Central

Districts - 24

Distance - 109.4 km

Time - 2 hr

Features - 1,200

Activities - 1,000+

Size - 61,403 km²

Tribes - 56

The Central region is mainly dominated by the Buganda region. The region's population is estimated at 9,529,227. It is coterminous with the Kingdom of Buganda, one of the ancient African monarchies that are constitutionally recognised in Uganda. The region encompasses a large portion of the south of the country, including the capital Kampala. The southern part of the country includes a substantial portion of Lake Victoria, shared with Kenya and Tanzania.

Western

Districts - 26

Distance - 302.8 km

Time - 5 hr

Features - 221+

Activities - 700+

Size - 55,277 km²

Tribes -

The Western region is one of the regions that dominates political supremacy in the country of Uganda since the late 80s. The region's population is estimated at 8,874,862. The region consists of the second largest city in country which is Mbarara & it is believed to be the home to the Bachwezi dynasty which was a dominant kingdom around 1000AD to 15000ad. It is said that the Chwezi dynasty reigned at a site in Uganda known as Bigo the Bigo bya Mugyenyi & believed to be the founders of the ancient empire of Kitara which included areas of Uganda; northern Tanzania, western Kenya and Eastern DR Congo and were, therefore, accorded the status of demi-gods and worshiped by some local people at the time.

Eastern

Districts - 32

Distance - 197.0 km

Time - 4 hr

Features - 108+

Activities - 500+

Size - 39,478.8 km2

Tribes -

The Eastern region is home to Uganda's first industrial town and the source of the Nile, at Coronation Park, which is marked by a garden and a monument honoring British explorer John Hanning Speke. Owen Falls Dam and Bujagali Dam both of which span the Nile. Farther north on the river, Itanda Falls is known for its white-water rapids. East of Jinja, on Lake Victoria, Samuka Island is home to birdlife, including little egrets. The region's population is estimated at 9,042,422.

Northern

Districts - 30

Distance - 426.6 km

Time - 6 hr

Features - 23+

Activities - 130+

Size - 85,391.7 km2

Tribes -

The Northern region is one of four regions in the country of Uganda. The region's population is estimated at 7,188,139. The region is known for its dry climate & hostile tribes yet very friendly & welcoming when approached politely. Home to a large portion of Queen Elizabeth National Park, Murchison Falls National Park & more.