

# SALEM GUEST HOUSE

## Guest Activities



### I. Activities in SALEM:

#### 1. Get to know SALEM

The SALEM staff will take you through the different departments of SALEM and give you background information. For example, about the Children`s Home, tree-nursery, Nursery school, the hospital, Nurses Training school, tailoring, carpentry etc. Please feel free to tell us your interests, we shall take you around.

Duration: 30 min – 2 hours

Estimated costs: free

### II. Activities near SALEM:

#### 1. Nature Walks

SALEM is full of birds and trees. During the walk you will learn more about the different species of trees, flowers and birds. The walk can be a sunrise walk or can take place during the day.

Duration: 1 – 2 hours

Estimated costs: in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

#### 2. Agricultural Walks

The agriculture in SALEM is very divers. According to the season you can see sweet potatoes, millet and different kind of fruit trees. It is possible to combine the walk with other walks around SALEM.

Duration: 2 – 3 hours

Estimated costs: Estimated costs: in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

### **3. Village Walks/Geographical Walks**

Explore the surroundings of SALEM and nearby villages. You can learn more about local markets and the way of living of the population of the village, for example about the access to water or brick – making etc.

Duration: 2 - 3 hours

Estimated costs: in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

### **4. Educational Walks**

You can learn something about the educational system in Uganda. The walk starts in the SALEM-nursery school. After this you can visit a nearby primary school and if you like also a secondary school. You can also see the SALEM-Nurses Training school. In case you wish to go to other institutions, like the Mbale Technical school, please inform us in advance, so that we can arrange something.

Duration: 3 – 4 hours

Estimated costs: in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

### **5. Visit of a Women Group – participate in Craft Making**

Near SALEM is an active women group that can teach you something about tie dye, handicraft making and sometimes even basket weaving. Not all is possible at all times, but paper-bead making can be arranged anytime. Please book the activity at least one day in advance.

Duration: 3 – 4 hours

Estimated costs: in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

### **III. Activities further away from SALEM:**

#### **1. Mount Wanale**

Mount Wanale is a great attraction, the ascent to the peak is exhilarating. Mbale town lies beneath the ridge. A hike through a trail will give you the best view of Mbale city. The western end of the ridge will lead you to the Khakukha cave. It is best to start in the early morning. On your way back you can visit the newly established animal Centre, (entrance to be paid additionally). Good physical condition required (alternatively you can go up by car).

Duration: 4 – 5 hours

#### Estimated costs:

Our SALEM Guide is ready to organize the trip. If you wish him/her to escort you, the costs are as follows: we shall inquire for you in a group of minimum 3 people: 8.000 UGX/pp, for 2 guests: 10.000 UGX /pp; for one person: 15.000 UGX

Guide fees to be paid at the site: entrance zoo: 5.000/pp; short hike around 15.000 pp; longer hikes around 25.000 pp (April 22)

Transport if required see SALEM transport list

#### **2. Sipi – Tour**

Sipi falls is a series of waterfalls in Eastern Uganda, northeast of Sironko. The water falls are situated on the edge of mount Elgon national park near the Kenyan border. You can explore the nature in Sipi and have a hike to the waterfalls.

Optional is a program to learn all about coffee, from harvest to the boiled drink.

Duration: 5 – 6 hours

Estimated costs for the hike: 22.500 UGX per person for guide (Prizes of April 22; Moses Masai; meeting point the blue star office in Sipi)

Prize coffee program: 22.500 p.p. (April 22)

A SALEM-guide can take you there to the current rates if you wish.

Transport if required see list for rates.

### **3. Rock painting and culture in Kakoro**

Visit the ancient Kakoro rockpaintings in a rocky landscape, combined with a lot of interesting knowledge about the culture and history of the tribe of the Bagwere. You can reach the paintings either by bicycle (about 8 – 9 km) or by car. Better to book a day in advance and take a guide from SALEM, since it is not easy to find.

Costs: SALEM-Guide 15.000 UUGX for one, if you are 2 persons 10.000 p.p. for 3 or more 8.000 p.p. additionally entrance fee to be paid at the site (around 15.000 UGX/p.p.)

Duration: around 3 hours

Transport (car or bike) if required see on SALEM list for rates

### **4. Nyero Rock Paintings**

The Nyero Rock Paintings, the oldest rock art in Uganda, consist of six panels of prehistoric art, including many geometric and abstract patterns. Painted in red and black pigment on six granite rock shelters, it is estimated that the rock art is between 3,000 and 12,000 years old. Location: about 60 km from SALEM, take the road to Kumi, then branch to the west.

Duration: 4 -5 hours

Estimated costs: entrance at Nyero rockpaintings foreign adult 15.000 /child 7.000. guide for the group: 20.000, add. Costs for camera and video (April 2022)

Transport if required see SALEM list for rates.

## **IV.Safaris in Uganda**

SALEM can help you to organize a trip to the national parks.

**Kidepo National Park** in the extreme north of Uganda. This can be combined with a stopover in Moroto where you can hike to Mount Moroto, do village or nature walks and see how the people in Karamoja live. Kidepo National Park is one of the most interesting parks in Eastern Africa. It hosts the biggest herds of buffaloes, but has also many other species of animals who live in the savannah.

In case you like to visit other parks like the Murchison Falls Park, Queen Elizabeth National Park, Kibale Park with its chimps or like to do Gorilla Trekking, we can link you up with other companies.