

# EXPLORE!

## TRIP NOTES



### Authentic (TMUG5)



TRIP DURATION  
**13**  
DAYS



**Tour Type:** Tailormade

**Trip Code:** TMUG5

### Trip Highlights - Authentic

- ✓ A great value trip through the heart of Uganda
- ✓ Track mountain gorillas in the misty forests of Bwindi National Park
- ✓ See lions, chimps, zebras and buffaloes on game drives and boat cruises in Queen Elizabeth National Park
- ✓ Visit crater lakes, craft markets and in authentic camps and hotels
- ✓ Visit Uganda's adventure capital, Jinja, for white-water rafting

### Trip Essentials

**Accommodation:** 1 night Lodge  
2 nights Hotel

**Included Meals:** 10 breakfasts, 8 lunches, 7 dinners

**Transport:**

**Countries:** Uganda

## Tailormade Ugandan Adventure

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

### DAY 1 Fly to Entebbe

Depart the UK on a flight to Entebbe, Uganda.

### Why Book this trip?

Uganda is sunny most of the year with temperatures usually remaining comfortable & rarely exceeding 30 degrees. Just like its African neighbours, Uganda follows a similar pattern with two wet seasons during the year. The main rainy season falls between late March and May with rain often lasting days, thus making travel difficult. The light rainy season is during November when it generally lasts only an hour or two each day leaving conditions revitalised and refreshed.



 **Included Meals:** None

## DAY 2 Lake Mburu National Park


Upon arrival at Entebbe airport, you'll transfer to Lake Mburu National Park. Home to a good population of game, including zebras, buffaloes and antelopes, the national park is relatively small in comparison to some of its counterparts. Lake Mburu is one of five lakes within the park, perfect for spotting hippopotamus cooling-off in the water, kingfishers and fish eagles. The national park is home to 350 bird species including shoebill, turaco and hoopoe among others. This afternoon is your first wildlife safari experience, with either a game drive or boat ride on the lake.

Overnight: **Lodge**

 **Included Meals:** Lunch, Dinner


## DAY 3 Bwindi National Park

Lake Mburu National Park is the only national park in Uganda where you can experience a walking safari. This morning you rise early for a nature walk where you may see nocturnal animals settling down for the day, while the birdlife is just waking up. You then set off for Bwindi National Park, home to the endangered mountain gorillas.

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 4 Gorilla tracking

Today you'll experience what some people define a life changing event: a meeting with the gentle giants of Bwindi! Expect to walk a long distance in steep and muddy conditions, sometimes with rain overhead, before you encounter any gorillas. But it will definitely be worthwhile as you observe them closely while they eat, play and rest, a unique and unforgettable experience! Unfortunately, Mountain gorillas (as opposed to Lowland gorillas) are one of the world's most endangered species so the entrance and gorilla tracking fees revenue generated from tourism in protected parks such as Bwindi, offer them their only chance of survival. Distinct from their cousins who live in the open spaces and lowland forests of West Africa, Mountain gorillas are found at an altitude of between 1520m and 3650m. Gentle giants and vegetarians, they are normally peaceful unless provoked. Our groups have been rewarded with the thrill of very close encounters.

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 5 To Queen Elizabeth National Park...

This morning you depart the impenetrable forest of Bwindi and head for the vast savannah plains of Queen Elizabeth National Park. Enjoy a game drive en route to your camp, you may be lucky enough to spot some of the big game or bird species that reside in the park.

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 6 Game drive and boat trip in Queen Elizabeth National Park

The scenic splendor of Queen Elizabeth National Park, with the Rwenzori Mountains in the background, offers a perfect setting to your African wildlife adventure. This morning you head out on safari in search of lion, elephant, buffalo and other animals in their natural habitat before returning to camp in time for lunch. In the afternoon you take a boat cruise along the Kazinga Channel, a natural channel between Lake Edward and Lake George. Thanks to the abundant birdlife as well as the herds of elephants, buffaloes and hundreds of hippos that are cooling off at the shores, this cruise will be one of the highlights of your trip.

 **Included Meals:** Breakfast, Lunch, Dinner


## DAY 7 Kibale Forest

Leaving Queen Elizabeth National Park behind, your journey to Kibale takes you through some stunning scenery with beautiful crater lakes and views of the vast savannahs of the national park. The journey continues, approaching your destination you'll see rolling hills of tea plantations before the vegetation turns more tropical as you get closer to Kibale Forest.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 8 Chimpanzee tracking and Bigodi Swamp

Today the forest opens its doors for sensational chimp tracking. Kibale Forest is reputable for having the greatest variety and highest concentration of primates in East Africa. Enjoy a guided nature walk in the tropical rainforest in search of the wild chimpanzee, redtailed monkey, black and white colobus monkey and many others. After lunch, transfer to Bigodi for a completely different walk. Here you will have the choice to join a guided Swamp Walk through the Wetland Sanctuary, which is famous for the many birds and primates that live in this area. Alternatively, you may decide to go for a Village Walk. Accompanied by a guide who can tell you everything about the traditional customs and lifestyle of the inhabitants, you will follow the village path and visit a primary school, Catholic Church, traditional homesteads, learn about the crops and listen to the story telling of a Mzee (elderly man). Both activities (not included) are an initiative of the inhabitants of Bigodi Village and the revenues are shared by the local community.

 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 9 Travel to Jinja

Departing Kibale Forest today you head to Jinja. Located on the shores of Lake Victoria Jinja is the origin of the Nile and Uganda's adventure capital.

Overnight: **Hotel**

 **Included Meals:** Breakfast, Lunch

## DAY 10 Free day in Jinja

Here you have a full day to relax and unwind at the source of the Nile and Bujagali waterfall. One of the most exhilarating and popular options is white-water rafting – passing beautiful scenery and bouncing along thundering rapids, or opt for a slower paced kayak ride. Perhaps you would prefer to stay on dry land and take to two-wheels, exploring the area by mountain bike.

Overnight: **Hotel**

 **Included Meals:** Breakfast

## DAY 11 Journey to Entebbe

Time to say goodbye to Jinja and drive to Entebbe. Pass through Kampala en route where you'll have the opportunity to visit a craft market and pick up some souvenirs.

 **Included Meals:** Breakfast

## DAY 12 Entebbe

Transfer to Entebbe airport for your return flight home.

 **Included Meals:** Breakfast

## DAY 13 Arrive UK

Arrive back in the UK.

 **Included Meals:** None

## Accommodation and Meals

### Food & Drink

Included meals: 10 breakfasts, 8 lunches, 7 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Uganda

**Lunch £:** 6.00

**Dinner £:** 12.00

### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Uganda

**Bottle of Beer £:** 1.50

**Water £:** 1.00

## Foreign Exchange

### Uganda

**ATM Availability:** Very limited and unreliable.

**Credit Card Acceptance:** Unreliable

**Travellers Cheques:** We do not recommend travellers cheques

**Local Currency:** Ugandan Shilling.

**Recommended Currency for Exchange:** You should take the majority of your spending money in US Dollars cash some of which to change into Ugandan Shillings. Please be aware that notes issued pre- 2006, or are not the "Big Face" kind, are not normally accepted in East Africa at all. Take mixed denomination bills in good condition and note that higher Ugandan Shilling rates are available for larger (\$50- \$100) US Dollar bills. Dirty and torn US Dollar notes are NOT accepted at all in Uganda. GBP Sterling is easily exchanged in Kampala only.

**Where to Exchange:** Your Tour leader will advise you

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

## Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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### Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Vaccinations & Protection

#### Uganda

We recommend protection against malaria, measles, tetanus, typhoid, hepatitis A, polio and yellow fever. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

## Preparing for your Trip

### Climate

#### Uganda

Although conditions are tropical, hot and humid in the centre and west, the rest of Uganda has a pleasant and comfortable climate. The dry season is generally from December to early March and June to the end of August/early September. Temperature can vary from around 28°C during the day to 12°C in the evening. High mountain areas become much cooler at night. Most of Uganda experiences a double rainy season. Rainfall is moderate, only exceeding 1250mm a year in the higher areas. But it may rain at any time of the year, particularly in equatorial rainforest such as Bwindi. Lake Victoria influences the local weather patterns considerably and ensures the

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surrounding region is wetter than elsewhere. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Luggage allowance on trip:

Unfortunately it does occasionally happen that luggage does not always reach its destination on the same flight as its owner, or possibly it may be damaged in transit. If you are unlucky enough for this to occur, it is important that you file a PIR (Property Irregularity Report) with the airline before leaving the airport. This is essential when you come to make a claim either against the airline or from your travel insurance company

## General Information

### Country details

#### Uganda

**Population:** 32,369,558

**Size of Country:** 236,040 sq km

**Major Language:** English, Swahili

**Religion:** Christian, Roman Catholic, Islam

**Time Difference to GMT:** +3

### Electric Supply & Plugs

#### Uganda

3 Pin Flat



## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

### Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.



Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 5 itinerary versions are applicable to tours departing in 5. 6/ itinerary versions are applicable to tours departing from 1st January to 31st December 6.

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