

## Culture & Wildlife of Uganda & Rwanda - DURU

8 days: Kampala to Kigali

### What's Included

---

- G Adventures for Good: Nyamirambo Women's Centre, Local Lunch, Kigali
- Guest farm stay near Kibale NP
- Chimpanzee trek
- Bigodi Community lunch
- Queen Elizabeth NP wildlife safari drives
- Guided gorilla trekking in Bwindi Impenetrable NP
- Visit to Kigali Genocide Museum
- All National Park fees and trekking permits
- All transport between destinations and to/from included activities

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 G Adventures. 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.

**VALIDITY:** Valid for all trips departing May 27th, 2018 and onwards

### Itinerary

---

#### Day 1 Kampala

Arrive at anytime.

Arriving early? Pre-book Nile River Whitewater Rafting in Jinja on Day 1, and be back in time for your evening welcome meeting. We strongly advise arriving one night earlier to facilitate the activity's early start.

Please note that if you choose to participate in the Jinja Rafting excursion, the pick-up will depart from The Forest Cottages in Kampala at approx 7:30am. If you have booked alternative pre-tour accommodations, please be sure to contact Nile River Explorers the day before to arrange a convenient pick-up point. See the Optional Activities section of the Tour Details page for more information.

#### Welcome Meeting

Kampala 18:00

Meet your CEO and fellow group members and learn more about the upcoming itinerary. Fill out some paperwork and get ready for the adventure.

#### Optional Activities - Day 1

##### Jinja River Rafting from Kampala

Kampala 10h-11h

140USD per person

Looking for a change from wildlife to simply something wild? Wake up early and head out on the Nile River for a full-day navigating the whitewater. Enjoy an exciting day testing your paddling skills in the rapids while waves crash over into your eight-person raft. This activity is suitable for rafters of all experience levels. Enjoy a BBQ and drinks with your group after conquering the rapids. Trip includes approx 4 hours round-trip transportation to and from Jinja from the start hotel in Kampala.

## **Day 2 Kampala/Fort Portal**

Take the scenic route to Fort Portal at the edge of Kibale National Park. Spend the night on a guest farm listening to the sounds of monkeys and birds.

Accommodation in Fort Portal is on a farm in simple furnished tents with shared bathroom facilities.

### **Private Vehicle**

Kampala - Fort Portal 4h-6h 297km

Settle in and scan the scenery from the convenience of a private vehicle.

**Meals included: Breakfast | Lunch | Dinner**

## **Day 3 Kibale National Park**

Explore the evergreen rainforest and trek to spot chimps in the morning or afternoon. Enjoy a traditional lunch in the Bigodi Community.

Opt to venture deep into the wetlands to spot more wildlife on a guided walk through the Bigodi Wetlands Sanctuary.

### **Chimpanzee Trek**

Kibale National Park 1h-2h

Embark on a chimp trek with a park ranger/guide. See more than just chimpanzees in their natural environment. Learn about the ecosystem and keep an eye out for other animals. Although chimp sightings are not guaranteed, visitors stand a good chance of hearing and seeing our distant cousins as they are not bothered by humans watching their daily behaviour.

### **Bigodi Community Lunch**

Kibale National Park 1h-1h30m

Sit down to a traditional buffet-style lunch prepared with fresh, organic local ingredients. Guests dine in a grass thatched hut and learn about Bigodi dining etiquette. Your local hosts describes how the ingredients used in the dishes are grown, harvested and prepared.

### **Optional Activities - Day 3**

#### **Bigodi Swamp Walk**

Bigodi

20USD per person

Take a guided walk through the Bigodi wetlands. On your tour, you will likely see several kinds of monkeys including black and white colobus, red colobus, mangabey, red tail, vervet, and L'Hoest. Other wetlands mammals include baboons, sitatunga (an increasingly endangered swamp antelope), bush pigs, civet cats, mongooses, bush bucks and an occasional chimpanzee. The area also boasts an incredible bird population.

**Meals included: Breakfast | Lunch | Dinner**

## **Day 4 Kibale NP/Queen Elizabeth NP**

Continue on to Queen Elizabeth NP, stopping at the equator. Head out on a wildlife safari drive in the afternoon. Keep your eyes peeled for warthogs, elephants, buffalo, five different species of primates, and hippos.

Queen Elizabeth National Park is characterized by open savannah, large areas of swamp around Lake George, the extensive Maramagambo Forest in the southeast, and the forested Kyambura Gorge along the border with Kyambura Game Reserve.

Accommodation in Queen Elizabeth NP is in simple furnished tents with shared bathroom facilities.

### **Private Vehicle**

Kibale National Park - Queen Elizabeth National Park 3h 115km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Queen Elizabeth National Park Wildlife Safari Drive**

Queen Elizabeth National Park Afternoon

Enjoy a wildlife safari drive inside Queen Elizabeth National Park. The park is home to Uganda's largest wildlife populations. Keep an eye out for buffalo, elephants, hippos, hyenas, lions, warthogs, and the elusive leopards.

**Meals included: Breakfast | Dinner**

### **Day 5 Queen Elizabeth National Park**

Take an early morning wildlife safari drive and enjoy lunch inside the park. Opt for an evening cruise along the Kazinga Channel.

Enjoy a wildlife safari drive with possible sightings of buffaloes, waterbucks, warthogs, lions, leopards, hyenas, giant forest hogs, and elephants.

### **Queen Elizabeth National Park Wildlife Safari Drive**

Queen Elizabeth National Park Morning

Enjoy a wildlife safari drive inside Queen Elizabeth National Park. The park is home to Uganda's largest wildlife populations. Keep an eye out for buffalo, elephants, hippos, hyenas, lions, warthogs, and the elusive leopards.

### **Free Time**

Queen Elizabeth National Park Afternoon

Don't waste a minute-- start exploring.

### **Optional Activities - Day 5**

#### **Kazinga Channel Cruise**

Queen Elizabeth National Park

30USD per person

Take a boat cruise on the Kazinga Channel, a waterway inside Queen Elizabeth National Park that connects Lake George and Lake Edward. Look out for a variety of wildlife who are drawn to the channel shores. Spot birds, crocodiles, hippos, and reptiles.

**Meals included: Breakfast | Lunch | Dinner**

### **Day 6 Queen Elizabeth NP/Bwindi Impenetrable NP**

Enjoy the scenic drive south, with views of forests, volcanoes and lakes. Spend the night on the edge of Bwindi Impenetrable National Park.

Accommodation at Bwindi Impenetrable NP is in simple furnished tents/rooms with ensuite bathroom facilities.

### **Private Vehicle**

Queen Elizabeth National Park - Bwindi Impenetrable National Park 5h-6h 200km

Settle in and scan the scenery from the convenience of a private vehicle.

**Meals included: Breakfast**

### **Day 7 Gorilla Trekking**

Rise early for the tour's main highlight - gorilla trekking!

Head into Bwindi Impenetrable National Park to meet the park ranger/guide for orientation. Embark on the trek, which can vary in length and difficulty, depending on the location of the gorilla family that's being visited. Spend 1 hr (max) observing these beautiful and endangered creatures, a truly privileged experience. Trek back and return to town. Enjoy free time in the afternoon.

### **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.

### **Free Time**

Bwindi Impenetrable National Park Afternoon

Depending on when you get back from your gorilla trek, you may have some time to explore more of the area.

### **Optional Activities - Day 7**

#### **Porter Hire**

20USD per person

Hire a local porter to carry your day pack throughout the trek, giving you more ease on your journey.

### **Meals included: Breakfast**

### **Day 8 Bwindi/Kigali**

Cross the border into Rwanda, then head to the capital city, Kigali. Visit the genocide museum to learn more about the dark history of this fascinating country. Enjoy lunch at the G Adventures supported Nyamirambo Women's Centre. Tour ends on arrival at hotel.

### **Private Vehicle**

Bwindi Impenetrable National Park - Kigali 4h30m-5h30m 175km

Settle in and scan the scenery from the convenience of a private vehicle.

### **Border Crossing (Uganda - Rwanda)**

Cyanika Border Post 1h-1h30m

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

### **Genocide Memorial Visit**

Kigali 2h

Visit the Kigali Genocide Memorial Centre, which serves as a permanent memorial to those who fell victim to the genocide in 1994. The centre opened on the tenth anniversary of the Rwandan Genocide, in April 2004, and was built on a site where more than 250,000 people are buried.

### **Departure Day**

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

### **G Adventures for Good: Nyamirambo Women's Centre, Local Lunch**

Located in Nyamirambo, the largest and most vibrant township in Rwanda, the centre provides women and girls from a diverse range of backgrounds, the opportunity to support each other and succeed, through education and training programs. Enjoy lunch prepared by women employed at the centre, allowing us to try local foods and popular dishes. After lunch, take some time to browse the centre's shop, which features handmade, high-quality crafts and clothes, made by some of the women at the shop, as well as other women's cooperatives throughout Rwanda. Proceeds from the meal and shop help support the centre's education and training programs, including a community library.

### **Meals included: Breakfast | Lunch**

## **What's Included**

---

G Adventures for Good: Nyamirambo Women's Centre, Local Lunch, Kigali. Guest farm stay near Kibale NP. Chimpanzee trek. Bigodi Community lunch. Queen Elizabeth NP wildlife safari drives. Guided gorilla trekking in Bwindi Impenetrable NP. Visit to Kigali Genocide Museum. All National Park fees and trekking permits. All transport between destinations and to/from included activities.

## **Highlights**

---

Admire a family of mountain gorillas in their natural habitat, trek to see chimpanzees in Uganda, keep your eyes peeled for the plentiful elephant and hippo populations in Queen Elizabeth National Park

## 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.

## Important Notes

---

### 1. AGE RESTRICTIONS

Please note that all passengers must be aged 15 years or older (prior to start of travel) to go on this tour - there are no exceptions to this as it is for safety reasons and strictly controlled by the Government.

### 2. PHYSICAL REQUIREMENT

This trip is rated a level 4 physical requirement - travellers 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. Please ensure you meet the requirements as described under "physical rating".

### 3. TRAVEL DAYS

Travelling can be difficult, as long drives and poor road conditions are the rule as opposed to the exception in both Rwanda and Uganda. Despite this, the diversity and scenery of the African landscape, the local culture and abundant wildlife are all well worth the experience.

### 4. WILDLIFE SIGHTINGS

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.

### 5. ACCOMMODATION

Much of the accommodation on this tour is in simple furnished tents with shared bathroom facilities.

Please remember that this is a developing area and as such, accommodations/service may not be of similar standard to which you are used to in your home country. As well, interruptions in electricity and water can be common. We appreciate your patience and understanding, as well as your sense of adventure.

### 6. ILLNESS

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.

## 7. CAMERAS

As it is very dark and damp in the jungle; please ensure your camera equipment is appropriate for such conditions and that you bring dry bags to protect it.

## 8. ELECTRICITY

The power supply in Uganda and Rwanda is nominally 240VAC, 50hz. Variable voltage, spikes and sporadic, unexpected, unscheduled power cuts of varying duration can be expected.

## 9. YELLOW FEVER

Please be advised that it will be required to show a yellow fever certificate upon entering Uganda and Rwanda.

## 10. ARRIVAL/DEPARTURE TIMES

2017 - Arrive by 5am / Depart at any time

2018 - Arrive at any time / Depart after 8pm

## Group Leader Description

---

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 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.

During both treks in Volcanoes National Park, we use an experienced and certified tracking guide, and armed guards to accompany you for your 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.

## Group Size Notes

---

Max 12, avg 8

## Meals Included

---

7 breakfasts, 4 lunches, 4 dinners

## Meals

---

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.

## Transport

---

Private van, walking.

## About our Transportation

---

Road travel 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.

## Solo Travellers

---

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

## Accommodation

---

Standard hotel (1 nt), simple furnished tents/rooms (6 nts).

## My Own Room

---

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.

## About Accommodation

---

Hotel accommodation will be in simple, but comfortable twin-share rooms. All rooms are equipped with adequate mosquito netting (with the exception of your hotel in Musanze, where mosquito nets are not needed due to high-altitudes).

Tented accommodation will be in simple furnished tents on wooden platforms, with shared bathroom facilities. All tents are large, walk-in tents with mosquito-netting, two beds and provided linens. A sleeping bag or extra mosquito-netting is not needed for this tour.

Please remember that this is a developing area and as such, accommodations/service may not be of similar standard to which you are used to in your home country. As well, interruptions in electricity and water can be common. We appreciate your patience and understanding as well as your sense of adventure.

## Joining Hotel

---

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

## Joining Instructions

---

The Entebbe International Airport is just outside Entebbe, the former Ugandan capital, and is the international hub that serves Kampala, the current capital and starting point for our trip. Upon arrival by air, an arrival transfer is not included. You can either pre-arrange an airport pick-up with us, or you can make your way to the joining hotel. Entebbe International Airport is about 40 km from Kampala and your hotel.

There are a couple of ways to get to Kampala from the airport. Public transport is available at the airport to the town of Entebbe, where you can transfer to a vehicle that goes to Kampala. This would take about 1 hour in total, and costs a total of US\$2, better paid in local currency. We recommend an airport taxi, which takes about 40 minutes and costs US\$25. Look out for yellow-band cars, and each vehicle has an identification number and inscription "AIRPORT TAXI" in black letters. These are available on the ground level in the arrivals area.

If you would like more time in Kampala you can choose to pre-reserve a room at our joining hotel in Kampala through G Adventures.

PLEASE NOTE you must be at the joining hotel in Kampala at 8.00AM on Day 1 for a meeting with your CEO and fellow travellers before the 2.5 hour drive to Jinja.

## Arrival Complications

---

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you 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.

## Emergency Contact

---

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 within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. 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 Office (Nairobi, Kenya)  
+254 727 208 832

G Adventures Local Representative (Rwanda)  
Cathy: +250 786 831 900

If you are unable for any reason to contact our local operator or local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

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 to Take

---

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, of medium size, as well as a day pack.

On this trip you may experience several types of weather. It is important to pack clothes for warm days and cool evenings. Light, quick-drying, practical clothes are advisable for this trip.

Your clothes will in all likelihood get very muddy and may not recover to their original state - therefore take old clothing for trekking. Hard wearing clothes, no bright colours, or no army camouflage clothing should be worn. Greens, khaki and similar neutral clothes are recommended.

## Checklist

---

### Documents:

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

### Essentials:

- \* Binoculars (optional)
- \* Camera (With extra memory cards and batteries)
- \* Cash, credit and debit cards
- \* Day pack (Used for daily excursions or short overnights)
- \* Ear plugs
- \* First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/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)
- \* Flashlight/torch (Headlamps are ideal)
- \* Fleece top/sweater
- \* Footwear
- \* Hat
- \* Locks for bags
- \* Long pants/jeans
- \* Moneybelt
- \* Outlet adapter
- \* Personal entertainment (Reading and writing materials, cards, music player, etc.)
- \* Reusable water bottle
- \* Shirts/t-shirts
- \* Sleepwear
- \* Small travel towel



- \* Sunglasses
- \* Toiletries (Preferably biodegradable)
- \* 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)

#### 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)
- \* 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.

## Laundry

---

Laundry facilities are offered by some of our hotels and lodges for a charge.

## Visas and Entry Requirements

---

All countries require travellers to have a valid passport (with a minimum 6 months validity), and you are required to acquire the entry visas for each of the countries visited.

### East Africa Tourist Visa

An East Africa Tourist Visa allows the holder to move freely between Kenya, 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). These need to be applied for in advance, and a confirmation letter received from the Rwanda immigration department if the first point of entry is Kigali, Rwanda. You should contact the foreign Embassy (of the country you will be entering through) for more details. The cost is 100USD per person.

Please see below for more information:

<http://www.visiteastafrica.org/travel-guide/visa-information>

-----

### Rwanda

Most nationalities need to apply for visa "facilitation" prior to visiting Rwanda. Please check the Rwanda immigration department's official website - [www.migration.gov.rw](http://www.migration.gov.rw) - which nationalities need a visa and which ones do not - it is VERY important to do this as travelers without the correct documentation with them will NOT be allowed to board their Rwanda bound flight. The visa facilitation is also applied for on this website and you normally get a confirmation in 3-5 working days. Please make sure you apply for this at least a month before your intended arrival to Rwanda. Bring a copy of the visa approval sent to you (VERY important) and pay for the visa

at point of entry. Current cost for a 15 day tourist visa is US\$ 50 per person (June 2015) - payable in US\$ cash only. Please be aware that the US\$ notes has to be from 2006 or newer, older notes are NOT accepted for payments in Rwanda.

\*\* Please be advised that a valid yellow fever vaccination card is mandatory for entry into Rwanda.

-----  
**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.

**LIST OF COUNTRIES WHOSE NATIONALS DO NOT REQUIRE TO PAY FOR A VISA TO ENTER UGANDA:**

Angola, Antigua, Bahamas, Barbados, Belize, Burundi, Comoros, Cyprus, Eritrea, Fiji, Gambia, Grenada, Italy (Diplomatic Passport holders only), Jamaica, Kenya, Lesotho, Malawi, Mauritius, Madagascar, Rwanda, Seychelles, Sierra Leone, Singapore, Solomon Islands, St. Vincent and Grenadines, Swaziland, Tanzania, Vanuatu, Zambia and Zimbabwe.

Nationals of these countries are issued gratis (free of charge) visas upon their arrival.

This information is accurate at the time of writing, and please contact your local embassy or consulate for the most up-to-date visa requirements and costs, regarding these, and the other countries visited, or see your travel agent. It is your responsibility to have the correct travel documentation.

\*\* Please be advised that a valid yellow fever vaccination card is mandatory for entry into Uganda.

## **Spending Money**

---

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.

## **Money Exchange**

---

The local currency in Rwanda is the Rwanda Franc. In Uganda it is the Ugandan Shilling.

There are several foreign exchange bureaus in Kigali offering similar rates, the most widely accepted currency is US\$. Your CEO will inform you where you can change money throughout the tour and approximately how much money you will need for each country. That said - most everything is included in this tour - we recommend that you bring enough USD cash with you, to cover for any additional drinks/snacks and souvenir shopping.

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. Larger 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 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](http://www.xe.com).

---

## Emergency Fund

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!

---

## Departure Tax

USD40, usually included in most international air tickets.

---

## Tipping

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:

G CEOs and drivers: \$3-4 USD each, per day worked.

Trekking Guides in Uganda and Rwanda:

Certified Safari Guide/Driver: \$10-15 USD (full day)

Restaurant/Café servers: 10% of cost of bill, especially when in a large group (no envelope required).

Local guides: \$1 USD for every couple of hours

---

## Optional Activities

Please see the itinerary for information on optional activities, descriptions and estimated pricing.

Nile River White Water Rafting:

Travellers on 2018 departures are eligible to pre-book Nile River Whitewater Rafting in Jinja on Day 1 with round-trip transportation from Kampala, and be back in time for your evening welcome meeting. We strongly advise arriving one night earlier to facilitate the activity's early start.

Please note that if you choose to participate in this excursion, the pick-up will depart from The Forest Cottages in Kampala at approx 7:30am. If you have booked alternative pre-tour accommodations, please be sure to contact Nile River Explorers the day before to arrange a convenient pick-up point, or be at The Forest Cottages by 7:00am.

You can store your luggage at The Forest Cottages for the day, if you still have to check in.

Contact #: +256 772 422 373

---

## Health

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 2017)

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
- Namibia
- 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.

## Safety and Security

---

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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

---

## Trip Specific Safety

### Cities

Please exercise caution in the cities and always take a pre-arranged taxi if you go out at night.

### Trekking/safari

At all times, please abide by all National park/reserve rules and always follow interactions from guides/trackers specifically, these are set to not just protect the wildlife but also to protect you.

### Photography

Please refrain from taking photos of police stations, airports, bus stations, immigration and 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.

---

## Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that an average level of fitness and mobility is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our leaders work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

Please note that all passengers traveling to Antarctica are required to fill out this questionnaire.

The medical questionnaire can be found online at [www.gadventures.com/medical-form](http://www.gadventures.com/medical-form).

---

## A Couple of Rules

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 group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

---

## 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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. G Adventures can provide you with the appropriate coverage. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

---

## Planeterra-The G Adventures Foundation

The Planeterra Foundation [planeterra.org](http://planeterra.org) is a Canadian non-profit organization that helps empower local people to develop their communities, conserve their cultures, and create humane and supportive systems for their endeavours. Planeterra provides capacity building and catalyst grants to get community social enterprises off the ground. These businesses address local challenges by providing benefits for indigenous people, empowering marginalized women, and granting disadvantaged youth access to education, employment, and brighter futures. Planeterra also works to ensure these businesses have a thriving customer base by integrating

programs 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.

#### Dollar-a-Day Program

G Adventures' Dollar-a-Day Program provides travellers with the opportunity to give back to the people and places visited on our tours by donating one dollar for every day you are on trip. 100% of these donations go directly to support community development projects worldwide that are implemented by Planeterra.

## Feedback

---

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customerservice@gadventures.com](mailto:customerservice@gadventures.com) and we will send it on to you.

## Newsletter

---

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/](http://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.

## Minimum Age

---

Minimum age of 15 years for this trip.

## International Flights

---

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.