

GORILLA TRACKING IN UGANDA-RWANDA

.....

.....is an unforgettable experience and you are the luckiest person to do it!



The maximum time visitors are allowed to spend with the Gorillas is one hour; however, if the Gorillas become agitated or nervous, the guide will end the visit early.

You have to keep a minimum distance of 7 meters (21 feet) from the Gorillas. (This reduces the risk transmitting diseases between humans and Gorillas)

A maximum number of 8 visitors may visit a group (family) of habituated Gorillas in a day. This minimizes behavioral disturbances to the Gorillas and the risk of their exposure to human-borne diseases. According to The Ugandan Wildlife Authority, there is a 95% chance that you will come across the Gorillas on your trek.



Good physical fitness and health condition are required for the gorilla tracking. You need to be prepared for muddy trails and changeable weather, but it's not necessary to spend a fortune to be prepared.



I recommend a **t-shirt** (of a not flashy color) as it can get quite warm and muggy in the forest. Add a **fleece layer** when the group stops and you start cooling down. It's important to have a third rain layer as rainstorms can happen at any time in the forest, and it's no fun to be cold and wet for hours. You can bring a **waterproof rain jacket**, but a cheap poncho will also



work.

On the bottom wear **long pants**. Some trekkers also bring waterproof pants to wear on top of regular pants, but you usually don't need it unless it's the peak of the rainy season in April and May.

Wear **proper footwear** and if possible then boots that fit above the ankle. You'll probably walk through ankle-deep mud at certain points, and sometimes even knee-deep mud. (see photo for appropriate shoes).

Make sure your camera is forest ready. **Flash photography is not allowed** as it disturbs the Gorillas so make sure you have your camera manual with you so you know how to disable the automatic flash and automatic focus light functions. Photographs of Gorillas in the low forest light often turn out dark due to underexposure. To avoid this, try to shoot at ISO 1250 or higher when in the forest. These days, newer models of both point-and-shoot and DSLR camera can handle relatively high ISOs without adding too much noise. No matter what kind of camera you bring, make sure you keep it in a **waterproof bag**

(a large Ziploc will do) to avoid getting the camera wet.

There's no place to buy **food** and **water** once you get to the national parks so make sure you have at least a liter (better 2) of water and some snacks to pack with you. Some treks last well into the afternoon and though we provide packed lunches for trekkers, it's always nice to have a few favourite snacks from home.

We cannot
wait to see you!

