



ABOUT GORILLA TRACKING

PERMITS

Gorilla Trekking in either Rwanda or Uganda a permit is required. Both countries have a limited number of permits that are available per trek. It is advisable to check that permits are available for the dates you would like to check before proceeding with your bookings. Permits have to be purchased in full in advance with your initial safari booking to secure your trek. A delay in payment can result in permits not being secured for the intended dates. A percentage of the gorilla permit fee goes to communities living around the gorilla parks. Gorilla tracking permits are non-refundable, except for medical reasons, in which case a medical certificate must be provided. Gorilla viewing can occasionally be denied at short notice because of National Park or border closures, security changes or gorillas moving out of range. In such rare circumstances, refunds are at the discretion of the authority and are not within the company's control. Obtaining a gorilla permit therefore is not a guarantee of seeing a gorilla.

GORILLA TRACKING TIPS

At the National Park headquarters, ranger guides explain the rules for tracking gorillas. These are designed for both you and the gorillas' protection and must be followed.

Gorilla tracking is a strenuous activity and one should be physically fit to enjoy this tour. Tracking in thick forest at heights of up to 3,000 metres, traversing steep-sided mountains and ravines, can be arduous, especially if it is wet

Trackers must be fit and in good health. People who are ill on the day of the tracking may be denied to protect the gorillas from disease. To minimize the possible transmission of human diseases, visitors are asked to maintain a distance of seven metres (about 22 feet) from the gorillas.

Minimum age for gorilla tracking is 15 years.

Flash photography is not permitted, so fast film is useful (400-1600 ASA). Personal DVD recorders are allowed. Professional film makers require permission to film in the National Parks and need to purchase filming permits.

Amazing Africa

Bespoke Safari Specialists

RECOMMENDED CLOTHING

Trekking through the forests and mountains the weather can be unpredictable. Here are some of our tips to help you prepare:

- Light long sleeve shirts
- Light long trousers
- Gators / Thick Long socks to tuck the bottom of your trousers into
- Rain jacket
- Light thick durable gloves (gardening gloves work well)
- Good hiking boots that you have worn in

EQUIPMENT

- Waterproof backpack
- Camera
- Hydration pack
- Hydration / glucose tablets
- Insect Repellant / Bug Bite Cream.
- Muscle cream (aches & pains) / Anti-inflammatory cream.