

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

UGANDA

Gorilla and Chimpanzee Trekking



November 3 - 12, 2020

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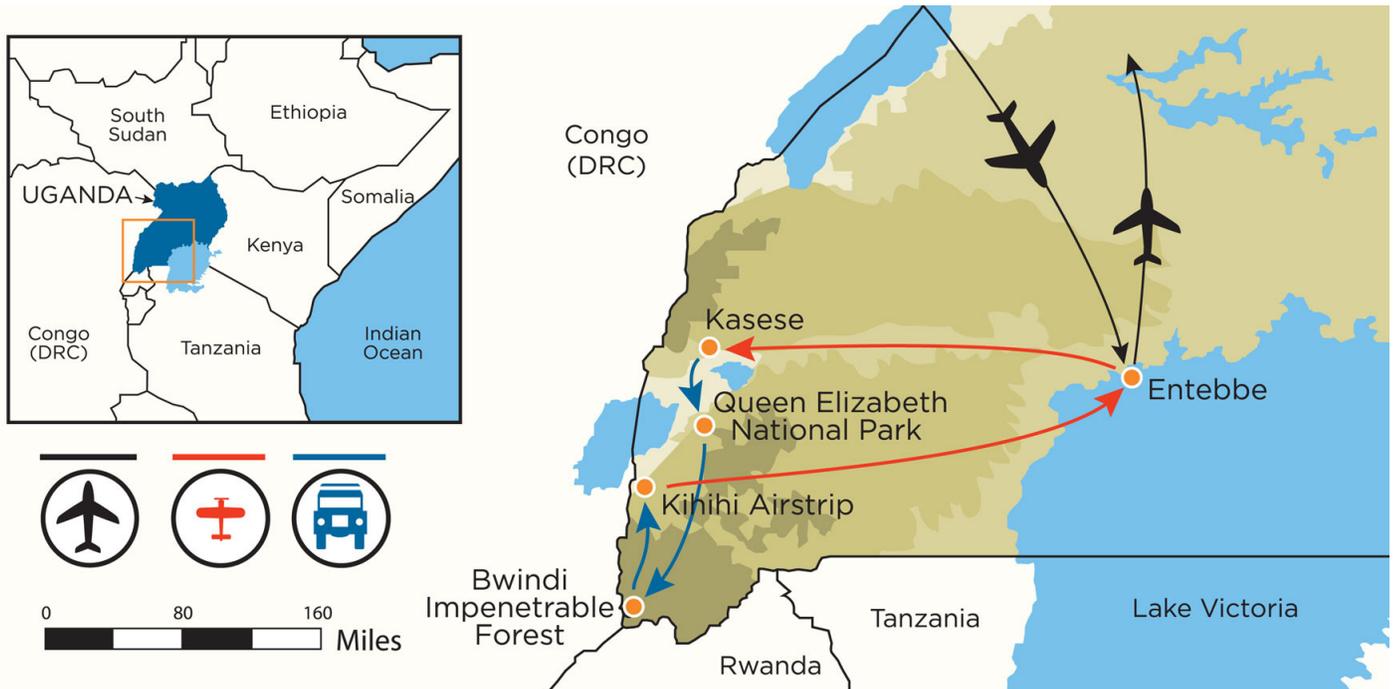
Gorilla and Chimpanzee Trekking

November 3 - 12, 2020

TRIP HIGHLIGHTS

- ▶ Meet endangered Mountain Gorillas at 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



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QUICK VIEW ITINERARY

- Day 1: arrive in Entebbe, relax at your hotel
- Day 2: fly to Kasese, visit Ruwenzori Sculpture Foundation, relax at your lodge
- Day 3: chimpanzee tracking on foot, cruise on the Kazinga Channel
- Day 4: morning game drive with lion researchers, afternoon at leisure
- Day 5: chimpanzee tracking in Kalinzu, visit Omwani women's cooperative
- Day 6: game drive on the way to Bwindi, afternoon to relax
- Day 7: full day of trekking to search for gorillas
- Day 8: learn about the tea grown in the area, visit Bwindi Hospital and Ride for a Woman
- Day 9: another full day of gorilla tracking, afternoon to explore, farewell dinner
- Day 10: fly from Kihiki to Entebbe, connect with your international flights

TRIP PRICE

Main Trip: \$8,490

Optional Single Accommodations: \$950

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your adventure in depth

DAY 1

Tuesday
11/3/20

Arrive in Entebbe

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.

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

Meals Included

on your own

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DAY 2

Wednesday
11/4/20

Entebbe 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.

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

Ruwenzori Sculpture Foundation You'll be met at the Kasese airport. On the way to the lodge, you'll stop at Ruwenzori Sculpture Foundation. A selection of sculptures is always on show in the gallery. Cast in bronze by Ruwenzori Founders or carved in Moroto soapstone and marble, all of the sculptures have been created as a result of workshops and residencies supported by the Foundation.

Lunch and Afternoon Arrive at the lodge in time for lunch. During your stay here, you have a complimentary half-hour 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.

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!

Accommodations

Kyambura Gorge Lodge
Meals Included
breakfast, lunch, dinner

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DAY 3

Thursday
11/5/20

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 after your time with the chimpanzees.

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 concentration of hippo in Africa and herds of elephant, buffalo, and other animals come to drink at the waters edge. The channel is a magnet for waterbirds, with great flocks of pelicans and others birds on the shore, and a great spot to see African fish eagle. The boat trip will be about two hours.

This Evening

Enjoy time to relax at your lodge this evening before dinner.

Accommodations
Kyambura Gorge Lodge

Meals Included
breakfast, lunch, dinner

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DAY 4

Friday
11/6/20

Queen Elizabeth National Park

The most social of the big cats, lions live in groups 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.

Drama Group A drama group will put on a performance late this afternoon. Enjoy the show before sitting down to enjoy another delicious dinner.

Accommodations

Kyambura Gorge Lodge

Meals Included

breakfast, lunch, dinner

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DAY 5

Saturday
11/7/20

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 rewarding as well. 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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DAY 6

Sunday
11/8/20

Queen Elizabeth to Bwindi Impenetrable Forest

Uganda, the emerald jewel of 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.

Game Drive en Route

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 Bwindi in time for lunch.

Afternoon at the Lodge

Enjoy the afternoon at the lodge. There is a beautiful walk to a river at the edge of the property that you might want to try. Have dinner as a group this evening.

Accommodations

Bwindi Lodge

Meals Included

breakfast, lunch, dinner

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DAY 7
Monday
11/9/20

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 bamboo in search of these tranquil, yet massive apes.

Gorilla Trekking

Head out this morning on a gorilla trek. There are a maximum of eight tourists 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

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DAY 8

Tuesday
11/10/20

Bwindi Impenetrable Forest

Tea has proven to be a very useful buffer crop when planted between forest areas where wildlife live and local human communities. 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

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DAY 9

Wednesday
11/11/20

Bwindi Impenetrable Forest

As you search for Gorillas, trek through rainforest that is alive with the calls of colorful birds and the chattering of the rare golden monkey, and littered with fresh spoor of the mountains' elusive populations of buffalo and elephant. Through gaps in the forest canopy, the magnificent peaks are glimpsed. This primeval wilderness provides the dramatic setting for a truly extraordinary wildlife viewing experience.

Another Gorilla Trek

Head out on another gorilla trek today. 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 have to 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.

Farewell Dinner

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

Accommodations

Bwindi Lodge

Meals Included

breakfast, lunch, dinner

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DAY 10

Thursday
11/12/20

Bwindi and Depart

Enjoy one last morning in the forest before leaving Bwindi.

Fly to Entebbe

Leave the lodge early this morning and drive to Kihikihi. Catch your flight to Entebbe, arriving mid-day. Connect with your international flights at the Entebbe airport.

Meals Included
breakfast

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.

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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.

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.

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.

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Included/Not Included

Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Entrance fees and all gorilla and chimp permits
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ English-speaking guides throughout the trip
- ▶ Drinking water
- ▶ Gratuities for lodge staff, drivers, and baggage handling
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare to and from Uganda
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides

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Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy more of a physical adventure and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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The deposit for this trip is \$2,000, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before August 5, 2020. Only your deposit can be put on a credit card.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Uganda, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Uganda.

Money:

US Dollars are widely accepted in Uganda, and you can use Visa and MasterCard at both the Kyambura Gorge Lodge and Bwindi Lodge for any incidentals.

Suggested Gratuities:

- ▶ Gratuity suggestions will be advised closer to departure.

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Arrive: Arrive in Entebbe, Uganda (EBB) on November 3, 2020.

Depart: Depart Entebbe, Uganda (EBB) on November 12, 2020 after 4:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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Luggage Restriction: Your luggage must be packed in a completely soft-sided duffel bag (it can have no hard frames or wheels), and your duffel and carry-on cannot weigh more than 33 pounds total.

Uganda has dry and wet seasons, although it can rain even during the dry season. Your trip is on the cusp of the wet season. The views are usually better because the rain clears the dust! Expect temperatures from the high 60s to mid 80s during the day, and be prepared for weather changes.

Uganda is fairly conservative, so please plan to cover your shoulders and wear longer shorts.

Clothing and Gear:

- Soft-sided duffel bag
- Daypack with rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1 pair of shorts
- 1 bathing suit
- Waterproof jacket
- Waterproof pants
- Thick gloves (like gardening gloves)
- Hat for sun protection
- Underwear & bras
- Socks
- Sandals
- Gaiters (optional)
- Hiking poles (optional - the ranger guides will also make walking sticks if necessary)

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste

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Essentials Continued:

- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

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.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

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

Health Insurance

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

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." 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 vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, 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!

In this spirit, the successful adventure traveler should be a