

## Uganda Activities: Table of Contents

A lot of these activities are included in our current packages, but for private trips , this will give an idea of some interesting things to add on . This is by no means exhaustive, so if you / your guests have special interests (such as birding ) please advise us and we will help you – after all , we have been in Uganda for over 25 years

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## DISCOVER ENTEBBE (ENTEBBE)

Explore like a local with this half day tour. Take in the craft market and local tailor shops with beautiful African fabrics (where they will even sew something up for you) and finish off with a stop at a local pub where you can sample the Ugandan Nile beer.

## LAKE VICTORIA CRUISE (ENTEBBE)

Enjoy a relaxing cruise on Lake Victoria. Approximately 1.5 hours with snacks and drinks included. Departs at 6.30 am for Sunrise cruise and 5 pm for Sunset cruise. The Cheese & wine cruise includes a bottle of wine and cheese platter and departs at 5:30 pm.

## MABAMBA SWAMP CRUISE (ENTEBBE)



Mabamba Swamp is a large wetland area on the shores of Lake Victoria. Covering 2,424 hectares of papyrus, ferns, water lilies and other grasses in the shallow waters, the wetland is a favourable habitat for 260 recorded species. It's a great location for birding enthusiasts who may just spot the intriguing shoebill - a rare sight indeed. The boat trip takes approximately 3-4 hours and is best enjoyed in the early morning when the Shoebills stalk their prey, or late afternoons when the day cools down. Aside from Shoebills, there is an abundance of other water birds and wildlife such as otters to discover.

## UGANDA WILDLIFE EDUCATION CENTRE (ENTEBBE)

Set on the shores of Lake Victoria, the UWEC is home to over 400 indigenous animals, 500 plant species and 250 plus bird species. The mandate of the centre is to rescue and rehabilitate injured, confiscated and/or orphaned wildlife. Many are released into the wild after a successful rehabilitation period. The centre offers a number of immersive and up close experiences including:

**Chimps up close:** A rare opportunity to bond directly with man's closest relative. Join the younger chimpanzees for part of their daily exercise routine in a stretch of natural forest.

## Exploring Uganda



**Behind the Scenes:** Join UWEC's staff on their daily activities caring for the animals

**Keeper for a day:** Early start to the day as you rise with the animals at UWEC, and join the keepers in the kitchen to prepare the food before feeding the animals. Attend keeper briefings, participate in recording of animal behaviour, get the chance to perform health checks or help feed and rehabilitate a rescued animal.

**Keeper's guided tour:** Get the lowdown on the individual animals and their little quirks. In just a few hours, you will learn all sorts of facts, and come away with a new appreciation of the intricacies of conservation work.

### NGAMBA ISLAND CHIMP SANCTUARY (ENTEBBE)



Situated on Lake Victoria, Ngamba Island Chimpanzee Sanctuary was set up by a group of concerned organisations in order to offer a facility for orphaned chimpanzees where they can co-habitat in a near natural environment. The island is now home to more than 45 chimps who were saved from being destined for life as a pet or used for animal testing in a lab. Enjoy a guided tour of the sanctuary and a close up experience with the chimpanzees as they come into camp for their morning or afternoon feeding.

### CHIMP TREKKING (BUDONGO FOREST)

The Budongo Forest is located just outside Murchison Falls National Park. Home to a community of around 90 habituated Chimpanzees, trekking takes place in either the morning or afternoon and generally lasts for half a day. Once located, guests can spend an hour in the presence of the chimps as they go about their daily lives in the forest. Minimum trekking age is 15.



TANZANIA | UGANDA | KENYA | RWANDA | ZAMBIA | BOTSWANA | NAMIBIA | ETHIOPIA  
VICTORIA FALLS MARATHON | KILIMANJARO MARATHON



## CHIMP TREKKING (KYAMBURA GORGE)

Kyambura Gorge is located in Queen Elizabeth National Park, a pristine area where one large troupe of habituated chimpanzees reside, together with resident game that wander into the area (including elephant, buffalo, antelope, and other small species). The walk down into the gorge is steep in places and can be slippery. A small stream runs along the gorge and the sides have incredible vegetation. The chimpanzees can move rapidly, so the hike often includes following them as they move along the trees and shrubs along the sides of the gorge. Minimum trekking age is 13.



## CHIMP TREKKING (KIBALE NATIONAL PARK)

Kibale National Park could well qualify as the primate capital of the world, being home to 13 species of primates, as well as a host of other wildlife. Chimpanzee trekking here can be exciting – as you find yourself following a family through dense jungles! Of course sightings cannot be guaranteed as they are wild animals, but the chances of seeing them are very good. Once amongst the chimps, spend approximately an hour observing and following them. Minimum trekking age is 13.

## CHIMP HABITUATION EXPERIENCE (KIBALE)

Assist Kibale's trackers in their daily habituation research and activities, including "de-nesting" the chimps, following them through the forest and recording their behaviours and movements throughout the day. Finish the day off at sundown when the chimpanzees retire to their new nests for the night. You will also have the opportunity to observe the many other animal species living in Kibale's diverse habitat including black and white colobus monkeys, baboons and hundreds of native bird species.

## GORILLA TREKKING (BWINDI IMPENETRABLE FOREST)



Gorilla trekking in Bwindi can be done in either Buhoma or Ruhija. If you are trekking in Buhoma, you will meet your gorilla guides for the pre-trek briefing at 08h00. Depending on which family you are allocated, you will start walking from the briefing point or be transferred by vehicle to the alternative start point. If you are trekking in Ruhija, it is an approximately 1.5 hour drive to the starting point, and you will depart from the lodge around 06h00.

The opportunity to come within metres of these magnificent apes, experiencing their day-to-day activities, is an experience you won't soon forget! Gorilla trekking may be very strenuous with treks ranging from 30 minutes up to four-six hours, at high altitudes. Min trekking age is 15 years.

## GORILLA HABITUATION EXPERIENCE (SOUTHERN BWINDI IMPENETRABLE FOREST)

The Gorilla Habituation Experience is an incredible experience which differs from normal gorilla trekking in that a maximum of four people participate in the four hour Habituation Experience, which can involve more strenuous trekking at elevations of up to 7500 feet. Two gorilla families have been set aside for the habituation experience and they are located in the Nkuringo and Rushaga side of the Bwindi Impenetrable National Park. It takes between two to three years to habituate a gorilla family, and during this time researchers visit the families on a daily basis, observing and recording their behaviour. These gorillas are now only semi habituated, used to rangers and researchers but not tourists, and they may behave in unpredictable manners, in which case the experience will be stopped. Since Gorillas build new nests every night, you won't necessarily get more time with the gorillas, as you join the trackers right from the start and find the families with them (unlike traditional trekking where the trackers find the gorillas ahead of time for visitors).

## INTIMATE GORILLA EXPERIENCE (BWINDI IMPENETRABLE FOREST)

Enjoy a rare opportunity to trek Gorillas with Dr. Gladys Kalema-Zikusoka, Uganda's primatologist and conservationist who has been studying diseases in mountain gorillas and other wildlife for over 20 years, and is considered Uganda's 'Dian Fossey'. She is a recipient of the 2009 Whitley Gold Award, 2018 Sierra Club Earth Care Award and a 2018 National Geographic Explorer. Trekking gorillas with Dr. Gladys is an insightful experience, but it's just a fraction of her work. (See Gorilla Clinic below) Option to trek with other CPTH staff should Gladys not be available. Needs to be pre-booked. PRICE ON APPLICATION

## GORILLA CLINIC (BWINDI)

The CPTH's (Conservation through Public Health) Gorilla Health and Community Conservation Centre (Gorilla Clinic), next to Bwindi Forest, is base for a team of researchers who reach out to local communities and educate them on the values of conservation. This has reduced poaching/ hunting in and clearing of the Bwindi Forest. Visit the centre for a behind the scenes tour of gorilla conservation, including demonstrations showing how samples from gorillas are analysed. Learn about their work with the Bwindi local community, which is essential to prevent diseases being transmitted between people and gorillas.

## BATWA CULTURAL EXPERIENCE (BWINDI)

The Batwa Pygmies have lived in the Bwindi forest for over five thousand years. They are renowned storytellers and dancers, and were honoured in the courts of the Ancient Egyptians. They believe in a legend passed down through generations that their god *Nagasan* charged them with the responsibility of being the "caretakers of the forest". Enjoy a fascinating day of discovery and enchantment in the forest with your Batwa elder guides. Learn how their ancestors survived in the forest as hunter-gatherers - what they ate, how they hunted, the plants and herbs they used, how they dance, sing and socialise. Listen to their fascinating stories and legends; test your bow and arrow skills; participate in a mock hunting party and bask in the singing and dancing of the tribe when you return as successful hunters. It is an unforgettable experience.

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## HALF-DAY OR FULL-DAY BWINDI FOREST NATURE WALKS

Embark on a walk through tropical rainforest with experienced wildlife guides. Enjoy scenic views, the sights and sounds of the rainforest, ample opportunities for birdwatching and glimpses of the many monkey species living in the reserve as they move through the forest canopy.

## BWINDI VILLAGE WALK (BWINDI)

Embark on a community walk through the local villages surrounding Bwindi Impenetrable Forest. Optional activities include visits to a traditional home, local orphanage or school, banana brewing demonstrations and even meeting traditional medicinal healers. This 3-4 hour walk is easily tailored to your individual schedule and interests.

## A DAY IN THE JUNGLE - WALKING SAFARI (BWINDI)

Whilst a gorilla trek is an amazing experience, there is so much more to see in the Jungle... you may even find Tarzan or Jane! We will equip you with a packed lunch, back pack and walking stick, and set you off after breakfast with an experienced walking guide, for a full day out( 5-8 hours is the norm) There are two different trails offering great views over misted valleys, and monkeys, duikers, bush pigs, butterflies and of course amazing birdlife can be seen.

**Ivy River Trail (4 hours):** ascends and descends gently through beautiful areas of the rain forest. This route is used by the local community and Batwa people, especially on market days, so you may encounter and experience how local communities live and trade too.

**Kashasha River Trail (6-7 hours):** Slightly more challenging route, offering visitors an up close experience of the natural wonders within a rain forest environment. The birdlife in Bwindi is prolific. This safari can be undertaken from Bwindi to Nkuringo or vice versa (one way)

Note: this 'through the forest' hike can be made part of a safari, from south to north or vice versa, with your guide driving from Buhoma to Nkuringo for instance, while you hike through with your walking guide.

### ISHASHA COMMUNITY VISIT (ISHASHA)

Agartha's Taste of Uganda tour is a community project near Ishasha Village. Agartha is a craftswoman, tailor and organic subsistence farmer who welcomes you into her homestead and shares with you how the women of the Bakiga tribe prepare their local food. During this 30-45 min tour Agartha weaves in stories of life as a Bakiga wife whilst encouraging you to taste what you have prepared. A fun, educational tour for the inquisitive visitor who wonders how a rural Ugandan lady lives.



### BUSH BREAKFAST (ISHASHA)

Savour a delicious bush breakfast with an early-morning game drive. Your own personal chef will set up an intimate dining experience in a secluded wilderness spot, where the food promises to be as memorable as the setting.

### SUNDOWNERS (ISHASHA)

Enjoy late afternoon sundowners beside the Ntungwe River or from a scenic viewing point along the ridge overlooking Ishasha. Drink in the vast vistas and atmosphere of this beautiful area of the park.

### KAZINGA BOAT CHANNEL CRUISE (QUEEN ELIZABETH NATIONAL PARK)

Enjoy a leisurely boat cruise along the Kazinga Channel connecting Lake George and Lake Edward. You may encounter herds of elephant, buffalo and antelope, families of warthog, large groups of hippo, and crocodiles basking on the shore. Kazinga's shores are a haven for numerous birds, including many migratory species as they make their way south to warmer climates. Local fishing villages dot the river's bank.





## LION TRACKING RESEARCH (QUEEN ELIZABETH NATIONAL PARK) POA

A fascinating experiential tourism experience. Join the Lion Tracking Research Programme as you head into the field to learn more about lions in their natural habitat. The lions are collared and tracking is conducted in either the morning or afternoon, with a session lasting 1 – 3 hours. Head out with the researchers and assist in monitoring, researching and tracking the 'King of the Jungle'

Note: the charge for this is a donation to Lion Research .

## VILLAGE WALK (KIBALE)

This fascinating 1.5 to 3 hr walk through the village, accompanied by a guide, stops by several homes each with different stories and experiences to share.

## TRADITIONAL MEAL (KIBALE)

Enjoy a traditional meal, served under a grass thatched hut in a mini-buffet style. A variety of dishes cater for varying tastes, and are accompanied with herbal teas and fresh fruits. Guests may sit on the floor (mats and cushions) or on chairs/stools according to their preference.

## HANDICRAFT MAKING DEMO (KIBALE)

Enjoy a weaving demonstration by a number of expert women weavers in Bigodi, who have been involved in making handicrafts to sell to tourists since 1992. Tourists are given an opportunity to not only observe but also to participate in the weaving, whilst listening to stories of the life of women in the village and how the handicrafts have helped the women to build a Nursery school that has currently graduated to a primary school.

## BIGODI SWAMP WALK (KIBALE)

Depart for Bigodi Swamp, considered one of Uganda's best bird watching locations. Bigodi's rich ecosystem makes it a spectacular venue for viewing numerous primate and bird species in their natural habitat. This 2 – 3 hour walk can be tailored to your individual schedule and interests.

## HALF-DAY OR FULL-DAY NATURE WALK (LAKE MBURO) P.O.A

In the company of a ranger guide, embark on a nature walk in Lake Mburo where you spot the grazers like the Zebras, bush bucks, elands, Impalas, grazing local cattle and a vast number of birds. Visit the salt lick area where a number of animals gather to enjoy the salty taste of soil.

## NIGHT FOREST WALK (KIBALE)

At nightfall, set out on foot into the park with your guides as the nocturnal world of the forest comes to life. Using spot lights allowing visitors to see the many creatures who move about the forest at night, your guide will help you spot pottos, owls, bushbabys, genets, and, on rare occasions, small jungle cats.

## BOAT TRIP (LAKE MBURO)

Enjoy a leisurely boat cruise on beautiful Lake Mburo. The lake, in the centre of the park, provides an opportunity to see vast numbers of birds, large groups of hippos, and crocodiles basking on the shore. Cruise through the lake's swamps, perfect hiding places for elusive species of birds including the rare Shoebill, one of the world's most endangered species.

## CHAMELEON HILL (LAKE MUTANDA / KISORO)

The following activities can be booked directly with Chameleon Hill by guests staying here or can be undertaken from other lodges in the area:

**Best of Chameleon Hill:** Enjoy a 2-hour bike ride along Lake Mutanda to Kisoro where you board a Boda Boda (motorbike taxi) and head to a local coffee plantation to learn more about coffee. Continue onto enjoy lunch aboard a pontoon boat, as you cruise to Mutanda Island. After lunch another surprise awaits: Skeleton Island.

**Local market tour:** Experience the colourful market (3 x a week) for a feast of local life and foods.

**Farming experience and traditional lunch:** This very unique culinary experience commences with a short stroll through the village and a brief lesson in the local native Rukiga language, before arriving at a local homestead. This hands-on, very personal experience allows you deep insight on how local farms are run and provide a livelihood for so many. After a farm tour you will harvest your own potatoes and pumpkin flowers or other seasonal fruits, herbs and vegetables. Join your host in the kitchen as you help prepare a traditional dish. Enjoy the meal together with the rest of the family as you learn more about their rich cultural heritage, listen to some storytelling and local musical instruments – a truly authentic African experience to remember.

### Traditional jewellery making:

If you have a keen interest in crafts and all things beautiful, let a local craftswoman teach you the finer skills and techniques of this traditional art as you create your own necklace to keep.

**Craft a momento:** Carve a gorilla mask or try your hand at traditional basket weaving.

**Kapata trail walk:** Discover hidden ancient caves, a secluded waterfall and an abundance of birdlife as your skilled guide shares interesting facts about historic & natural landmarks.

**Discover the lake:** Enjoy a picnic lunch on this guided walk, with incredible vistas of the island dotted lake before exploring its safe, cool waters by canoe.

**Batwa trail walk:** Learn about the Batwa people as they narrate the rich heritage of their culture.

**Kanaba – Kateriteri mountain biking:** Moderate to challenging 4 hour along forest trails. A scenic ride with some uphill climbs offering views over Kisoro town and surrounding lakes and mountains.

**Around Lake Mutanda mountain biking:** The route leads you through villages, local farmsteads and Matooke (banana) fields, giving you a chance to interact with the village people, absorbing history and soaking in Uganda's western region's natural beauty including the waterfalls of Busanza.

### BUNIGA BATWA EXPERIENCE (NKURINGO – CLOUDS LODGE)

The Batwa, an ancient tribe, are a fascinating group to interact with: their wealth of knowledge about nature and their primitive hunter-gather ways will keep you captivated. A small but beautiful pocket of forest, the Buniga Forest, neighbours Clouds lodge, and your Batwa guide will walk you through this forest, showing you how they used to live here. Your guide will also show you Mother Nature's pharmacy, and if you are lucky enough you may catch a glimpse of the wild chimpanzees that feed off the fruit in this forest. The Batwa will show you their lifestyles today: their homes and farming and share their knowledge of the many uses of plants and their talent in basket weaving and collecting honey that are unique to these fascinating people. This tour takes 4 – 5 hours and may be split up to include lunch at the Lodge in between. (Lunch for own account).

### COMMUNITY TOUR (NKURINGO – CLOUDS LODGE)

This tour takes you on a journey through remote Uganda, sharing the lifestyle and culture of the Bakiga people. Your community guide will lead the walk through the Nkuringo Community, visiting local brewing masters (for a taste of moonshine); traditional homesteads to see how women really do control the family; traditional herbalist visit; and the local blacksmith (a fascinating stop!) Continue onto two local schools, giving you the opportunity to interact and see how children are taught in this poverty-stricken area. Head to a scenic viewpoint stop, where you can view the Western Rift Valley, Lake Albert, the Virunga Mountain range with its eight volcanoes and the Bwindi Impenetrable Forest, whilst listening to an elder of the community entertain you with stories of bygone years. The walk ends with a stroll to see basket weavers making their baskets. Starts around 2pm approx. 2–3 hrs.

### GOLDEN MONKEY HABITUATION (MGAHINGA NATIONAL PARK)

Golden Monkeys exist only in the bamboo forests of the Virunga Volcanoes and nowhere else in the world. The Golden Monkey habituation experience is exclusive to Mgahinga National Park in Uganda. Spend approx. 4 hours (morning or afternoon) accompanying researchers as they collect samples, record behaviour and observe primates' behaviour in-depth in their natural habitat. Min age: 12 years

## GOLDEN MONKEY TREKKING (MGAHINGA NATIONAL PARK)

Golden Monkeys exist only in the bamboo forests of the Virunga Volcanoes and nowhere else in the world. Mgahinga National Park in Uganda is the only park in Uganda where these primates can be trekked. Golden monkeys live in lower lying areas and the hike is not hugely strenuous and should take less than 3 hours. Once you encounter the golden monkey family, you'll be permitted one hour to spend observing and photographing them. Meet at Park Head Quarters at 7.30am for briefing. Min age: 12 years

## MGAHINGA VOLCANO HIKING (MGAHINGA NATIONAL PARK) Price on application

At 3,474m, Mt. Gahinga is the smallest of the Virunga volcanoes. This climb takes around 6 hours in total including ascent and descent. Mt Gahinga is topped by a swamp-filled crater and giant lobelia. Lucky climbers may spot golden monkeys on their climb through the bamboo forest.

## BATWA TRAIL (MGAHINGA NATIONAL PARK) Price on application

The dense forest at the foot of the Virunga Volcanoes was once home to the Batwa people: hunter-gatherers and fierce warriors who depended on the forest for shelter, food and medicine thanks to ancient knowledge passed down through many generations. Step back in time to see how the Batwa lived and hunted for millenia in Mgahinga. Share a traditional meal, listen to ancient legends and traditional songs, and join in on a mock hunting party. You can even test your skill with a Batwa bow and arrow. The funds from this tour are part of a give back program that supports the indigenous people's cultural heritage by helping them purchase new land, provide education and books.

## MT. SABINYO VOLCANO HIKING (MGAHINGA NATIONAL PARK) Price on application

The climb up Mt Sabinyo (3,669m), located in Mgahinga National Park, is a 14km round trip and takes about 8 hours to cover, following a steep ridge up to the peak.

## MT. MUHAYURA VOLCANO HIKING (MGAHINGA NATIONAL PARK) Price on application

The climb up Mt. Muhavura (the highest peak in Mgahinga National Park at 4,127m), is a 12km round trip and takes around eight hours to cover. Once at the top, hikers are rewarded on a clear day with views of the Virunga Volcanoes, Lake Edward, Bwindi Impenetrable Forest and the peaks of the Rwenzoris.



### **SABINYO GORGE WALK (MGAHINGA NATIONAL PARK)** Price on application

This 5-6 hour walk meanders along the lower slopes of Mount Sabyinyo on the border of the Congo. This is a very strenuous yet enjoyable hike which rewards travellers with spectacular views of the Virunga volcanoes, Bwindi forest, neighbouring communities, Mgahinga National Park and wildlife in the park. Hiking through this trail takes visitors to the spectacular Mount Sabyinyo summit with its breathtaking views and waterfalls. Walk starts early to mid-morning.

### **TOP OF THE FALLS WALK (MURCHISON FALLS)**



Some of the most powerful moving water in the world, the top of Murchison Falls sees the entirety of the Nile River squeeze itself through a mere 8m gap; an epic display of nature's power. The top of the falls is an open area where guests can view the chasm from multiple angles. A trail leads down the side of the gorge to the bottom, an opportunity to see the main falls from different angles, as well as the second Independence Falls. The hike can be done in conjunction with our boat trips.

### **DELTA CRUISE (MURCHISON FALLS)**

Embark on a half day boat trip into the Victoria Nile Delta, a 20 km cruise downstream from the park's headquarters. Home to a wide variety of wetland and papyrus endemic bird species, including the elusive Shoebill, this 3 – 5 hour cruise offers a unique opportunity to spot rarely found birds and animals such as hippo, elephants and large crocodiles. Travelling through the centre of Murchison Falls National Park, you can experience the constantly changing scenery of the Nile River as it winds its way to Lake Albert.

### **BOTTOM OF THE FALLS CRUISE (MURCHISON FALLS)**

Embark on a 3 hour cruise to the head of Fajao Gorge at the base of Murchison Falls. View the full force of the mighty Nile River as it narrows to flow through a 7 m gap, cascading down a 40m cliff to the vast gorge below. The views are breathtaking. Large resident populations of hippo float in the water along the way, groups of crocodile bask on the shore, and herds of elephant, buffalos and other antelope can be seen moving along the riverbanks. The river offers spectacular opportunities for bird watchers, with water birds and vibrant Bee-eaters nesting in the cliffs along the river's bank.

## BUDONGO FOREST WALK (MURCHISON FALLS)

Embark on a walk through tropical rainforest with experienced wildlife guides. Enjoy scenic views, the sights and sounds of the rainforest, ample opportunities for birdwatching and glimpses of the many monkey species living in the reserve as they move through the forest canopy.

## IK TRIBE (KIDEPO VALLEY) POA

A full days visit to one of the most remote and endangered tribes in East Africa, the Ik people, commonly known as "The Mountain People." A small tribe of around 10,000, these subsistence farmers survive in relative isolation, keeping goats and producing honey. Learn about the local cultural habits, such as paying for a bride with 5 to 10 beehives, and where there is little formal educational besides learning to fend for yourself. Getting to the Ik Villages is no easy feat. You must be physically fit to climb the mountains – the peak of Mount Murongole is 2,749 meters above sea level - with a tough 16 km round trip climb to the villages. A fascinating encounter into rural African life.

## ZIWA RHINO TRACKING (NORTH OF KAMPALA EN ROUTE TO MFNP)



Ziwa Rhino and Wildlife Ranch is the proud home of the only wild rhinos in Uganda. The Rhino re-introduction project is a project of Rhino Fund Uganda and Uganda Wildlife Authority. Presently the sanctuary is home to 15 southern white rhinos. You will have the opportunity to observe the rhinos at a very close and safe distance. While at the sanctuary you will also encounter a range of other wildlife species including Uganda kob.

Bird lovers will delight in the over 300 bird species! There are four bird trails within the sanctuary which cover woodlands, swamp and savannah. The wet season is ideal for spotting the Shoebill.

Please contact us on [reservations@wildfrontiers.com](mailto:reservations@wildfrontiers.com) for rates and further information