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Please note that when booking an independent tour you will need to contact a sales representative and provide the information for your first night hotel.



Gorilla Trek Independent Adventure

3 days, Kigali to Kigali

Trip code TDRGTN

What's included

- Bwindi Impenetrable National Park guided mountain gorilla trek
- All national park fees and trekking permits

- Visit to Kigali Genocide Museum

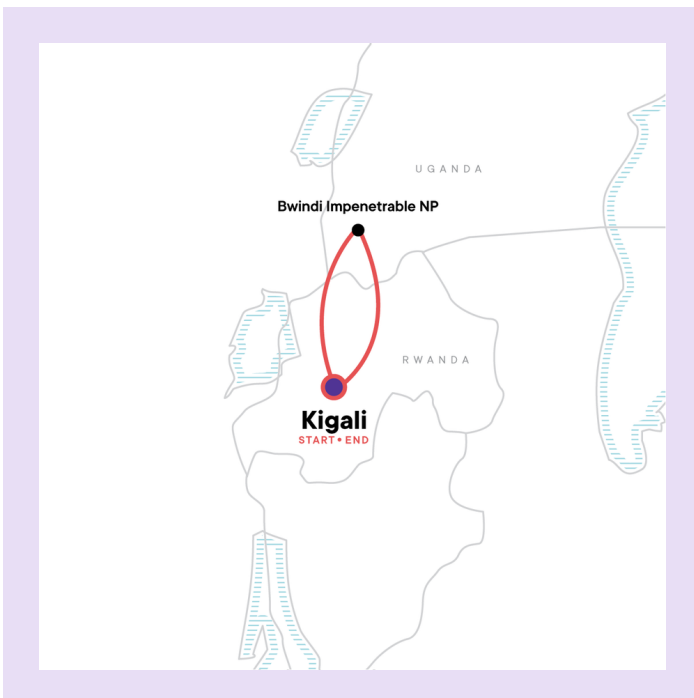
- All transport between destinations and to/from included activities

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 April 10th, 2018 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Kigali/Bwindi Impenetrable NP

Depart Kigali after a brief welcome meeting and drive through magnificent countryside to the border of Uganda. Once across the border, it is a short drive to Bwindi Impenetrable NP, where you can relax for the remainder of the afternoon, and prepare for tomorrow's Gorilla Trek.

The tour begins at 8am in the morning of Day 1 at your Kigali hotel (not included). Please be on time to meet your driver/guide at the front entrance of the hotel. A brief departure meeting will be held in the hotel reception area about general and specific aspects of the trip before setting off to Bwindi.

We strongly recommend arriving the day before as this trip does not include a night in Kigali.

We are happy to assist with booking pre- or post-tour accommodation to ensure you are on time for departure on Day 1.



Accommodation

Gorilla Valley Lodge (or similar)

Lodge



Today's Activities

Meet and Greet Hotel Welcome Meeting

On Day 1 of the tour, a G Adventures representative will meet you at the hotel to go over the details of the tour, providing a schedule, documentation/vouchers, and pick-up times for all included activities. The representative can also answer any questions about the tour or the general area.

Private Vehicle

Kigali - Bwindi Impenetrable National Park

4h30m-5h30m

175km

Settle in and scan the scenery from the convenience of a private vehicle.

Follow experienced guides trekking deep into the forest on the slopes of the volcanoes in search of a family of mountain gorillas for a once-in-a-lifetime experience.

A designated UNESCO World Heritage Site, Bwindi's Impenetrable Forest is a true African jungle. About half of the world's mountain gorillas live here.

Ugandan authorities are fiercely protective of this natural treasure and permit only a maximum of 8 passengers per day (currently) to visit the gorillas.

Start with a short drive to the park headquarters and meet with your excellent local guides. The guides will provide a talk on the etiquette of gorilla trekking. The trekking group will then head into the forest where the gorillas were the night before and track from that point. If desired, porters can be hired and will carry your personal items and assist you during the trek.

Mountain gorillas share 98% of our DNA and are prone to catching human illnesses. Please note that if you are unwell with anything contagious, even a common cold, you may be denied any of the treks to ensure the safety of the gorillas. This is a national park regulation, and trekking permits will not be refunded if you are denied entrance due to illness.

Proper hiking attire must be worn – you will be trekking in a rainforest with lots of vegetation, undergrowth, nettles and normally a rather muddy terrain. Minimum age for gorilla trekking is 15 years old.

Please note that depending on the size of your group and when permits are confirmed, you may be trekking with non-G travellers.



Meals included

Breakfast



Accommodation

Gorilla Valley Lodge (or similar)

Lodge



Today's Activities

Private Vehicle

Bwindi Impenetrable National Park

Settle in and scan the scenery from the convenience of a private vehicle.

Mountain Gorilla Trek

Bwindi Impenetrable National Park - Kampala

Embark on a trek through the lush highland rainforest. (The length and difficulty of the hike will vary, depending on the location of the gorilla family.) Spend 1 hr observing (and often following) these beautiful and endangered creatures, a truly privileged experience. Watch as the gorillas go about their daily business, unconcerned about their admirers, grooming each other, eating bamboo shoots, lounging, and, often in the case of babies and juveniles, playing. It is truly amazing to observe how similar they are to their human cousins.



Optional Activities - Day 2

Porter Hire

20USD

Hire a local porter to carry your day pack throughout the trek, giving you more ease on your journey.

Day 3

Bwindi Impenetrable NP/Kigali

Cross the border into Rwanda, then head to Kigali. Visit the genocide museum to learn more about the dark history of this fascinating country. Tour ends on arrival at hotel.



Meals included

Breakfast



Today's Activities

Private Vehicle

Bwindi Impenetrable National Park - Kigali

4h30m-5h30m

175km

Settle in and scan the scenery from the convenience of a private vehicle.

Border Crossing (Uganda - Rwanda)

Cyanika Border Post

1h-1h30m

Ready for a little more ink in your passport?

Kigali Genocide Memorial Visit

Kigali

2h

Visit the Kigali Genocide Memorial Centre, which serves as a permanent memorial to those who fell victim to the genocide in 1994. The centre opened on the tenth anniversary of the Rwandan Genocide, in April 2004, and was built on a site where more than 250,000 people are buried.

Please note that content at the Memorial Centre shows the harsh reality of the genocide.

Departure Day

Kigali

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Bwindi Impenetrable National Park guided mountain gorilla trek
- All national park fees and trekking permits
- Visit to Kigali Genocide Museum
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Admire a family of mountain gorillas in their natural habitat, have your bases covered with all national park and permit fees for gorilla trekking included, visit the Genocide Memorial in Kigali.

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Is there a disclaimer I should read before booking this trip?

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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.

Is there an itinerary Disclaimer?

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.

What important notes should I be aware of before the trip?

1. INDEPENDENT STYLE

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. WILDLIFE SIGHTINGS

G Adventures can never guarantee the sighting of wildlife, especially when it comes to mountain gorillas. However, the mountain gorilla trek is organized to ensure success. Before heading into the jungle, our local guides receive coordinates from trackers on the whereabouts of the gorillas, and the trackers stay with the gorillas until the group arrives.

3. ILLNESS

Please note that if you are unwell with anything contagious, even a common cold, you may be denied any of the treks to ensure the safety of the gorillas. This is a national park regulation, and trekking permits will not be refunded if you are denied entrance due to illness. Please note, face masks are required for the gorilla trek.

4. DAY 1 EARLY DEPARTURE

We strongly recommend arriving a day prior as this trip does not include a night in Kigali. Your tour departs 8am in the morning from Kigali. Though this tour does not include accommodation in Kigali, you may choose to pre-reserve a room through G Adventures at our joining hotel.

5. PHYSICAL REQUIREMENTS

Visitors to Rwanda/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.

6. NATIONAL PARK FEES

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.

7. ELECTRICITY

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

8. YELLOW FEVER

Please be advised that it will be required to show a yellow fever certificate upon entering Uganda.

9. GORILLA TREKKING PERMIT TOUR DEPOSIT

Due to the need to secure non-refundable permits for the gorilla trek, the deposit for this tour will be \$500 USD at the time of booking. The exact deposit amount is subject to change, pending any locally imposed changes in gorilla permit cost. Please note that travellers are able to transfer the permit to an alternative date ahead up until 8 days to the trekking date; anything below 8 days is non refundable and can not be transferred to an alternative date.

If the client cancels before that we can transfer the permit to an alternative date ahead.

Anything below 8 days to the tracking date is non refundable and can not be transferred to an alternative date hence 100% cancellation.

10. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

11. PASSPORTS

You will be required to present your passport to join the trek.

What is the group leader like?

For this tour, you will be lead by a local G Adventures Driver CEO. He will meet you in Kigali, and be your main group manager and contact during your trip. Our Driver CEO 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 trek in Bwindi Impenetrable National Park, we use an experienced and certified tracking guide, and armed guards to accompany you for your safety. We also use local guides for some included activities where we think more specific knowledge will add to the enjoyment of the places we are visiting.

What meals are included in this trip?

2 breakfasts

What are the meals like on this trip?

Only breakfast is included 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.

What are the modes of transportation on my trip?

Private minibus/safari vehicle, walking.

What transportation will we take on this trip?

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.

Where will we stay during the trip?

Hotel (2 nts).

What kind of accommodation can I expect on this trip?

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

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.

If you have booked this tour for 1 traveller, you will have your own room throughout. If you have booked this tour 2+ travellers, you will be sharing a twin-room/s throughout.

What are the joining instructions?

Please Note: This trip does depart Kigali at 8am sharp, booking a pre night is highly recommended in case of any flight delays. Please let us know where you are staying the night before Day 1, so that we can arrange your pickup point accordingly.

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.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

Who should I contact in case of an emergency?

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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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.

EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Nairobi, Kenya)

+254 727 208 832

G Adventures Local Representative (Rwanda)

Robert: +250 784 744 586

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: 0344 272 0000

Calls from Germany: 0800 365 1000

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

What instructions should I follow at the finishing point?

This tour ends upon arrival into Kigali in the late afternoon/early evening of day 3. Though this tour does not include accommodation in Kigali, 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 Kigali on day 3, please do not book a flight before 20:00, as it will be difficult to guarantee an arrival early enough into Kigali for you to get to the airport on time.

What should I take on my trip?

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. If desired, porters can be hired for USD20 and will carry your personal items and assist you during the trek. It is important to pack clothes for warm days and cool evenings, as well as a warm jacket for early morning wildlife safari 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.

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Gorillas:

- Gardening gloves (Highly recommended for gorilla trekking)
- Neutral coloured clothing (Your clothes will likely get very muddy - therefore take old clothing for the gorilla trekking. No bright colours should be worn. Greens, khaki and similar neutral clothes are recommended)

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Hiking/Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: The climate in East Africa varies between the dry and rainy season. Please ensure you bring a windproof rain jacket if you are travelling between April & May, October & November.

When can I do my laundry on this trip?

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.

What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Uganda:

Visas for Uganda for most nationalities must be obtained through an Electronic Visa application online in advance, and a payment of \$50 USD cash will have to be made upon arrival to the border.

For more information, please refer to the E-Visa site [here](#)

Rwanda:

Most nationalities will require a visa to visit Rwanda. For more information, please refer to the Rwanda immigration department's official website [here](#)

East Africa Tourist Visa:

East Africa Tourist Visa:

An East Africa Tourist Visa allows the holder to move freely between Rwanda and Uganda with only one Visa, and is valid for a period of 90 days. It also acts as a multiple entry Visa, so if you leave any of the above countries, you do not need a new Visa to re-enter (provided it is within the 90 day validity period).

This needs to be applied for in advance, for visitors who wish to visit simultaneously the two countries (Rwanda and Uganda) for tourism.

If acquiring the EATV visa before travel, your first entry point must be the country through which you applied for the visa.

The East Africa Tourist Visa costs US\$100.

Information is accurate as of March 1st, 2024.

How much spending money do I need for my trip?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

The local currency in Rwanda is the Rwanda Franc. In Uganda it is the Ugandan Shilling.

There are several foreign exchange bureaus in Kigali offering similar rates, the most widely accepted currency is \$USD. Most everything is included in this tour - we recommend that you bring enough USD cash with you, to cover for any additional drinks/snacks and souvenir shopping.

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. Larger 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 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.

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.

How much emergency money should I bring on this trip?

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!

Do I need to pay a departure tax?

USD40, may be included in the international air ticket

Should I be tipping on my trip?

Tipping during your tour is optional, but the gesture is expected as a way to show your satisfaction with the persons who have assisted you on your tour.

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. It is one of the most direct ways that you can have a positive economic impact within the communities that you visit.

Giving a tip should be seen as a formal 'thank you', and the action should in no way be awkward.

You may use the following as a guideline, all given in a per client format:

G CEOs and drivers: \$5 USD each (per day worked)

Gorilla Trekking Guides in Uganda and Rwanda: USD \$3-5 USD per day for trek

Restaurant/Café servers: 10% of cost of bill

Local guides: \$1 USD for every couple of hours

What activities are optional on this trip?

Bwindi Impenetrable National Park

- Porter Hire (20USD per person)

Are there any health considerations I should know before travelling?

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. Travellers should also carry a basic first-aid kit and hand sanitizers/antibacterial wipes on their travels. Medical facilities are basic throughout these countries. Please ensure you have all the inoculations recommended by your doctor.

What do I need to know to about safety and security on my trip?

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. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. Please use your own good judgment when selecting an activity in your free time, we offer no representations about the safety of the activity or the standard of the operators running them. 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.

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/

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts yourself and those around you 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.

Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. 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.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

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 customersolutions@gadventures.com and we will send it on to you.

Does G Adventures have an email newsletter I can subscribe to?

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/

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.

How old must I be to join this trip?

Minimum age of 15 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

Itinerary Disclaimer

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.