

6-DAY ADVENTURE

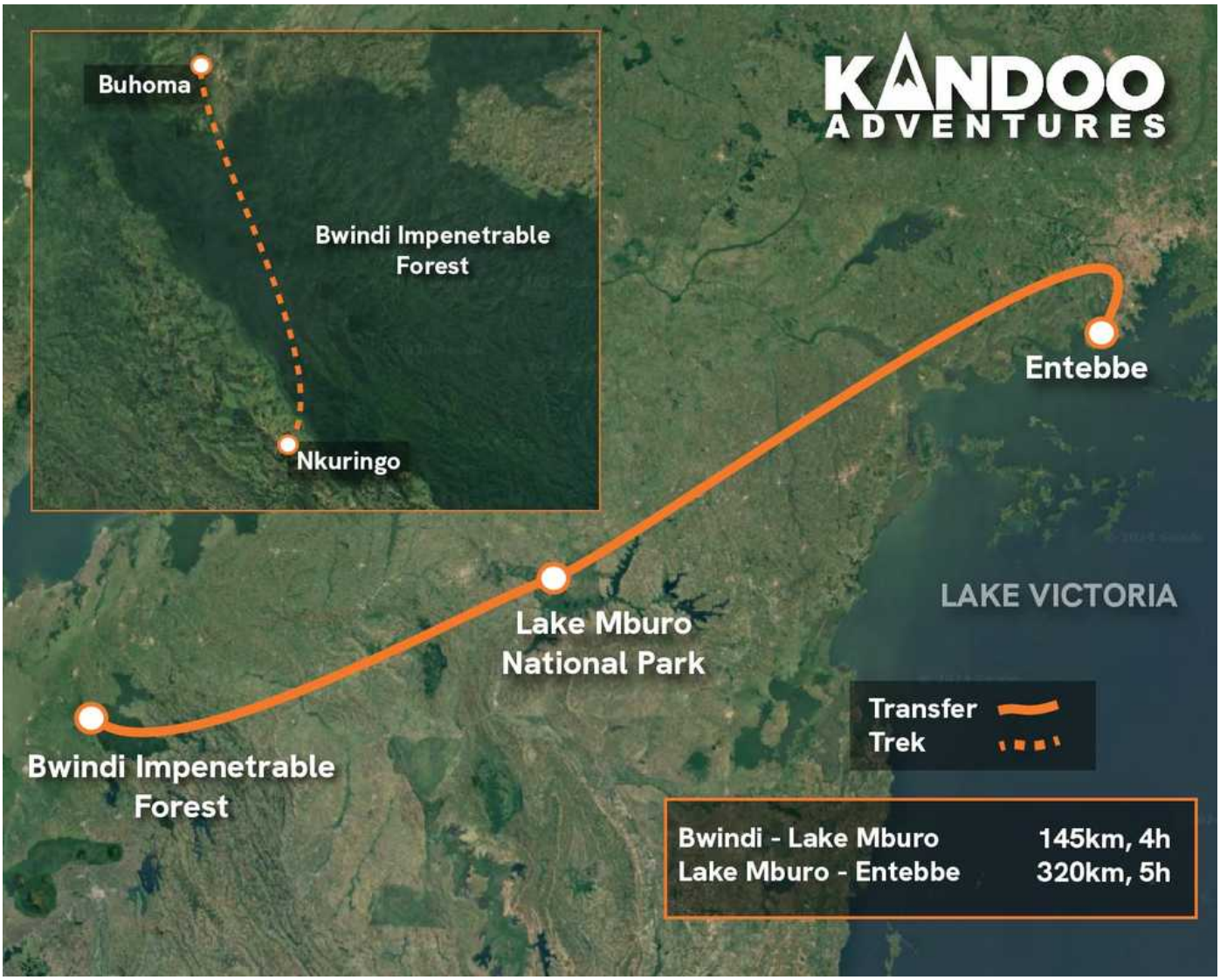
GORILLA TREKKING IN UGANDA

Uganda

Our 6-day trip immerses you in the wonderful world of the majestic mountain gorillas. Calling the jewel of Africa their home, we tread in the footsteps of these gentle giants, following them in the day-to-day movements. Basing ourselves in Bwindi Impenetrable Forest, we track the sights and sounds of the forest to track the humble, mountain gorillas…a real once-in-a-lifetime opportunity! We then spend a day immersing ourselves in their natural environment, with a hike through the dense, African rainforest…if we're lucky we may even spot them again!

TRIP HIGHLIGHTS

- Watch mountain gorillas roaming through their natural habitat
- Hike through dense, ancient rainforest
- Stay in comfortable lodge accommodation
- Carbon offsetting costs included


KANDOO
ADVENTURES
Buhoma
Bwindi Impenetrable
Forest
Nkuringo
Entebbe
LAKE VICTORIA
Lake Mburo
National Park
Transfer
Trek
Bwindi Impenetrable
Forest
Bwindi - Lake Mburo 145km, 4h
Lake Mburo - Entebbe 320km, 5h

ITINERARY

DAY 1

ARRIVE IN ENTEBBE

All guests need to organise their own flights to Entebbe International Airport (EBB). At EBB, you will be met by a member of our team and transferred to your hotel. Early the next morning you will meet your local Kandoo representative and have a full pre-trip briefing.

Transport: **Private vehicle**
Accommodation: **Guesthouse**

DAY 2

ENTEBBE TO BWINDI IMPENETRABLE FOREST

This morning starts early as we have a pre-trip briefing at 7am with our guide so we can get on the road in good time ready for our long drive ahead. On our way we pass through some interesting villages and are provided with breath -taking views of the mountains, stopping for a lunch break and to stretch our legs. Bwindi Impenetrable Forest is a unique jungle, home to a wide variety of monkey species. It is also one of the only two places in the world where you can find Mountain Gorillas! These gentle giants are heavily protected and guests into their home are only allowed limited time spent with the gorillas to reduce their exposure to human diseases and customs that can endanger them. The lodge we use in Bwindi will depend on the group of gorillas we track.

Transport: **4wd Safari Vehicle (9 - 10 hours)**
Accommodation: **Safari Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 3

GORILLA TREKKING

Today is the day! It's time to do some Gorilla tracking. An early morning departure with our ranger will see us following a seemingly, ambiguous trail to search for one of the world's most interesting and endangered animals. The rangers in depth knowledge of these creatures brings us up close and personal with them in their day-to-day life. We are permitted to spend one hour here, observing their behaviours. An experience you will never forget. This afternoon we return to our lodge and spend some time soaking up such an incredible location.

Activity time: **5 - 6 hours**
Accommodation: **Safari Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 4

RAINFOREST HIKE

This morning, after breakfast, we head out on a walk into the depths of the Bwindi Impenetrable rainforest. Whereas yesterday we focussed on finding the Gorillas, today we spend revelling in all the incredible wildlife that the jungle has to offer; Great Blue Turacos, L'hoests and Colobus monkeys rustle through leaves above, whilst tree frogs build their homes in the deep grooves of elephant prints underfoot. You will encounter uneven ground, tree roots and muddy patches whilst hiking in humid conditions. Sturdy boots with ankle support and comfortable hiking clothes are a must.

Hiking time: **6 - 7 hours**
Walking distance: **12 km**
Ascent: **300 m**
Descent: **500 m**
Accommodation: **Safari Lodge**
Meals included:
Breakfast / Lunch / Dinner

DAY 5

BWINDI IMPENETRABLE TO ENTEBBE

We begin today with a slow, relaxed morning before transferring to Entebbe, making a stopover at the Equator for photos on our way. Arriving late afternoon to early evening, we settle into our hotel and get packed up ready for our onwards journey.

Transport: **4wd Safari Vehicle (9 - 10 hours)**

Meals included: **Breakfast**

DAY 6

DEPARTURE

Transfer to the airport and flight home.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

Although the majority of this trip is relatively leisurely, the rainforest hike on day 4 is around 12km in length and you will be trekking over steep, uneven and muddy terrain in conditions that are likely to be hot and humid. We strongly recommend getting some walking in before you do this trip so that you can fully enjoy this once-in-a-lifetime experience. We advise wearing trekking boots with ankle support and gaiters for this hike and comfortable trekking clothing. You will also be spending large amount of time inside your safari vehicle and should be prepared for some long, hot days of travelling.

FOOD & DRINK

All safari lodges are booked on a **full board basis** - expect to sample local cuisine such as matoke, cassava, chicken and beef stews, fresh fish and millet bread. Western alternatives are also available in most lodges. Any additional drinks required are for your account, which must be settled when you check out of the lodge. If you are out driving during the day, your driver will take a packed lunch for you. Any dietary requirements noted upon booking will be passed to the safari team, but please let your safari guide know if you have any further requirements.

Your hotel in Entebbe is booked on a **B&B basis**. You can purchase meals at the hotel or head out in to the city to find a restaurant. You will find restaurants offering both Ugandan and western alternatives. Beer is probably the most widely available alcoholic drink across Uganda as well as the locally made fermented banana beer - Pombe.

Water

Whilst on safari you will be provided with bottled mineral water.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of accommodation and meal basis. All of our pre- and post- trip accommodation is based in Entebbe. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Ugandan Shillings, or often in US Dollars. When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits. Please be aware that Uganda is still a developing country and cut offs in both water and electricity supply still happen regularly. The hotel will help as far as they can, but these outages are outside their control.

During your safari you will stay in comfortable safari lodges in spectacular locations. Rooms will be either double or twin with en-suite facilities and your stay will be on a full board basis.

YOUR GUIDE

You will meet your guide either at the hotel on day 1 or at the pre-trip briefing in the morning of day 2. They will then be with you until drop you off at the airport on your final day.

TRANSPORT

On this trip we use comfortable 4x4 safari vehicles for all our transfers.

LUGGAGE

You will need two bags for this trip. One main duffel bag which will be transferred with you in your safari vehicle each day. Please ensure this is no more than 23kg. Please note: Do not leave computers, tablets, cameras and valuable objects in your main bag. One 30-40L rucksack with a large chest strap that you will carry during the day. You will carry your own personal equipment (camera, waterproofs, water bottle, sun screen and valuables), as well as your packed lunch on some days, in your rucksack.

PLASTIC BAG BAN

Similar to many African countries, Uganda has introduced a **ban on all single-use plastic bags**. Please support this fight against plastic by using more sustainable alternatives in your luggage, such as packing cubes and dry bags. Passengers with plastic bags in their luggage may be asked to surrender them on arrival at the airport.

The zip-lock bags required to carry liquids and toiletries in cabin baggage on airplanes will still be permitted.

HOW DO I GET THERE?

All of our tours begin and end in Entebbe, which is just south of Kampala, Uganda's capital. You will need to arrive into Entebbe International Airport (EBB). KLM and Brussels Airlines fly to EBB from all of the major UK airports. Flights tend to leave early in the morning, transferring at Luchthaven Schiphol, Amsterdam's main airport or Brussels, then Kigali International airport, before arriving at EBB late that same evening. Emirates also offer flights via Dubai. From the US, Delta offer flights with a similar flight path to KLM, however arrive the next day. Emirates and Qatar also offer flights, transferring in Dubai and Doha respectively.

We will arrange transport from the airport to your hotel at any time, including the late evening or early morning. When you arrive, you should look out for a member of our team who will either be holding a Kandoo Adventures sigh or a board displaying your name. The transfer takes approximately 40 minutes. As flights into Entebbe tend to arrive around 10pm in the evening, we would recommend planning in an additional rest day after such a long flight to recover and prepare yourself and your kit for the trip, rather than heading out straight away the next morning.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from your arrival in destination to drop off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

It is a requirement of joining any of our trips that you attend a pre-trip briefing prior to the trip beginning. This gives our guides the opportunity to speak to you about your adventure, and sort out any last-minute queries or concerns. Most flights into Entebbe arrive late in the evening so our briefing in Uganda is held at 7am on the morning of Day 2, in the restaurant at your pre-trip guesthouse.

BUDGET & CHANGE

The **Ugandan Shilling** (UGX) is a closed currency so you will not be able to buy these at home before you arrive. It is advisable to travel with US Dollars, as these are widely accepted and can be easily exchanged. It is very important that US bills be new (no more than 10 years old), crisp and untorn. If you need to take out more local currency whilst in Entebbe then we can take you to an ATM or bank. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it. **Please note** that not all hotels can accept card payments so you may need to use an ATM to access funds.

Please also note that although the need for rescue is unlikely, should you have any medical issues in Bwindi Impenetrable National Park and require assistance to make it back down, there is a US$300 rescue fee to be paid to the rescue team before rescue will take place. We recommend you carry this amount with you whilst trekking here.

TIPS

Whilst not mandatory, tipping is appreciated in Uganda and you should budget for tips for guides, support crew, drivers and staff at your accommodation. Tips are not a substitute for good wages: our guides are all well paid and well looked after and the amount you tip should be based on the level of service you feel you have received.

Recommended tip amounts:

Guides and drivers: 19,000 – 37,000 UGX (equivalent to US$5 - $10) per person per day

Gorilla tracking head ranger: 19,000 – 37,000 UGX (equivalent to US$5 - $10) per person per day

Park porters: 74,000 UGX (equivalent to $20 per person per day) is a mandatory fee if you decide to hire a porter. The tipping recommendation is 19,000 (equivalent to $5) per client

Safari lodges: 11,000 - 19,000 UGX (equivalent to US$3 - $5) per person per stay

Baggage porters at lodges and hotels: 3700 - 7400 UGX (equivalent to US$1 - $2) when help provided

Support staff on forest walks: 19,000 UGX (equivalent to US$5) per client

Restaurants: Add approximately 3 - 5% on top of the bill

Whilst on safari, you will be lead by your guide and accompanied by at least 2 rangers. This will vary based on the size of your group. Tips should be given to your lead guide who will share this with the others.

Safari lodges typically have a central tip box in their reception area. It is preferred that these are used rather than tipping individual staff.

Please use Ugandan Shillings (UGX) for small daily tips (porters and waiters) as these are easier for locals to use. US dollars can be used for larger, final tips for your driver-guides and safari lodges. US$ bills should be less than 10 years old, crisp and untorn). It is recommended to separate money for tips (ideally in envelopes) ready for each section of your trip so that tips can be handed directly to the person and you are not opening a wallet or counting out cash in public.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Uganda. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport with you at all times.

VISA

For visitors traveling to Uganda, it is mandatory to apply for a visa. We advise you to apply at least one month before departure, through the official Ugandan immigration service. Visas are valid for 90 days from the date of issue so don't apply too early.

Visas can be acquired via the following website - https://visas.immigration.go.ug/

For each visa you need to upload the following documents:
Copy of your passport (photo page with bio-data). Validity of at least 6 months after returning from Uganda
Recent Passport size photograph
Copy of Vaccination Certificate Yellow Fever (copy or photo of page with Yellow Fever vaccination) - this may not be requested during the online application process
Return Ticket

All documents must be in pdf, jpeg, png or bmp format, small file size (minimum file size 5 KB, maximum file size 250 KB).

You should take physical copies of these documents with you as they may be requested at the airport on your arrival.

When filling in the form:
Visit: Uganda only
Visa or permit type: Visa
Category: Uganda Ordinary/Tourist Visa
Subcategory: Single entry

Single Entry visas cost US $50. Payment will be taken as part of the application process.

When you send the form, you will immediately receive a tracking code. This code helps you to keep track of how far your application has progressed. You can check its status using the immigration link above.
The Ugandan authorities will send you a letter via email after they have approved your application (please make sure to check your SPAM folder)
Print this letter and bring it with you. It will be requested when checking-in for your flight to Entebbe and when you arrive at Entebbe International Airport. You will need it to collect your visa.

When applying for your visa online before you travel, you should be aware that the website can be slow and it is sensible to make a note of any log-in details and application numbers when you start your application.

Some nationalities do not require a visa, please check this in advance.

VACCINATIONS

The standard vaccinations required are Diphtheria; Hepatitis A; Polio; Tetanus and Yellow Fever, but you should always consult your doctor or travel clinic for the most up to date advice.
Please be aware that a Yellow Fever certificate will be necessary for your Ugandan visa application.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. If you are climbing Mount Stanley, we recommend cover up to 5200m of altitude. If you are climbing Mount Elgon you will need cover for trekking up to 4400m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is a high risk of malaria in Uganda so you will need to plan anti-malarial medication for your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts, particularly at dusk and dawn when the mosquitos are active, and using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows is that it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

MEDICATION

Your guide carries a first aid kit at all times but we recommend you carry the following items: - Painkillers - Anti-inflammatory tablets/gel - Second Skin Elastoplast (to prevent blisters)/ bandages - Sunscreen for lips and skin - After sun cream (for sunburn) - Any personal medication including malaria tablets.

MINIMUM AGE LIMIT

The minimum age for our open groups trips is 16 years old and private trips is 12 years old. Please be aware that the minimum age for Gorilla Tracking is 15 years old. If your child is under the age of 15 and wishes to join the Gorilla Tracking, they will need an exemption letter signed by a parent or guardian to be able to join on this activity. We are able to assist you with this, however, we would recommend this is done with plenty of time to allow for approval and confirmation by the local authorities.

EQUIPMENT & CLOTHING

CLOTHING TO BRING

Wear something cool and comfortable, as you will be in the vehicle or trekking for several hours each day and it will be very warm, humid and often wet in the parks, and on the drive between the parks. The vehicles are not air conditioned, although the pop-top will be open when you are in the parks. Avoid wearing dark blue or black, as these colours attract flies.

HEADGEAR

- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Long sleeved shirt/t-shirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/t-shirt – lightweight, moisture wicking (x2)
- Fleece or soft-shell jacket
- Water/windproof hard-shell outer jacket

LEGS

- Trekking trousers – light or medium weight (x1) – convertible trousers work well
- Lightweight trousers - linen trousers are cool in the heat
- Water/windproof hard shell trousers
- Gaiters -there can be excessive mud on the trails

FEET

- Trekking boots with ankle support
- Training shoe or similar – to wear around the lodges
- Mid-weight trekking socks

EQUIPMENT TO BRING

- Binoculars
- Camera (with spare battery and memory card)
- Reference books for wildlife identification
- Toiletries - including sun cream
- Small first aid kit
- Insect repellant

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.