

| MHz | C | ITU | LOCATION | REG LA | PROGRAM | M | KW | D | P | COORDIN. | HASL | ANT | HAAT | RDS PS | RDS REG | R PI | PI 2 | REMARKS |
|--------|---|-----|--------------------------|--------|-------------------------------|----|--------|---|---|-------------|------|-----|------|--------|---------|------|------|------------------------------|
| 87.800 | | | UGA Nebbi | gul ee | Radio Paidha | s | 2.000 | N | v | 31e04/02n28 | | | | | | | | |
| 87.900 | P | | UGA Kampala-Nsambya Hill | kam xx | - | m | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |
| 88.200 | | | UGA Kampala | kam xx | Sanyu FM 2000 | s | | | N | 32e34/00n18 | | | | | | | | |
| 88.400 | | | UGA Unknown Tx | xx | Voice of Teso | m | | | N | | | | | | | | | |
| 88.500 | | | UGA Kampala | kam ee | Super FM | s | | | N | 32e34/00n18 | | | | | | | | |
| 88.600 | | | UGA Hoima | fpt xx | Hoima FM | s | | | N | 31e20/01n25 | | | | | | | | |
| 88.600 | | | UGA Soroti | sor xx | Voice of Teso | s | | | N | 33e36/01n42 | | | | | | | | |
| 88.800 | P | | UGA Kampala-Nsambya Hill | kam xx | - | m | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |
| 88.800 | | | UGA Entebbe | kam ee | CBS FM Buganda | s | 5.000 | N | h | 32e28/00n05 | | | | | | | | Central Broadcasting Service |
| 88.900 | P | | UGA Soroti-Ejemoruno | sor xx | - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 89.200 | | | UGA Kampala-East | kam ee | CBS FM Buganda | s | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | Central Broadcasting Service |
| 89.500 | | | UGA Kabale | mba xx | Voice of Kigezi | s | | | N | 29e58/01s15 | | | | | | | | |
| 89.600 | | | UGA Kampala | kam ee | Top Radio-Tower of Praise | s | 5.000 | N | v | 32e30/00n20 | | | 600 | | | | | |
| 89.800 | | | UGA Lira | sor xx | Radio Wa | s | 2.000 | N | v | 32e45/02n14 | | | | | | | | |
| 90.000 | | | UGA Kampala | kam ee | Radio One | s | 10.000 | N | v | 32e30/00n20 | | | 600 | | | | | |
| 90.100 | | | UGA Mbale | mbi xx | Mbale FM | s | | | N | 34e10/01n04 | | | | | | | | |
| 90.900 | | | UGA Arua | gul xx | Radio Pacis | m | | | N | 30e54/03n00 | | | | | | | | |
| 91.300 | | | UGA Mbale | mbi ee | Capital Radio | s | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 91.300 | | | UGA Mbarara | mba ee | Capital Radio | s | | | N | 30e40/00s36 | | | | | | | | |
| 91.300 | | | UGA Kampala | kam ee | Capital Radio | s | | | N | 32e34/00n18 | | | | | | | | |
| 91.500 | | | UGA Soroti | sor xx | Radio Kyoga Veritas | s | 1.000 | N | h | 33e36/01n42 | | | | | | | | |
| 91.700 | P | | UGA Soroti-Ejemoruno | sor xx | - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 91.700 | | | UGA Kagadi | fpt xx | KKCR-Kagadi Kibaale Community | lm | 1.000 | N | v | 30e48/00n56 | | | | | | | | |
| 92.100 | P | | UGA Kumi-Kyelim | sor xx | - | m | 5.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 92.300 | | | UGA Kampala | kam ee | The Voice of Africa | s | 4.000 | N | | 32e34/00n18 | | | | | | | | |
| 92.900 | | | UGA Apac | kam ee | Apac | s | 40.000 | N | h | 32e31/01n58 | | | | | | | | |
| 92.900 | P | | UGA Kumi-Kyelim | sor xx | - | m | 2.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 93.000 | | | UGA Unknown Tx | xx | Radio Equator | m | | | N | | | | | | | | | |
| 93.300 | | | UGA Kampala | kam ee | Monitor FM | m | | | N | 32e34/00n18 | | | | | | | | |
| 93.700 | | | UGA Kampala | kam xx | RFI Afrique | s | | | N | 32e34/00n18 | | | | | | | | |
| 94.100 | P | | UGA Soroti-Ejemoruno | sor xx | - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 94.300 | | | UGA Unknown Tx | mba ee | Radio West | m | | | N | | | | | | | | | |
| 94.400 | | | UGA Kampala-Nsambya Hill | kam xx | Radio Sapientia | s | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | The source of wisdom |
| 94.900 | P | | UGA Soroti-Ejemoruno | sor xx | - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 95.000 | | | UGA Mbarara | mba xx | Radio Voice of Toro | m | | | N | 30e40/00s36 | | | | | | | | |
| 95.200 | | | UGA Unknown Tx | mba ee | Radio West | m | | | N | | | | | | | | | |
| 95.300 | | | UGA Lira | sor ee | Radio Lira | s | 64.000 | N | h | 32e45/02n14 | | | | | | | | |
| 95.600 | P | | UGA Kumi-Kyelim | sor xx | - | m | 2.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 95.900 | | | UGA Kampala | kam ee | Touch FM | s | | | N | 32e34/00n18 | | | | | | | | |
| 96.000 | | | UGA Lira | sor ee | Busoga 96FM | s | 16.000 | N | h | 32e45/02n14 | | | | | | | | |
| 96.000 | | | UGA Unknown Tx | ee | All Karamoja FM | m | | | N | | | | | | | | | |
| 96.200 | | | UGA Mbarara | mba ee | Life Radio | s | | | N | 30e40/00s36 | | | | | | | | |
| 96.300 | | | UGA Kampala | kam ee | Beat FM | s | | | N | 32e34/00n18 | | | | | | | | |
| 97.100 | P | | UGA Kumi-Kyelim | sor xx | - | m | 2.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 97.100 | | | UGA Lira | sor ee | Rhino FM | m | | | N | 32e45/02n14 | | | | | | | | |
| 97.200 | | | UGA Kampala | kam ee | Radio Uganda Red Channel | s | | | N | 32e34/00n18 | | | | | | | | |
| 97.300 | | | UGA Kampala | kam xx | Radio Simba FM | m | | | N | 32e34/00n18 | | | | | | | | |
| 97.500 | | | UGA Mubende | mas xx | Radio Voice of Toro | m | | | N | 31e22/00n34 | | | | | | | | |
| 98.000 | | | UGA Kampala-Nsambya Hill | kam ee | Radio Uganda Green Channel | s | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |

| MHz | C | ITU | LOCATION | REGLA | PROGRAM | M | KW | D | P | COORDIN. | HASL | ANT | HAAT | RDS PS | RDS REG | R PI | PI 2 | REMARKS |
|---------|---|-----|--------------------------|-------|------------------------------|---|--------|---|---|-------------|------|-----|------|--------|---------|------|------|---------|
| 98.100 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 98.100 | | | UGA Hoima | fpt | ee City FM | s | | | N | 31e20/01n25 | | | | | | | | |
| 98.300 | | | UGA Mbarara | mba | ee Greater Africa Radio | s | | | N | 30e40/00s36 | | | | | | | | |
| 98.500 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 98.800 | | | UGA Mbale | mbl | ee Impact FM | s | 1.000 | N | v | 34e10/01n04 | | | | | | | | |
| 99.000 | | | UGA Kampala | kam | ee East Africa Radio | s | | | N | 32e34/00n18 | | | | | | | | |
| 99.600 | P | | UGA Kampala-Nsambya Hill | kam | xx - | m | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |
| 99.700 | P | | UGA Soroti-Ejemoruno | sor | xx - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 100.000 | | | UGA Kampala | kam | ee Star FM 100 | s | 1.000 | N | v | 32e34/00n18 | | | | | | | | |
| 100.200 | | | UGA Mbarara | mba | ee Radio West | s | | | N | 30e40/00s36 | | | | | | | | |
| 100.500 | | | UGA Kampala | kam | xx Radio Voice of Toro | m | | | N | 32e34/00n18 | | | | | | | | |
| 100.900 | P | | UGA Kumi-Kyelim | sor | xx - | m | 5.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 100.900 | | | UGA Arua | gul | ee Voice of Life | m | 1.000 | N | v | 30e54/03n00 | | | | | | | | |
| 101.000 | | | UGA Fort Portal | fpt | xx Radio Voice of Toro | m | | | N | 30e16/00n38 | | | | | | | | |
| 101.100 | | | UGA Kampala | kam | xx BBC WS Africa | s | | | N | 32e34/00n18 | | | | | | | | |
| 101.500 | | | UGA Masaka | mas | ee Impact FM | s | 1.000 | N | v | 31e43/00s20 | | | | | | | | |
| 101.700 | | | UGA Kisaasi | kam | xx Mama FM | m | | | N | 32e35/00n22 | | | | | | | | |
| 101.800 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 101.800 | | | UGA Luzira-Mutungo Hill | kam | ee Radio Maria Uganda | m | 0.040 | N | v | 32e34/00n18 | | | | | | | | |
| 101.800 | | | UGA Mbarara | mba | ee Radio Maria Uganda | m | | | N | 30e40/00s36 | | | | | | | | |
| 102.100 | | | UGA Kampala-Nsambya Hill | kam | ee Impact FM | m | 4.000 | N | v | 32e35/00n20 | | | 335 | | | | | |
| 103.000 | | | UGA Kampala | kam | ee Word of Life FM | m | | | N | 32e34/00n18 | | | | | | | | |
| 103.400 | P | | UGA Kampala-Nsambya Hill | kam | xx - | m | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |
| 103.700 | | | UGA Luzira-Mutungo Hill | kam | ee Radio Maria Uganda | m | 0.040 | N | v | 32e34/00n18 | | | | | | | | |
| 104.100 | | | UGA Kampala | kam | ee Power FM | m | | | N | 32e34/00n18 | | | | | | | | |
| 104.900 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 104.900 | | | UGA Kampala | kam | ee Top Radio-Tower of Praise | s | | | N | 32e34/00n18 | | | | | | | | |
| 105.200 | P | | UGA Kumi-Kyelim | sor | xx - | m | 5.000 | N | v | 34e00/01n30 | | | 600 | | | | | |
| 106.100 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 106.500 | | | UGA Lira | sor | ee Radio Apac | s | 10.000 | N | h | 32e45/02n14 | | | | | | | | |
| 106.500 | P | | UGA Soroti-Ejemoruno | sor | xx - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |
| 106.600 | | | UGA Unknown Tx | mba | ee Radio West | m | | | N | | | | | | | | | |
| 106.900 | P | | UGA Kampala-Nsambya Hill | kam | xx - | m | 5.000 | N | h | 32e35/00n20 | | | 335 | | | | | |
| 106.900 | P | | UGA Mbale | mbl | xx - | m | 2.000 | N | v | 34e10/01n05 | | | 600 | | | | | |
| 107.300 | | | UGA Mbale | mbl | xx BBC WS Africa | s | | | N | 34e10/01n04 | | | | | | | | |
| 107.300 | | | UGA Mbarara | mba | xx BBC WS Africa | s | | | N | 30e40/00s36 | | | | | | | | |
| 107.700 | P | | UGA Soroti-Ejemoruno | sor | xx - | m | 2.000 | N | v | 33e35/01n50 | | | 600 | | | | | |