

RESTAURANT

On our menu you find healthy and tasty meals, a mix of Ugandan and world flavors. Most vegetables and spices come straight from our kitchen garden. Popular items on our menu are pizza, organic juices, vegetable curry, beef steak and the 'runner's favorite', a popular dish among Kapchorwa's running champions. We arrange buffets for groups and packed lunches for day hikers or bikers. Our friendly baristas make you the best local Arabica coffee!



ACCOMMODATION

Home of Friends breathes cleanliness. space and comfort. Our rooms are situated around a spacious garden with stunning views. Ultimate relaxation!

Double deluxe rooms

The natural 'Rwandet' stone - extracted from Mount Elgon soils - inspired us in the design of our deluxe rooms.

- Solar shower
- Working desk
- · Private veranda with mountain & vallev views

An excellent choice for a weekend break or a Kapchorwa work visit.

Twin rooms

Our twin rooms are situated in the back of our compound. Equipped with:

- · Comfortable mattresses
- Solar shower
- Working desk For the budget traveler.

Family house

Planning for a family retreat or holiday with friends? The family house is your budget option.

- · Accommodates up to 6 people
- · Shared bathroom
- Private veranda with garden & mountain views

Camping option available too, ask us about the possibilities!

RUNNING IN THE LAND OF **CHAMPIONS**

Run in the footsteps of Kapchorwa's champions with our affiliate Run Kapchorwa. Train at high-altitude on Mount Elgon and enjoy a warm welcome from the community. We organise guided runs, running camps and running enthusiasts can join training sessions with our local development group.

Guided run (1-3 hours)

Explore the trails of Mount Elgon deeper during a guided run with one of our local running guides.

MTB rentals

Hire a mountain bike and ride the stunning red dirt trails of Kapchorwa and Kween.

COMMUNITY **IMPACT**

Run Kapchorwa promotes Kapchorwa as a leading destination for sports & adventure tourism in East Africa. It uses the income from tourism to create employment, capability and community development. Interested in interacting with our Community in an authentic way or volunteering? Ask us about it!

If you are looking for beautiful, quiet me on the Kalenjin Wilderness Hike recommended if you're into hiking and getting to know rural Uganda. (Annika, Germany)

(Jonathan, Kenya)





Mosopisiek Trail

(2-3 day)

Do you like to explore untouched nature and indigenous cultures? Can you do without luxuries for a few days? Are you ready to hike 7 to 8 hours a day? Then the Mosopisiek Trail is made for you! In two or three days, you will hike through the remote upper belts of Kween District, a place of green and unspoiled beauty. With waterfalls, caves and amazing viewpoints. Guide David, a cultural expert and Community leader, will engage you in the authentic and healthy life practices of his Mosopisiek people. Our boda driver will drop and collect you for this activity. You will spend the night(s) at David's homestay.

Kalenjin Wilderness Hike

(6-10 hours)

Walk into the wilderness of the Kapchorwa lower belts. Learn about the Kalenjin culture while you beat the challenging shepherd trails. Enjoy the spectacular and surprising beauty of Sirinda viewpoint and Cheptoi

adventure? Start and end point: Home of Friends Guesthouse.

Kapchorwa Nature Walk

(2-3 hours)

Do you want to take it easier? Discover beautiful waterfalls, natural caves and spectacular viewpoints just outside the gate of our questhouse. Connect with the friendly locals. Start and end point: Home of Friends Guesthouse.

Kapchorwa-Benet Trail

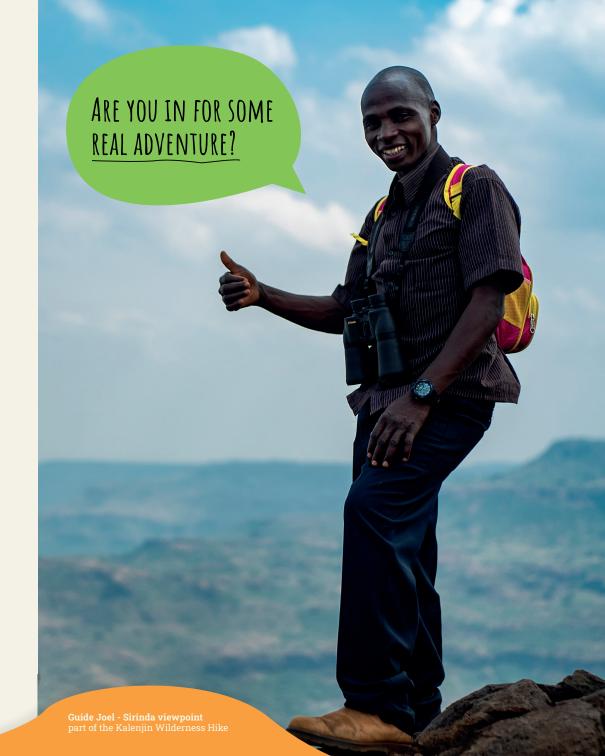
(6-7 hours)

A spectacular 18km trail for the experienced hiker! Our guide takes you to untouched waterfalls, village farms and splendid viewpoints. Starting point: Home of Friends Guesthouse. Our boda driver will pick you from the endpoint of this trail: Mengia waterfall.

Sipi Falls Hike

(1-4 hours)

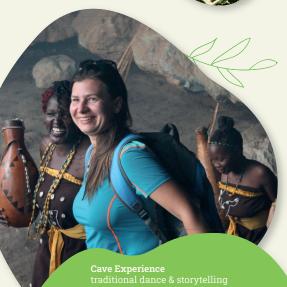
Enjoy the famous Sipi waterfalls, lush farms and villages, and magnificent views of the Karamoja lowlands. Our experienced guide engages you in Sipi's village life and history. Our van can drop and pick you up in Sipi Falls.





COOK WITH THE KAPCHORWA MAMA'S





Cultural experiences: Coffee tour

Sipi's Arabica Coffee is known all over the world. During this classic tour you will learn the traditional art of roasting your own coffee. Trace and experience coffee's practical story, from seed to cup.

Cave Experience

Experience the traditional culture of the Sebei people in a cave near Home of Friends. Through storytelling and dance acts, you will learn about ancient food, marriage and circumcision practices. Feel free to watch or full engage yourself in the dances & songs of the Sebei Cultural Storytellers!

Cooking with the Mama's

Are you interested to try out local African food and do you want to learn how it is prepared? Because of cattle raids and hunting practices, Elgon ancestors had to cover long distances. To regain energy, women would cook nutritious foods such as karo, various local greens and sour milk ('kweryonik'). Cook with the Kapchorwa mama's and learn how to create your nutritious survival meals.

WHO WE ARE

Home of Friends Guesthouse is the perfect base to explore the green and unspoiled beauty of Mount Elgon. Apart from visits to the famous Sipi Falls, we organise guided hikes, runs and cultural experiences in the surroundings of Kapchorwa and amazingly beautiful Kween. After your outdoor adventure, our comfortable rooms and delicious food help you to relax. Our team makes sure you have a memorable visit, by combining the best of Ugandan culture & hospitality with international standards.



SHOP

Are you in love with African

Kitenge wear or would you like to surprise your loved ones with Ugandan-made craft? Commemorate your Elgon bike ride or run with a T-shirt from our shop! Profits go to our youth empowerment and athlete development initiatives





CONTACT

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SEE YOU SOON!





