

7 Days Mount Elgon Hike – Piswa Trail

📍 Mount Elgon, Uganda



Route: Kapkwata – Piswa Camp – Hunter’s Cave – Hot Springs – Wagagai – Budadiri

Difficulty: Moderate–Challenging

Best for: Hikers seeking a longer, less crowded route with excellent acclimatization

Overview

The Piswa Trail, beginning at **Kapkwata (2,190 m)** on Mount Elgon’s northern slopes, offers a gentle and scenic ascent through pine forests, heathlands, and open moorlands. This route is rich in wildlife and birdlife and allows you to experience the park’s natural beauty away from the main tourist routes.

Package Type Price (Per Person) Lodging & Highlights

Budget US \$750 Basic lodges and camps, shared tents, guide & porters, meals, park fees included.

Mid-Range US \$900 – 1,150 Comfortable lodges, private guide & porter, full board, park entry included.

Luxury US \$1,800 – 2,400 Premium lodges, private chef & porter, gourmet meals, personalized trek support, private transfers.

Tour Facts

Tour Type:
continuous

Tour Itinerary

Day 1 : Arrival – Kapkwata (2,190 m)

Arrive in Kapchorwa or Mbale, then drive to the trailhead at **Kapkwata**. Meet your guides, porters, and UWA rangers. Set up your first campsite, enjoy dinner, and rest before the trek begins.

Day 2 : Kapkwata – Piswa Patrol Hut Camp (2,850 m)

Begin your trek through cultivated farmlands and pine plantations into the lower montane forest. This section is rich in birdlife — watch for **Turacos** and **sunbirds**. Overnight at **Piswa Camp** near the forest edge.

Day 3 : Piswa Camp – Hunter’s Cave Camp (3,870 m)

Hike through the heath zone, with spectacular views of the **Karamoja plains** and the **Nandi and Kapchorwa escarpments**. Arrive at **Hunter’s Cave**, an atmospheric site once used by local hunters.

Duration
7 Hours

Day 4 : Hunter’s Cave – Hot Springs – Mude Cave Camp (3,500 m)

Continue across the moorlands to visit the **Suam Hot Springs**, where you can enjoy a natural foot soak. Proceed to Mude Cave Camp, joining the main trail system for the final ascent.

Day 5 : Summit Day – Wagagai Peak (4,321 m)

Start early for the long, exhilarating climb to the summit. From Wagagai, you can peer into the **massive caldera**, over 40 km in diameter, and admire the rugged volcanic landscape. Return to Mude Camp for overnight.

Duration
8 Hours

Day 6 : Mude Camp – Sasa River Camp (2,900 m)

Descend along the Sasa Trail route through the lush bamboo forest to Sasa River Camp.

Duration
5 Hours

Day 7 : Sasa River Camp – Budadiri – Departure

Complete your descent back to **Budadiri**, where you'll receive your trekking certificate and transfer to your hotel or onward destination.

Best trekking months: June–August and December–February (dry seasons).

Accommodation: Basic camping; some routes offer bandas or huts at lower altitudes.

What to bring: Warm clothing, waterproof gear, sleeping bag, trekking poles, and plenty of snacks.

Support crew: Certified UWA guides and porters are mandatory for safety and navigation.

Optional Add-Ons: Visit sipi falls, coffee tours, Abseiling, rock climbing, bird watching, cultural and community visits (Bagisu circumcision rituals), Photography & Scenic Viewing, Environmental Education / Guided Talks and Flora & Nature Walks