

Mount-Elgon national park in Uganda



The showpiece of the **1,146 sq km** comprising Mount-Elgon National Park is the mountain it is named after; the **4,321 m (14.176 ft) high Mount Elgon**. As an **active vulcano** - arose about 25 mio years ago - it was probably the highest mountain in Africa. Even higher then the Kilimandscharo in Tanzania. But over millions of years its peak caved in and forms now the mighty Caldera with 5 peaks. The **crater lakes**, which can be found there today, have been formed by glaciers in the **Pleistocene** during the last ice age.

The native vegetation, especially the **mountain rainforest**, have been forced back considerably by agriculture. That is why the National Park was **founded in 1993**, to protect the remaining forest. Furthermore, the mountain region plays an **important role for the groundwater** levels in eastern Uganda.

Today, the caves, canyons, hot springs, waterfalls, the easy to climb 5 peaks and the Caldera itself are places of interest with rarity character.

From **Kampala, only 250 km away**, the park is easy to reach on mostly flawless roads With several hotels the town Mbale is located in the near of the park. In the near of Sipi-Falls there are campsites a lodges. But you can also reach Mount-Elgon national park from Soroti.

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- Background information about the [geological era of the Pleistocene](#)

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