



Uganda Overland: Gorillas & Chimps

9 days, Kampala to Kampala

Trip code DUKK

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Discover Moment: Jinja

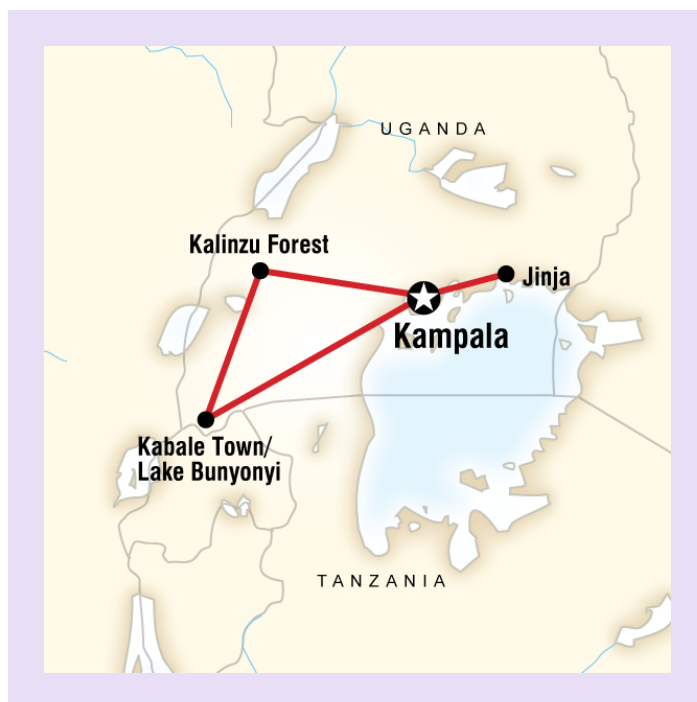
- Entrance and chimpanzee tracking in Kalinzu Forest Reserve
- Tea plantation visit
- Guided mountain gorilla trek with permits
- All transport between destinations and to/from included activities

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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.

VALIDITY: Valid for all trips departing July 4th, 2016 - December 31st, 2016

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.

Arrive at any time.

Please make sure you have all of the necessary visas for this tour by the time of the welcome meeting. It is very important to read the visa section in our trip details to confirm which visas you will need, if any. Please note: not all nationalities are able to obtain a visa on arrival.



Meals included

Dinner



Today's Activities

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Kampala/Kalinzu Forest Reserve

Watch the Ugandan countryside pass by on the day's journey.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lando

Kampala - Kalinzu Forest Reserve

6h

345km

Climb aboard our custom built ride overlanding G-style!

Get up early for an included chimpanzee tracking excursion, then visit a tea plantation before setting off for Lake Bunyonyi.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Chimpanzee Tracking Excursion

Kalinzu Forest Reserve

1h-5h

Enjoy a chimpanzee tracking excursion through the scenic Kalinzu Forest Reserve. Trek along the ridges and valleys of the Rift Valley escarpment to visit chimpanzees in their natural habitat. Follow forest trails, which offer amazing views over the Rwenzori Mountains, Lake Edward, the Kazinga Channel, and the Congo. The Kalinzu Forest Reserve is steeped in mystery and rich with local legends. Learn about the folklore and uses of the forest from a local guide.

Tea Plantation Visit

Kalinzu Forest Reserve

1h

Walk through a tea plantation with a local guide. View multiple varieties of tea, and learn about the process of growing tea plants from the harvesting stage to what goes into making the best cup of tea.

Lando

Kalinzu Forest Reserve – Lake Bunyonyi

3h

Climb aboard our custom built ride overlanding G-style!

Enjoy a guided mountain gorilla trek in Bwindi Impenetrable National Park.

Depending on the date of our permits, it's possible that the gorilla trek will take place on the second full day in Lake Bunyonyi.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Mountain Gorilla Trek

Bwindi Impenetrable National Park

1h-6h

Take an unforgettable guided trek (1-6 hrs) deep into volcano forests of Bwindi Impenetrable National Park for a wildlife encounter of a lifetime, and meet a family of mountain gorillas. One of Africa's major highlights, a close encounter with these amazing animals is simply breathtaking.

Get prepared before heading out: bring plenty of water and waterproof clothing (it can rain on only a few minutes' notice), and be sure to bring protective bags for cameras and film. Dress in layers with long sleeves and long pants to protect against stinging nettles found in the forests. The trek's often chilly, at first, until you start trekking.

Note: Ugandan authorities are fiercely protective of this natural treasure, and currently permit only a maximum of eight people, per day, to visit a given gorilla family. The group will be split into different sub-groups for the trek, and depending on the number of travellers, different sub-groups may do their trek on different days.

Bwindi Impenetrable National Park has four areas; Rushaga, Buhoma, Nkuringo, and Ruhija.

Depending on permit availability your group could be tracking gorillas from different areas of the park, it is all still part of Bwindi.

Enjoy free time to enjoy the beautiful surroundings of Lake Bunyonyi.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Free Time

Lake Bunyonyi

Get out and do as much or as little as you'd like around Lake Bunyonyi.



Optional Activities - Day 5

Swimming

Lake Bunyonyi

Jump in and enjoy the water and magical surroundings.

Canoe Rental

Lake Bunyonyi

10USD

3h-4h

Get in a boat and enjoy paddling around the many islands of Lake Bunyonyi.

Nature Walk

Lake Bunyonyi

5USD

Set out and discover the incredible landscape of the Lake Bunyoni area on foot, visiting villages and meeting local communities along the way.

Rwanda Day Tour

Lake Bunyonyi

60-280USD

Take a day trip to the "land of a thousand hills" and soak in the culture of the historic capital of Kigali with a local guide. Visit to the Gisozi Genocide Memorial site included. Please note that travellers looking to participate in this tour are encouraged to purchase the East Africa visa, see Visa section of Tour Details page for more information.

** Please note that travellers looking to participate in the Rwanda Day Tour from Lake Bunyonyi, Uganda are encouraged to purchase the East Africa visa for entry into Rwanda. Please see the Visa & Entry Requirements section under tour details for more information.

Motorboat Tour of Lake Bunyonyi

Lake Bunyonyi

40USD

15m-1h

Relax on a boat tour around the peaceful waters of Lake Bunyonyi and learn about the history of the surrounding islands.

Bird Watching Walk

Lake Bunyonyi

10USD

The word "Bunyonyi" means "the place of little birds" in the local language. Accompany a professional bird guide along the shore and view the wide range of bird species that inhabit the area around this lake. This is a can't-miss for birding lovers.

Day 6

Lake Bunyonyi/Kampala

Return to the capital after a long drive.

Stop off at the Equator along the way to break up the drive.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lando

Lake Bunyonyi - Kampala

12h

520km

Climb aboard our custom built ride overlanding G-style!

Day 7

Kampala/Jinja

Explore Jinja, known for its outdoor and adventure activities.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Lando

Kampala - Jinja

3h

90km

Climb aboard our custom built ride overlanding G-style!

Free Time

Jinja

Get out and enjoy the adrenaline capital of Uganda.



Optional Activities - Day 7

Nile River Rafting

Jinja

115-125USD

3h-6h

Did you know the Nile River starts here? Get out and raft it! Enjoy an exhilarating and thrilling whitewater rafting trip down Grade 5 rapids.

Bungee Jumping

Jinja

145USD

3h-4h

If adrenaline is your thing, strap in and leap off for a fantastic experience.

Nile River Kayaking

Jinja

140-160USD

5h-6h

Ride the whitewater of the Nile on a kayaking trip. Take an introductory whitewater kayaking course or dive right in with a tandem kayaking trip with an experienced guide.

Quad Biking

Jinja

105USD

Get ready for lots of fun on this exhilarating quad biking tour safari. Ride along the banks of the Nile River through forests, farms and villages.

Nile River Sunset Cruise

Jinja

30USD

Nothing beats an African sunset over the Nile. Salute the end of another great day with good company, good food, and an ice cold cocktail.

Mabira Forest Mountain Biking

Mabira Forest

55USD

Take to two wheels to see a different side of Jinja and the surrounding area. Cycle through villages and agricultural plantations to get a real of taste of rural Uganda before heading to the main forest in search of monkeys.

Spend another day exploring Jinja. Opt to raft down the White Nile River, mountain bike up and down the hills or check out the local market.



Meals included

Breakfast | Lunch | Dinner



Optional Activities - Day 8

Nile River Kayaking

Jinja

140-160USD

5h-6h

Ride the whitewater of the Nile on a kayaking trip. Take an introductory whitewater kayaking course or dive right in with a tandem kayaking trip with an experienced guide.

Nile River Rafting

Jinja

115-125USD

3h-6h

Did you know the Nile River starts here? Get out and raft it! Enjoy an exhilarating and thrilling whitewater rafting trip down Grade 5 rapids.

Quad Biking

Jinja

105USD

Get ready for lots of fun on this exhilarating quad biking tour safari. Ride along the banks of the Nile River through forests, farms and villages.

Mabira Forest Mountain Biking

Mabira Forest

55USD

Take to two wheels to see a different side of Jinja and the surrounding area. Cycle through villages and agricultural plantations to get a real taste of rural Uganda before heading to the main forest in search of monkeys.

Transfer back to Uganda's capital where the tour finishes upon arrival in the early afternoon.

Not ready to leave Africa just yet? (Yeah, we don't blame you) talk with your CEO about extending your adventure and get to know Uganda or beyond!



Meals included

Breakfast



Today's Activities

Shuttle

Jinja - Kampala

2h-4h

90km

Move efficiently from point A to point B aboard this dependable ride.

Departure Day

Not ready to leave? Your CEO can help with any onward travel arrangements you require.

What's included

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What are the main highlights of this trip?

See a mountain gorilla up close and personal, search for chimpanzees in Kalinzu Forest Reserve, opt to raft the White Nile River

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

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

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. An essential part of your safari is participation. The group is usually divided into small groups and given different tasks which change on a day to day basis, from kitchen duty group (helping in prepare meals and clean up afterwards), the packing group (sets up all tables and chairs outside) and the cleaning group (which cleans the truck by emptying the rubbish bin and brooming). it is all part of your adventure and when everyone puts in a little effort the trip will run smoothly. Your CEOs will do all the meal preparation, but we do ask the clients to help with the washing up. Team spirit is part of the fun! All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply dome tents and assembly/disassembly takes only 5 minutes. All tents have built-in insect nets. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.

2. Sleeping bags cannot be rented on any of our Africa overland or safari trips

3. Travelling can be difficult, as long drives and poor road conditions are the rule as opposed to the exception in both Kenya and Uganda. This overland camping trip is about travelling to see what the region is like, to see animals in national parks, to trek to the mountain gorillas, and many other sights in between. As such, we cover long distances and have long, bumpy travel days to to get to some of these amazing locations. Despite this, the diversity and scenery of the African landscape, the local culture and abundant wildlife are all well worth the experience.

4. 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.

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 and chimps. This is a national park regulation, and trekking permits will not be refunded if you are denied entrance due to illness.

5. 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. 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. Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

7. The use of drones in national parks in Southern Africa is prohibited.

8. Bwindi Impenetrable National Park has four areas; Rushaga, Buhoma, Nkuringo, Ruhija. Depending on permit availability your group could be tracking gorillas from different areas of the park, it is all still part of Bwindi.

What is the role of the group leader during this trip?

On this journey, you will be accompanied on your trip by 2 crew members - a Chief Experience Officer (CEO) and a driver.

The Chief Experience Officer (CEO) will be the group manager and leader. He/she organizes the trip, and will be there to assist you when needed. He/she will take care of the small things so you can concentrate on enjoying your adventure. All of our CEOs in southern and East Africa are experienced group leaders, with a broad knowledge base of the region's history, cultures, and wildlife. Your leader will be from either southern or East Africa depending on which part of the tour you are on.

All of our overland adventure vehicle (OAV) drivers are experienced in the routes travelled, and highly skilled in dealing with different terrains. All of our cooks will organize and lead the meal preparation, and have experience in cooking a variety of local and international dishes for large groups.

During the gorilla trek, we use an experienced and certified local mountain guide, expert gorilla trackers, and armed guards to accompany us for our 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.

Please note that the transfer on Day 9 from Jinja to Kampala is unaccompanied by a CEO.

What is the maximum and typical number of participants on this tour?

Max 22, avg 20.

What meals are included in this trip?

8 breakfasts, 7 lunches, 8 dinners

What are the meals like on this trip?

All included meals will be prepared from fresh local produce. The majority of the shopping for foodstuffs will be done before the trip departs, and fresh goods, such as meats, fruits, vegetables, and dairy products, will be bought en route during the trip from supermarkets, local shops and markets. Please note that even though our cooks will try their utmost to provide you with a varied and interesting meals, the choices might be somewhat limited, based on what is available on the local market.

Breakfasts will generally consist of breads and cereals, if time allows a warm breakfast may be prepared. Many lunches will be provided en-route and will be light meals such as sandwiches and/or salads. All evening meals will be freshly-prepared hot meals, and will consist of a variety of continental and local dishes.

Your CEOs will do all the meal preparation and lead the way here, but will prepare a duty schedule for ensuring a fair, rotating participation from you and your group members in the meal preparation and dish washing duties.

Vegetarian meals and other dietary requirements need to be specified prior to arrival. Please note all bottled drinking water will be at your own expense.

What are the modes of transportation on my trip?

Overland adventure vehicle (OAV), minibuses, walking.

How will we travel between destinations?

We use a custom built 24 seat overland adventure vehicle (OAV) named the Lando, to criss-cross through East Africa for most of this trip. The Lando allows the entire group, including your CEO, to travel together, and because of its height, is great for wildlife viewing and for enjoying the scenic landscape.

Road conditions can run the full gamut from new to being in very poor condition. This style of travel is by no means luxury but it allows us the flexibility of making stops when needed, and reaching some out-of-the way parts in Africa where the traditional safari crowd would not dare to go.

Here's a quick look at the unique features of the well-equipped G Adventures overland adventure vehicle (OAV):

- Storage for your main luggage is accessible from inside the vehicle
- Day packs can be stored at your feet or on the luggage shelf above
- Onboard safety box for valuables
- Front viewing windows and large sliding windows, both great for wildlife viewing
- Reclining seats
- Fully equipped mobile kitchen
- Access to a 250L tank of drinking water
- Air-conditioning
- Charging station, when available in camp (South African plug - 220-240V)
- USB charging ports for every traveller at their seat

Please note that our Landos do not have on-board bathrooms.

In addition to the overland adventure vehicle (OAV), in Uganda for the gorilla trek, we split the group into smaller vans in order to arrive in a more timely manner to the trail heads of the park.

This is not a physically demanding journey; however, travelling can be difficult, with long drives and poor road conditions at times. Please take note of the travel times and distances in the above itinerary, and consider that this is often on poor quality, bumpy roads. Despite this, most clients feel that the diversity of the African landscape, culture and wildlife are all well worth the experience.

Is there an extra cost for travelling solo?

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.

Where will we stay during the trip?

Participation camping (8 nts).

If I choose to purchase My Own Room, are there any exceptions during the trip?

Please note that if you have booked the "My Own Room/Tent" option for this tour, you will receive your own single room/tent for all night stops.

What should I expect from the accommodations on this trip?

Camping in East Africa is truly an adventure. You will be able to get off the beaten track to get a first-hand experience of the beautiful wilderness and nature. We stay at designated campsites inside of and nearby the national parks. These campsites generally are very basic, and we carry tents to pitch at the public campsites.

The campsites in East Africa are generally good, but basic. Luxury here will mean electricity for charging, warm showers, flush toilets, shelter for eating. Rustic camps have no electricity, simple or no bathing facilities, and squatting long-drop latrines. Expect to see both extremes, though most fall somewhere within that spectrum.

All camping equipment (with the exception of your sleeping bag and pillow) is supplied, including camp mattresses, which are warm and comfortable. We supply dome tents and assembly/disassembly takes only 5 minutes. They are good quality, durable, industry-standard 2-person safari canvas tents. Please note that most adults will not be able to fully stand up inside the tents, though most travellers find these more than adequate, as they have a base area of approximately 4 square meters. These tents are regularly treated with a waterproofing agent, but under certain rainy conditions, the tent fabric may become saturated to the point where seepage or leakage may occur. All tents have built-in mesh insect netting on the windows and doors.

We travel with our own portable camp chairs with a comfortable back-rest, and we utilize our own cooking equipment to provide the group good quality camp meals.

In camping within the national parks and conservation areas, some camp sites are enclosed for keeping the resident wildlife out. Other camps are open to the natural environment – care must be taken, especially at night, when a torch/flashlight is recommended when walking around the camp area.

Despite the challenge that a few days “roughing it” may pose to some, the experience of being that close to nature, camping under the African stars, and seeing incredible wildlife at your tent door-step is not just gratifying but ultimately an experience of a lifetime.

Please be note that where we use multi-share accommodations, rooming requests of any kind cannot be taken. For private accommodation please see tours in our Classic Travel Style.

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What should I do if I can't find my airport transfer or experience arrival issues?

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.

Who do I contact for arrival issues or in the event 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 Representative (South Africa)

From outside South Africa: +27 713823286

From within South Africa: 071 3823286

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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 details should I be aware of when planning my departure day?

This tour finishes in the late morning of Day 9. You may choose to pre-reserve post-tour accommodation at our finishing hotel in Kampala through G Adventures. We recommend that you do not book flights before 4pm on the last day.

What are the packing guidelines and luggage restrictions?

You will be on the move a lot, so our advice is to pack as lightly as possible. Your baggage should be clearly labelled and restricted to one soft compact suitcase, sports bag, or backpack, no larger than 30cm(height) x 30cm(width) x 60cm(length), maximum 15kg, plus a daypack. Luggage limits on airlines are strictly enforced, and due to limited vehicle capacity, the cost of transporting any luggage beyond these restrictions is the responsibility of the client.

We suggest you take something warm eg tracksuit, fleece or pullover for the mountainous areas i.e. Bwindi National Park. 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 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, or no army camouflage clothing should be worn. Greens, khaki and similar neutral clothes are recommended.

Please be advised that if you plan to bring a drone with you, the use of drones in national parks in Southern Africa is prohibited.

What should I pack for this trip?

Additional Items:

- Sleeping bag (required)

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- Warm waterproof jacket

Documents:

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

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/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)
- Locks for bags
- Binoculars (optional)
- Flashlight/torch (Headlamps are ideal)
- Long pants/jeans
- Camera (With extra memory cards and batteries)
- Fleece top/sweater
- Moneybelt
- Cash, credit and debit cards
- Footwear
- Outlet adapter
- Day pack (Used for daily excursions or short overnights)
- Hat
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Ear plugs
- Headphones (Noise-cancelling recommended)
- 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)

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.

Where can I do my laundry on this trip?

Hand washing of clothes can be done at most of the campsites. We recommend you bring a non polluting/ biodegradable soap, as well as a roll of simple string to act as a drying line for your clothes. If you arrive in the late afternoon, or if there is poor weather, it may not be possible for your clothes to completely dry.

What are 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](#)

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.

Where can I read detailed notes about this trip?

REGIONAL INFORMATION

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.

Uganda enjoys ideal equatorial weather conditions, ranging from the warmth of the lowland areas and lakeshores to the coolness of the highlands. The altitude on a Uganda safari varies from 1,000 metres to 2,400 metres above sea level. The days are a pleasant 75 to 85 degrees Fahrenheit and nights are a moderate 50 to 60 degrees Fahrenheit with January being the warmest month. At higher altitudes it can be cooler, especially at Bwindi. The long rainy season is between March and May and the short rains are from October to November, but it can rain at any time of the year. The rainy season can sometimes make travel difficult but the views are clearer. It can be cool in the evenings, especially in the hilly and mountainous areas. Despite the high temperatures and rainfall, due to altitude, the humidity is low, making for one of the most pleasant and comfortable climates in the world.'

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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 Uganda is the Ugandan Shilling (UGX, or USH), and in Kenya is the Kenyan Shilling (KES, or KSH). 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.

What emergency funds do I need access to 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, usually included in most international air tickets.

What are the tipping guidelines for this trip?

Tipping is an expected, though not compulsory, component of your tour program. The gesture serves as an expression of appreciation for exceptional service, and amounts given are up to your discretion.

Tipping is one of the most direct ways that you can have a positive economic impact within the African community. Although it may not be customary for you, it is 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 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 person format:

CEO: \$5-8 USD (per day, per person)

Local guides: \$2-3 USD (per day)

Safari Guide/Driver: \$2-3 USD (per day)

Restaurant Staff: 10-15% of cost of bill

Gorilla trekking guides: \$2-4 (per day)

What activities are optional on this trip?

- Optional activity prices are subject to change and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available, due to season, or weather conditions. All prices are listed in US dollar amounts, per person, and are examples of the entrances fees charged - this does not include hiring transport to/from the destination. And the majority of the activities should be paid in local currency. 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. UGANDA Jinja Rafting Half/Full day \$140/\$160 Tandem Kayak \$160 Quad Biking Half/Full day \$70/\$110 Bungee Jumping \$115 Horseback Riding 1-2 hours \$40-60 Sunset Cruise \$45 pp (minimum of 5 passengers) Bunyonyi Bird Watching \$5 Nature Walk \$5 Canoeing \$8 per canoe Traditional Dance Show \$20 Fishing \$5 Boat Tour of Lake \$20/15 mins, \$25/1 hr. All prices are per person (unless stated otherwise), and are subject to change as services are provided by third party operators.

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. For your own safety, we strongly recommend that you advise your tour leader of any medical condition that may affect you while travelling with the group. Your tour leader will be able to inform you of local health advisories (e.g. drinking water quality). Please ensure you have all the inoculations recommended by your doctor.

Yellow Fever Certificate Note: (Updated: May 2023)

It is compulsory to show a valid Yellow Fever Certificate if you are travelling to the following G Adventures-visited countries from a Yellow Fever endemic country:

- Botswana
- Ethiopia
- Kenya
- Madagascar
- Malawi
- Mozambique
- Rwanda
- South Africa
- Swaziland
- Uganda
- Zambia
- Zimbabwe

For some of these countries, proof of Yellow Fever vaccination is also required for passengers who have travelled more than 12 hours through the airport of an endemic country. If other countries not endemic to Yellow Fever have been visited after visiting an endemic country, then a Yellow Fever certificate may still be required on entry. Please check country-specific regulations before your departure.

Malaria

Malaria is a mosquito-borne disease that is present in some regions in Africa. Risk of malaria can increase during periods of heavy rain, during the rainy seasons, and in densely populated areas of Southern & East Africa. To prevent malaria, we recommend speaking to your doctor about taking preventative medication (prophylaxis), combined with regular use of insect repellent spray/cream. Please check updated travel health advisories specific to malaria before your departure.

What general safety tips and free-time guidelines should I follow?

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/

Are there any specific safety considerations for this itinerary?

-Always leave your passport (It's better to carry a photocopy of it instead), traveller's cheques, flight tickets and money that you won't be using in the safe deposit in your hotel room/reception. This is free of charge to G Adventures Adventure clients.

-Remember that like in any other city, you should never leave your bags unattended, nor flaunt jewellery, cameras etc

-Please don't wander through the city at night. Stick to the main streets only during the day, and after sundown, please take a taxi. Taxis can be organised from reception of your hotel. Also, take the address of the hotel with you.

-People are generally friendly, but don't let people take advantage of you, especially the sales people!

-Beware of people approaching you on the street with an apparent interest of where you are from, and want to sit down and have a chat with you. These people are most likely con men and try to get money from you in one way or another

-People on the street who ask you if you want a safari and have a brochure are often con men, best to avoid these folk. Besides, you're already on safari!

Photography

Please refrain from taking photos of police stations, airports, bus stations, immigration or border crossings, army barracks and personnel, or any government building. It is against the law and will result in the minimum of your film and camera being confiscated.

Please note that the use of drones in national parks in Southern Africa is prohibited.

What are the mandatory group rules regarding laws and behaviour?

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.

What are the mandatory travel insurance requirements for this trip?

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.

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?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

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.

What are the age restrictions for this trip?

Minimum age of 18 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.