

## Gorilla Trek - TDUGTN

3 days: Kampala to Kampala

### What's Included

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Guided Mountain Gorilla trek in Bwindi Impenetrable National Park

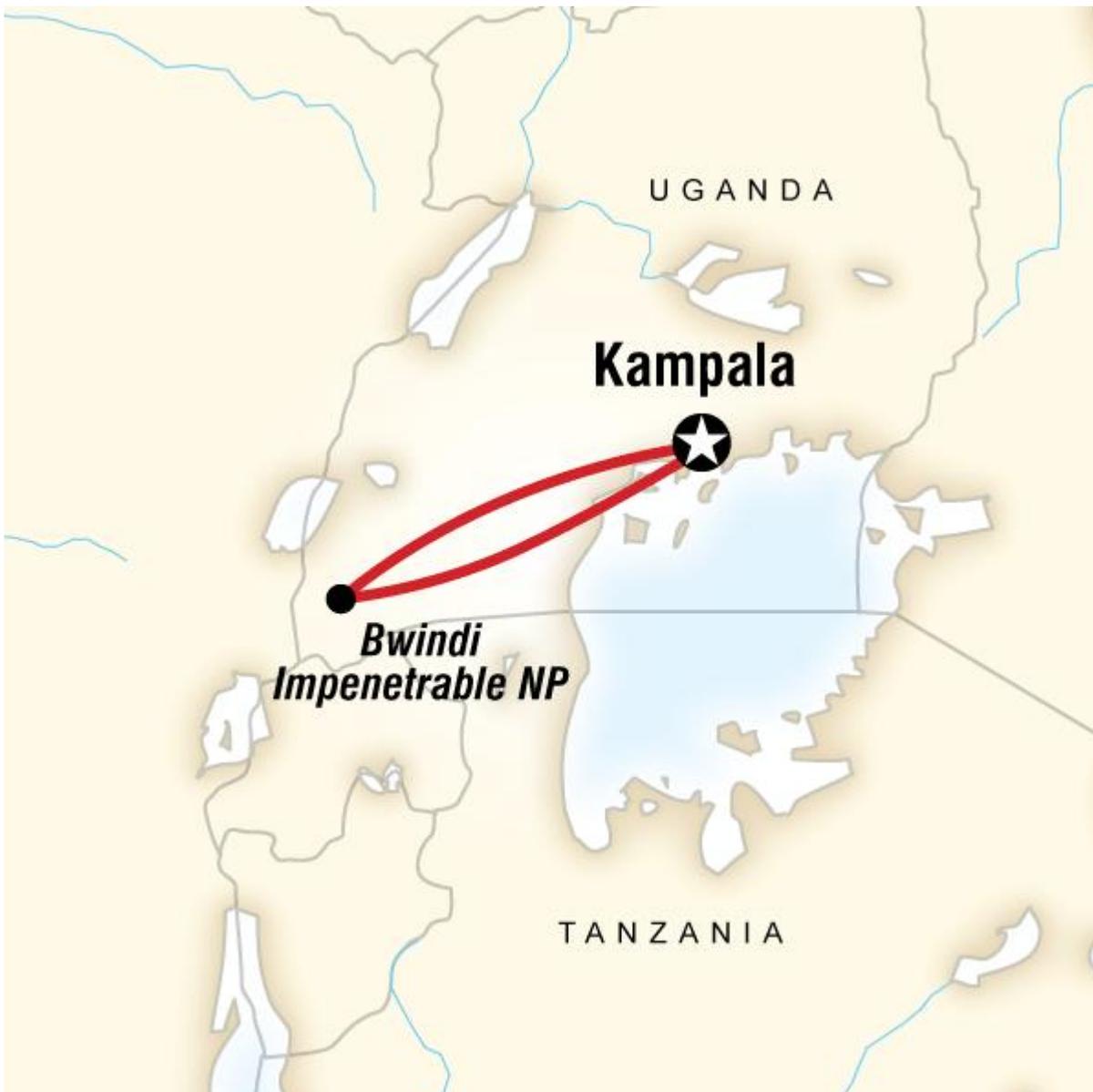
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 1st, 2013 - December 31st, 2013

### Itinerary

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#### **Day 1 Kampala/Southwestern Uganda**

Depart Kampala at 7am and drive through magnificent countryside and tropical bamboo forest on our way to Kisoro (approx 9 hours). We will make some stops along the way; at the Equator for photographs and for lunch in Mbarara, before an afternoon arrival into Kisoro. We strongly recommend arriving a day prior as this trip does not include a night in Kampala.

#### **Day 2 Gorilla Trek (1B)**

A designated UNESCO World Heritage Site, Bwindi's Impenetrable Forest is a true African jungle, so named because of the dense undergrowth, vines and other vegetation which make it almost 'impenetrable'. It is both mysterious and awesome. At least 120 species of mammals make their home here in one of the richest ecosystems in Africa. Besides the 10 species of primates, elephant, bush pig, giant forest hog, many species of bats and rodents, at least 346 species of birds including rare forest birds, 14 species of snakes, 27 species of frogs and toads, 6 chameleons, 14 lizards, skinks and geckos, and at least 202 species of butterflies are resident in the Forest.

Bwindi's biggest claim to fame is the fact that it is sanctuary to approximately half of the world's population of mountain gorillas. This is the world's most endangered ape, and is found only in small portions of protected afro-montane forests in northwest Rwanda, southwest Uganda and eastern Democratic Republic of Congo. The mountain gorillas are divided into two populations and current figures estimate the total population to be about 600 individuals. One population (approximately 330) is found in Bwindi, and the other is in the Virunga Mountains, covering three National Parks in three countries.

Ugandan authorities are fiercely protective of this natural treasure and permit only a maximum of 8 passengers per day (currently) to visit the gorillas. In the morning take a short drive to Park Headquarters and meet with your excellent local guides and porters, who will carry your personal items and assist you during the trek. The guides will provide a talk on the etiquette of gorilla trekking. The group will then trek into the forest where the gorillas were the night before and track from that point. The trek can take from one to six

hours and climb altitudes in excess of 7500 feet. The terrain is rough and at times muddy and slippery. It is very important to bring along plenty of water. It can rain in a few minutes notice; hence waterproof clothing is essential along with protective bags for your camera and film.

Without doubt, your first impression of the dense jungle will be its almost audible silence. Jungle creatures are very, very shy, but, as you pick your way along the trail, through the dense undergrowth, you'll realize that the jungle is alive. Thousands of living organisms are discreetly watching and waiting as you pass through their home and, from time to time, the complete tranquility will be shattered by a darting forest bird or group of chattering monkeys leaping through the stands of ancient trees, disturbing the secretive residents and setting up a chain reaction. Now, the ever-wary jungle comes to colourful and noisy life for a moment, until silence reigns again. As you walk among the shadows of the leafy canopy, this rainforest reveals the smells and sounds of Africa, just as it has been for centuries. Your guide will take you along river trails with delightful waterfalls, up steep slopes and into forest clearings in search of these gentle giants. Although the hike is physically demanding the beauty of the forest and surrounding scenery make the trekking worthwhile. Once the gorillas are located all fatigue is forgotten, as the experience is often described as being the most profound natural history experience in the world. Approximately 98% of the gorilla treks are successful but there is no guarantee that you will see the gorillas.

### **Day 3 Kampala (1B)**

Depart early for the return drive to Kampala. Stop just after Masaka town at Mpambiire drum village to see the Ugandan drum craftsmen at work. We arrive back in Kampala in the early evening where your tour ends.

## **What's Included**

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Guided Mountain Gorilla trek in Bwindi Impenetrable National Park

## **Highlights**

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Getting up close and admiring a family of mountain gorillas in their own natural habitat, knowing you have all your bases covered with all national park and permit fees for gorilla tracking included.

## **Dossier Disclaimer**

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## **Itinerary Disclaimer**

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While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **Important Notes**

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1. This is an Independent style G Adventures tour. This means that we do not have dedicated group departures, but rather that we offer the trip on any given day that you choose. As such, there may or may not be other passengers booked on the exact same day as you. Locally, you may have the option to be pooled with other passengers who have not booked through G Adventures.
2. Because of the migratory nature of the gorillas, G Adventures can not guarantee that you will be able to see the gorillas on your

day trek.

3. We strongly recommend arriving a day prior as this trip does not include a night in Kampala. Your tour departs 7am in the morning from Kampala. Though this tour does not include accommodation in Kampala, you may choose to pre-reserve a room through G Adventures at our joining hotel.

4. Visitors to Uganda should be in excellent physical condition, without any heart problems and prepared to spend strenuous days in humid rain forests, steep terrain and high altitude trekking for chimpanzee and gorillas, as well as other primates. Waterproof hiking boots, trousers and long sleeved closed shirts, garden gloves, waterproof clothing and poncho are essential. A pouch for your camera equipment is also highly recommended. As it is very dark in the jungle; only high speed film (ISO 400 or higher) will give good results. Those preferring to remain at base camp in Bwindi may do so, however, there is no price reduction.

5. The power supply in Uganda is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

6. Please note that the price of this tour includes all national park and permit fees for the Gorilla tracking experience in Uganda. As such, you will not be expected to pay any other fees in order to take part in this amazing experience on this tour - we include all fees of this activity within the selling price.

## Group Leader Description

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For this tour, you will be lead by a local G Adventures representative. He will meet you in Kampala, and be your main group manager and contact during your trip. Our representative is there to lead your trip, assist you with any questions or concerns, and share with you his broad knowledge of the region. During the actual gorilla trek we use an experienced and certified local mountain guide, expert gorilla trackers, and armed guards to accompany you for your safety.

## Meals Included

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2 Breakfasts.

## Meals

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There are no meals included as part of the itinerary for this trip. This gives you flexibility: your hotels will have a restaurant or you may inquire about a good local establishment. Part of the excitement of a G Adventures trip is the ability to try local dishes when possible. Your guide will advise you about pre-ordering a packed lunch for your day excursion.

## Meal Budget

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Allow USD70-90 for meals and drinks (including bottled water) not included.

## Transport

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Private minibus/safari vehicle, walking.

## About our Transportation

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7-seat 4x4 safari vehicle(s)

Land Transfers & Included Tours/activities: Many of the land transfers and included tours will be by private van, car or taxi, while others may be shared with other travellers depending on availability, nature of the activity and destination. For transfers, you may have a local non English-speaking driver only, for included tours, you will be accompanied by an English speaking local guide. Please note for your own safety it is mandatory to wear your seat belt at all times when in a vehicle.

## Solo Travellers

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We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## Accommodation

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Hotel (2 nts).

## About Accommodation

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Due to the unpredictability of gorilla movements your accommodation may be in either Kisoro or Buhoma.

Your hotel in Kisoro offers a cozy stay and is centrally located near the border of Mgahinga Gorilla National Park. On site facilities include a guest lounge and restaurant serving continental/western dishes and also a bar. Your room will be simple but comfortable.

The Buhoma Community Restcamp was set up in 1993 to enable the community to benefit from gorilla tourism in Bwindi Impenetrable Forest National Park. The restcamp is run by community members and all profits are shared with the local community through assistance in funding local schools and clinics. There is an associated women's group, Bwindi Progressive Women's Group, which makes handicrafts and puts on performances of local music and dance for visitors. Part of the proceeds from the women's group's activities is being used to fund a maize mill for the community. Currently, the local people have to travel, often on foot, 25km to get their crops ground. Simple accommodation is provided in clean well maintained bandas, some with en suite facilities. Each has solar electric lighting installed with shared washing/toilet facilities. The showers are heated by firewood. There is a picnic banda in which to sit, socialize, relax and eat; as well as a reception building, which houses a bar and dining room. A variety of foods are available, as well as cold beers and sodas.

## Joining Hotel

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Hotel Sojvallo  
Plot 854/856 Rubaga Rd  
P.O. Box #5832  
Kampala, Uganda  
Tel: +256414271879

## Joining Instructions

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Please Note: This trip does depart Kampala at 7am sharp, booking a pre night is highly recommended in case of any flight delays.

If you have a pre-arranged, pre-paid transfer booked through G Adventures you will be met by our local representative carrying a G Adventures sign. or a sign with your name.

If you have not booked a pre-arranged transfer taxis are also easily accessible.

The best way to make your way from Entebbe International airport to the starting point hotel via taxi, is to take an official 'Airport Taxi' (white saloon cars with yellow-stripe) .The taxi stand is located near the arrivals exit, the approximate cost is between US\$30–40 one way.

## Arrival Complications

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We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Emergency Contact

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Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

**AIRPORT TRANSFER:** If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that: Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

For any issues relating to pre-booked transfers for Nairobi Jomo Kenyatta International Airport, including delays or missed transfers, please contact our airport transfer operator:

Patrick: +254 707 889 920 or +254 732 874 566 (from outside of Kenya)

Patrick: 0707 889 920 or 0732 874 566 (from within Kenya)

#### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Uganda)

During office hours, Mon-Fri, 9am-5pm:

Ben

From outside Uganda: +256 414 340 533 or +256 312 260 559

From within Uganda: 0414 340 533 or 0312 260 559

After hours emergency number

From outside Uganda: +256 772 616 021

From within Uganda: 0772 616 021

G Adventures Local Office (Nairobi, Kenya)

Emergency number:

From outside Kenya: +254 727 208 832

From within Kenya: 0727 208 832

If you are unable for any reason to contact our local operator or local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## Finishing Point Hotel

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Holiday Express Hotel

Plot 16/18/20 Luwum Street (At the corner of Luwum and Dustur Streets)

Kampala, Uganda

+256-312-262858

## Finishing Point Instructions

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This tour ends upon arrival into Kampala in the late afternoon/early evening of day 3. Though this tour does not include accommodation in Kampala, you may choose to pre-reserve a room at our finishing point hotel for after your tour through G Adventures. If you choose to fly out of Entebbe on day 3 instead of returning to Kampala, please do not book a flight before 20:00, as it will be difficult to guarantee an arrival early enough into Entebbe for you to get to the airport on time.

## What to Take

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You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labeled and restricted to one soft compact suitcase, or sports bag, maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced and space on vehicles is limited. Porters are not often available, so be prepared to carry your own bags. It is important to pack clothes for warm days and cool evenings, as well as a warm jacket for early morning game drives. A set of smart casual clothes is also advisable.

On this trip you may experience all four seasons. We suggest you take something warm eg tracksuit, fleece or pullover for the mountainous areas i.e. Bwindi or Virungas. It is at a higher altitude and will therefore be cooler in the evenings - a jersey, anorak/wind jacket and tracksuit pants would be suggested.

It will also be necessary to take some wet weather gear as it does rain in the mountainous areas of Uganda and Rwanda on a regular basis. We suggest lightweight rain gear for the walk to see the gorillas.

While gorilla trekking you will need a comfortable, hard wearing, pair of walking shoes or boots. Conditions are generally very

muddy/slippery. There are uphill sections which may be quite steep and strenuous. It is also advisable to wear a long sleeve cotton shirt and lightweight long pants to protect yourself from the undergrowth, stinging nettles and biting ants. (Tracksuit pants often get caught on bushes, thorns, etc and jeans can get very heavy when wet). Gloves are also highly recommended – just cheap gardening gloves will do. Tuck your long pants into your socks/boots to avoid biting insects. Also take a water bottle, and a day pack for camera gear and to carry your jacket if it's too warm.

Your clothes will in all likelihood get very muddy and may not recover to their original state - therefore take old clothing for the gorilla trekking. Hard wearing clothes, no bright colours, no army camouflage clothing should be worn. Greens, khaki and similar neutral clothes are recommended.

## Checklist

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- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit card (see personal spending money)
- G Adventures vouchers, pre-departure information and dossier
- Any entry visas or vaccination certificates required
- Camera and lots of film (for the gorillas, you may be in poor light - so fast film is suggested, minimum 200 maybe even a couple of rolls of 400 ASA), reading/writing material, binoculars, money belt, cover for backpacks, pocketknife.
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Hat and sunglasses (UV resistant)
- Sun block (PABA-free)
- Swimsuit and small towel
- Insect repellent
- Watch or alarm clock
- Power adapter
- Toiletries (biodegradable)
- Flashlight
- Fleece top
- Windproof / waterproof jacket
- 4 shirts/t-shirts
- 2 pairs of shorts
- 1 pair of long trousers
- 1 pair of hiking pants/track pants
- Water bottle
- Purification tablets or filter
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, extra prescription drugs you may be taking)

## Laundry

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Laundry facilities are offered by some of our hotels for a fee. Most laundry services are hand-washed and hung to dry, and during the rainy seasons same-day service may not result in fully dry clothes.

## Visas

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All countries require travellers to have a valid passport (with a minimum 6 months validity). Please note that upon arrival by air to Entebbe/Kampala, Uganda, you can obtain a visa for US\$50 in \$US cash (valid for those who would be permitted a Uganda visa while still in their own country). This visa is valid for 3 months with multiple entries/exits permitted to Tanzania and Kenya only. This information is accurate at the time of writing. Though as fees and policies can change, we highly recommend that you contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your responsibility to have the correct travel documentation.

## Detailed Trip Notes

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### PHOTOGRAPHY:

Uganda is an extremely photogenic country; from panoramic scenery, wildlife and birds to people and vibrant ceremonies. Rich color

and good low lighting conditions abound. Keep your cameras in a dust resistant, padded case and out of the midday sun. A 200mm (or longer) telephoto lens will prove very useful on safari. Remember that wildlife behave most naturally if they forget human presence, so try to whisper. The best scenes result from patience. Please refrain from taking any photographs at airports, harbors, or government buildings, considered illegal in many African countries. If you want to photograph any local people, you must ask permission. It is best to check with your driver/guide first.

Be sure to take along plenty of film or video stock tape and buy it beforehand. Although film is for sale in Africa, it is expensive and limited. For color slides, many professional wildlife photographers use Fuji Velvia, 50 for bright scenes, and 100 and 200 for low light. Also for color slides, Kodachrome 64 and high-speed Ektachrome 400 is dependable. For color prints, we recommend Kodacolor 100 and 400. Take along extra batteries for the light meter, and a waterproof pouch, such as a zip lock bag, to protect your camera from moisture and dust. Heat can affect the emulsion and color quality, so keep your film supply in the shade. Use an aluminum bag to shield it from the x-ray screeners at airport security, or ask for a hand check. Take extra batteries and adapters if you plan to use a video camera. Electricity produced by generators at some lodges and camps may not be powerful enough to recharge your batteries, so you may want to take a recharging unit that works off the cigar lighter in a vehicle, or larger batteries. If your program includes a stay at the Mountain Lodge in the Aberdare region, you should bring 1000 speed film. You are not permitted to use flash photography at this location, as the animals venture very close to the lodge and a flash would frighten them and hinder the relaxed animal viewing atmosphere.

Many photo opportunities arise while you are in a vehicle. The slightest vibration may blur the image, so ask the driver if it is possible to kill the engine for a moment. You may also find a bean bag useful as a "tripod" camera rest. You can pack a little canvas bag or ziplock plastic and fill it with coffee beans for use as a lens pillow, then empty it to pack flat when you leave. We recommend a 75-250mm telephoto zoom. For landscapes or herds, we recommend a wide angle, 28 or 35mm lens. Remember that wildlife behave most naturally if they forget human presence, so try to whisper. The best scenes result from patience. Please refrain from taking any photographs at airports, harbors, or government buildings, considered illegal in many African countries. If you want to photograph any local people, you must ask permission, and expect to tip them. It is best to check with your driver/guide first.

#### GOING DIGITAL:

Many travelers are choosing digital photography over film photography with the big advantage being that you can view your pictures immediately on your camera's monitor and delete any unwanted shots. Most digital cameras take some form of 'memory stick' or 'Flashcard'. These come in various sizes from 8Mb up to 2GB. You may want to upgrade to a 256Mb flashcard which holds around 160-240 pictures, on the best setting on the camera, depending on how complicated the picture is. When on safari, where you must pack light and be able to carry everything you take, photographers must address the issues of charging batteries, storage and editing of photos. Be aware that digital cameras consume a large amount of battery power. Rechargeable batteries are a good answer, but require planning ahead for charging time (not yet always available) – and remembering to do it! While charging facilities are available in most hotels, you must remember to bring your own adapters.

Keep in mind that the number of your camera's mega pixels largely determines the quality of your photos (and the cost of the camera.) The more pixels, the better the photo. Quality is seldom a problem unless you want to significantly enlarge your images. Generally speaking, a 2.1 mega pixel camera will produce a good 8x10 print, IF you don't crop your picture to make your subject bigger. A camera with a large optical zoom allows you to do the cropping at the time of taking the picture. You may want to choose to upgrade to a 5 mega pixel camera for safari photography.

#### VIDEO AND DIGITAL CAMERAS:

Charging facilities for video AND digital cameras should be available in every hotel, as long as you have a standard charger that will plug into 220 volts. Please bring along enough batteries to last you at least three days of filming.

#### REGIONAL INFORMATION

##### Climate

There are generally two rainy seasons - the short and the long rains. The short rains normally occur from late October through November, and the long rains from late March through to early June. A good time to visit is between late June and October when the rains have finished and the air is coolest. Alternatively, from late December to February or early March is another good time to visit, just after the short rains, but before the long rains; this is the warmest time of the year. The highest season for travellers into the region is in January and February, when the hot, dry weather is generally considered to be the most pleasant.

##### Electricity

The electric current in Uganda operates on 220-240 volts. Electric plugs types come in at least four sizes and vary throughout the country, however the two rounded pin standard plug (EU) is acceptable in most parts of the country. 3 pin square plugs are most common (UK).

## Uganda - Official Statistics

Area: 235,796sq km (32nd in Africa)

Population: 26,219,000

Capital City: Kampala

Official language: English

Other languages: KiSwahili (widely spoken, but not indigenous), Luganda, Runyoro

Head of state: President Yoweri Museveni

Life expectancy: 52 years

Literacy: 70%

Per Capita Income: US\$220

Main industry: Tourism

Major Cultures: Bantu, Batembuzi, Baganda, Asian (Indian)

Religion: Christian, ZCC and Muslim.

## Spending Money

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Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## Money Exchange

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The local currency in Uganda is the Ugandan Shilling (UGX, or USH).

Shillings can be obtained locally by changing foreign currency or by using ATMs (where available) which will disperse local currency. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country.

The easiest foreign currency to exchange for locally for any of the local currencies is the \$US; however the British Pound and Euro may also be exchanged as well. Please note that due to past problems with forgery, \$US notes that are older than year 2006 are not accepted in Africa.

Large note (\$US 50, \$US 100 etc) can be difficult to change in some places, but will gain you the best exchange rate.

If you plan to rely on cash, please bring foreign currency (Euro, Pound, USD) with you, as it is often expensive to buy these currencies locally. And in more rural areas, it is often not likely.

If you plan to buy your visas at borders, you will need to bring \$USD cash to pay for these visas. Please note you cannot use the local currency or any other currency to buy these visas- they must be purchased in USD.

Please do not bring Travellers' cheques to Africa. They are difficult if not impossible to exchange in many places.

Visa/Plus system cards are the most widely accepted debit cards. It is harder to find machines Mastercard/Cirrus cards. We highly recommend that if you hold a Mastercard, you obtain a Visa card prior to departure and travel with both. This is also useful should something unforeseen happen to one of your cards during your travels.

While there are many ATMs in the major centres, there are no guarantees that your credit or debit cards will actually work in Africa. Check with your bank.

Credit cards can be used in major cities and towns ONLY but please do not rely on them as a method of payment because they are generally not widely accepted. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. The majority of our optional activities can also be paid by credit card. Your CEO will advise on these.

Please note that in many areas there may be occasional power-outages, where there will be no electricity for hours at a time. In addition, ATMs outside of larger centers often run out of cash or can be out of order unexpectedly. These factors could affect your ability to access money from ATMs. As such, please do not rely on credit or debit cards as your only source of money.

A combination of foreign currency and debit/credit cards for cash advances is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com).

## Emergency Fund

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Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Departure Tax

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USD40, may be included in the international air ticket

## Tipping

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Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. It is one of the most direct ways that you can have a positive economic impact within the East African community. Although it may not be customary for you, it is of considerable significance to the people who will take care of you during your travels, as an important source of income for those in the tourism industry. Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward. The best method of tipping someone that has served the whole group is to plan in advance, and not rush when it comes to saying goodbye. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

You may use the following as a guideline, all given in a per client format: Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required); Chief Local guide: US\$8-10 per day; Assistant Guide:s US\$5-8 per day.

## Optional Activities

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Lake Mutanda is walking distance from town.

There is a market on Monday and Thursday in Kisoro. Markets in the district are very colourful occasions.

All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

## Health

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Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

We recommend you contact your family physician, or your local travel clinic for the most up-to-date health information at least one month before departure.

Please ensure you have all the inoculations recommended by your doctor for travel in East Africa. Be aware that Uganda has many regions where malaria is present, including the ones visited. We thus recommend that you take malaria medication; your doctor should be able to recommend the necessary prophylactics. Travellers should also carry a basic travel first-aid kit as medical facilities are basic in Uganda. An important item to include is a liquid or gel hand sanitizer and/or alcoholic/sanitary wipes, as they will aid in personal cleanliness and hygiene throughout the trip. The local tap water should not be consumed, so any water treatment tablets (ex. iodine), drops, etc, would help, but good, clean, and inexpensive bottled water is widely available throughout the entire trip. If you have any pre-existing medical condition, you must inform G Adventures prior to the purchase of the tour, and upon arrival, to the CEO so he/she can be prepared to help you.

Sand flies and Mosquitos:

Are found in the areas visited. Mosquitos are more prevalent in areas that receive more rainfall, and sand flies, though generally found on the coast, can also be found in dry & dusty conditions inland. Both tend to come out in the early evening and early mornings. Protective clothing, and insect repellent are highly recommended during these times.

Malaria:

This infectious disease is transmitted by mosquitos carrying the parasite. These mosquitos are found at altitudes of under 1,800m, and thus can be found in most areas that we visit on this tour. You must have prophylactics which you can obtain from your local doctor at or health clinic.

Sun:

It is very important that you wear sun block, even on a cloudy day when it feels cool as we are near the equator and the sun is very strong. A sunburn can turn a pleasant trip into a painful trip.

#### Hydration:

Even when days are cool please be sure to drink a minimum of two litres of water and refrain from drinking too many diuretics, as while when travelling outdoors the breeze can dehydrate you quickly as well as the heat.

#### Diarrhoea:

It is normal for people travelling overseas to get an upset stomach due to a change of climate and food. Please make sure that you wash your hands and stay away from street food.

## Safety and Security

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Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

**Protests and Demonstrations-** Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## Medical Form

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Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information. Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at:

[www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

## A Couple of Rules

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Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Travel Insurance

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Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## Planeterra-The G Adventures Foundation

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Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit [www.planeterra.org](http://www.planeterra.org)

### Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our Planeterra projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

## Feedback

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After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

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Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Travel Forum - The Watering Hole

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Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at [wateringhole.gadventures.com](http://wateringhole.gadventures.com).