

# GORILLA TREKKING





# **GORILLA TREKKING** **TRIP**

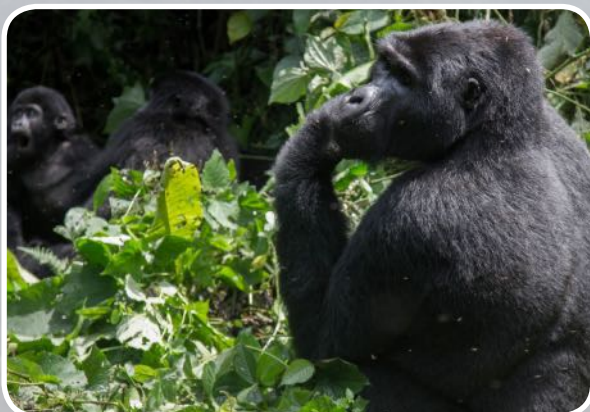
A Gorilla Safari that will take you to Bwindi, located amidst magnificent forests in the extreme end of South west Uganda, across the steep escarpments of the western rift valley. Bwindi impenetrable forest is the only park in the world which is famous for harbouring half of the world's endangered gorillas.

The evening Cultural performances by local communities around Buhoma is worthwhile to see or you can opt for a cultural village walk to meet and interact with the local communities.

You will also enjoy some souvenir shopping at the Equator line which has a number of craft shops & restaurants.

## **TRIP HIGHLIGHTS**

- Bwindi Impenetrable Forest National Park for gorilla trekking.
- The mountainous landscape of Western Uganda







## **Day 1: Arrival and transfer to Bwindi Impenetrable Forest**

This Gorilla Safari begins and ends from Kampala or Entebbe. Our guide/driver picks you up at 8:00am from your hotel or residence. Drive to Mbarara (283km from Kampala) via Masaka. Make a first stop over at the Equator crossing for snacks and photography.

Lunch break is made at Regency Hotel or Agip Motel Mbarara. After lunch, drive to Kabale and proceed to Bwindi.

This is the lushest highland rain forest on Earth, filled with primates and exotic birds, valleys, hilltops and papyrus swamps. The afternoon is spent on a foot safari around the local communities living around the park.

Accommodation Buhom Gorilla Camp (Midrange)  
Nkuringo Gorilla Lodge (Highend)



## **Day 2: Gorilla Safari in Bwindi**

Begin the day with breakfast ready for Gorilla Trekking, which begins at 8:00am with a briefing from the UWA staff. Ensure to carry along with you a rain jacket, drinking water, snacks, jungle boots etc. The guides will lead you inside the jungle to see the shy Primate group you have been booked for.

Do not forget to take your lunch boxes and all the necessary gear to track the rare Mountain Gorilla, perhaps one of the most exciting wildlife experiences on earth. The tracking may take between 2 and 6 hours depending on where the Gorilla's are located but its well worth the effort.

Accommodation at Buhoma Gorilla  
Camp or Nkuringo Lodge  
Meal Plan: Breakfast, Lunch and Dinner.









### **Day 3: Bwindi to Kampala / Entebbe Airport**

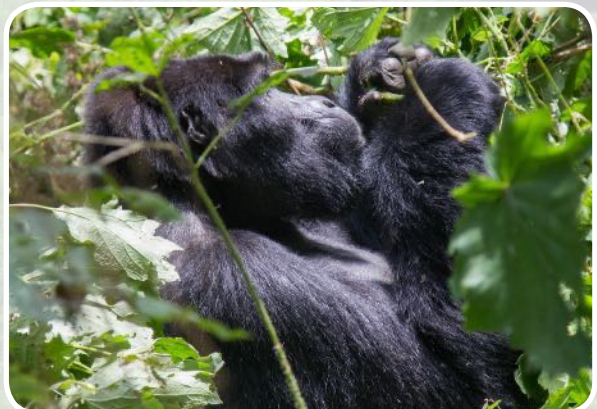
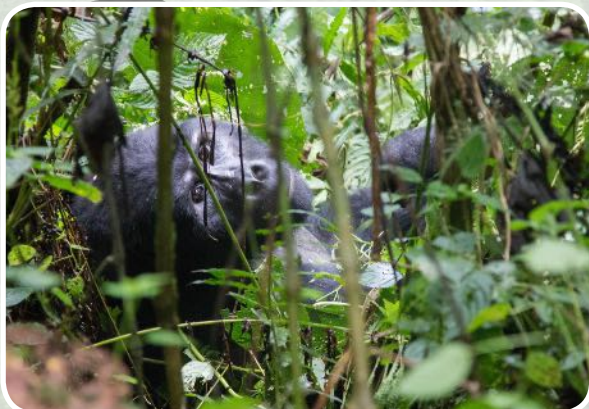
Return to Kampala then proceed to Entebbe airport, with lunch en-route and stop over at the Equator on Masaka Road, before your evening departure back home.

Meal plan: Breakfast & Lunch



### **What to bring on your Gorilla Safari:**

1. Wear comfortable hiking shoes suitable for steep muddy slopes.
2. Carry a packed lunch and enough drinking water.
3. Carry rain gear, sunscreen lotion, a hat (as the weather is unpredictable) and insect repellent.







## **INCLUDED**

- Transport in a 4WD vehicle with pop-up roof.
- All fuel for the tour
- English speaking Ugandan driver/guide.
- Accommodation and Meals on Full Board (Breakfast Lunch and Dinner)
- Park-entrance fees for all National parks
- All activities described in the itinerary
- 1 Gorilla permit per person.
- Drinking water throughout the safari.



## **NOT INCLUDED**

- International air fares
- Entry visa Uganda
- Meals that are not part of your accommodation.
- A porter for during the gorilla tracking (someone who carries your daypack).
- Personal (medical/travel) insurance
- Tips and gratuities to rangers, driver/guide, porter, hotel staff, etc.
- All expenses of personal nature (e.g. drinks, laundry, optional activities, souvenirs etc.)









## **EXPERT TIPS:**

### **When you are with the gorillas:**

- A 7 meter (21 feet) distance should be tried to be observed at all times from the gorillas. The further back you are, the more relaxed the group will be.
- You must stay in tight group when you are near the gorillas.
- Keep your voices down at all times. However, it is okay to ask the guide questions.
- Do not smoke, drink or eat when you are near the gorillas. Eating or drinking inevitably will increase the risk of food/drink morsels/droplets falling, which could increase the risk of transmission of diseases.
- Sometimes the gorillas charge. Follow the guides example (crouch down slowly, do not look the gorillas directly in the eyes and wait for the animals to pass). Do not attempt to run away because that will increase the risk.
- Flash photography is not permitted! When taking pictures move slowly and carefully.
- Do not touch the gorillas. They are wild animals.
- The maximum time you can spend with the gorillas is one hour. However, if the gorillas become agitated or nervous, the guide will finish the visit early.
- After the visit keep your voices down until you are 200 meters away from the gorillas.





## **EXPERT TIPS:**

### **General health rules:**

Remember that mountain gorillas are very susceptible to human diseases. The following rules are ways to minimize the risk your visit might pose to them:

- Respect the limits imposed on the number of visitors allowed with the gorillas each day. This minimizes the risk of disease transmission and stress to the group.
- If you are feeling ill, or you are carrying a contagious disease, volunteer to stay behind. An alternate visit will be arranged for you, or you will be refunded your money.
- If you feel the urge to cough or sneeze when you are near the gorillas, please turn your head away and cover your nose and mouth in order to minimize the spread of bacteria or viruses.
- Always stay 7 meters (21 feet) away from the gorillas. This is to protect them from catching human diseases.
- Do not leave any rubbish (e.g., food wrappers) in the park; foreign items can harbour diseases or other contaminants.
- If you need to go to the toilet while in the forest, please ask the guide to dig you a hole with his panga. Make sure the hole is 30 cm deep and fill it in when you are finished.