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# Tour Notes

Primates of Uganda

Tour Duration – 12 Days



## Tour Rating

Fitness ●●●●○ | Off the Beaten Track ●●●○○ | Culture ●●○○○ | History ●●○○○ | Wildlife ●●●●●

## Tour Pace

Busy

## Tour Highlights

- ✓ Visit the source of the Nile
- ✓ Ziwa Rhino Sanctuary – home of the only wild rhinos in Uganda
- ✓ Excellent game viewing at Murchison Falls National Park
- ✓ Exciting Chimpanzee tracking in Kibale Forest
- ✓ Marvel at the tree climbing lions at Queen Elizabeth National Park
- ✓ Wildlife cruise on the Kazinga Channel in Queen Elizabeth National Park
- ✓ Track Mountain Gorillas in unforgettable Bwindi Impenetrable Forest





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## Tour Map – Primates of Uganda



### Tour Essentials

- Accommodation:** Mix of simple but comfortable hotels and lodges
- Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
- Group Size:** Maximum 7
- Start Point:** Entebbe
- End Point:** Entebbe
- Transport:** 4WD safari type vehicles
- Country Visited:** Uganda





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## Primates of Uganda

Uganda is known as one of the most stunning countries in Africa, and with good reason. On this tour we visit some of its most beautiful areas in search of incredible wildlife, much of which has long since disappeared from the rest of the continent. From the bustling capital Kampala, we see the source of the Nile and then head north via Ziwa Rhino Sanctuary to Murchison Falls National Park to search for elephant, lion and buffalo on game drives, then search for chimpanzees in the Kibale Forest. From there we head to the spectacular Queen Elizabeth National Park, with its plains, forest, swamps and lakes – a wide diversity of landscapes means that wildlife viewing here is varied. But the highlight of this trip is perhaps one of the highlights of all of Africa – tracking a family of gorillas in their natural habitat through the forests of Bwindi National Park. Make no mistake; this is a truly astonishing wildlife experience that will leave you lost for words.

## Tour Itinerary Notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

## Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

# Itinerary

## Day 1: Arrive Entebbe – Kampala (Approximate driving time is 1.5 hours)

Arrive in Entebbe and transfer to Kampala. Overnight Urban by City Blue Kampala or similar. No meals or guided activities.

### Kampala

Uganda's capital Kampala was built on a collection of hills and was the political centre of the kingdom of Buganda. Its name comes from a corruption of the term 'hills of the impala', a reference to the species of antelope that was once found here in abundance. It was expanded by British settlers following the ratification of a treaty between the traditional king, or kabaka of Buganda and the colonialist and explorer Frederick Lugard, and developed into a trading centre from which animal produce such as skins and ivory were sent to Mombasa along a newly constructed railway. Kampala has few sights as such, but as a busy and bustling city provides a good insight into contemporary urban Africa. It has a great selection of restaurants, bars and clubs and has a fairly hectic and enjoyable nightlife. It's worth making a trip to the Kasubi tombs, the burial places of former traditional rulers of Buganda which are still maintained by female relatives of the deceased today, where one can see royal artefacts from days gone by.

**Day 2: Source of the Nile and Sezibwe Falls (Overall approximate driving time today not including stops is 4 hours)** Transfer to the source of the Nile in Jinja, with excursions to Sezibwe Falls and Mabira forest. Return to Kampala. Overnight Urban by City Blue Kampala. (BL)





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## Jinja

Jinja, situated on the shores of Lake Victoria, is in a spectacular setting surrounded by natural lush vegetation. It is a major station on the Ugandan Railway and a port for the Lake Victoria Ferries. The legendary source of the River Nile, the longest river in the world, is 4km away, first identified after much effort and controversy by the British explorer John Speke. Speke had however not seen the actual source, but based his assertion on a set of untested assumptions, which led to the mystery remaining unsettled until the great explorer Stanley confirmed it some years later.

### **Day 3: Kampala to Murchison Falls National Park via Ziwa Rhino Sanctuary (Approximate overall driving time today without stops is 7 hours)**

The day begins with a drive to Ziwa Rhino Sanctuary. The sanctuary is home to around 20 southern white rhinos which were reintroduced after their extinction in the 1970s through poaching. A local ranger guide will lead you on foot to an up-close encounter with the rhinos and it may take about 1 and half hours. Continue to Masindi Town for lunch and later continue to Murchison Falls National Park arriving at your lodge late afternoon. Overnight Pakuba Safari Lodge or similar (BLD)

#### **Ziwa Rhino Sanctuary**

Located north of Kampala in the Nakasongola district of Uganda, The Ziwa Rhino Sanctuary is the only place in the country with wild rhinos. Currently home to twenty two southern white rhinos, the sanctuary offers rhino trekking, shoebill trekking, canoeing, bird watching, and night walks. Visitors may also spot a range of other species including Uganda kobs, oribis, bush bucks, and water bucks. The prehistoric-looking shoebill stork is one of the most sought after birds in Uganda, and the sanctuary is one of the only places where they can almost always be seen. Visitors can see over 300 bird species along bird trails through the woodlands, swamp and savannah.

#### **Murchison Falls National Park**

Uganda's largest protected area and dissected by the Victoria Nile, Murchison Falls is named after its magnificent waterfall, caused by the Nile forcing its way through a narrow gap in the rocks, which in turn was named after Sir Roderick Murchison, president of the Royal Geographical Society at the time that they were 'discovered'. Wildlife here suffered greatly during Uganda's succession of bloody conflicts in the 1970's and 1980's, with various armies slaughtering game to either eat or sell, and during this time many animals, including rhino, became extinct. Today numbers are recovering and Murchison Falls has good numbers of elephant, lion and buffalo, among other species. Other animals to be found here are giraffe, various species of antelope including waterbuck and bushbuck, leopard, hyena and chimpanzees in the Rabongo Forest. The birdlife here is even greater, with approximately 460 species being recorded in the park, including the shoebill stork.

### **Day 4: Murchison Falls National Park – Game drive and the falls**

An early start for a game drive on the northern bank of the River Nile in your open-roof vehicle which will give you an excellent opportunity to view and photograph the diverse wildlife. Species may include elephant, lion, cape buffalo, Roth child's giraffe, hartebeest, waterbuck, oribi, bushbuck, bohor reed buck, hyena and if you are lucky, the leopard. After lunch, cruise upstream the calm Victoria Nile to the base of the falls stopping just few of meters from the 'Devil's Cauldron', marvel at the schools of hippos, crocodiles and over the 17km stretch you may see elephant, waterbuck and Uganda Kob. This is also an area with prolific birdlife, species such as goliath heron, Egyptian goose, pelican bee-eater, kingfisher, hornbill, cormorant and the rare shoebill stork. Continue to the top of the falls, and admire the amazing views where the Nile -world's longest river explodes violently through a narrow cleft in the Rift Valley escarpment to plunge into a frothing pool 43m below. Later, return to your lodge. Overnight Pakuba Safari Lodge or similar (BLD)

**Alternative option** – it is possible to organise a hot air balloon safari very early in the morning with a bush breakfast included for a supplement of £400 per person subject to availability.



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**Day 5: Murchison Falls to Kibale Forest (Approximate driving distance today not including stops is 8 hours)**

After an early breakfast, travel to Kibale Forest National Park. Drive south via Hoima to Fort Portal through verdant countryside passing through traditional homesteads, farms and tea estates. Lunch will be taken en route and arrival at Kibale is expected by late afternoon. Overnight Crater Safari Lodge or similar (BLD)

**Note – It is also possible to fly from Murchison Falls to Kibale by small aircraft. If you are interested in taking this option please contact us for availability and prices.**

**Day 6: Kibale Forest Chimpanzee tracking and Bigodi Swamp**

After breakfast enjoy one of the highlights of the trip, the Chimpanzee tracking experience in Kibale Forest National Park which is reputed to have the greatest variety and highest concentration of primates in East Africa. With an expert guide, walk in the tropical rainforest in search of the wild chimpanzees, red-tailed monkeys, black and white colobus monkeys and many others. Although chimp sightings are not guaranteed, visitors stand a very good chance of hearing and seeing our distant cousins as they groom and bond with one another, a sight never to be forgotten. Later for those that wish to keep active, take a beautiful but easy walk at Bigodi Swamp, a community project where you will be accompanied by a local community guide. The swamp is an oasis for birdlife and it is also common to see different primate species on the walk. If time allows after the Bigodi swamp walk, visit the local community, where you will be shown how coffee is grown, harvested, roasted and prepared to drink. You may also see how banana beer is brewed from bananas with sorghum. Bananas are mashed using feet. Subject to local permission it may be also possible to visit the local school and a medicine man. If still time allows, you may also visit the school and women's group being supported by the lodge. The kids will sing and dance for you. Overnight Crater Safari Lodge or similar. (BLD)

**Note – For those that wish it may be possible to organise a chimpanzee habituation experience by paying a supplement of £100, with the experience lasting most of the day. Only 6 people are permitted to take part on any day and you will be sure to come face to face with these closest cousins of man. Advance booking is necessary for this option.**

**Please note that long sleeves and trousers and robust walking shoes/boots are recommended in Kibale Forest.**

**Kibale Forest and Chimp Tracking**

Bordering Queen Elizabeth National Park, Kibale Forest is one of the best places in all of Africa to see chimpanzees in the wild. In addition to chimps it is also home to another twelve primate species, with around sixty mammal species in total, including lion, leopard, buffalo, elephant and the giant forest hog although these tend to be difficult to see. The chimpanzees here are habituated to the presence of humans, and although sightings are not guaranteed, the chances of encountering them are good. Closely related to humans, chimpanzees live in large communities headed up by an alpha male. Although they eat mainly fruit, there have been cases of them hunting monkeys in groups as well as using tools to catch termites. Once widely spread throughout Africa, their habitat has been reduced by deforestation and the encroachment of human settlements, and chimpanzees can now be found in twenty-one countries.

**Day 7: Kibale Forest - Queen Elizabeth National Park (Approximate driving time today not including stops is 3 hours)**

After breakfast, take a beautiful drive towards Queen Elizabeth National Park and on arrival at the park we drive through looking for game with the impressive Rwenzori Mountains as a spectacular backdrop. After lunch at the lodge, cruise on the Kazinga Channel, to view buffalo, hippo and other animals at the edge of the channel as they cool off. European migratory birds, including flocks of terns and gulls can also be seen in the area. Overnight Park View Safari Lodge or similar. (BLD)



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### **Queen Elizabeth National Park**

Queen Elizabeth National Park is almost two thousand square kilometres in size, pressed up against the border with the Democratic Republic of Congo. Mostly made up of savannah grassland, it also contains forest, swamp and lakes. Almost 100 mammal species and a remarkable 606 bird species makes this superb safari territory, with elephant, a profusion of hippos, the elusive giant forest hog and handsome Ugandan Kob all regularly sighted around the Mweya Peninsula. This boasts a marvellous waterfront setting in the shadow of the Rwenzori Mountains. Like Murchison Falls, the park's wildlife declined dramatically in the 1970's and 80's but is now on the increase once more.

### **Day 8: Queen Elizabeth National Park – Tree climbing lions (Approximate driving time today is 2 hours not including stops and game drive)**

This morning, travel to a different part of this magnificent park and later in the afternoon; take a game drive in search of the famous tree climbing lions and other species. Overnight Enjojo Lodge or similar (BLD)

### **Day 9: Queen Elizabeth National Park to Bwindi Impenetrable Forest (Approximate driving time is 5 – 6 hours not including stops and morning game drive)**

After breakfast, take a morning game drive through the Ishasha plains for another chance to spot the famous tree climbing lions and other wildlife before heading away from Queen Elizabeth National Park and on to Bwindi Impenetrable Forest through beautiful mountain scenery often referred to as 'little Switzerland' in anticipation of another major highlight of the trip tomorrow. Overnight Gorilla Safari Lodge or similar. (BLD)

### **Day 10: Gorilla Tracking at Bwindi Impenetrable Forest**

After an early breakfast, travel the short distance to park HQ for an important briefing about your gorilla trekking adventure. You will then be led experienced gorilla trackers on the slopes of the volcanoes. Although the hike can be physically demanding, the anticipation of the exciting experience ahead is amazing, and the beauty of the forest is enchanting. One of Africa's major highlights is when you encounter these gentle apes. It is a humbling experience to stand just meters from man's distant cousins as they eat rest, play and bond with their young ones. You are allowed an hour with the gorillas before returning to your lodge. If your trek was relatively short, you may have a guided nature walk around the lodge and the surrounding communities. Overnight Gorilla Safari Lodge or similar. (BLD)

**Note – Subject to availability and for a supplement of approximately £850 per person, you may opt for a Gorilla Habituation experience enabling you to stay with these incredible animals for up to 4 hours and you will often be away for the whole day.**

**Please note that long sleeves and trousers and robust walking boots are recommended in Bwindi Impenetrable Forest.**

### **Gorilla Tracking**

Deep in the heart of central Africa, the volcanic mountains that straddle the border of Uganda, Rwanda and the Democratic Republic of Congo are home to the last surviving mountain gorillas in the wild. Numbering roughly 650 in total, the population has dwindled due to pressure of a shrinking habitat, poaching, and the effects of war in the Congo and Rwanda. Today numbers appear to be stabilising, but the gorillas are still seriously endangered. Actually tracking the gorillas is an adventure in itself and can take all day. Please ensure you have the right hiking boots and clothing, are reasonably fit and able to walk in challenging terrain. Sightings are not guaranteed, although chances are good. Sitting high in the dripping forests just a few yards away from a family of mountain gorillas is a truly remarkable experience. Watching them feed is to feel an extraordinary bond with these hugely powerful creatures – the fact that they will calmly tolerate a group of humans nearby is a testament to their placid nature, and it engenders an extraordinary feeling of trust. At times it is easy to see how closely related we are, but you are always aware that you are in the presence of a group of completely wild animals; a knowledge that fills you with awe.



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### **Day 11: Bwindi Impenetrable Forest – Lake Mburo National Park (Approximate driving time today is 4 hours not including stops and game drive)**

This morning we have an early start and transfer to Lake Mburo National Park for lunch with views over the savannah. After some relaxation time around mid-afternoon we take a boat cruise and afterwards look for game by safari vehicle as the sun dips and we may be able to spot giraffe, zebra and various species of antelope. Overnight Rwakobo Rock Lodge or similar. (BLD)

#### **Lake Mburo National Park**

Situated in the southwestern region of Uganda, Lake Mburo National Park is an easily accessible, compact little gem. Renowned for its impressive biodiversity, Lake Mburo National Park shelters almost seventy mammal species and over 300 avian species in its forests, swamps and grasslands. This spectacular landscape features open plains of savanna interrupted by rocky ridges, forested gorges and lush dense woodland. Crocodiles, hippos and a myriad of water birds are found in and around the five lakes, of which Lake Mburo is the largest. Other commonly spotted wildlife include: impala, oribi, eland, zebra, buffalo, Defassa waterbuck, leopard, hyena, hippo and reedbuck.

### **Day 12: Lake Mburo National Park – Entebbe - (Approximate driving time today is 5 hours not including stops)**

After breakfast, take a walking safari under the escort of an armed ranger. The Kopjes are particularly interesting with the camouflage kilspringers and topis. It is exciting to approach wildlife at such close range. Later, leisurely drive back towards Entebbe with a stopover at the Equator. Also stop at the Mpigi Royal Drum Makers and observe the ceremonial drums being crafted using methods passed down through the generations. Transfer to Entebbe, arriving in the afternoon and transfer to Entebbe International Airport for your onward flight. (BL)

## *Tour Inclusions/Exclusions*

#### **Inclusions:**

- Airport transfers
- All accommodation as per itinerary or similar
- All transportation with services of a driver
- Services of English-speaking guide / tour leader
- Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
- Entrance fees for sites listed as part of the itinerary
- 1 Gorilla permit per person
- 1 Chimpanzee permit per person

#### **Excluded:**

- International flights
- Items of a personal nature
- Supplements for Chimpanzee and/or Gorilla habituation experiences
- Any airport taxes
- Travel Insurance
- Visas if applicable
- Drinks
- Tips (discretionary)



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# Important Information

## Foreign Travel Advice Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At the time of writing the Foreign and Commonwealth Office does not advise against travel to any of the areas within Uganda that we visit on our tours. Please feel free to contact us should you have any specific concerns or if you would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

## Accommodation and Meals

### Hotel Check-in Times

As a general rule most lodges allow check-in from 11am. Hotels can be as late as 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

### Accommodation Rating

On this tour you can expect to stay in simple but comfortable accommodation, all with private bathrooms. Mosquito nets will be present where necessary. In general you will find your hotel has a restaurant and/or bar.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

### Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

### Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

### Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.



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### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch £5-10

Dinner £10-15

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bottle of water £0.50

Bottle of Beer (local) £1.00

### Tipping – Guide and Drivers

Tipping is common practice in Africa. If your local guide and driver have been helpful then a reasonable amount to tip would be between \$5-10 a day for the guide and around \$5 a day for the driver.

It is not essential to tip the guides/rangers when tracking the gorillas or chimpanzees but if you feel that the experience merits a tip then it will be greatly appreciated.

### Foreign Exchange

**ATM Availability:** ATM machines can be unreliable

**Credit and Debit Card Acceptance:** Credit cards are widely accepted in hotels, lodges and restaurants

**Local Currency:** Ugandan shilling (Ush)

**Recommended Currency for Exchange:** The easiest currency to exchange is the US dollar, but notes smaller than US\$50 attract worse rates of exchange

**Where to Exchange:** Your guide will advise you

### Joining your Tour

#### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

### Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities.



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Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

### Visa Information

British nationals need a visa to enter Uganda. With effect from 1 July 2016, Uganda has introduced an 'e-visa' system. You should [apply online for an 'e-visa'](#) as far in advance of travel as possible and at least 2 weeks prior to your departure. If successful, you'll receive an authorisation document by email, which you should print out and give to immigration officials on arrival in Uganda (or at the Ugandan High Commission or other Ugandan diplomatic mission overseas if you wish to apply for a visa to be issued in their passport in advance of travel). A standard single-entry visit visa costs \$50, and you'll need to bring this amount with you in cash (US dollars only) on arrival. Check the [Ugandan Directorate of Citizenship and Immigration Control website](#) for the latest information on visa fees.

Regulations do frequently change though, so we advise all nationalities that you check the current requirements with your nearest embassy for up to date advice.

### Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of leaving Uganda.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).

### Vaccinations & Protection

As with travel to most parts of Africa, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. Anti-malaria medication is also required and the use of a DEET-containing insect repellent is highly recommended. A yellow fever certificate must be shown to enter Uganda and make sure your yellow fever vaccination is up to date.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.



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# Preparing for your tour

## Climate

The wet seasons in Uganda are generally speaking from March to May, and mid-September to November. However it is possible to travel in the rainy season although journeys can sometimes be more difficult but in general you will see fewer tourists. The weather is actually very difficult to predict in Uganda and even in the so called dry seasons you should expect rain showers. Being on the equator temperatures by day remains warm all year round in the dry season. The high is usually around 30 degrees in Kampala outside of the rainy season. At higher altitudes of course in locations such as Bwindi Impenetrable Forest, nights in particular can be quite cool.

## Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof clothing for any days that the weather may be wet or windy. Long sleeves and long trousers are recommended for chimpanzee and gorilla trekking. It is advisable to tuck socks into your trousers when trekking in the forest and swamps to avoid ant bites which whilst not dangerous can be uncomfortable. Some people like to wear robust gloves on the chimpanzee and gorilla treks as it is common that you will need to hold on to trees/branches to maintain balance and this helps to avoid cuts and scratches.

## Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray is essential for the tropical forests and swamps. A porter can be hired at the start of the gorilla trekking to carry your essentials. People find this useful as the terrain can be difficult. Walking poles will be useful if you have them, although in Bwindi a walking stick can be provided by the porters.

## Footwear

Footwear is a main priority on this tour. Comfortable walking boots are recommended for the walks in Kibale Forest, Bigodi Swamp, and Bwindi Impenetrable Forest. Outside of these places lightweight shoes and sandals for travelling will be suitable.

## Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

## Electric Supply & Plugs

Generally electrical supply is 240V/50 Hz. British three-pin plugs are mainly used.

## Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These notes were updated 8<sup>th</sup> July 2020.

