



Gorilla Trekking Tips Uganda/Rwanda

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GORILLA TRACKING AND PERMITS

Only a limited number of daily permits are available and not confirmed until paid in full. Trekkers must be 15 years of age or older. Only 1 hour is allowed with the gorillas, and trekkers must stay at a distance of at least 50 feet. Trekkers must be fit, as tracking occurs in dense, misty forests on steep-sided mountains of up to 9,800 feet.

Porters can be hired to carry equipment and to assist with climbing, this also helps to support the local youth.

- Gorillas are susceptible to many human diseases so to protect them, any traveller with an obvious cold or other communicable illness will not be allowed to participate in the treks.
- Groups may not be more than 8 travellers trekking one family at one time and may only remain with the gorilla family for one hour.

TIPPING

Tips are not included in the trip cost and should be at your discretion. Any token of appreciation is gladly received. Tipping is preferred in the local currency although US dollars are accepted.

SERVICE	RECOMMENDED TIPPING AMOUNT
Airport Meet & Greet	\$5 per group
Transfer only driver	\$5 per group per transfer
Professional guide/driver	\$20 per group per day
Camps & lodges	\$10 per person per night
National Park Gorilla trekking guides	\$20 per person per trek (usually 1-2 guides so it could be \$40)
Gorilla trekking trackers	\$10 per person per trek (usually 3-5 trackers so it could be \$50)
Gorilla trekking porters	\$10 per person per trek for your porter only
Chimp/golden monkey guides	\$15 per person per trek (usually 1-2 guides so it could be \$30)

CLIMATE

Uganda and Rwanda have a pleasant climate year-round with minor temperature variations. The altitude on a typical Uganda/Rwanda safari varies from 3,280 feet to 7,875 feet above sea level. Days are pleasant, 75 to 85 degrees Fahrenheit and nights are moderate, 50 to 60 degrees Fahrenheit. At higher altitudes it can be cooler, especially at Bwindi Impenetrable Forest & Volcanoes Virunga Mountains. The green season is usually from April to May and again from late October to November. Be prepared for cool, dry, warm, wet weather when trekking gorillas.

PHOTOGRAPHY

When photographing gorillas, no flash is allowed.

INSURANCE

Both travel and medical insurance are necessary.

LUGGAGE

Travel light. For Uganda, if you are traveling by light aircraft/shared charter flight, **soft sided luggage is required**. One medium sized duffel bag and one small day pack (carry-on) per person should be adequate, please see your itinerary for specifics. All points of the trip are casual, and laundry services are available at most accommodations. **Plastic bags:** non-biodegradable plastic bags are banned in Rwanda.

PACKING/EQUIPMENT

Recommended trekking clothing list, other than normal items for an African Safari.

- Strong walking boots with ankle support
- Long hiking socks (should be high enough to tuck in trousers)
- Light shoes to wear at camp
- Cotton and/or water-resistant trousers
- Long sleeved shirts
- Light gardening gloves in case of thorns and nettles
- Light, breathable waterproof jacket with hood
- Gaiters
 - Some lodges may have these available, but it is not guaranteed
- Sweater or fleece
- Hat for sun and/or rain
- Daypack
- Optional collapsible trekking poles/walking sticks
 - Or walking sticks are available at park headquarters, free of charge
- Waterproof bags for cameras and spare clothing
- Face masks (these must be worn when near gorilla families)

Notes:

- For gorilla trekking, layers are recommended
- Muted colors are necessary for gorilla trekking, **no bright colors** and **no camouflage attire**