

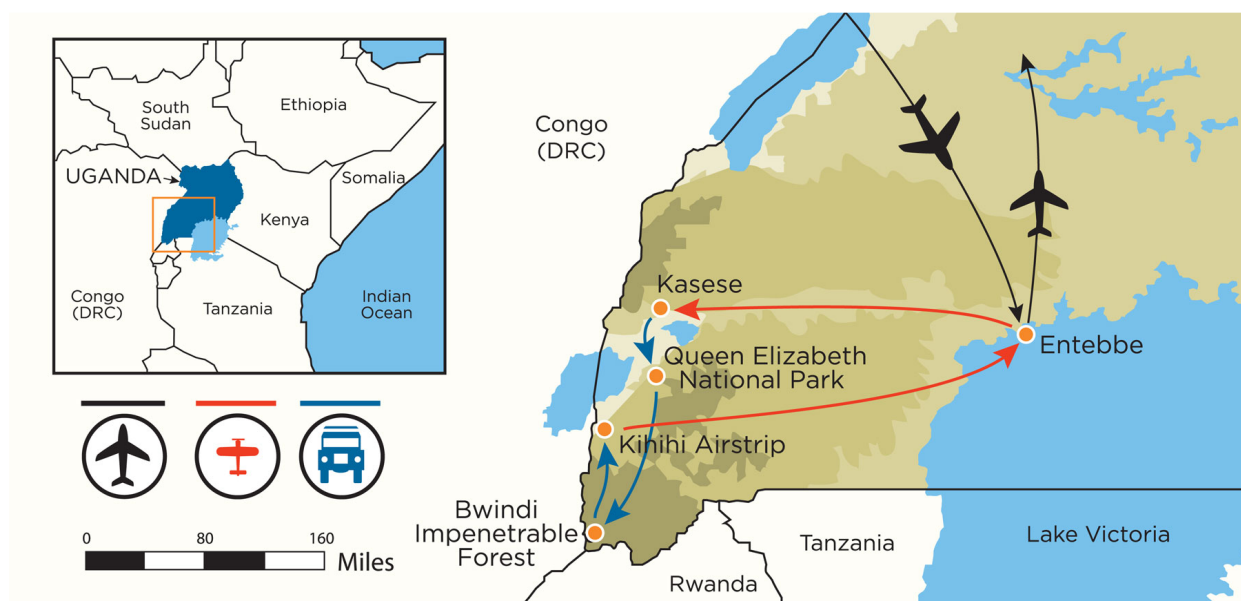
# UGANDA

## Gorilla and Chimpanzee Trekking

### TRIP HIGHLIGHTS

- ▶ Observe endangered Mountain Gorillas in their home in Bwindi Impenetrable Forest
- ▶ Learn how to track animals from experienced wildlife guides and primatologists
- ▶ Enjoy a wildlife cruise in Kazinga Channel in Queen Elizabeth National Park
- ▶ Stay in comfortable African lodges located deep in the heart of wildlife habitats

### TRIP ROUTE



# UGANDA

## Gorilla and Chimpanzee Trekking

### QUICK VIEW ITINERARY

Day 1	arrive in Entebbe, relax at your hotel
Day 2	fly to Kihini, relax at your lodge
Day 3	full day of trekking to search for gorillas
Day 4	learn about the tea grown in the area, visit Bwindi Hospital and Ride for a Woman
Day 5	full day of gorilla tracking, afternoon to explore
Day 6	game drive on the way to Queen Elizabeth National Park, afternoon to relax
Day 7	chimpanzee tracking on foot, cruise on the Kazinga Channel
Day 8	chimpanzee tracking in Kalinzu, visit Omwani women's cooperative
Day 9	morning game drive with lion researchers, afternoon at leisure, farewell dinner
Day 10	fly from Kasese to Entebbe, enjoy an evening on your own at your Hotel in Entebbe

### ACTIVITY LEVEL

High Energy

### TRIP PRICE

Main Trip: \$11,995

Optional Single Accommodations: \$1,500

Internal Air: \$1,000

### TRIP DATES

September 29 - October 8, 2024

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 1**  
Sunday  
9/29/24

### Arrival into Entebbe

Welcome to Uganda! On this spellbinding exploration of Uganda's bio-diverse ecosystems, hike Uganda's steep, forested terrain for captivating views of the great apes living free, participate in a thrilling game drive and lion tracking research project, and cruise the waterways to see floating herds of hippos while other animals come to the riverbanks for water.

During your adventure, you'll get to know your expert Ugandan guide, who will lead you to the best wildlife sightings possible. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Entebbe, Uganda (EBB) any time today.

#### Pick-up and Transfer

You will be picked up at the Entebbe airport and transferred to your hotel for the evening.

#### Dinner

Dinner is on your own this evening to give you a chance to get over jet lag.

### Accommodations

Protea Hotel Entebbe

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 2**  
Monday  
9/30/24

### Entebbe to Bwindi Impenetrable Forest

Uganda, the emerald jewel to East Africa, is renowned for its diverse landscapes which include the snowcapped peaks of the Ruwenzoris, the grassy plains of Kidepo, the headwaters of the Nile River, and the immense Lake Victoria. But it is Bwindi Impenetrable Forest, home to the endangered Mountain Gorilla, that draws travelers from all over the world.

#### Fly to Kihini

Get up early this morning for your flight from Entebbe to Kihini. The flight will be about an hour and a half.

#### Lunch and Afternoon at the Lodge

Arrive at the lodge in time for lunch and enjoy your afternoon. During your stay here, you have a complimentary 50 minutes massage, so please be sure to schedule it upon arrival. There is also a beautiful walk to a river at the edge of the property that you might want to try.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Uganda! A lecture by the gorilla doctors will also prepare you for tomorrow's gorilla tracking.

### Accommodations

Bwindi Lodge

### Meals Included

breakfast, lunch, dinner

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 3**  
Tuesday  
10/1/24

### Bwindi Impenetrable Forest

Bwindi Impenetrable Forest is an expansive primordial forest set on the edge of the Albertine Rift in southwestern Uganda. Known as one of the last strongholds of the endangered Mountain Gorilla, you can spend your time trekking amongst the trees in search of these tranquil, yet massive apes.

#### Gorilla Trekking

Head out this morning on a gorilla trek. A maximum of eight tourists is allowed in a group, so your group will split into two. Other tourists might join your trekking group as well. You'll carry your packed lunch in your backpack, and you'll trek for two to eight hours. If you prefer to not carry your backpack, you can hire a personal porter for \$15-20 at the trailhead. You'll want hiking boots, waterproof pants, a waterproof jacket and thick gloves (think gardening gloves) to protect from nettles.

On this trek you have a 90% chance of seeing the gorillas. Once you locate a group of gorillas, you are allowed to spend one hour with them. Enjoy your lunch somewhere in the forest along the way.

#### Return to the Lodge

Return to the lodge late this afternoon and share stories with the women in your group about your gorilla experience.

### Accommodations

Bwindi Lodge

### Meals Included

breakfast, lunch, dinner

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 4**  
Wednesday  
10/2/24

### Bwindi Impenetrable Forest

Tea has proven to be a very useful buffer crop when planted between human communities and forest areas where wildlife live. Animals do not eat tea so feel no need to come out of the forest to “crop raid” which is the source of much human-wildlife conflict in areas around National Parks.

#### Tea Tour

Simple tea processing in partnership with the local communities began at the lodge in 2013. Head out to see how tea is grown, picked, and traditionally processed in Uganda. You will learn how black, green, and white teas are produced and differentiated.

#### Bwindi Community Hospital

Walk through the local village and learn about the community as well as Bwindi Community Hospital. The hospital started as a health clinic under a tree and now provides vital medical and educational services to over 60,000 people.

#### Ride for a Woman

After lunch at the lodge, visit the Ride for a Woman project. Women started a business to rent and repair bicycles. Since the start of their business, they have evolved to do other projects including weaving and sewing. They are also starting a budget accommodation for backpackers. Try your hand at weaving as you get to know these remarkable businesswomen.

### Accommodations

Bwindi Lodge

### Meals Included

breakfast, lunch, dinner

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 5**  
Thursday  
10/3/24

### Bwindi Impenetrable Forest

As you search for Gorillas, trek through rainforest that is alive with the calls of colorful birds and the chattering of vervet monkeys and littered with fresh spoor of the mountains' elusive populations of buffalo and elephant. This primeval wilderness provides the dramatic setting for a truly extraordinary wildlife viewing experience.

#### **Gorilla Trek with the Gorilla Doctors**

Head out on another gorilla trek today, this time with the gorilla doctors. Hike up and down the steep, densely forested hills. Coming across the gorillas camouflaged in the vegetation is an awe-inspiring moment.

#### **Lunch**

You'll either have a packed lunch today or have lunch at the lodge - it depends on how long you must trek to find the gorillas.

#### **Afternoon to Relax**

Take this afternoon to relax after your strenuous trekking day. Walk around the property, read a book, or chat with your AdventureWomen friends.

### Accommodations

Bwindi Lodge

### Meals Included

breakfast, lunch, dinner

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## Gorilla and Chimpanzee Trekking



**DAY 6**  
Friday  
10/4/24

### Bwindi Impenetrable Forest to Queen Elizabeth National Park

Queen Elizabeth National Park is in the Western Region of Uganda, spanning the districts of Kasese, Kamwenge, Rubirizi, and Rukungiri. The park is approximately 250 miles by road southwest of Kampala, Uganda's capital and largest city.

#### **Game Drive en Route to Kyambura**

Pack up and leave your lodge this morning, driving through Queen Elizabeth National Park. Search for tree climbing lions as you travel through the park. Arrive at your lodge in Kymabura in time for lunch.

#### **Afternoon at the Lodge**

During your stay here, you have a complimentary 50-minute massage, so please be sure to schedule it upon arrival. This afternoon you have your choice of activities. You can go on a short gorge walk, a beekeeping tour, or just enjoy the pool.

### **Accommodations**

Kyambura Gorge Lodge

### **Meals Included**

breakfast, lunch, dinner



# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 7**  
Saturday  
10/5/24

### Queen Elizabeth National Park

The chimpanzee, also known as the common chimpanzee, robust chimpanzee, or simply “chimp,” is a species of great ape native to the forests and savannahs of tropical Africa. It has four confirmed subspecies and a fifth proposed subspecies. The chimpanzee and the closely related bonobo are classified in the genus *Pan*. Evidence from fossils and DNA sequencing shows that *Pan* is a sister taxon to the human lineage and are humans’ closest living relatives.

**Notes on Today** Only seven guests at a time can trek to see the chimpanzees. Half of your group will do this day as written below, and the other half will do the activities in the opposite order. This is to ensure that the chimps are as well protected as possible.

**Chimp Tracking** After an early breakfast, transfer to the Kyambura Gorge, which is a stark contrast with the surrounding grasslands. Start tracking chimpanzees, one of the closest relatives to humans. The chimp population is very mobile, and viewing can be unpredictable. Plan on a strenuous hike for about two and a half hours. Be prepared with all-weather gear.

**Lunch** Have lunch back at the lodge.

**Cruise the Kazinga Channel** Head out on a cruise on the Kazinga Channel, which flows between Lakes Edward and George. Kazinga is home to one of the greatest concentrations of hippo in Africa and herds of elephant, buffalo, and other animals come to drink at the water’s edge. The channel is a magnet for water birds, with great flocks of pelicans and other birds on the shore, and a great spot to see African fish eagle. The boat trip will be about two hours.

### Accommodations

Kyambura Gorge Lodge

### Meals Included

breakfast, lunch, dinner

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## Gorilla and Chimpanzee Trekking



**DAY 8**  
Sunday  
10/6/24

### Queen Elizabeth National Park

Common chimpanzees have a standing height of 3-5.5 feet; adult males weigh between 88 and 130 pounds, and females weigh between 60 and 110 pounds. The arms of a chimp are longer than its legs, and the hands have long fingers with short thumbs and flat fingernails. Their feet are adapted for grasping - their big toes are opposable.

#### Chimp Tracking

Depart early this morning for the Kalinzu forest where you will go trekking and look for chimpanzees. You have about a 50% chance of seeing chimpanzees, but the plant life and birds you will see along the way are well worth the hike! The hike will be between two and two and a half hours.

#### Lunch

Have lunch back at the lodge.

#### Women's Coffee Cooperative

The Omwani Women's Coffee Cooperative is a community-based initiative designed to provide vocational training to women and an alternative, but sustainable source of income. Eleven local women and their families are actively involved in the cooperative. At least 30% of the group is HIV positive and many are widowed. They tend to over 1,500 Arabica and Robusta coffee plants in 100 acres of rejuvenated land and process the coffee by hand at a communal processing plant. Members of the cooperative commit to growing the coffee organically, without the use of pesticides or chemical fertilizers. Learn from the women about their lives and families.

### Accommodations

Kyambura Gorge Lodge

### Meals Included

breakfast, lunch, dinner

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## Gorilla and Chimpanzee Trekking



**DAY 9**  
Monday  
10/7/24

### Queen Elizabeth National Park

The most social of the big cats, lions live in groups live called prides, comprised mostly of females, cubs, and only one or two adult males. Typically prides have 6-12 lions but can sometimes have more than 30 members. Superior hunters, lionesses inherit the same territories as their mothers while young males roam until they drive out old males from other prides to take over leadership.

#### Lion Tracking

Heading out with a lion researcher is one of the most interesting experiences you can have in Uganda and is only possible within Mweya Peninsular of Queen Elizabeth National Park under the Uganda Carnivore Project. Join the researchers in the field as they track lion in their natural habitats. This will happen either in the early morning or the late afternoon, and tracking lasts between one and three hours.

#### Afternoon at the Lodge

Enjoy lunch at the lodge. Choose an optional activity offered by the lodge, or just relax by the pool.

#### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

### Accommodations

Kyambura Gorge Lodge

### Meals Included

breakfast, lunch, dinner

# UGANDA

## Gorilla and Chimpanzee Trekking



**DAY 10**  
Tuesday  
10/8/24

### Queen Elizabeth National Park - Entebbe

Enjoy one last morning in the forest before leaving Kyambura.

#### **Fly to Entebbe**

Leave the lodge early this morning and drive to Kasese to catch your flight to Entebbe.

#### **Enjoy Your Day Room at the Protea Hotel**

Enjoy the day at the Protea hotel where a day room has been booked for you.

#### **Departure Information**

Depart Entebbe, Uganda (EBB) after 4:00pm.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

**Meals Included**  
breakfast

# UGANDA

## Gorilla and Chimpanzee Trekking

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### Accommodation Details

#### Protea Hotel Entebbe

This hotel is ideally located on the glistening shores of Lake Victoria and is convenient to the Entebbe airport. With elegant furnishings and a warm, inviting feel, the hotel's decor and rooms create a comfortable atmosphere. The outside terrace, with its own special ambiance and superb lake views is the perfect place to take it all in.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

#### Bwindi Lodge

Overlooking the primeval Bwindi Impenetrable Forest, Bwindi Lodge has dramatic views of the forest canopy across a serene stream. The gorillas frequently come to relax in the verdant bush around the lodge! The lodge features a guest lounge and dining area that bring the feel of the forest into the stylish interiors. The main living area has a central fireplace which acts as a focal point for you to relax and discuss your gorilla tracking experience. An outdoor terrace showcases dramatic views of the impenetrable forest and is a great place to spot the monkeys and birds hidden in the foliage.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; limited Wifi

#### Kyambura Gorge Lodge

This eclectic contemporary safari lodge has been converted from an old coffee store to create a breathtakingly beautiful space. The lodge is located on the edge of Queen Elizabeth National Park with sweeping views of the rolling savanna, the distant mountains of the moon, and the sunken Kyambura Gorge.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; limited Wifi

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## Gorilla and Chimpanzee Trekking



### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Flights within Uganda as noted in the itinerary
- ▶ Airport transfers on arrival and departure
- ▶ Entrance fees
- ▶ Gorilla and chimpanzee permits
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Laundry, soft drinks, premium alcoholic drinks (except champagne) at Kyambura Gorge Lodge and Bwindi Lodge
- ▶ Complimentary 50-minute massage at Kyambura Gorge Lodge and Bwindi Lodge
- ▶ Gratuities for lodge staff, drivers, and baggage handling

### Not Included:

- ▶ International airfare to and from Uganda
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Premium alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides

# UGANDA

## Gorilla and Chimpanzee Trekking

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### Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Deposit

The deposit for this trip is \$2,500. The deposit is non-transferable and non-refundable.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!