's Parliament (Bulange).

- Kibuli Hill, which is home to the Kibuli Mosque. Islam was brought to Uganda before the Christian missionaries came.
- 4. Namirembe Hill, home to the Namirembe Anglican Cathedral. The Protestants were the first of the Christian Missions to arrive.
- Lubaga Hill, where the Rubaga Catholic Cathedral is, and was the headquarters of the White Fathers.
- **6. Nsambya Hill**, was the Headquarters of the Mill Hill Mission. It now houses Nsambya Hospital.
- 7. Kampala Hill, (also known as Old Kampala), the hill of the Impala is where the ruins of Lugard's Fort are. Its also the seat of one of Africa's biggest mosque. This hill is where Kampala got its name.

The city has now spread to cover many hills including Nakasero Hill, Tank Hill, Mulago Hill is the site of Mulago Hospital, the largest hospital in Uganda.



GETTING ABOUT BUS/COACHES

Several bus companies offer direct lines between Kampala and neighbouring countries have stations in the city. A night bus from Kampala could start at 16:00hrs to arrive at 06:00hrs in Nairobi.

Uganda has decent bus system. There are two classes of buses. The "matatu taxis" are actually minibuses or commuter vans which run fixed routes. Then there are the real buses which run less frequently, usually leaving Kampala early in the morning. There are many companies which almost all leave from the same general area. Domestic bus travel

is reasonable and cheap between major centers, and is a good choice for backpackers with time, but may not run reliably on schedule.

Note that both buses and "taxis" do not run on fixed schedules; rather, they leave their terminus stop when they are completely full.
On heavily-travelled routes they fill up within minutes and this is not a problem, but on less-travelled routes (or if getting on a large bus), be prepared to wait a while before departure.

TAXI

The best way to get around Kampala city and the neighbouring towns is by using minibus-type taxis called matatus. This is the most efficient and cost-effective method of transportation in urban areas, but try not to get ripped off by the conductors as they sometimes try to overcharge tourists. The Matatus are crowded, cheap, frequent, and make lots of stops.

They run along fixed routes, picking up and dropping off people on allocated stages along the route. If you want to get on, stand at the side of the road and wave your arm. To get off, say "stage" and the driver will pull over and let you off. They're not marked with destinations, so you'll have to listen to the destinations that the drivers

are yelling out the window or in the designated taxi parks in the City. If you're not sure where to catch a taxi going to your destination, just ask a nearby driver or conductor, and they'll probably be able to point you in the right direction. Taxis, called special hire taxis, are available in the city. Fares are negotiable over long distances.

CAR

The roads in Kampala are good. When planning to move around Kampala it is best not to ask how far it is but to ask how long it will take. Local drivers normally have a good idea of how long journeys will take. There saloon vehicle hire companies in the city. This will cost upwards of US\$50.00 per day (not including fuel).

BODA BODA

In Kampala, the boda-boda is a good way to get from place to place. These are small motorcycles or scooters with cushions on the back and are cheap transport as used by locals. You will definitely wish to try them.





Enterainment Expeisure

There is something to interest the most sophisticated visitor in Kampala City. The range of attractions ranges from history, faith, culinary delights, marine, theatre, music nature and so much more.



CULTURE & ARTS

Kampala City is a melting pot of cultures embracing Ugandan and foreign ways of life. A casual walk around and about treats a visitor to the collection at The Uganda Museum, The National Theatre and craft shops.

If you are in Kampala City and just want to have fun there are all sorts of people to enable you have a good time.

THEATRES/CONCERT HALLS/VENUES

Theatre La Bonita on

Coleville Street. It is located in the heart of Kampala city and is the home of the Ebonies Theater group. The state-of-theart Amphitheatre is well furnished. At times there are live music shows and standup comedy.

Ndere Troupe is a one-stop centre where one can be treated to a cross-section of traditional dances, folklore, cuisines and the finest wines. The amphitheatre is an open door. Stars and the moon are seen shying away from weird dance strokes and certain scenes.

National Theatre is vibrant throughout the week. On Monday is when artists entertain themselves with Karaoke and drama skits. Renditions of old songs kick the elderly off their seats or trigger feet tapping. As one dines on his Take Away, at the National Theater gardens eyes can feast on visual art at the African Village and others along Buganda Road. There are sculptures, frocks, footwear and toys that can be bought.







Cafe Javas

Tel: +256 313 72 00 00 +256 200 78 00 00 Email: info@cafejavas.co.ug Web: www.cafejavas.co.ug

Cafesserie

Ground Floor, Acacia Mall Kololo, Kampala, Uganda Tel: +256 787 968 080 Web: http://cafesserie.com

Mokka Terrace

Oasis Nakumatt Mall, 1st Level

Tel: +256750 500 600

Endiro Coffee

Kisementi, Plot 23B Cooper Rd Dine-in/Curbside pickup-Tel: +256393 515 322

Cafe Pap

Plot 13B, Amadinda House, Parliamentary Avenue Dine-in/Takeaway-Tel: +256759 430 720

The coffee culture is spreading in Kampala City like a wild fire. There is a café in every residential and trading center. Some grind the beans under your nose. Brewing is also done in a few minutes. Talk about convenience and management can deliver it wherever you desire to sip it. Alternatively, you could saunter about the city with a disposable cup in your hands.

Kardamom & Koffee

Art cafe Plot 4 King's African Rifles (KAR) Road Opens 9:30AM

Miss Cafe

On Kampala Boulevard Plot 17/19 Kampala Road Dine-in/Takeaway

Cafe Bravo

Uganda House On Uganda House Upscale-casual Italian chain serving pasta, grilled dishes, pizza & cocktails amid Roman-ruin decor. Dine-in/Takeaway/Delivery Tel: +256704 294 929

Coffee City

Minister's Village, Plot 54 Muwafu Road "Best coffee if you are heading through Ntinda" Dine-in/Drive-through/Nocontact delivery

Caramel Café & Lounge

Cooper Road, off Sixth Street · In Acacia Mall "Coffee is great here!" Dine-in/Takeaway/No-contact delivery Tel: +2562206 301 333

Coffee at Last

129 Mobutu Road · In Hospice Africa Uganda "Cool place great coffee" Dine-in/Takeaway/No-contact delivery

Tel: +2567 83 860 263

Prunes

8 Wampewo Ave Dine-in/Takeaway/Delivery Tel: +256772 712 002

Cafe Pap

Garden City Mall, Yusuf Lule Road Garden City Shopping Mall Dine-in/Takeaway-No/contact delivery

Tel: +25639 323 327

Wild Coffee Bar

110 Seventh St Dine-in/Takeaway/No-contact delivery

Tel: +2567 040 047 092

Coffee Culture

49a Upper Kololo Terrace "I love coffee but this wasn't up to standard." Dine-in/Takeaway/Delivery Tel: +256755192532

Cafe Mocca

Portal Avenue Dine-in/Takeaway/Delivery

Endiro Coffee

Coffee shop 36a Kyaddondo Road Dine-in/Takeaway/Delivery

Cafe Omukago

36 George St Dine-in/Takeaway/Delivery

Tel: +256 392001186

REF. CAFE

Plot - 17 Cooper Rd Dine-in/Takeaway +256752 050021

Chapters & Verses Coffee

Shop

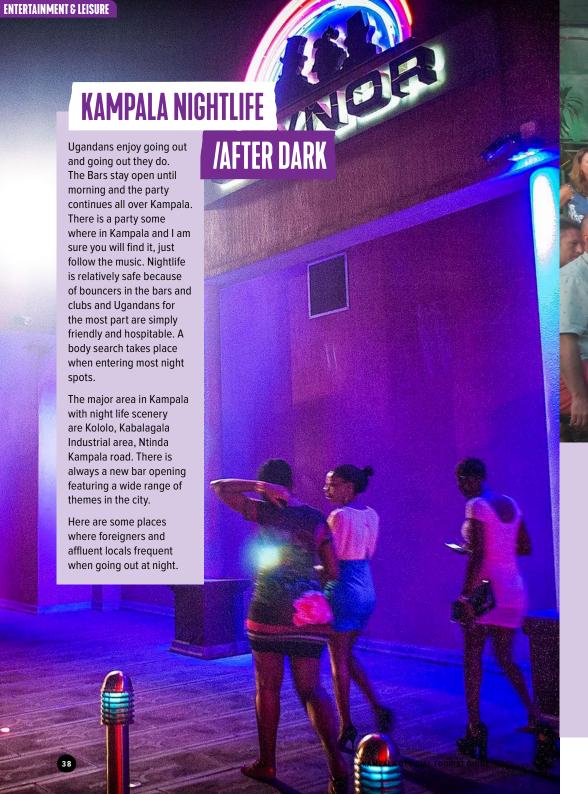
Dine-in/Takeaway/Delivery Tel: +256 757 500 200

Java House Lugogo

Lugogo By-Pass, Kampala Tel: 0751 933760

Web: javahouseafrica.com







PUBS & BARS

Bars in Kampala are the meeting places for politicians, lovers, artists, tourists and the business fraternity.

They are well stocked with brands made in Uganda and imported ones.

Uganda Waragi is a local gin who name was corrupted from an English phrase, War Gin, by consumes. It is believed to make shy people bold, quiet ones get chatty and those on the dance floor flexible.

Bubbles O'Learys - Irish Pub 19 John Babiha (Acacia) Ave Opens 6:00 PM

19 John Babiha (Acacia) Ave **Otters Bar** King's African Rifles, Kololo Opens 12PM

Casablanca Pub &

Restaurant

Thrones Lounge Bar & Restaurant Bandali Rise Dine-in/Takeaway

Hyd Out pub Lugogo Bypass

The Mist Bar (Serena Hotel Kampala) Plot 16-20 / Kintu Road

Rock Bar (Speke Hotel) Nile Avenue, Nakasero

The Terrace Cocktail and

Tapas Bar Cocktail bar

Nile Avenue

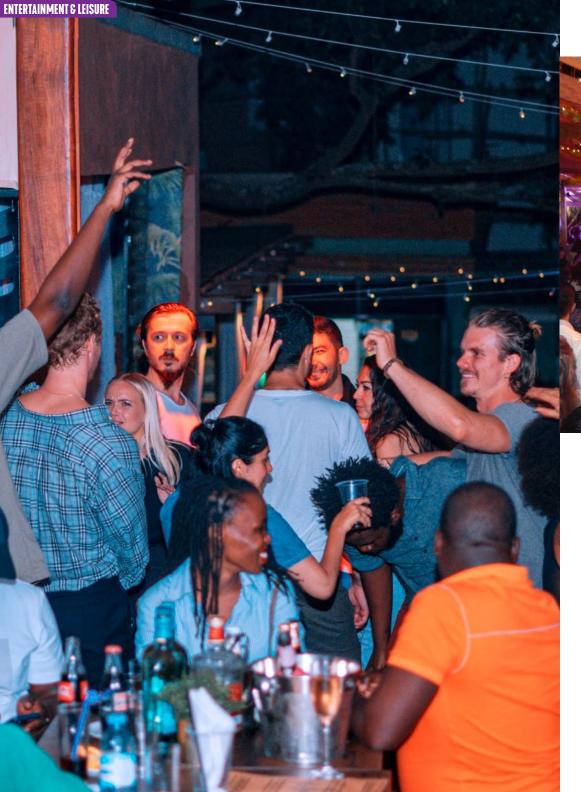
Plot 2 Windsor Loop Rd Dine-in/Takeaway/Delivery

Rock City Bar (Speke Hotel) Dine-in/Takeaway

La Bella Bar

Dewinton Street Dine in/Takeaway/delivery

Riders Lounge Acacia Place, Village Mall Acacia Avenue, Kololo





The Green Bar Yusuf Lule Road in Golf

ENTERTAINMENT & LEISURE

Beverly Hills Bar and Lounge Kansanga

Nexus Lounge Mbogo Road Najera Dine-in/Takeaway

The Vineyard Wine Bar Lugogo By-Pass Dine-in/Takeaway/Delivery

Banana Bar 26 Luthuli Rise Dine-in/Takeaway

Arena One Sports Bar & Grill

5th Street
Dine-in/Takeaway

Riders Bar and Lounge On Village Mall Bugolobi Dine-in/Takeaway Plot 11 , Cooper Road , Kisementi

Bay Lounge Bar & Grill

Dine-in/Takeaway/Delivery

Waikiki Bar

Dine-in/Takeaway

Centenary Park

Mango Grove

Dine-in/Takeaway/Delivery

La Terraza Rooftop

Dine-in/Takeaway/Delivery **Kush Lounge**35 John Babiha (Acacia) Ave
Dine-in/Takeaway

Route 256 / 40-40 club Hesketh Bell Rd

Deuces Bar

Ggaba Road

The Green Bar Yusuf Lule Road in Golf Course Hotel Pent house lounge & Bar Kyanja Ring Rd Dine-in/Takeaway/Delivery Sideline Bar

In Lugogo Stadium Dine-in/Takeaway/Delivery **Urban Bar and Lounge** Namungoona Road

Dine-in/Takeaway/Delivery
Racers Lounge - Bar &
Restaurant

Dine-in/Takeaway

Wink Bar

35 Sixth Street





ACTIVE KAMPALA SPORTS

FITNESS CENTRES

HEALTH CLUBS/ GYMS

Kabira Country Club 63 Old Kira Road, Bukoto, Kampala Tel: (031) 2227222-5

Speke Apartments Plot No 19 - 21 Wampewo Avenue, Kololo Tel: +256 200-555-000

Sheraton Health Club (Sheraton Kampala Hotel) Ternan Avenue, Nakasero, Kampala Tel: (041) 4420000 Maisha Gym and Spa Kampala Serena Hotel Plot 16, 20 Kintu Rd, Kampala

Fitness Junction
3rd Floor, Block B, Forest
Mall, Lugogo Bypass
Tel: +256 (0) 414 671 414

Paradise Fitness City Unit No. F2.01, 2nd Floor, Acacia Mall, Kisementi, Kololo Tel: +256 (0) 753 660 092

Mosa Court Apartments Health Club 12 Shimoni Road, Nakasero Tel: (041) 4230321 / 4230292

RM Gym & Fitness Ggaba Road, Kansanga Mobile: +256 704 174280 / +256 704 174275 **Royal Suites**

18-20 Binayomba Road, off Luthuli Avenue, Bugolobi, Kampala Tel: (031) 2263816-9 Mobile: +256 +772 506752 Email: royal@royalsuites. co.ug

GOLF

Uganda Golf Club 30-32 Yusuf Lule Road, Nakasero, Kampala Tel: (041) 4233911 / (041) 4340832. Email: ugagolf@africaonline. co.uq







TENNIS

American Recreation
Association

Makindye Hill Road, Makindye, Kampala Tel: (041) 4510290 / (039) 2767033 Email: ara@africaonline.co.ug

Kabira Country Club 63 Old Kira Road, Bukoto, Kampala Tel: (031) 2227222/3 Email: kabiracountryclub@ kabiracountryclub.com

Kampala Club

Ternan Avenue, Nakasero, Kampala Tel: (031) 2262180

Lugogo Tennis Club Lugogo By-Pass

Sheraton Hotel

Ternan Avenue, Nakasero, Kampala Tel: (041) 4344590-6 Email: sheraton@apolohotel. com Dolphin Suites Princess Anne Drive, Bugolobi, Kampala Tel: (041) 4505652/3/5

Speke Apartments
Fairway Hotel & Spa
1-2 Kafu Road,
Nakasero, Kampala.
Tel: (041) 4259571/2
Email: info@fairwayhotel.

co.uq.

W: www.fairwayhotel.co.ug
Kabira Country Club
63 Old Kira Road
Rukoto, Kampala

Bukoto, Kampala Tel: (031) 2227222/3 Email: kabiracountryclub@ kabiracountryclub.com.

Royal Suites 18-20 Binayomba Road, off Luthuli Avenue. Bugolobi, Kampala Tel: (031) 2263816-9 Mobile: +256 +772 506752 Email: royal@royalsuites.

co.uq.

Website: www.royalsuites.

co.ug

Sheraton Health Club (Sheraton Kampala Hotel), Ternan Avenue, Nakasero Tel: (041) 4420000

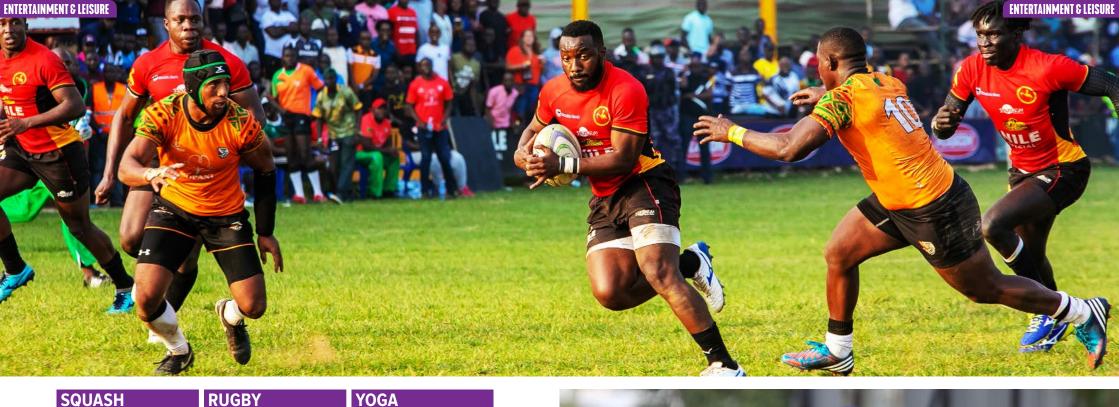
Email: reservation.kampala@sheraton.com

Speke Resort Munyonyo Tel: (041) 4227111 Email: spekeresort@

spekeresort.com. Website: www.spekeresort.

com





SQUASH

Kabira Country Club 63 Old Kira Road Bukoto, Kampala Tel: (031) 2227222/3 Fax: (031) 2227226 Email: kabiracountryclub@ kabiracountryclub.com

Kampala Club Ternan Avenue Nakasero, Kampala **Sheraton Kampala**

Ternan Avenue, Nakasero, Kampala Tel: (041) 4344590-6 Email: sheraton@apolohotel.

Kampala Rugby Club Rotary Avenue (Off Lugogo by-pass), Kampala Tel: (041) 4222759 **Kyadondo Rugby Club** Jinja Road, Kampala Mobile: +256 782 982233

CRICKET

Lugogo Stadium Mobile: +256 772 728255

YOGA

Acacia Yoga and Well Being Centre 23 Acacia Avenue, Kololo (at Acacia Apartments), Kampala Mobile: +256 772 403 462





com







CHINESE

Shanghai Restaurant

Sezibwa Road, Kampala Tel: +256 312261119

Nanjing Hotel

Plot 62B Lugogo, By-pass Road, Kampala Tel: +256 706 266666

Green Tea House & Restaurant

10 Mabua Road, Kololo, Kampala Mobile: +256 772 712888 / +256 772 861258

Nanjing Restaurant & Motel

15 Impala Avenue, Kololo Tel: +256 (041) 4340928 Fax: (041) 4340926 Mobile: +256 717 588888 Email: lpbluesea@hotmail. com



Tel. 020-092-4125

Open daily from 8 am to

Lugogo mall, Kampala,

Phone: +256 708 526 671

KAMPALA OFFICIAL TOURIST

Website: yummy.co.ug

Yummy

10:30 pm

Uganda



Hickory

Plot 11 Ngabo Road, Kololo, Kampala, Uganda Tel: +256 758 809 187 Email: info@ thehickorykampala.com Web: www. thehickorykampala.com

Torino

Plot 9B Park Lane Kololo, Kampala, Uganda Tel: +256-701-945-758 +256-774-266-993 Email: torinorestaurant16@ gmail.com Web: www. torinorestaurantkampala.com

Rozaho

Upper Naguru, Opposite Police Headquarters Phone: (+256)782 164714 Email: info@rozaho.com Web: www.rozaho.com

Stonehaven

8 Malcolm X Avenue, Kampala, Uganda Tel: 0709 342064

Platia

Plot 47b Upper Kololo Terrace, Kampala, Uganda Tel: +256759809798

Bistro Mchana Lodge 59A/61A Naguru Drive,

Naguru, Kampala Tel: (041) 4595735 Mobile: +256 777 077605 / +256 712 885397 Email: info.bisromlodge@ gmail.com

Café Kawa Muyenga

CafeKawa

Tank Hill Road (next to Wine Garage), Muyenga, Kampala Tel: +256 703 700776 Email: KafeCawaMuyenga@ gmail.com Website: www.facebook.com/

Chapter One (Protea Hotel)

RESTAURANTS

4 Upper Kololo Terrace, Kololo, Kampala Tel: (031) 2550000 Email: res@proteakla.co.ug Website: www.proteahotels. com/kampala

Nyanja Restaurant, Common Wealth, Speke Resort

Munyonyo, Kampala Tel: +256 (0414) 227111

Paradise Terrace (Sheraton Kampala Hotel)

Ternan Avenue, Nakasero Tel: (041) 4420000 Fax: (041) 4342357 Email: reservation.kampala@ sheraton.com

Piato

20 Lumumba Avenue, Nakasero, Kampala Tel: (031) 2516388 Mobile: +256 774 348198 Email: info@piatokampala. com

Soho Café & Grill

Course View Towers, Yusuf Lule Road Nakasero, Kampala Tel: (039) 2964011 Website: www.sohocafe. co.ug

Spectrum @ La Bonita

10 Colville Street (above Emirates Airways) at Theatre La Bonita, Kampala Tel: (041) 4259543 Mobile: +256 752 372640

The Bistro

15 Cooper Road, Kisementi, Kampala Mobile: +256 757 247876

The Lakes Restaurant (Kampala Serena Hotel)

Tel: (041) 4309000 / (031) 2309000

The Lawns

Acacia Avenue, Kololo, Kampala Tel: (041) 4250337 Email: reservation@thelawns. co.ug

The Pearl Restaurant (Kampala Serena Hotel),

Kampala Tel: (041) 4309000 / (031) 2309000

Victoria (Breakfast only) Sheraton Kampala Hotel,

Nakasero, Kampala Tel: (041) 4420000 / (031) 232483 Fax: (041) 4257657

Villa Kololo

31 Acacia Avenue, Kololo, Kampala Tel: (041) 4500533-4 Mobile: +256 701 098732 Email: aminazgardenplace@ yahoo.co.uk

Pyramids Casino & Restaurant

Plot 7A Yusuf Lule Road, Kampala 7832, Uganda Tel: 0414234840

PardisCorner of Mabua

and Philip roads, Kampala, Uganda Plot 5, Cooper Road | Kisementi Shopping Centre, Kampala 2708, Uganda Tel:+256 41 4530661

ETHIOPIAN

Ethiopian Village Restaurant and Bar

Tankhill Road, Kampala, Uganda Tel: +256772623440 Email: info@ ethiopianvillagerestaurant.

Ethiopian Bar & Restaurant

Kabalagala, turn left before de Posh Bar, located at Salama Guest House, Kampala, Kampala, Uganda (Ethiopian)

Tel: +25677488383



GREEK

Athina's Taverna

30 Windsor Crescent, Kololo, Kampala Tel: (041) 4341428/ 0758192744 Fax: (041) 4236089 Email: athina@infocom.co.uq

Mythos Greek Taverna and Lounge

Kololo, Kampala, Uganda Tel: +256 775 326606

INDIAN

Haandi, (North Indian Cuisine)

7 Kampala Road 1st Floor Commercial Plaza Tel: (041) 4346283/4 Fax: (041) 4345257 Mobile: +256755123546 Whatsapp: +256701411221 Email: haandi@infocom.co.ug Website: www.haandirestaurants.com

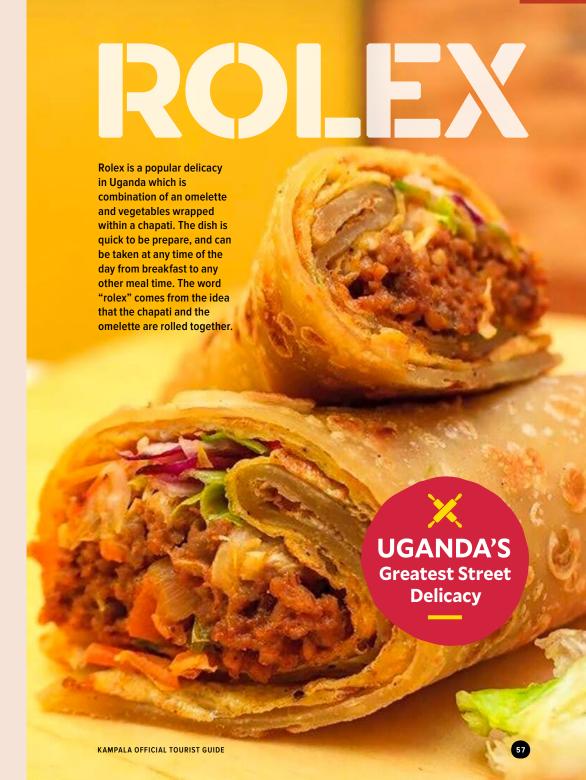
Kati Kati Restaurant 16-18 Lugogo By-Pass,

Kampala Mobile: +256 782 048642 / +256 712 810350 Email: inquiries@ katikatiafrica.com /

katikatiafricaltd@gmail.com

Khana Khazana

Acacia Avenue, Kololo, Kampala Tel: (041) 4233049/ (041) 4347346 Mobile: +256 752 224000/ +256 752 224001 Fax: (041) 4347346 Email: khanakhazanaug@ yahoo.com



Khyber Pass, Speke Hotel

Nile avenue, Kampala Tel: (041) 4259221 Email: spekehotel@ spekehotel.com

Oasis.'The Club House'

Lugogo Cricket ground, Kampala Mobile: +256 774 434430/ +256 775 947272

Open House

38 Buganda Road (next to Watoto), Nakasero, Kampala Mobile: +256 712578676 Email: openhousekampala@ gmail.com

The Asian Fusion Restaurant

(Fairway Hotel & Spa) 1-2 Kafu Road, Plot 1 Nakasero, Kampala Tel: (041) 4259571/2 Fax: (041) 4234160 Email: info@fairwayhotel. co.uq Website: www.fairwayhotel.

Top Tree (Fairway Hotel)

1 Kafu Road, Nakasero, Tel: (041) 4259571 / 2 Fax: (041) 4234160 Email: Info@fairwayhotel. co.uq.

Website: www.fairwayhotel.

co.ug

co.uq





Mediterraneo Restaurant ITALIAN

Cantine DiVino

Plot 4A Mabua Road,

Tel: +256 700 805000

Kampala Road Thobani

Tel: +256 753 125488

com

com

il Patio

Centre, Kampala Uganda

Email: laziocafe2018@gmail.

Kisozi Close (off Nakasero

Lane), Nakasero, Kampala,

Mobile: +256 779 543335 Email: ilpatio@ug.myfrgroup.

Tel: (041) 4258448

Fax: (041) 4347748

Mayfair Casino, Kyagwe Road

Kampala, Uganda

Lazio Italian Cafe

(at Villa Kololo) 31 Acacia Avenue, Kololo, Kampala Tel: (041) 4500533-4 Mobile: +256 701 098732 Email: villakololo@gmail.com

The Explorer (Kampala Serena Hotel)

Tel: (041) 4309000 / (031) 2309000 Email: kampala@serena.co.ug

Villa Kololo

31 Acacia Avenue, Kololo Tel: (041) 4500533-4 Mobile: +256 701 098732 Email: aminazgardenplace@ vahoo.co.uk



JAPANESE

Izumi

38 Upper Kololo Terrace, Kampala Uganda Tel: +256 756 244911 Web: izumikampala.com

Yujo Japanese Restaurant

4 Kyadondo Road, Nakasero, Kampala Mobile: +256 794289856

KOREAN

Arirana

15A Kyadondo Road, Nakasero, Kampala Tel: (041) 4346 777 Fax: (041) 4348219

STEAK HOUSES

Acacia Grill (Metropole Hotel)

51/33 Windsor Crescent, Kololo, Kampala Tel: (041) 4391000 Fax: (041) 4391015 Email: metropole@ metropolekampala.com Website: www. metropolekampala.com

The Barn Steakhouse

34 Windsor Crescent, Kololo, Tel: (031) 2517068 Email: reservations@thebarn.

The Pyramids Casino & Restaurant

7A Yusuf Lule Road, Nakasero Tel: (041) 4234842

THAI

The Oriental Simply Thai (Metropole Hotel)

51/53, Windsor Crescent, Kololo, Kampala Tel: (041) 4391000 Tel: (041) 4391001 / 4500589 Fax: (041) 4391015 Email: gm@ metropolekampala.com Website: www. metropolekampala.com







Mama Ashanti Restaurant

20 Kyadondo Road,

Nakasero, Kampala Mobile: +256 712 006235 / +256 779 153742 Email: info@mamaashanti. co.ug Website: www.mamaashanti. co.ug

Bight of Benin

Tel: +256-200-903880 +256-709-702833 +256-788-530177 ask@bightofbeninrestaurant. com Web: www. bightofbeninrestaurant.com/



UGANDAN

ibamba, Uganda Museum

5 Kiira Road, Kamwokya, Kampala Tel: (041) 4384884 Email: WinlinksEA@gmail.com

Jikoni Restaurant

30 Clement Hill Road, Kampala, Uganda Tel: +256 757 270332 Email: restaurantjikoni@ gmail.com

Afrikan Pot

Plot-4,Lumumba Avenue, Kampala, Uganda Tel: +256 772 586746

Shaka Zulu Foods

Plot 5, Campelling Road Kiswa, Bugoloobi, Kampala Uganda Tel: +256 702 649999

Spectrum Restaurant

Colville Street Plot 10 Opposite Christ The King Church, Kampala, Uganda Tel: +256 706 222164

The Roots Restaurant

Plot 4, Kafu Road Kampala, Uganda Tel: 0772494624 / 0703897327 Email: sarahnakibuuka01@ gmail.com

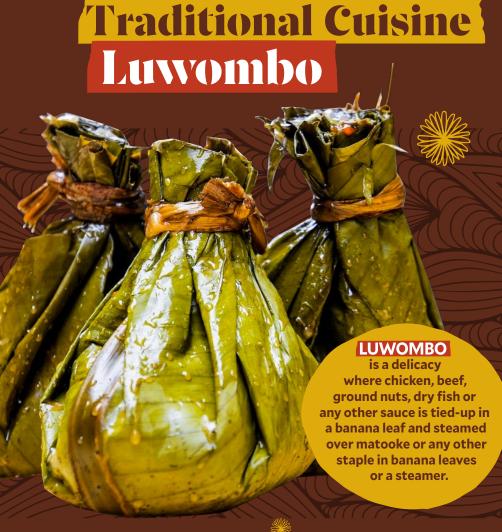
Web: therootsrestaurant.ug

Olive Garden

1-3 Luthuli Close, Bugolobi, Kampala Tel: (041) 4222364 / (041) 4505368 Email: olivegarden.hotel. yahoo.com Website: www.olivegardens. biz

2k restuarant

Hoima Road, Kampala Tel: +256 41 4434727 Web: www.2krestaurant. co.ug



Oluwombo or luwombo is a traditional dish of Uganda. It is both a royal dish and a fairly common dish cooked especially during the holidays. It was originally created in 1887 by the personal chef of Kabaka Mwanga, an interesting king who ruled the kingdom of Buganda (Uganda region where the country got its name from) at the end of the nineteenth century. Kabaka Mwanga had

16 women and 10 children. This dish can be prepared with beef, chicken, pork or goat.

The addition of smoked fish is optional but I think it that is what makes this dish so special. There are recipes that use smoked meat instead. Cooking in banana leaf is actually what gives this dish that unique taste.





MARKETS

Kampala's markets are a great place for bargain hunters. If you want to get the best buys available, there is one rule to bear in mind: you have to haggle. Local vendors are notorious for jacking up their prices when dealing with foreign tourists, so haggling is expected. Haggling can save you 20% or more on what you pay.

One of the biggest markets in town is in Nakasero Market this can give an African adventure shopping areas in local markets. Nakasero Market is Kampala's most famous market and is just below Kampala Rd. You can find fresh fruits and vegetable in, it is divided into two areas, one partially covered, where produce is sold, and another located in an attractive old building, where hardware, clothes and even a few tourist items are on sale.

SHOPPING CENTRES

Plenty of modern and 'western' style shops exist in purpose built complexes such as Garden City, Nakumat, Forest Mall, Lugogo Mall that are designed with richer Ugandans and foreign visitors in mind. They all have the feel and atmosphere of typical western shopping malls, with a mix of supermarkets, luxury goods and fast food outlets. If you want luxury goods, especially European and American brands, then the following malls are probably your best bet if you like to do all your shopping in one

- Garden City Complex
- Quality Supermarkets
- Capital Shoppers
- Nakumatt Oasis Mall
- Carrefour Supermarkets
- Lugogo Mall
- Acacia Mall
- Standard Supermarket
- Arena Mall









ARCHITECTURE, BUILDINGS AND PLACES OF HISTORICAL SIGNIFICANCE

KASUBI TOMBS

A UNESCO world heritage site, these tombs were built in 1881 and currently house the remains of 4 kings of the Buganda Kingdoms, one of the most powerful kingdoms in pre-colonial Africa.

NAMUGONGO MATYRS' SHRINE

This basilica is dedicated to 22 young Christian congregants who were brutally murdered between 1885-1887 by Kabaka Mwanga for their allegiance to christianity. They were beatified in 1920 by Pope Benedict XV and later canonized by Pope Paul VI in 1964. The 22 Martyrs are the only African saints to whom a basilica is dedicated and they are the largest group of saints ever canonized by the Catholic Church.

KIBULI MOSQUE

Kibuli Mosque is one of the biggest and oldest mosques in Uganda with a beautiful view over Kampala.

For a small fee you can visit the mosque and the towers as well.

NAMIREMBE CATHEDRAL

Namirembe Cathedral is Uganda's oldest cathedral. The brick red Anglican Cathedral with the impressive dome is also known as St. Paul's Cathedral. The first church was built on Namirembe Hill/ Mengo in March 1890. The cathedral is visible from much of Kampala. Interesting is the graveyard which includes the remains of Bishop Hannington, who was murdered 1885, and the Cooks, who established Mengo Hospital. A Sunday church service would be ideal.

RUBAGA CATHEDRAL

Rubaga Cathedral is a Roman Catholic Church. The huge building was restored for the Pope's visit of Uganda. The church houses the remains of the first African Catholic Bishop and the first African Archbishop of Kampala Diocese, Joseph Kiwanuka.

KABAKA'S LAKE

It located in Ndeeba, between Ring Road and Nabunya Road.This Lake was dug out on the orders of Kabaka Mwanga in the 1880 as an 'escape corridor' to Lake Victoria. This is the largest excavated lake in Africa.

KABAKA'S PALACE & OFFICE (BULANGE) AND THE ROYAL MILE

This interesting attraction consists of two large palaces,(Kabaka's residence and the Buganda Parliament) connected by a straight road measuring exactly a mile. - home to Mengo office, pay attention to the round-about - the straight road in the middle is for Kabaka's use only, as the local superstition says he must not turn a corner on this route.Half-way from the round-about towards Mengo, you will find a large

garden on the right-hand

side.

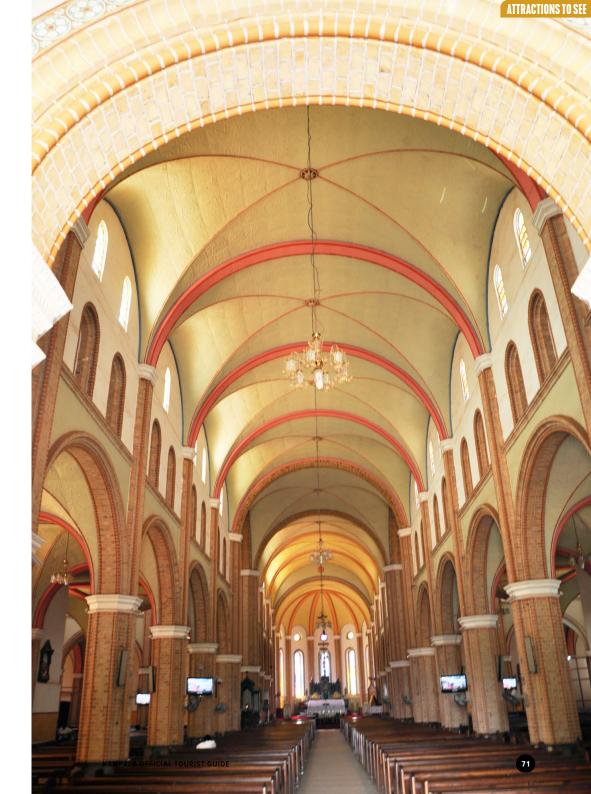
When walking from Bulange

Learn the history of Buganda Kingdom and you walk for a mile from the office of the kingdom to the royal palace where you will explore more attractions like, the Iddi Amin Torture chamber

NDERE TROUP CENTRE

Get treated to authentic Uganda music, dance and drama with exhilarating performance from over 50 tribes in Uganda.

Built on 9 acres of virgin, gently sloping land with mature local, international and fruit trees, the magnificent Ndere Centre provides a picturesque environment that combines serenity with peace and tranquility. For visitors to Kampala, the Ndere Centre is the best bridge between your home and Africa. Enjoy life and make memories as you experience Ugandan culture and cuisine.







ART GALLERIES

In Kampala you will always find something fascinating in terms of African. There many places one can buy or take some lessons from the artisans. The following are some of the galleries around Kampala city that will quench your art thirst.

AFRIART Gallery Ltd

Block 56/57 Keneth Dale Drive (off Kira Road), Kamwokya, Kampala Tel: (041) 4375455 Mobile: +256 712 455555 Website: www.afriartgallery. org

Makerere University Art

Gallery, margaret trowell school of industrial & fine arts Mobile: +256 756116751 / +256 776601470 Email: artgallery@sifa.mak. ca.ug

Nommo Gallery

4 Victoria Avenue, Nakasero, Kampala Tel: (041) 4234475 Mobile: +256 772 502553 Email: culture@africaonline. co.ug

Umoja Art Gallery

umojaartgallery.com

Plot 85 Kira Road, Kamwokya, Kampala Mobile: +256 752 878400 / +256 752957865 Email: info@umojaartgallery. com Website: www.



KAMPALA OFFICIAL TOURIST GUIDE









Protea Hotel Kampala Skyz

1 Water Lane Naguru, Kampala, Uganda Tel: +256 31-255-4000 Web: www.marriott.com

Pearl of Africa

Plot No.10, Nakasero Hill Kampala, Uganda Tel: +256 313 888 888 Web: pearlofafricahotel.com

Africana Hotel Ltd

2-4 Wampewo Avenue, Kololo Tel: (041) 4777000 Mobile: +256 752748080/1 Email: africana@ hotelafricana.com Web: www.hotelafricana.com

Kabira Country Club

63 Old Kira Road, Bukoto Tel: (031) 2227222-3 Fax: (031) 2227226 Email: kabiracountryclub@ kabiracountryclub.com

Kampala Serena Hotel

6-8 Nile Avenue, Nakasero Tel: (041) 4309000 Fax: (041) 4259130 Email: kampala@serena.co.ug W: www.serenahotels.com

Mestil Hotel

20 Barracks Drive, Nsambya, Kampala, Uganda Tel +256 313 243 000 Email: info@mestilhotels.com web: www.mestilhotels.com

Onomo Hotel

18A Akii Bua Road, Nakasero, Kampala, Uganda Tel: +256 842 564315 Web: www.onomohotels.com

Protea Hotel

4 Upper Kololo Terrace, Kololo, Kampala Tel: (041) 4550000 / (031) 2550000 Email: res@proteakla.co.ug Website: www.proteahotels. com/kampala

Sheraton Kampala Hotel

Ternan Avenue, Nakasero Tel: (041) 4420000 Email: reservation.kampala@ sheraton.com

Golden Tulip Hotel

12B Kafu Road P. O. Box 22104 Kampala, Uganda Tel: +256 75 5443443 E-mail: reservations@ goldentulipcanaankampala.

Lake Victoria Serena Resort

Lweza - Kigo Road Tel: (041) 7121000 Email: lakevictoria@serena. co.ug

Latitude 0 Degrees

com

64 & 66 Kyadondo, Mobutu Road, Makindye Phone: +256 (0) 31 241 8300 E: 0@thelatitudehotels.com Web: thelatitudehotels.com

E: spekeresortspekeresort. Cassia Lodge & Restaurant

Speke Resort, Munyonyo

Tel: (031) 2227111

Buziga Hill, Kampala Mobile: +256 755 777002/4 Email: info@cassialodge.com

Capitol Palace Hotel

26-32 Katalima Crescent, Naguru Hill, Naguru, Kampala Tel: (041) 4289344/5 Mobile: +256 714 000784 / +256 773 000784 Email: reservations@ capitolpalace.ug W: www.capitolpalace.ug

City Royal Resort Plot 8-10 Kataza Close.

Bugolobi, Kampala Tel: (041) 4258037 Mobile: +256 755 919000 / +256 755 919002 Email: cityresortkampala@ yahoo.co.uk/reservations@ cityroyalkampala.com

Fairway Hotel & Spa

1-2 Kafu Road, Nakasero Tel: (041) 4259571/2. Email: info@fairwayhotel. co.uq W: www.fairwayhotel.co.ug



Plot 40 Kyadondo Road, Nakasero, Kampala, Uganda Tel: +256 772 448442 E: stay@fontisresidences.ug W: www.fontisresidences.ug

WHERE TO STAY

Golf Course Hotel

Plot 64 - 88 Yusuf Lule Road, Kampala Tel: (041) 4563500 / (031) 2302280 Email: reservation@ golfcoursehotel.com Website: www. golfcoursehotel.com

Grand Imperial Hotel

Nile Avenue, Kampala Tel: (041) 4250681-8 / 0414311048 E imperial@starcom.co.ug

Holiday Express Hotel

16-18 Luwum Street. Nakasero, Kampala Tel: (0312) 262858-9 / 0414253455

Mobile: +256 772 669218 Website: www.

holidayexpresshotel.com



Hotel Ruch

3 Kintu Road, Kampala Tel: (031) 2210110 Mobile: +256 702 820100/ +256 772 820100 Email: reservations@ hotelruch.com

Website: www.hotelruch.com

Hotel Triangle

16 Buganda Road, Kampala Tel: (041) 4231747 / 4233410 Fax: (041) 4231748. Email: reservations@ hoteltriangle.co.ug. Website: www.hoteltriangle. co.ug

Humura Resorts

3 Kitante Close, Kololo Tel: (041) 4700400 / 4700402 Fax: (041) 4235275 Email: reservations@humura. or.ug.

Website: www.humura.org

Imperial Royal Hotel

7 Kintu Road, Central Kampala Tel: (041) 7111001

Email: information@irh.co.ug. W: www.imperialhotel.co.ug

Le Petit Village Hotel

Plot 1278 Quality hill, Ggaba Road, Kampala Tel: (031) 2265530-4 Fax: (041) 4510456 Email: info@lepetitvillage.net Website: www.lepetitvlllage. net

Metropole Hotel Kampala

51-53 Windsor Crescent, Kololo, Kampala Tel: (041) 4391000 Fax: (041) 4391015 Email: metropole@ metropolekampala. com / reservations@ metropolekampala.com Website: www. metropolekampala.com

Royal Suites

18-20 Binayomba Road, off Luthuli Avenue Bugolobi, Kampala Tel: (031) 2263816-9 Fax: (041) 4505818 Mobile: +256 +772 506752 E: royal@royalsuites.co.ug W: www.royalsuites.co.uq

Rwizi Arch Hotel

Kansanga Kiwafu Road, Kansanga, Kampala Tel: 0414501081 Mobile: +256 772 684839 / +256 782915164 Email: hotel.rwiziarch@gmail.

Shangri-La Nyonyi Gardens

Hotel and Apartments Kololo Hill (next to the Kololo Airstrip), Nyonyi Gardens, Kololo, Kampala Mobile: +256 772 222622 / +256 772 222612 Email: nyonyi@hotelapartment-uganda.com Website: www.hotelapartment-uganda.com

Shangri-la Hotel

8-10 Ternan Avenue, Nakasero, Kampala Tel: (041) 4236213 / (031) 2261120 Mobile: +256 772 619755 / +256772222623 Fax: (041) 4236212 Email: hotel@shangri-la.co.ug

Silver Springs Hotel

Plot 76 A&B Port Bell Road, Bugolobi, Kampala Tel: (041) 4505976 Mobile: +256 776 790175 / +256 772 604848 Email: silverspringshotel@ yahoo.com

Speke Hotel

7-9 Nile Avenue, Kampala Tel: (041) 4235332-5 / (041) 4259221 Fax: (041) 4235345 Email: speke@spekehotel. com

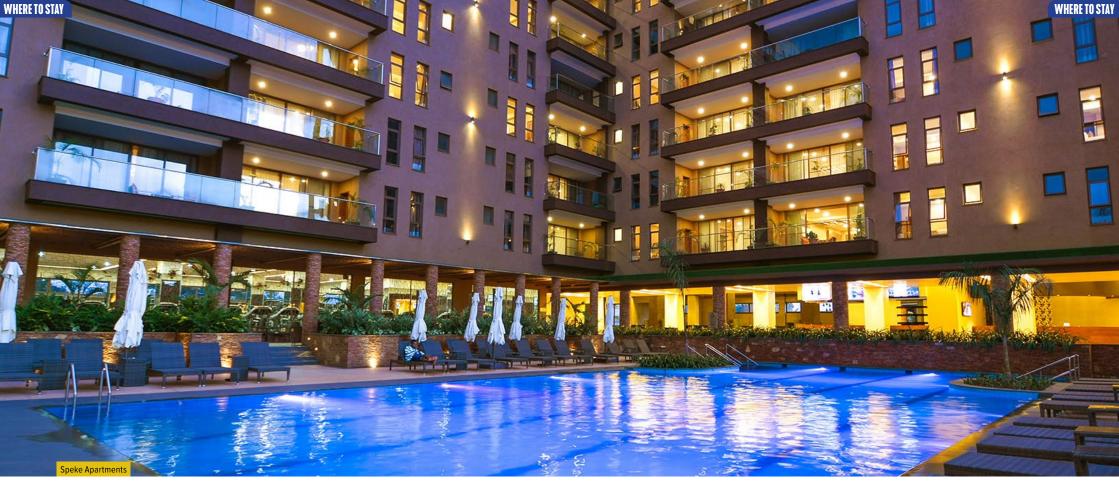
Le Bougainviller

1-7 Katazamiti Road, Bugolobi, Kampala Tel: (041) 4220966 Email: hotel@bougainviller. com









APARTMENTS & SELF-CATERING

Windsor Apartments

Windsor Crescent, Kampala Tel: 0758 170089

Tagore Apartments

Near to Acacia mall, Kampala, Uganda Tel: +256 759 711 348 Email: info@ tagoreapartments.com Web: www.tagoreapartments. com

Plot No. 22 Mawanda Road -

Laburnam Courts Apartments

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R12 Shimoni Road, Kampala Tel: (041) 4230321/ (041) 423029 Fax: (041) 4230310 Email: mosa@infocom.co.ug Email: mmulongo@ mosacourtsuites.com Website: www. mosaapartments.com

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Tel: (+256) 414 - 259791/2/3/5 Fax: (+256) 414 - 259 794 Email: KampalaUScitizen@ state.gov

Thursday (7:30 - 16:45) / Friday (7:30 - 12:30) Web: American Embassy in

Office hours: Monday -



Kampala

British High Commission in

Kampala, Uganda 4 Windsor Loop P.O. Box 7070 Kampala, Uganda Phone: (256) (31) 2312000 Fax: (256) (41) 257304

Website: http://www. britishhighcommission.gov. uk/uqanda

Email: Consular.kampala@ fco.gov.uk, bhcinfo@starcom. co.ug, hcinfo@fco.gov.uk



Algerian Embassy in Kampala, Uganda Plot 14 Acacia, Avenue Kololo P.O. Box 4025 Kampala Tel: +256 41 232 689, +256 41 232 918, +256414232918 Fax: 256 41 341 015

Email: ambalgka@imul.com



Kampala, Uganda Plot No. 6, Hill Lane, Kololo, Kampala P.O. Box 11273 Kampala, Uganda

Austrian Consulate in

Phone: (+256) 41-235-796 Email: wipfler@infocom.co.ug Office Hours: Monday to Friday 8.30 a.m to 1.00 p.m



Belgian Embassy in Kampala, Uganda Plot 1 Rwenzori Tower (6th

Plot 1 Rwenzori Tower (6th Floor, Wing B) Lumumba Avenue

P.O. Box 7043 Kampala City: Kampala

Phone: + (256) (0)414 349 559 + (256) (0)414 349 570

Fax: + (256) (0)414 347 212 Website: http://www. diplomatie.be/kampala Email: Kampala@diplobel. org,coop.kla@diplobel.org Office Hours: Monday to

Thursday 9 a.m to 1 p.m and 2 p.m to 4 Pm
Friday 9 a.m to 1 p.m
Visa section: Monday to

Friday 10 a.m to 12 a.m



Chinese Embassy in Kampala, Uganda Plot 37, Malcolm X Avenue, Kololo, Kampala, Uganda P.O. Box 4106 Kampala Phone: 00256-41-2-259881 Fax: 00256-41-2-235087 Website: http://ug.chinaembassy.org/eng Email: chinaemb_ug@mfa. gov.cn



Embassy of Japan in Uganda Plot 8, Kyadondo Road, Nakaseo, Kampala, P.O. Box 23553 Kampala, Uganda Tel: (+256) (0) 414 349 542 / 3 /4

Fax: (+256) (0) 414 349 547 Email: jembassy@jembassy. or.ug / jp-embassy@kp.mofa. go.jp

Office hours: Monday - Friday: (Excluding holidays) 08:30 -12;30 / 13:30 - 17:15 Visa reception: Monday -Friday: (Excluding holidays) 09:00 - 12:00 / 14:00 - 16:00 Web: Diplomatic Mission of Japan in Uganda



North Korean Embassy in

Uganda Plot 10, Prince Charles Drive Kololo, Kampala P.O. Box. 5885 Kampala Tel: (+256) (0) 414 343 424 Fax: (+256) (0) 414 250 224 Office hours: Monday - Friday: 9:00 - 12:30 / 14:30 - 16:30



Pakistani Consulate in

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hotmail.com / boneykatatumba@hotmail.

Email: pakconsuluga@

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Fax: (256-41) 23 3320 Email: ecuba@africaonline.

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Danish Embassy in Kampala, Uganda

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Email: kmtamb@um.dk



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Office hours: Monday - Friday: 09.00 -

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Ethiopian Embassy in Kampala, Uganda Off Kira Road, Plot No.

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Embassy of Burundi in

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Office hours: Monday - Friday: 09:00 - 14:00



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Indian Consulate in Kampala, Uganda

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Phone: + 256 41 7713000 Website: http://www.

embassyofireland.ug Email: kampalaembassy@

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Thursday 10a.m. - 12p.m. & 2p.m. - 4p.m. Friday 10a.m.

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P.O. Box 4646, Kampala Phone: 0312 188000 / 0312188001 Fax: 0312188004 Website: http://www. ambkampala.esteri.it/ Ambasciata_Kampala/ Email: consolare.kampala@



High Commission of the Republic of Kenya in Kampala, Uganda Corner Acacia Ave/Lower Kololo Terrace, Kampala

Phone: 006-41-258232/5/6 Fax: 006 41 258239

Email: kenyaahicom@ africaonline.co.ug



Royal Embassy of Netherlands in Kampala,

Uganda Plot 2, Nakasero Road,

Kampala P.O. Box 7728 Kampala,

Phone: + 256 41 346000

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Website: http://www.mfa.nl/

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Email: kam@minbuza.nl
Office Hours: Monday - Friday
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 $\textbf{Royal Norwegian Embassy} \ \text{in} \\$

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P.O. Box 22770 Kampala Phone: +256 417 11 20 00

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Website: http://www.norway. go.ug/ Email: emb.kampala@mfa.no Office Hours: The Embassy opening hours: Monday - Thusday, 07:30 - 15:30. Friday, 07.30 - 13.00



Polish Consulate in Kampala, Uganda PO Box 7103 Kampala Phone: +256.41.346.048 Fax: +256772774876 Email: ekamuntu@mtti.go.ug, ekamuntu@parliament.go.ug



Consulate of Switzerland in

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a consulate (an honorary
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P.O. Box 8769 Kampala,
Uganda
Tel: (+256) (0) 414 233 854
Email: kampala@honrep.ch
See website for Swiss
Diplomatic Mission in Nairobi,



Kenya

Icelandic Embassy in Kampala, Uganda Plot 3, Lumumba Avenue, Nakasero, Kampala P.O. Box 7177 Kampala Tel: (+256) (0)414 230 984 / 992 Fax: (+256) (0)414 341 079 Email: uganda@mfa.is Office hours: Monday - Friday; 09:00 - 16:00



Australian consulate,

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Consulate of Serbia in

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Russian Embassy in Kampala, Uganda Plot 28, Malcolm X Avenue P.O.Box 7022 Kampala

Phone: +256 41 4 345-698

Email: russemb@utlonline.
co.ug
Email: kampala@dks.ru

Email: kampala@dks.ru Office Hours: Monday-Friday 8.00 a.m.-5.00 p.m



Rwandan Embassy in

Kampala, Uganda Nakaima Road No. 2 P.O.Box 2468 Kampala Fax: +256414258547 Email: rwanda@swiftuganda. com Email: ambkampala@ minaffet.gov.rw



Saudi Arabian Embassy in

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Seychelles Consulate in Kampala, Uganda Plot 45, Nakasero Road P.O. Box 9566, Kampala, Uganda Phone: +256 41344123, +256 312244100, +256 414244100 Fax: [256 41] 34 99 54 Email: ekaruhanga@ kaadvocates.co.ug



South African High Commission

15A Nakasero Road, Kampala P O Box 22667 Kampala Phone: + 256 41 770 2100 Email: kampala.sahc@foreign. gov.za



Spanish Consulate in Kampala, Uganda

27 Baskerville Kololo, Kampala Phone: +256-41-342372 / +256752696500 Email: nellyruiz2001@ infocom.co.ug Email: nellyruiz2001@yahoo.



com

Embassy of Sweden in

Uganda 24, Lumumba Avenue Nakasero, Kampala P.O. Box 22669 Kampala, Uganda Tel: (+256) (0) 417 700 800/802 Migration affairs: (+256) (0) 417 700 805 Fax: (+256) (0) 417 700 801 Email: ambassaden. kampala@foreign.ministry.se Office hours: Monday -Thursday: 08:00 - 16:30 / Friday: 08:00 - 13:30 Web: Swedish Diplomatic Mission in Uganda



Tanzanian Embassy in Kampala, Uganda 6 Kagera Road

P. O. Box 5750 Kampala, Uganda Phone: (41) 257357, 242815, 256272

Phone: (+256-41) 256272 / 257357 / 342306

Fax: +256-41-343973 / +256-41-075-787838

 ${\it Email: tzrepkla@imul.com}$



Thailand Consulate in Kampala, Uganda Consulate of Thailand in Uganda

Plot 10, Kalitunsi Road, Bugolobi

Phone: +256-41-232176



Mexican consulate in Uganda Plot 86/90, 5th Street Industrial Area, Kampala P.O. Box 4641 Kampala Tel: (+256) (0) 414 231 000 /1 Fax: (+256) (0) 414 234 301 Email: pa.gmd@alam-group. com



Apostolic Nunciature (Embassy of the Holy See -Vatican City) in Uganda Chwa II Road, Mbuya Hill, P.O. Box 7177 Kampala. Tel: (+256) (0)414 505 619 Fax: (+256) (0)414 221 774 Email: nuntius@imul.com Office hours: Monday - Friday; 09.00 - 13.00 / 15.00 -17.00

Saturday: 09.00 - 13.00



Turkish Embassy in Uganda Plot 9 Elgon Terrace, Kololo, Kampala P.O. Box 34718 Kampala Tel: (+256) (0) 414 500 182 Fax:(+256) (0) 414 500 182 Email: embassy.kampala@ mfa.gov.tr Office hours: Monday - Friday; 09:00 - 13:00 / 14:00 - 17:00 Web: Turkish Diplomatic Mission in Uganda



Finnish consulate in Uganda Plot 24 A Golf Course Road, Kololo, Kampala Tel: (+256) (0) 414 500 969 Fax: (+256) (0) 414 500 964 Office hours: Monday -Friday: 12:00 - 15:00 for visa applications

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LEARN SOME LUGANDA

GREETINGS & OTHER CIVILITIES

Good morning	Wasuze otya nno? (literally 'how was your night?')
Good afternoon	Osiibye otya nno? (literally, 'how was your day?')
Good evening	Osiibye otya nno?(The one asked responds with "Bulungi" (i.e. 'fine') and repeats the inquiry)
Hi? (informal)	
How are you?	Oli otya?
I am OK	Gyendi
Have a nice day	Siiba bulungi
Good night	Sula bulungi (on retiring)
Farewell (to one person)	Weeraba
Farewell (to several people)	Mweraba
Welcome (to one person)	Tukusanyukidde
Welcome (to several people)	Tubasanyukidde
See you later	Tunaalabagana
Please	Mwattu
Please shut the door	Mwattu ggalawo oluggi
Please clean my room	Mwattu longoosa ekisenge kyange
Please come in	Mwattu yingira
Please sit down	Mwattu tuula wansi
Thank you	Weebale
You are welcome	Kale
Excuse me (to get attention)	Owange
l'm sorry (apology)	Nsonyiwa

FORMS OF ADDRESS

It is considered polite to show respect to older people regardless of their station in life. Respectful forms of address should be used when addressing superiors.

Sir	Ssebo
Madam	Nnyabo
Mr	Mwami
Mrs	Mukyala

OTHER USEFUL PHRASES

Look!	Laba!
Listen!	Wulira!
l am ready	Nneetegese
Slow down!	Genda mpola!
Hurry up!	Yanguwa!
Come here	Jangu wano
Watch out!	Wegendereze!
Help me	Nnyamba
It is possible	Kisoboka
lt is not possible	Tekisoboka
l forgot	Neerabidde
lt is important	Kikulu
lt is not important	Si kikulu
What is the time?	Saawa mmeka?
Where are you going?	Ogenda wa?
What is that?	Ekyo kiki?
Can I take a photo (of you)?	Nsobola okukuba ekifananyi?
Can I take a photo (of that)?	Ekyo nsobola okukikuba ekifananyi?
Do you live here?	Obeera wano?
It doesn't matter	Ssi kigambo / Tofaayo



