



## ***Nature & Cultural Safari Specialists***

### ***Uganda Eco Adventure – An Eco Camping cultural and nature safari***

Uganda is regarded as “a vast goldmine that is poorly exploited”; Mount Rwenzori – one of the Africa’s snow-capped mountain ranges in Africa; 50% of the worlds endangered mountain gorillas; 10% of the world’s bird population; the breathtaking flora and fauna; the crater lake zone of western part of the country offering some of the spectacular sites for scenery viewing; over 15 national parks, game and other wildlife reserves; the fresh waters of Lake Victoria – the source of the Nile; and the warm and spirited people of Uganda, are major attractions that have been developed for ecotourism activities.

### ***The Adventure***

The adventure begins with the optional Kampala City tour. Formally the “hill of impalas” - where it derived its name, traces back to the 1600s when it was established as the capital of Buganda Kingdom. It sits on 7 hills which were formally the Buganda

kings cities. We will drive through prime residential areas, shopping centers, markets, monuments, craft village etc depending on the time we shall have.

We shall take a tour of the famous Kasubi Tombs- the burial ground for Buganda kingdom kings and later go to the source of the river Nile on Lake Victoria, a point where the Nile starts the 6,500km long journey through Egypt to the Mediterranean Sea. We shall engage in activities like bungee jumping and grade five white-water rafting along the Nile River.

Before leaving the central, we shall tour Mabira forest on a nature walk; go canoeing at Mabamba wetland looking for the awe-inspiring shoebill stork.

A game drive and boat ride in Lake Mburo National Park will mark the beginning of the western circuit tour. Further south west, we explore Bwindi impenetrable forest for the world's only remaining mountain gorillas; and tour the Batwa communities in Rubuguri, heart-stopping cultural entertainment, cave and waterfall exploration, and other sightseeing activities will be the highlights while with the locals at Nkuringo – Rubuguri.

We leave this part of the country after two days and drive west to the Bunyaruguru crater field. We shall also engage in community experience activities like crater lake exploration, tour traditional local brewing sites, tour the local cultural museum, all complimented by cultural entertainment and storytelling about the legends of the Inhabitants.

Our adventure will become more fascinating while in the unrivalled Queen Elizabeth National park. A game drive and a Launch cruise along the kazinga channel are the most thrilling activities that we shall engage in. While in Fort Portal area, we shall take a tour to the stalactites and stalagmites of the Nyakasura Hills, make an expedition of the Toro Kingdom palace, and later continue to Kibale forest to meet with wild chimps in their natural home. Our adventure ends in Kampala with a farewell entertainment by the multi-award winning, Ndere Troupe!

Join us for an extraordinary adventure and the eco-tour of a lifetime – a trip with a purpose – a Ugandan Eco Safari Adventure!

### *Itinerary*

**Day 1** Our driver guide will meet you at the Entebbe International Airport and take you to your eco-friendly hotel. If you arrive early, you will have an opportunity to explore Kampala city, exchange your currency, go shopping, relax and enjoy the many tourist attractions that Kampala has to offer.

**Day 2** On the morning of the second day, you'll be driven to Kasubi Tombs. This is a historic site - UNESCO's World Heritage site that was established in the 1882 as king Mutesa I palace that was later transformed to the official burial ground of the Buganda Kings. This is a unique domed structure of poles, reeds and thatch which contains fascinating collection of royal artifacts, ranging from traditional musical instruments, weapons, shields and fetishes to exotic gifts donated by Queen Victoria. The 4 royal tombs are obscured behind a red bark cloth veil and are off-limit to visitors. We will spend about two hours contemplating about the Baganda norms and customs.

Later, we shall transfer to Jinja to the source of the Nile on Lake Victoria - This is a spot where John Hannington Speke the British explorer first discovered the source of the Nile River in 1858, the longest river in the world after the Mississippi. A tour to the Nile will take us through another life of adventure. There is a golf course unwinding along the banks and the river. The source of the Nile provides a pretty focal point to the flow of water from Lake Victoria's only outlet. Depending on the time we shall have, we may decide to go on a short boat ride for bird watching.

Overnight in Jinja Nile resort

**Day 3** The next day, we head downstream on the Nile River to the Bujagali falls for grade-five white water rafting and or jet boat cruise while exploring the

riverbanks. As you finish your rafting journey, you will catch a glimpse of beautiful landscapes, small islands, and birds, villagers using the Nile's water to wash their clothes; young boys and girls taking a bath, and hardcore swimmers who easily negotiate the rapids.

Later in the afternoon we will go for bungee jumping. Most people say it takes a strong willed person to jump from a 45metre-high platform down into the river; to the first timers it looks scary at the beginning, but as you go down it becomes thrilling.

We shall sleep in Mabira forest Eco-lodge.

**Day 4** While in Mabira we shall wakeup very early in the morning for a forest walk while birding and enjoying the beautiful butterflies, monkeys etc. Mabira Forest Reserve is the largest block of moist semi-deciduous forest remaining in the central region of Uganda. The reserve occupies gently undulating country, characterized by numerous flat-topped hills and wide, shallow valleys. We shall work through mixed flock of many bird species of the Guinea-Congo Forests biome which are not well-represented in other protected areas in Uganda, for instance Nahan's Francolin; Black shouldered Nightjar, Capuchin Babbler, Grey Long-bill and Blue-headed crested flycatcher, white-spotted flufftail etc. Butterflies include Diadem, Immaculate wood white, African queen, false-dotted border, blue diadem, African map butterfly, mocker swallowtail, green-banded swallowtail etc. There are also several primate species like the Blue monkey, black and white colobus, red-tailed, etc. This will end about midday.

After lunch we will go to Ssezibwa falls. The falls are located along River Ssezibwa that starts from the wetlands between Lake Victoria and Lake Kyoga, west of the Victoria Nile and flows in a general northerly direction to empty into Lake Kyoga. Sezibwa falls is a Buganda Heritage site, with an out span of sharp edged rocks and a magnificent sound of soothing waters flowing down the steep ridged stones 7m high. The dark waters rise up to 90 feet during the rainy

season, with fascinating sounds from the pouring waters, holding the secret not known to many, unique and rich traditions, acknowledged only by those who love culture and serene. It traditionally derived its name from the vernacular word "sezibibwa kkubo" literary meaning "no obstacle can stop me from moving on". We shall explore the cowry shrine, enjoy the harmony of bird songs above the trees, do rock climbing as we enjoy the captivating scenery of the site. We are likely to meet monkeys like black and white colobus, red-tailed and vervet.

We sleep again at Mabira Eco-lodge. Enjoy all the wonderful amenities of Mabira Eco-lodge accommodations including the snacks, coffee and tea and candlelit dinners under the stars in the extraordinary setting of Mabira Eco-lodge; lay by the pool while monkeys and birds cavort nearby.

**Day 5** We shall wake up very early and head west of the country. We start with Mabamba swamp and then proceed to Lake Mburo national Park.

Located about 54km west of Kampala, Mabamba bay is an extensive marsh stretching through a long narrow bay, fringed with papyrus towards the western main body of Lake Victoria. The wetland is famous for the "world's wonder", the peculiar shoebill stork, which is the only member in its family. We shall take a canoe through a hand-paved channel and ride deep into the marsh and look for this bird. There are several other water birds that we are likely to encounter; for example, African jacana, lesser jacana, African snipe; flocks of other species especially migrants such as Gull-billed Terns, White-winged Black Terns and Whiskered Terns, and residents such as Grey-headed Gulls. Other interesting species found in the marsh include goliath herons, Spur-winged and Pygmy Geese etc. *Overnight at Arcadia Cottages at Lake Mburo.*

**Day 6** The next day, we shall start with a boat ride in the lake and later head for an afternoon game drive. A boat cruise on Lake Mburo takes you closer to stunning views of big congregations of Hippos in the water; there also chances of seeing

the giant crocodiles sunbathing along the shores of the lake. For bird enthusiasts, the rare African finfoot, a very solitary duck is easily seen here than any other place in Uganda; the fish eagles, pelicans, kingfishers, water dikkops, night herons etc also throught the banks of the lake.

After lunch at our lodge, we shall go on a game drive in the park. This park boasts of hosting a wide range of antelopes. Defassa waterbuck, bushbuck, Impala, topi, eland are numerous; the buffalo, elephant, lion are also present in the park. We shall have a spell of spectacular wildlife viewing while on the game drive from our vehicle with the superb game rangers of the park who are dedicated to our safety and giving first hand info about these animals in the park. *Overnight at Mihingo Lodge/Arcadia cottages.*

**Day 7** The following day, we head for Kisoro and stay at Travelers' Inn. This is a rather long journey that might take us the whole morning arriving there in time for lunch. The journey from Mbarara to Kabale takes us through a perchwork of scenic Ugandan banana farmlands, papyrus wetlands, isolated pockets of eucalyptus woodland and the rocky grazing lands of Ankole. As we drive from Kabale to Kisoro, we travel on a winding smooth road through undulating beautiful valleys and hills, rural settlements and terraced gardens on the hills providing one of the best scenic drives in Africa. When the skies are clear, we shall have magnificent views of the volcanic peaks of the great virungas on the border of Uganda, Rwanda, and the D.R Congo. Upon arrival in kisoro, we shall check in our hotel and have a free afternoon, relax, while sightseeing the country side.

**Day 8** This day we go for gorilla tracking at Nkuringo section of Bwindi Impenetrable forest. We will end this activity in the afternoon and then transfer to Nkuringo cultural site.

Mountain Gorilla Tracking in the misty forests of Bwindi is a challenging activity yet the most rewarding of all the wilderness experiences in the whole world.

Bwindi hosts more than half of these only world's remaining gentle giants. Meeting them in the undergrowth as they play, quietly chewing their vegetarian delicacies, and nursing their young, is an inspiring moment. Like an isolated human family, the gorillas portray an affectionate grooming and firm disciplining of their offspring. We shall have enough time to view and photograph one of the Gorilla families in the forest.

We shall return late afternoon and settle at *Wagtail Eco Safari Camp* in the nearby Rubuguri village. This camp is a typically community oriented ecotourism facility set in the heart of a Ugandan village, providing eco-friendly accommodation, cultural entertainment by the indigenous locals and other eco camping amenities. Depending on the time of arrival at this camp, we will gather on the camp fire this evening as we enjoy all sorts of entertainment by the different groups including the marginalized Batwa (pygmies), the orphans group, the women's group etc who are all advocates of nature conservation. The Batwa, comprising of 0.5% of the population around the forest, are fairly a romance between the traditional human and the modern one. Originally hunter gatherers and forest inhabitants, most of them have been resettled and are famed for their melodious music and rhythmic dance and their historic tales.

A comedian pygmy will engage us in an amazing demo of the life of the Batwa; meanwhile, we shall listen to one of the elderly local people telling legends of how the ancient Ugandan people blended with nature around them.

**Day 9** Today we shall take a village walk around the community and experience nature through the eye of the people who have co-lived with these remote cousins, the mountain gorillas. Our adventure today will take a tour of the caves, the beautiful waterfalls, Pygmy homesteads and a hike to the famous Nyiguru Hill, literary meaning, "Heaven". It was called Nyiguru by the ancestors of the area and it is locally believed that there are supernatural powers at the hill. Village members specially pay visit to the hill in times of calamities like

diseases, drought, poor harvests, civil strife, or family problems to seek for blessings and guidance from ancestors.

A hike to Nyiguru is worth taking because of its romantic view of the Virungas at the border of Uganda, Rwanda and the D R Congo; western Rift Valley with crystal clear views of the snow-capped Rwenzori ranges on a less cloudy evening; the sunset, the forest canopy of Bwindi Impenetrable forest; and the captivating vistas of the hilly terraced gardens of the local people.

We will have another night at the camp

**Day 10 & 11** We shall spend the whole day travelling to Bunyaruguru - the land of craters. The Bunyaruguru crater zone straddles the western arm of the rift valley escarpment southeast of Queen Elizabeth national park. This is one of the parts of western Uganda overshadowed by the Rwenzori, blemished with one of the world's densest concentrations of volcanic crater lakes; "Imagine 52 crater lakes in an area of 1,108.25 Sq Km"! These are as a result of the glowing remnants of the immense volcanic and geological forces that moulded the western Uganda landscape from the albertine rift to the Rwenzori and Virunga Mountains. The area is the most stunning and slumbering nature lovers' hide-out which hosts 52 crater lakes, each lake with its unique characteristics - green waters, blue waters, the transparent oval-shaped lake Kamunzuku ,where you see up to the lake bottom! lakes with miraculous varied shapes like Lake Rutoto shaped like the Continent of Africa, the serpentine-shaped lake Mugogo, the famous twin lakes separated by a distance of one metre!,

Over night at *Kamweru Ecotourism Camp*. This is another ecotourism facility on a Crater Lake side run by the local people with a unique cultural attachment. We shall reach towards dusk and check in at the camp, have some refreshments and gather at the campfire.

This evening, a traditional Ugandan barbecue around the fire, with heart-stopping hunter- warrior dances from local Banyaruguru tribe and the beautiful

sounds of the local drums, voices of the traditional dancers will mostly enchant you.

The next day we explore some of the craters and wonders of this beautiful land. We shall also have time to tour one of the local brewing sites and witness how the local people manufacture a purely distilled gin from bananas.

We shall return later this evening to the camp, take a survey of the cultural museum, and tour the cave. After our candlelit dinner we shall again gather around the campfire as one of the elders regales us with amazing true animal stories of the African bush and educate us about the local flora and fauna and their importance in local medicine.

**Day 12** The next day we head to queen Elizabeth national park for an early morning Launch Cruise at the Kazinga Channel, an afternoon game drive, and then return to Bunyaruguru later in the evening while game viewing on the way.

Queen Elizabeth National park is one of nature's last frontiers, a richly endowed wilderness covering part of the western arm of the Great Rift Valley in western Uganda. It is a patchwork of ecological niches — explosion craters of volcanic activity that happened about 5000 years ago, fresh water rivers and lakes, dense tropical rain forests, open savannahs with acacia woodland pockets — containing the earth's greatest concentration of tropical fauna including more than 611 species of birds, 80 species of mammals and 1,700 species of plants, and over 300 butterfly species.

The 40km-long Kazinga channel is a natural, narrow neck of water that connects Lakes George to Lake Edward. It provides the park's prime wildlife spectacle. Its shoreline attracts large numbers of water birds, mammals and reptiles year round. From the deck of your luxurious Launch Cruise, you will mostly be hypnotized by the abundant and beautiful wildlife in the water and on the shoreline. You are likely to encounter large congregations of Hippo, waterbuck, crocodiles, elephant, buffalo, giant forest hog etc. birds include African Skimmer, Striated Heron,

African Spoonbill, African Crake, Water Thick-knee, Three-banded Plover, Marsh, Green, Wood, and Common Sandpipers, Gray-headed Gull, Plain Martin, Lesser Swamp Warbler, Collared Pratincole, Yellow-billed Ox-pecker etc.

While in QENP you will have a spectacular view of the wildlife from an open Roof-hatched vehicle on your afternoon game drive

**Day 13** The next day we will travel to Fort Portal and tour the Toro king palace in the afternoon (*optional tour to the stalactites and stalagmites*). Then proceed to Kibale National Park. We stay at *Kanyancu camp or Nature Lodge or Kibaale Primate Lodge*.

The Fort Portal area is another dazzling crater area field embraced with tracts of massive volcanic upheavals with inferred Holocene eruptions that occurred about 5000 years ago following the formation of the Great Rift Valley. It contains several hills, caves and lakes. This crater area field is a continuum of the Bunyaruguru crater field extension.

A tour to the Stalactites and Stalagmites shows one of the stunning natural wonders of the Nyakasura Hills in the fort Portal Crater field. According to the present Batoro (tribes men and women of the region), it is believed that these were formerly breasts (*amabere* in the local language) of the ancient princess (the beautiful girl called *Nyamwiru* daughter of Bukuku the Chwezi King by then) of the Chwezi kingdom who was punished by cutting off her breasts after she misbehaved; hence the name *Amabere ga Nyinamwiru*, meaning the “Breasts of Nyinamwiru”. According to this legend, after cutting off the breasts, they grew into bigger scenic rocks dripping with a milky substance, forming the Nyakasura historical caves.

The Toro Kings Palace, that has under gone a series of renovations, is the home of the current King (Omukama) of the Toro Kingdom that dates back in the 16th century. Rukirabasaija Oyo Nyimba Kabamba Iguru Rukidi the IV is the reigning king of the Batoro. The king was crowned at the age of three and a half years

after the mysterious death of his father, the late king Kaboyo. At the infant age of three-and-one half years old, King Oyo of Toro earned a place in the Guinness Book of World Records as the youngest reigning monarch. In April 2010 he was officially recognized to take over the responsibilities of the kingdom after turning 18. At the palace, we will be guided by one of the servants and shown the ancient artefacts used by the former kings of the kingdom.

**Day 14** The next day we head for chimp tracking in the forest in the morning, then afternoon walk at Bigodi Community wetland. Local communities adjacent to Bigodi wetland in Kibale forest have developed a 14 km trail around the swamp for ecotourists to enjoy birds, the green environment, primates etc.

We assemble in the morning after our breakfast, for briefing as we prepare for chimp tracking. The movement of the chimps depends upon the availability of food and hopefully they won't be too far away! As we tour one of the chimps groups, we shall witness the behavioral characteristics of these living closest cousins to human beings demonstrating a distrustful fleeting look at our sudden interruptive visit into their private world, which is comforted by the chuckling made by the knowledgeable tracker guides. The noisy giant male uses loud vocalizations and drumming on large tree buttresses as a means of communicating with the other members of their group, since chimpanzees have a fission-fusion community structure, which means that they are not in constant contact with one another and often forage in small parties or even alone.

This park is also famous for hosting the highest number primates in Uganda (13 primate species) including the Beautiful I' Hoest Monkey, black and white colobus monkey, blue monkey etc.

During your chimpanzee trek, quietly request your guide to take you to the 'holy land' – which hosts the naked Adam and Eve tree!

Overnight at Nature Lodge or Kibale primate lodge

**Day 15** Transfer to Kampala the next day and go for a farewell Celebration Dinner with entertainment from the Ndere Troupe. Stay Metropole hotel

Leaving the west, we shall drive to Kampala, check in our hotel for lunch, relax a bit and drive for a short distance to Ndere Centre. At Ndere, we shall be ushered in the open-air Joy Arena, be spell-bounded in the celebrations of human happiness through a seemingly endless repertoire of authentic African traditional dances and songs executed ebulliently by these skilled Ugandans using various indigenous percussive, stringed and wind instruments. The troupe fuses traditional dance, music, and drama with modern arts by blending traditional instruments with modern ones to produce exhilarating sounds. The ambience of the Joy Arena can only be equated to the ancient Greek or Roman Amphi theaters.

We retire late this evening for overnight at our hotel.

**Day 16** End of Adventure and Departure.

### Notes

#### **On the Itinerary**

Although we do our best to adhere to the above schedule, this itinerary is subject to change for numerous reasons beyond our control including flight schedule changes, group interests, weather, road, lake or trail conditions. The right is reserved to substitute hotels, lodges or camps of similar category for those indicated and to make any changes in the itinerary where deemed necessary or caused by changes in the interests of our prospective clients etc. We encourage our ecotravellers to advise us the type of accommodation and the preferred number of days they would want to stay on certain sites. This program is suitable for relatively healthy, fit participants aged 5 and up, and some activities may include families with children, with exception of gorilla tracking which is limited to only those above 15 years. Bungee Jumping and white water rafting is also limited for adults only.

## **Pricing**

Uganda Eco Tours and Safaris will quote a price depending on the choice of accommodation and variations in room sharing, the number of travelers on the trip, choice of activity etc. The price will include your accommodation, and all meals. Inclusive also are Gorilla and Chimp tracking permits, boat hire fees, park and other sites entrance fees and services of all the guides and leaders. Our package quotations do not include: Air fare to and from your country of origin; travel and health Insurance; telephone calls; special drinks or alcoholic beverages; tips to drivers, guides and hotel staff; laundry and other items of a personal nature; travel and medical insurances.

A non-refundable deposit of 30% of the total trip price will confirm a commitment to travel with us on our safaris. The balance of the fee is due 60 days prior to departure. We quote our fares in US dollars, and must be paid in US dollars. A portion of your package price includes a tax deductible for our membership with East African natural history society, which is used to help fund organization's many conservation education and awareness projects.

All taxes, service charges and VAT while at destinations are included

## **Optional trip extensions**

For those who would like to stay longer and may still require our services, need to notify us in advance so that we can make the necessary arrangements for accommodation, transport and the activities they will engage in.

## **Trip cancellation**

When the traveler notifies us more than 45 days prior to the first day of any of our safaris, 75% of the final payments will be refunded. With 30-45 days notice, one receives a 50% refund of the final payments of the tour. No refund can be made with less than 30 days notice. No partial refund can be given once a tour begins. We strongly recommend that you purchase trip cancellation insurance to protect your investment.

## **Accommodation**

Most of the accommodation facilities on this particular trip are campsites. The rest of the lodges have been carefully selected and are among the best in the region. They are clean and comfortable with private facilities and with a good reputation for a bid by eco principles. However, at some campsites, we may share facilities like the latrines and bathrooms. All of the hotels and lodges serve both local and international cuisines, have well stocked bars and recreation facilities to help you relax after long journeys and long hours in the field. Most of them are strategically located in areas where you will only be separated from the wild life by the wall; you will have an opportunity to hear buzzes of insects, birds and while you are outside your rooms, occasional visitors will mostly amaze you!

*Note: Accommodations featured in this package can be substituted by suitable camps depending on the group's interests.*

## **Roads and Transport**

Most of our roads connecting to the attractions are long and sometimes bumpy and dusty / muddy taking us through typical Ugandan scenic fertile farmlands, open savannah and arid plains, numerous papyrus swamps and isolated pockets of woodlands and tropical dense forests. As we travel on road, we shall be having necessary stops to stretch legs.

We use 4WD comfortable vehicles with open roof hatches for most of our tours. Every guest is guaranteed a window seat in each vehicle, thus providing equal opportunities for viewing and photographing the wildlife.

## **Travel insurance**

We strongly recommend that you consider a plan to help protect your trip investment. Travel insurance helps to cover; unexpected events prior to departure causing the need to cancel or change your dates, weather events or local strikes causing interruption or

changes to your itinerary, missed connections, delayed arrival, lost/delayed baggage and medical or evacuation coverage.

## **Weather**

Much of your trip will take place in places where the weather can change suddenly. There are variations in weather due to the typically equatorial climate of Uganda. Generally Uganda's climate from September – December and April – May is wet and cool. The dry spell is experienced between Jan – Early March and June – Mid August and the days are generally warm or hot and sunny. Mean annual temperatures range from about 16° C in the southwestern highlands to 25° C in the northwest; but in the northeast, temperatures exceed 30° C about 254 days per year. Daytime temperatures average about eight to ten degrees warmer than nighttime temperatures in the Lake Victoria region, and temperatures are generally about fourteen degrees lower in the southwest. However, overcast conditions are frequent, particularly in the forest and mountain areas. Nights can be mild to warm, cooler at higher altitudes.

## **Clothing**

In order to stick to the ecoprinciples and avoid cultural shock, we advise our clients especially women, to put on relatively long dresses, skirts or shorts covering the knees at least. The tops should not show the belly bottom. The traditional Kitenge dress earns more respect and gives pride to our people. Otherwise, recommended for the field is light-weight, neutral-colored clothing that can be easily rinsed out and quickly dries- cottons or cotton blends. Long-sleeved shirts and long pants will help protect you from insects, thorny plants, and sunburn. Shorts will be appropriate for some occasions; long pants that convert into shorts by unzipping the legs are generally very useful and popular. A sweater or jacket is useful for cooler nights and early mornings. Bring a bathing suit, as there will be opportunities to swim at some of the lodges, as well as a hat, sunglasses, and sunscreen. You should also bring raingear, including a small umbrella. Strong-soled shoes or hiking boots are essential, as we will spend a good amount of time on our feet. Dress is casual throughout. Laundry service will be available regularly during the tour (cost not included), which should help you in

deciding what to pack. Making use of laundry service means you will not need to bring as many items of clothing as you would otherwise. Alternatively, to lighten your load, you may consider bringing some clothes you have planned to discard. These can be worn on tour and left behind; they will be well received by local community lodge we meet on the tour.

### **Currency**

Uganda currency is the Shilling; at time of writing the exchange rate is approximately 2200UgShs for US\$1. Credit cards can only be used in a few hotels where we shall be staying and in a few shopping centres in the capital Kampala. ATM machines too are available in some towns. Travelers' cheques can be changed for local currency at the airport upon arrival. Thereafter only cash can be changed once on safari. Larger bills (\$50 and \$100) attract a significantly better rate of exchange than smaller bills or Traveler's cheques. Any local currency can be changed back to US Dollars at the airport on departure. US Dollars cash notes **MUST** be dated 2001 or newer and must be in good condition.

### **Documents**

A passport with a tourist visa valid for at least six months after your departure is required for United States and Canadian citizens to enter Uganda as well as a yellow fever vaccinations certificate. You may not be required to obtain the tourist visa for Uganda prior to your departure, as it can be obtained upon arrival in Entebbe (cost at time of writing is \$30.). Citizens of other countries should check with their consulate/embassy for instructions.

It is very important that your passport and traveler's checks be on your body at all times. We caution against carrying these items in your backpack or purse as petty crime is inevitable.

### **Equipment**

As an adventurer, you are encouraged to carry your own equipment if you are to get the best memories of your tour. Amongst the equipment you may need are; a good pair of binocular, an alarm clock, a water flask or canteen, a flashlight, camera and its

batteries, small backpack for carrying essentials on day activities, insect repellent and sunscreen. You should also bring a supply of indigestion and diarrhoea medicines in case they are needed.

## **Health**

It is important to note that modern medical facilities and prescription drugs are not common in Uganda; apart from a few recommended hospitals of international standards like Nairobi and International hospital Kampala; so you should be in reasonable health to consider this tour. Although food hygiene and quality is excellent and we rarely experience any serious stomach problems, you may want to bring the remedy you prefer or are prescribed for an upset stomach. Moist toiletries are useful for keeping refreshed and clean during travelling and before packed lunches.

If you are taking prescription medication or over-the-counter medicine, be sure to bring an ample supply that will allow you to get through the tour safely. Please consult your physician as necessary. Remember to pack all medication in your carry-on baggage, preferably in original containers or packaging. As airline baggage restrictions can change without warning, please check with your airline for procedures for packing medication.

Malaria is present, including the chloroquine-resistant strain; most areas are at risk. There have been some recent changes in recommendations for malaria prophylaxis. Mefloquine (Lariam) is now the drug of choice in areas where chloroquine-resistant malaria is found. A single dose should be taken one week before the start of the tour, continued throughout the tour, and for four weeks after its conclusion. Mefloquine is available by prescription only, and may not be suitable for those using cardio-vascular medication; consult your physician.

As standard travel precautions, you should always be up to date with tetanus shots, and strongly consider inoculations against Hepatitis types A and B.

All water should be regarded as being potentially contaminated. Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilized. It is recommended that you only eat well-cooked meat and fish, preferably

served hot. Pork, salad, and mayonnaise may carry increased risk. Vegetables should be cooked and fruit peeled.

## **Other**

Departure Tax - none

Electricity - 220-240 volt AC, with British type 13-amp 3-prong plugs.

Language - English is the official language and widely spoken.

Time – Uganda is 8 hours ahead of Eastern Standard Time.

## **Safety**

Uganda is considered safe and politically stable. Petty crime is minimal. The recent suicide bomb blasts in the city Kampala by the Al Shabab militia, posed threats but has also alerted security agencies across the globe like the FBI in Uganda, and security has been beefed up in all the corners of the country while several arrests have been done and put every situation under control. The Bwindi killings in 1999 gave Uganda a bad reputation; however a strong military presence in all the National parks has ensured that no further incidents will reoccur. All the parks we will be travelling to are well protected by the Ugandan army. We are constantly monitoring the security situation and will alter the itinerary should any area be considered to pose a risk in any way.

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## **Recommended Readings**

Kefa M. Otiso, Culture and Customs of Uganda (Culture and Customs of Africa) 2006. (Book Available at Amazon Sales).

Philip Briggs with Andrew Roberts (6th Edition). Uganda, the Bradt Travel Guide 2010. A good guide to travelling in Uganda.

Finlay, Hugh, M. Fitzpatrick, M. Fletcher and N. Ray (5th Edition). East Africa Lonely Planet Publications. 2000. An excellent general reference work to travelling in Uganda, Kenya, and Tanzania.

Stevenson, Terry and John Fanshawe. A Field Guide to the Birds of East Africa: Kenya, Tanzania, Uganda, Rwanda and Burundi. Academic Press, 2001

Kingdon, Jonathan. The Kingdon Fieldguide to African Mammals Academic Press, 1999. This excellent book covers all of Africa's mammals. Larger mammals (squirrel size and larger) are covered to species level and smaller mammals to genus level. This is the recommended mammal book.

Spawls, Stephen, Kim Howell, Robert C. Drewes and James Ashe. A Field Guide to the Reptiles of East Africa Academic Press, 2001. A superb and comprehensive but rather bulky guide to all the species of reptiles occurring in Uganda

Dharani N. Field Guide to the Common Trees and Shrubs of East Africa Struik, 2002. A newly published guide to the more common trees and shrubs found in East Africa

**Contact us for more information about the tour**