<table>
<thead>
<tr>
<th>English</th>
<th>Kinyarwanda / Rufumbira</th>
<th>Rukiga (Kabale in Uganda)</th>
<th>Kiswahili (Eastern Congo)</th>
</tr>
</thead>
<tbody>
<tr>
<td>How are you?</td>
<td>Umezute / Uraho?</td>
<td>Urare neza / Uramuke</td>
<td>Wariwe / Wiriweho?</td>
</tr>
<tr>
<td>I'm fine</td>
<td>Ndaho / Meze neza / Yego</td>
<td>Ununsi mwa</td>
<td>Waraye / Waramutseho neza?</td>
</tr>
<tr>
<td>How was your night?</td>
<td>Waramutseho neza?</td>
<td>Osibire gye?</td>
<td>Oraire gye?</td>
</tr>
<tr>
<td>How's your day been?</td>
<td>Wiriweho?</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Good day</td>
<td>Unumisi mwiza</td>
<td>Oraire gye?</td>
<td>Oraire gye?</td>
</tr>
<tr>
<td>Good night</td>
<td>Urare neza / Uramuke</td>
<td>Osibire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Thank you (very much)</td>
<td>Yeego / Yee</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Yes</td>
<td>Yeego / Yee</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Ngaho / Urateho</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>No</td>
<td>Oya</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>How are you?</td>
<td>Umezute / Uraho?</td>
<td>Urare neza / Uramuke</td>
<td>Wariwe / Wiriweho?</td>
</tr>
<tr>
<td>I'm fine</td>
<td>Ndaho / Meze neza / Yego</td>
<td>Ununsi mwa</td>
<td>Waraye / Waramutseho neza?</td>
</tr>
<tr>
<td>How was your night?</td>
<td>Waramutseho neza?</td>
<td>Osibire gye?</td>
<td>Oraire gye?</td>
</tr>
<tr>
<td>How's your day been?</td>
<td>Wiriweho?</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Good day</td>
<td>Unumisi mwiza</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Good night</td>
<td>Urare neza / Uramuke</td>
<td>Osibire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Thank you (very much)</td>
<td>Yeego / Yee</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Yes</td>
<td>Yeego / Yee</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Goodbye</td>
<td>Ngaho / Urateho</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>No</td>
<td>Oya</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>How are you?</td>
<td>Umezute / Uraho?</td>
<td>Urare neza / Uramuke</td>
<td>Wariwe / Wiriweho?</td>
</tr>
<tr>
<td>I'm fine</td>
<td>Ndaho / Meze neza / Yego</td>
<td>Ununsi mwa</td>
<td>Waraye / Waramutseho neza?</td>
</tr>
<tr>
<td>How was your night?</td>
<td>Waramutseho neza?</td>
<td>Osibire gye?</td>
<td>Oraire gye?</td>
</tr>
<tr>
<td>How's your day been?</td>
<td>Wiriweho?</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Good day</td>
<td>Unumisi mwiza</td>
<td>Oraire gye?</td>
<td>Osibire gye?</td>
</tr>
<tr>
<td>Good night</td>
<td>Urare neza / Uramuke</td>
<td>Osibire gye?</td>
<td>Osibire gye?</td>
</tr>
</tbody>
</table>
What you are holding in your hands is special, and therefore you must be special too! You have one of the 200 prototype copies of the 7th edition of Gorilla Highlands Pocket Guide (see back cover for more), digitally printed to accompany the 4th Gorilla Highlands Silverchef. This is the central annual event of a unique private-sector initiative with these objectives:

• to position the term “Gorilla Highlands” as a universally accepted name for a transboundary region shared by Rwanda, Uganda and Congo
• to establish the region as a destination by itself
• to expand the perception of the region beyond gorillas
• to promote the region as an essential bucket list item
• to protect the culture and wellbeing of the region’s disadvantaged people

The following four pages illustrate how the Gorilla Highlands initiative means cooperation, innovation, promotion and culturally-grounded development.
Instead of competing for the existing 5 clients we should be pooling resources to convince 500 new ones to come. Instead of looking at neighbouring countries with suspicion, we should connect the attractions into an unbeatable combination. Instead of a dump of isolated websites, a network of sites that link to each other will rank higher on search engines.

Practical example: Every November the Gorilla Highlands Bootcamp introduces junior staff of our partners to the concept of working hand-in-hand. Last year’s participants are pictured canoeing on Lake Bunyonyi.
Innovation

Copying will not take us far... We have to be creative and dare looking for new services, new solutions. There are too many amazing destinations, tour providers and accommodations competing for today’s traveller — one needs to offer something different to stand out.

Not every innovation will work out. But the biggest failure is not trying at all.

Practical example: The Gorilla Highlands Video Map combines open-source mapping and brief videos (1-2 minutes) to showcase the richness of the region. Over 50 videos are currently available and are being upgraded with a regional booking system. Once a viewer likes something in the video, the reservation and online payment is only a click away.
Promotion

Not only do we produce our own videos and blogs, we assist journalists, travel writers and guidebook authors. Familiarisation trips for the media and tour agents are part of our work.

Practical example: This photo was taken during the 2015 Gorilla Highlands fam trip for Kampala-based foreign correspondents, supported by UNDP/WTO/UTB.
Our biggest asset is welcoming people. Time and again, guests who flew here to see animals will go home talking about the local people and interactions that shaped their journeys. Hosts, on the other hand, benefit in terms of income and cultural self-respect; it’s a validation to see somebody travel from afar to experience what you have.

But our initiative goes deeper than that. We see tourism as a tool, not the goal. We believe that economic and social development can only be built on a sound cultural foundation, and that the three countries can learn a lot from each other. We plan to promote Rwanda’s home-grown solutions, Uganda’s entrepreneurial spirit and Congo’s mentality of generosity and abundance in schools and elsewhere.

Practical example: Mrs Anna, a craftmaker, is part of a system of hiking trips called the Gorilla Highlands Trails.
Positioned at the heart of Africa, Rwanda is an exemplary country: safe, orderly, clean and rapidly developing. Its endangered mountain gorillas can be visited on the slopes of the Virunga volcanoes (p30) while the savannah of Akagera NP (p38) is a pleasant Big 5 surprise. Relaxing on the sand beaches of Lake Kivu (p51) will give you a real seaside feel.

Kigali (p18) is the prime entry point for more than just Rwanda. Beyond its borders lie the bounties of Uganda and the adventures of Eastern Congo. Bwindi NP (p36) is a mysterious rainforest teeming with mountain gorillas while Kahuzi-Biega NP (p33) is the last sanctuary for Grauer’s gorillas. Idyllic Lake Bunyonyi (p44) boasts the highest number of islands; the story of one of them mournfully links to Kisiizi Falls (p59), the most attractive waterfall in the region. Finally, nothing beats a climb to Mt Nyiragongo to sleep next to a glowing lava lake (p34).

While in the region, it makes a lot of sense to see Queen Elizabeth NP with its tree-climbing lions (p40), spend a night at Lake Nabugabo (p49) and experience the proper African bustle of Kampala (p23) before flying home. Conditions permitting, a check on the prettiest town of Central and Eastern Africa, Bukavu (p27), will be the icing on your travel cake.
**VISA INFORMATION:** The East African Tourist visa covers Rwanda, Uganda and Kenya and costs USD 100. If you wish to visit DR Congo, prepare for your East African Tourist visa to be voided — do it in the beginning or at the end of your journey, in combination with a single-entry Rwanda visa (USD 30). The best way to obtain a DRC visa (USD 100) is online through Virunga National Park in combination with gorilla tracking or Nyiragongo hiking. More info: gorillahighlands.com/visas
Different colours refer to different routes of all-inclusive guided hiking trips in Uganda and Rwanda. Trek directions can be reversed, adjusted and combined. Overnight stays at all levels of accommodation, from camping in villages to luxury lodges.

gorillahighlands.com/trails
Thriving Countryside | $90

$105 | $125 | $165 | $250

length: 1 day; difficulty: 4
start: Cyanika/Kinigi
Get a taste of Rwanda’s rural development while you trek along the Virunga volcanoes and admire Lake Burera views.

Valley of No Living | $190

$230 | $290 | $390 | $550

length: 2 days; difficulty: 2
start: Bunyonyi/Rushaga (Bwindi)
Walk where no tourists walk and spend a night camping at a model mountain health centre.

Parks Reunited | $250

$290 | $360 | $470 | $810

length: 3 days; difficulty: 3
start: Mgahinga/Bwindi
Canoe through the raw beauty of Lake Mutanda as you connect two grand national parks.

Volcano Quest | $250

$290 | $360 | $470 | $810

length: 3 days; difficulty: 3
start: Bunyonyi/Mgahinga
Substitute awe-inspiring trekking at the base of volcanoes for one of the Three Upland Lakes.

Three Upland Lakes | $340

$390 | $470 | $610 | $980

length: 4 days; difficulty: 3
start: Bunyonyi/Rushaga (Bwindi)
Led by a Batwa “Pygmy” leader, cross timeless Echuya Forest and sleep at incredible lakes.

Rainforest Ramble | $420

$480 | $590 | $770 | $1270

length: 5 days; difficulty: 4
start: Bunyonyi/Buhoma (Bwindi)
Upgrade your Three Upland Lakes trek with canoeing across Lake Mutanda and traversing Bwindi.

Ultimate Hike | $550

$630 | $770 | $990 | $1670

length: 7 days; difficulty: 5
start: Bunyonyi/Buhoma (Bwindi)
Are you strong enough to combine Volcano Quest, a day in Mgahinga, and Parks Reunited?

---

Gorilla Highlands Trails
Cultures

Batwa “Pygmies” are one of the oldest peoples in Africa. For centuries they roamed the forests looking for fruits and honey, and hunted with bows and trained dogs. As the woods were cut down by the Bantu, Batwa numbers dwindled. In the 1980s and 1990s they were evicted from national parks in Rwanda and Uganda without compensation; recently the authorities have shown more understanding and progress has been made. The ideal for Batwa involvement remains Congo’s Kahuzi-Biega NP where the Batwa are main gorilla trackers (the photo showcases one of the team, Bakongo).

Please be cautious when offered to “see the Pygmies” and avoid exploitation of the Batwa. There are three recommended activities that resemble each other and show their history in the forest, involving costumes and drama: Batwa Experience at Buhoma, Buniga Forest Walk at Nkuringo and the Batwa Trail in Mgahinga. A different approach is offered through Batwa Today in Echuya Forest (p58).

gorillahighlands.com/batwa

The Bantus—the people of Rwanda, Congo and southern Uganda—are primarily mixed crop and livestock farmers. Their traditional settlement was a compound with separate houses for wives and their children; each wife had her own livestock and fields. Nowadays high population density and land fragmentation has led to heavy migrations.
Mountain gorillas evolved with the rise of the volcanoes half a million years ago, adapting to the terrain by becoming larger than western gorillas and with thicker, darker fur. They are herbivores who sometimes eat ants and termites. Not even 1,000 mountain gorillas exist in the world but thankfully the number is increasing. They can be visited in four parks: Rwanda’s Volcanoes NP, Uganda’s Bwindi and Mgahinga NPs and Congo’s Virunga NP.

Eastern lowland gorillas (also known as Grauer’s) are even bigger than mountain gorillas. Today there are estimated to be 3,800 of them; Congo’s Kahuzi-Biega NP is the only place where they are habituated.

Golden monkeys share the same environment and are also endangered but are much less researched. They spend much of their time in the bamboo zone eating bamboo shoots. You can see them in Mgahinga, Volcanoes and Virunga NPs.

Also present in the area: elephants, buffalos, chimps, baboons, blue and redtail monkeys, zorillas (skunk-like creatures), otters and many other animals.

gorillahighlands.com/wildlife
Amy Porter’s relationship with animals is deep and intriguing. In 2016, with an Anthropology PhD and plentiful monkey research experience, she went to Kahuzi-Biega NP. She stayed for 20 months and took part in groundbreaking research by the Dian Fossey Gorilla Fund.

How did you end up coming to Congo?
I had always been fascinated by Congo, for its gorillas, for its history and for its impact on people – everybody holds their breath when you mention it. I was always eager to visit but since I worked so long in South America I thought it was going to remain my niche. Then an opportunity came up...

What is the biggest difference between mountain gorillas and Grauer’s?
Grauer’s gorillas are bigger but it is not a noticeably huge difference. They are also less hairy and live at lower elevations. In mountain gorillas you can find a group with more than one silverback but with Grauer’s there is always only one silverback. We are still in the beginning stages of studying how they differ in social behaviour.

How does it feel to be with gorillas almost every day for a year and a half?
They are like family to me. One day when I was with Chimanuka [silverback gorilla] I started thinking about my time in the field ending and I cried. It was not only about being attached to the work, I know those animals as individuals and they all have different personalities.

Read the whole interview at gorillahighlands.com/love-affair
On Planet Earth there are few destinations with over 600 bird species: Queen Elizabeth NP is one of them. Together with Akagera’s 490 species, Bwindi’s list of 350 species and 295 different birds recorded in Volcanoes NP, it makes our region among the richest birding areas in the world.

Bwindi with 24 Albertine Rift Endemics and Mgahinga NP with 13 are the most accessible sites for endemics such as Handsome Francolin, Rwenzori Turaco and the highly localised African Green Broadbill. Volcanoes NP is one of the best sites to see Ladgen’s Bush-Shrike, together with 16 more endemics.

Akagera has many birds reaching their northern limit here, such as Arnott’s Chat, Purple-crested Turaco and the Sousa’s Shike. Also worthy of special mention is the Shoebill, which should be searched for in Queen Elizabeth and Akagera.
Every **Friday night**, come enjoy a market-like culinary experience featuring the **best flavors and favorite dishes from across Africa**.

**Soko Restaurant**
7pm - 11pm

Price: 35,000 RWF per person

**RESERVE YOUR TABLE TODAY**

+250 222 111 111
Kigali is a sparklingly-clean and highly organised city that few international visitors expect to find in the centre of the African continent. Smooth tarmac with countdown traffic lights connects brand-new buildings here, like the Kigali Convention Centre in the right of this spread.

The must-see attraction is the beautiful memorial museum that bears witness to the genocide against the Tutsis that shook the country in 1994. While it also features similar crimes against humanity elsewhere in the world, its primary message is the power of Rwanda’s reconciliation, resilience and potential.

gorillahighlands.com/kigali
Kivumbi King is a 20-year-old artist, winner of the “Kigali Vibrates with Poetry” award. His poem intends to fill up the vacuum, the ignorance of urban Africans concerning the beauty and richness of rural areas.

Tales Behind the Hills
Insights tremble in search of what they can’t find
Streams of memories triggered by a scent, quite wild
In fact, hardest to describe.
The peculiar colors of a setting sun
Drifting your senses its hard to realize
A calm evening has began

“Kanjenje kari rengura”
As an infant’s symphony
Reminds that the treasure is from within
Like a glow of light from beneath
Like gold, keep the glory in the history

Whatever that fills a vacuum must have volume
Elders insisted
Eye for an eye
As every action
Ought to have a reaction
So young girls thought carefully
Not to end up abandoned in a cave
Mercilessly

Enough tales to tell rising generations
Let the drums play loud
As mothers sing harmoniously
To the sound
Full filling with admiration
For what lies beyond our sight
Isn’t only the wilderness
But rather, tales beyond the hills
That are filled with Greatness.

poem and illustration: Lion King

“Hey there, listen”
(the beginning of a childhood song)
KAMPALA

Population 1,500,000; elevation 1,190 m/ 3,900 ft

The city also known as “crazy crazy” Kampala is the party capital of East Africa. An urban sprawl touching Lake Victoria, Kampala is a bustling, freedom-loving city.

Be it a weekend, a holiday or the middle of the night, enterprising Kampalans are ready to feed your stomach with cheap roadside food and your soul with bumping Afrobeat. Mushrooming shopping centres and second-hand markets are two dimensions of a place that sells anything from anywhere, at any price.

But not so far from the organised chaos of the Old Taxi Park — an actual attraction — there is serenity in Kampala’s green areas and religious sites. The only Baha’i temple in Africa, the Kampala Central Mosque and the Makerere University campus are three sites you should definitely consider visiting.

Uganda’s international airport lies 40km/26mi from Kampala, next to Entebbe.
<table>
<thead>
<tr>
<th>From Cities to National Parks</th>
<th>km</th>
<th>miles</th>
<th>hours by car</th>
<th>(mini)bus/truck departure</th>
<th>price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>from Kigali to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Akagera NP</td>
<td>110</td>
<td>69</td>
<td>2.5</td>
<td>throughout the day</td>
<td>Rwf</td>
</tr>
<tr>
<td>Musanze (Ruhengeri)</td>
<td>85</td>
<td>53</td>
<td>2.5</td>
<td>throughout the day</td>
<td>1,750</td>
</tr>
<tr>
<td>Gisenyi (Rubavu) / Goma</td>
<td>158</td>
<td>98</td>
<td>3.5</td>
<td>throughout the day</td>
<td>3,000</td>
</tr>
<tr>
<td>Rusizi (Cyangugu) / Bukavu</td>
<td>235</td>
<td>146</td>
<td>5</td>
<td>hourly until 4pm</td>
<td>5,700</td>
</tr>
<tr>
<td>Kabale</td>
<td>106</td>
<td>66</td>
<td>2.5</td>
<td>throughout the day</td>
<td>3,000</td>
</tr>
<tr>
<td>Kisoro</td>
<td>135</td>
<td>84</td>
<td>3.5</td>
<td>border open till 6pm</td>
<td>2,750</td>
</tr>
<tr>
<td><strong>from Kampala to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>USh</td>
</tr>
<tr>
<td>Kabale</td>
<td>414</td>
<td>257</td>
<td>7</td>
<td>throughout the day</td>
<td>25,000</td>
</tr>
<tr>
<td>Kisoro</td>
<td>494</td>
<td>307</td>
<td>9</td>
<td>throughout the day</td>
<td>30,000</td>
</tr>
<tr>
<td>Buhoma (via Rukungiri)</td>
<td>472</td>
<td>293</td>
<td>10</td>
<td>morning and night</td>
<td>45,000</td>
</tr>
<tr>
<td>Mweya (Queen Elizabeth NP)</td>
<td>442</td>
<td>275</td>
<td>8</td>
<td>throughout the day</td>
<td>40,000 to Katunguru</td>
</tr>
<tr>
<td><strong>from Bukavu to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>USD</td>
</tr>
<tr>
<td>Kahuzi-Biega NP</td>
<td>32</td>
<td>20</td>
<td>1.5</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>Lwiro</td>
<td>47</td>
<td>29</td>
<td>1.25</td>
<td>throughout the day, shared car + bike</td>
<td>2.5</td>
</tr>
<tr>
<td>Goma (by ferry)</td>
<td>/</td>
<td>/</td>
<td>2.5</td>
<td>morning and afternoon</td>
<td>50</td>
</tr>
<tr>
<td><strong>from Kabale to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>USh</td>
</tr>
<tr>
<td>Buhoma (via Ruhija)</td>
<td>95</td>
<td>59</td>
<td>5</td>
<td>Tue, Fri; daily (minus Sun) to Kanyantorogo</td>
<td>15-20,000</td>
</tr>
<tr>
<td>Buhoma (via Kanungu)</td>
<td>112</td>
<td>70</td>
<td>5</td>
<td>Tue, Sat</td>
<td>15-20,000</td>
</tr>
<tr>
<td>Ruhija</td>
<td>49</td>
<td>30</td>
<td>2</td>
<td>Mon-Fri</td>
<td>9-13,000</td>
</tr>
<tr>
<td>Rushaga</td>
<td>73</td>
<td>45</td>
<td>2.5</td>
<td>Tue, Sat</td>
<td>10-20,000</td>
</tr>
<tr>
<td>Nkuringo</td>
<td>91</td>
<td>57</td>
<td>3</td>
<td>Tue, Sat</td>
<td>12-20,000</td>
</tr>
<tr>
<td><strong>from Kisoro to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>USh</td>
</tr>
<tr>
<td>Rushaga</td>
<td>35</td>
<td>22</td>
<td>1.5</td>
<td>Mon, Thu</td>
<td>5,000</td>
</tr>
<tr>
<td>Rubuguri</td>
<td>27</td>
<td>17</td>
<td>1.5</td>
<td>Mon, Thu, Fri</td>
<td>5,000</td>
</tr>
<tr>
<td>Nkuringo</td>
<td>33</td>
<td>20</td>
<td>2</td>
<td>Mon, Thu</td>
<td>6,000</td>
</tr>
<tr>
<td><strong>from Mweya (Queen Elizabeth NP) to:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>USh</td>
</tr>
<tr>
<td>Ishasha</td>
<td>96</td>
<td>60</td>
<td>3</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>Buhoma</td>
<td>160</td>
<td>99</td>
<td>4.5</td>
<td>/</td>
<td>/</td>
</tr>
<tr>
<td>Ruhija</td>
<td>206</td>
<td>128</td>
<td>6.5</td>
<td>/</td>
<td>/</td>
</tr>
</tbody>
</table>

gorilahighlands.com/transport

26
BUKAVU

Population 900,000; elevation 1,498 m/ 4,915 ft

Unlike Kigali or Kampala, Bukavu is not really a capital city. In the minds of most people, it would even come after Goma (p51) as the most important city of Eastern Congo. It is, however, the intellectual and cultural capital. Architecture buffs can admire over 100 buildings of the Art Deco style here. Today, a different building style prevails, colourful and with elaborate soaring rooflines.

SECURITY SITUATION: Bukavu and Goma, connected by modern speedboats and ferries, are safer than the rest of Eastern Congo. Nevertheless, we advise you to follow the news and check out our security page before visiting them: gorillahighlands.com/security
Just like Goma, Bukavu has a sister city on the other side of the Rwandan border and a national park, Kahuzi–Biega, nearby (p33). The Lwiro primate sanctuary and scientific research centre (p43) is another highlight in the Bukavu neighbourhood.
Map of Bukavu
The smallest, but possibly greatest, of Uganda’s national parks boasts three Virunga volcanoes: Muhavura (4,127m/13,540ft) with a lake at the top, Mount Gahinga (3,474m/11,398ft) with a swamp-filled crater, and Sabinyo (3,669m/11,959ft) where three countries meet.

If you track mountain gorillas here (USD 600) you are a member of a special club. One habituated gorilla group means only eight visitors per day.

Other activities:

- tracking of endangered golden monkeys
- the Batwa Trail (p13)
- hiking into Sabinyo Gorge, to all volcanoes and more
Volcanoes National Park shares three volcanoes with Mgahinga and adds two more: Karisimbi (4,507m/14,787ft) and Biseke (3,711m/12,175ft). It has 10 habituated mountain gorilla groups (USD 1,500).

Additional things to do:

• golden monkey tracking

• climbing Karisimbi (2 days), Gahinga and Muhavura (can be combined into 2 days) or Biseke

• trekking to the former Karisoke Research Centre to visit the grave of Dian Fossey, the famous researcher who popularised mountain gorilla tracking and died as a conservation martyr
The oldest national park of Africa has a staggering environmental variety: from the Virungas through the savannah up to the permanent snow of the Mountains of the Moon, the Rwenzoris (5,109 metres/16,762 ft). Of the volcanoes it includes Sabinyo, Karisimbi, Bisoike, Miken (4,437m/14,560ft), Nyamuragira (3,058m/10,031) and Nyiragongo (3,470m/11,400ft). Tourists can visit six mountain gorilla groups here, a tracking permit costs USD 400.

**Other activities:**
- Nyiragongo climbing (see p34–35)
- chimp habituation walk
- Tchegera Island overnight (Lake Kivu)
KAHUZI–BIEGA NP

Named after two dormant volcanoes, this park near Bukavu (p27) is known worldwide for Grauer’s or eastern lowland gorillas. Three habituated groups reside in the highland sector of the park. All are well protected, as are the over 1,100 plant species and 350 species of birds. Gorilla tracking costs USD 400.

**Other activities:**
- trekking Mt Kahuzi (3,300 m/ 10,827ft)
- hike to Tshibati Falls near Lwiro (p43)
- several nature trails
9 Things
You Should Know before Hiking Nyiragongo

In March 2018 two Gorilla Highlands volunteers climbed to the world’s largest bubbling lava found atop Mt Nyiragongo (3,470m/11,380ft) in Virunga National Park. Their trip gives us a chance to update our Nyiragongo advice:

1. **The experience is out-of-this-world**
   The feeling of standing on the edge of a gigantic volcanic crater and staring at the red-hot lava lake cannot be captured with a camera. If you can do it, definitely do it. It is likely to be among the highlights of your life.

2. **Trust people on the ground**
   Do not rely on travel advisories put together by bureaucrats in capital cities far away. Focus instead on what the authorities of Virunga National Park have to say. Their interest – possibly higher than your own government’s – is to make sure nothing happens to you.

3. **You do not need to be extra fit**
   The two days of Nyiragongo hiking are demanding. The most tiresome element are volcanic rocks that wobble under your feet but there is also the sheer distance and altitude factor. Luckily the trek is timed in a way that allows even a slow person to make it. You might take 7h instead of 4h but that is fine.

4. **Get yourself walking sticks**
   Get a stick, or better two. Besides helping on the descent, you get a full body workout on the way up. Local artisans make handmade wooden sticks for purchase right there at the base of the mountain. They are very artistic, with burnt in etched designs.
5 Dry shoes will make you happy
If your Nyiragongo hiking follows gorilla tracking, your ‘waterproof’ hiking boots may not stay dry inside. The gorilla trail can turn into mud and your shoes will get that mud all over them. Use the old trick of inserting plastic bags as a barrier between your socks and shoes to bring some relief.

6 It is full-board, and it isn’t
Hikers who pay for the complete package directly to the park are often surprised that it isn’t as all-inclusive as they thought it would be. Better keep 100 dollars in small denominations in your pocket because you might need to pay your porter and will likely want to tip him and the cook at the end (the food is amazing).

7 Forget that you are on a continent that is supposed to be hot
Bring twice as many layers of clothes as you think you might need, and then some more. Pack some warm gloves too.

8 Mind your belongings
We are conditioned to lose our normal caution when we are high in the mountains, and protecting your money and valuables is one such example. Simple huts at the top of Nyiragongo have no locks.

9 Do not forget your yellow fever certificate
The steep valleys and high ridges of Africa’s oldest rainforest hide much more than just mountain gorillas (USD 600). Some of the highlights of different Bwindi gates:

- **Buhoma**: most accessible gorillas, nature walk to three waterfalls, Batwa Experience (see p13), tour of the groundbreaking Bwindi Community Hospital
- **Nkuringo**: spectacular views of the Virunga volcanoes, Buniga Forest Walk (see p13)
- **Ruhija**: nature walk to the bamboo zone or the big swamp that gave Bwindi its name, best birding
- **Rushaga**: largest number of habituated gorilla groups, the longer gorilla habituation experience (USD 1,500), occasional visits of elephants

When were gorilla groups habituated?

<table>
<thead>
<tr>
<th>BUHOMA</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>NAME</td>
<td>YEAR</td>
<td></td>
</tr>
<tr>
<td>Rushegura</td>
<td>2002</td>
<td></td>
</tr>
<tr>
<td>Habinyanja</td>
<td>1998</td>
<td></td>
</tr>
<tr>
<td>Mubare</td>
<td>1993</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NKURINGO</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>NAME</td>
<td>YEAR</td>
<td></td>
</tr>
<tr>
<td>Bushaho</td>
<td>2017</td>
<td></td>
</tr>
<tr>
<td>Nkuringo</td>
<td>2004</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RUHIJA</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mukiza</td>
<td>2017</td>
<td></td>
</tr>
<tr>
<td>Oruzogo</td>
<td>2011</td>
<td></td>
</tr>
<tr>
<td>Bitukura</td>
<td>2008</td>
<td></td>
</tr>
<tr>
<td>Kyaguriro</td>
<td>research</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RUSHAGA</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Busingye</td>
<td>2011</td>
<td></td>
</tr>
<tr>
<td>Bweeza</td>
<td>2011</td>
<td></td>
</tr>
<tr>
<td>Kahungye</td>
<td>2011</td>
<td></td>
</tr>
<tr>
<td>Mishaya</td>
<td>2010</td>
<td></td>
</tr>
<tr>
<td>Nshongi</td>
<td>2009</td>
<td></td>
</tr>
<tr>
<td>Bikingi</td>
<td>on going</td>
<td></td>
</tr>
</tbody>
</table>

gorillahighlands.com/nationalparks
The lake environment of Akagera National Park in northeastern Rwanda is magnificent and its campsites with electric fences are unique in central Africa.

The park’s specials in terms of fauna are the zebra, the giraffe and the rare roan antelope. Lions were introduced in 2015 and had their first offspring in 2016 while black rhinos returned in 2017 restoring the Akagera’s “Big Five” status. There are also elephants, leopards, hippos, buffalos, eleven species of antelope and almost 500 different bird species. Akagera’s wildlife is on the rise under the management of an international non-profit conservation organisation, African Parks, who are responsible for the total management of Akagera.

The park’s former reputation for “vegetarian safaris” is a matter of the past and it can surprise you in a most positive way. Along with the park’s successful conservation story, the diversity in wildlife and environments – a string of lakes to the east and rolling grassland hills to the west – make Akagera well worth visiting.
QUEEN ELIZABETH NP
This park is a wonderful addition to a Gorilla Highlands holiday, popular due to abundant wildlife thriving in its diverse ecosystem of sprawling savanna, humid forests and sparkling lakes. Rare tree-climbing lions live in the Ishasha sector, the part closest to our region, and there are many other species: antelopes, buffalos, crocodiles, elephants, hippos, leopards, primates and more.

Some of the attractions:

- Kazinga Channel launch trip with plentiful birds and other animals visible from the boat
- chimp tracking in Kyambura Gorge
- equator circles at the northern tip of the park
WHY ARE LIONS BEING KILLED?

Uganda is fortunate to watch its wildlife population grow. Even the elephant, the magnificent creature being decimated across the continent, is thriving in Uganda’s parks.

But there is a worrisome sub-story too — the poisoning of lions by cattle keepers. A recent loss of 3 lionesses and 8 cubs in Queen Elizabeth NP is part of that.

The underlying problem is agricultural encroachment, a result of environmental degradation. Cultivators push pastoralists into the protected area where they graze their cattle illegally. They also poach on the park edge, decreasing lions’ access to pray.

Read more: gorillahighlands.com/lion-killing
Who would expect a grand natural science library, a cultural museum and high-tech enclosures in a Congolese village? Lwiro is a must stop on the way to Kahuzi-Biega but with a nice colonial guest house it also offers sleepovers.

The primate rehabilitation centre hosts 77 chimps and 95 monkeys of 11 different species. These are mostly victims of poachers who kill adult primates for bush meat and sell their babies as pets.
Lakes
LAKE BUNYONYI

Lake Bunyonyi was formed 10,000 years ago when a river was dammed by lava. This “place of many little birds” is one of the safest lakes in Africa and has a great number of islands: 29. Some of their histories:

• Akampene (Punishment Island): Until the 1940s, unmarried pregnant women were left here to starve to death or drown trying to swim to the shore; they were often saved by poor men or slaves who could not afford the regular bride price.

• Bwama: In 1914 it was an anti-colonial rebel base of a famous leader, Katuregye. In 1921, Dr. Leonard Sharp, a missionary, founded a leprosy hospital here. After anti-leprosy drugs were introduced in the 1980s, it became a boarding secondary school.

• Njuyeera (Sharp’s Island): Dr. Sharp’s family lived on this island when he was not on duty in Kabale Hospital and converted it into a gorgeous botanical garden with a tennis court, boat house, guest cottage and windmill.

gorillahighlands.com/lakebunyonyi
Bunyonyi in numbers:
- Size: 25 km (15 mi) x 7 km (4 mi)
- Area: 61 km² (24 mi²)
- Altitude: 1,950 m (6,400 ft)
- Depth: 44 m (144 ft)
- Number of islands: 29
- Max. surface temp.: 25 ºC (77 ºF)

Karembe
(2487 m / 8130 ft)

Bwama
Island
Bucuranuka
Upside Down Island
Bushara
Akampene
Sharp’s Island
Ha’buharo Island
Kyevu

Bunyonyi in numbers:
- Size: 25 km (15 mi) x 7 km (4 mi)
- Area: 61 km² (24 mi²)
- Altitude: 1,950 m (6,400 ft)
- Depth: 44 m (144 ft)
- Number of islands: 29
- Max. surface temp.: 25 ºC (77 ºF)

Karembe
(2487 m / 8130 ft)

Bwama
Island
Bucuranuka
Upside Down Island
Bushara
Akampene
Sharp’s Island
Ha’buharo Island
Kyevu

Touch of Bunyonyi $15

Touch of Bunyonyi $5

Touch of Bunyonyi $10

Touch of Bunyonyi $15

length: 2 hours; difficulty: 1
Slide in a dugout canoe over the lake surface to visit its lushest island Bushara.

Culture on the Crest $40

Culture on the Crest $50

Culture on the Crest $60

Culture on the Crest $80

length: half a day; difficulty: 2
Get friendly with a traditional healer and a craftmaker as you admire superb views.

Islands of Miracles $90

Islands of Miracles $105

Islands of Miracles $125

Islands of Miracles $165

length: 1 day; difficulty: 2
Add Bunyonyi’s most famous islands to the program of Culture on the Crest.

Mama Bena’s Bonus $180

Mama Bena’s Bonus $200

Mama Bena’s Bonus $250

Mama Bena’s Bonus $320

length: 2 days; difficulty: 3
Get floored by Bakiga hospitality as you paddle and hike around the lake.

Mother of All Treks $230

Mother of All Treks $270

Mother of All Treks $320

Mother of All Treks $410

length: 3 days; difficulty: 3
Add a tented island homestay and a craftmaker session to Mama’s Bena’s Bonus.

gorillahighlands.com/trails
To swim in the highest crater lake of the region, you will have to climb Mt Muhavura, while the other six are more easily accessible.

On the Rwandan side, Lakes Burera and Ruhondo are separated only by a narrow band of land cratered by lava that erupted from the Virungas. There is a primary school on the biggest of Burera’s six islands, happily welcoming visitors.

One of Lake Mutanda’s six significant islands, Kyangushu, used to be a burial site to avoid bringing bad luck to the mainland - bones remain visible from the lake surface. Lake Murehe nearby is as long as Mutanda is wide, with two islands and many more fish.

The twin lakes of Chahafi and Kayumbu to the southeast have swamps with many bird species recorded and sport fishing opportunities. During WWI the Germans fought the Anglo-Belgian coalition at Lake Chahafi; trenches can still be seen.
The distance between the Gorilla Highlands and Kampala is big enough that it is worth considering a sleepover on the way. Lake Nabugabo east of Masaka delights with its laid-back atmosphere and safe swimming. Merely 4 km (2.5 mi) of sand separates Lake Nabugabo from Lake Victoria, the barrier visible from the shore.

gorillahighlands.com/nabugabo
Muhumuza (c. 1870–1944/45)

Muserekande was one of the wives of King Rwabugiri of Rwanda. On his death in 1895 she changed her name to Muhumuza (“She who gives rest from tyranny”) and attempted to make her son, Bulegye, king.

Her rebellion was initially successful but the arrival of European invaders changed the dynamics. The Germans captured her and interned her in Bukoba. She then proclaimed herself queen of Ndorwa (an area historically as far north as Kabale) and instructed her followers to search for the sacred drum. She announced that upon finding it Bulegeye would become king and all her followers would receive cows from underground. She predicted that bullets would turn to water.

She was captured by the English instead. The Governor ordered her deportation to Kampala, with four servants and some cows. She was not a prisoner; by 1931 she had 15 courtiers and servants and ‘admitted’ to 70 cows.

Muhumuza claimed to be a personification of Nyabingi, the traditional goddess of fertility, and her followers would visit her in Kampala for consultations.

Read her whole story: gorillahighlands.com/muhumuza

FROM QUEEN TO NYABINGI REBELLION
LAKE KIVU, GOMA AND GISENYI

Only lack of salt in the water may hint that Kivu is a lake; the sandy beaches, tropical vegetation and relaxed vibe are all suggesting it could be a sea. Safe for swimming and up to 480m/1,575ft deep, Lake Kivu is unusual for its methane concentrations that are actually used for power generation.

Goma and Gisenyi on its northern shore are practically one city, the former on the Congolese and the latter on the Rwandan side of the boundary. The relaxing beach life is more pronounced in Gisenyi (Rubavu) while Goma is louder, bigger and more expensive.

The Congo Nile Trail starts in Gisenyi and can take you 227 km/141 miles down the Rwandan shores of Lake Kivu. A hike to Kibuye (Karongi), a major town on the way, would take about four days.
Map of Goma & Gisenyi
If you are visiting Volcanoes National Park and prefer urban environments, Musanze (also known as Ruhengeri) is your choice.

A tidy town surrounded by volcanoes, it offers accommodation solutions for all budgets, good eating, and international banks. Kinigi village (northwest of the town, 12km/7.5mi) is where the park HQ are, and many more lodges.
KISORO

Kisoro, the region’s prettiest town, is in an idyllic setting below the Virunga volcanoes. It hosts colourful cross-border markets on Mondays and Thursdays and has a strong beekeeping community. It is a handy base for adventures in Mgahinga Gorilla National Park (see p. 22) and has an airport with regular internal flights.
KABALE

The major town of Uganda’s Gorilla Highlands provides all you may expect, including an impressive selection of banks, a challenging 9-hole golf course and the Bakiga Museum, an amazing recreation of a traditional home with unique tools and inventions (see p. 48).
ECHUYA FOREST WITH BATWA TODAY

Located between Kabale and Kisoro, Echuya is a montane rainforest, the third remaining part of the extensive ancient woods that covered most of the region. A remarkable birding destination, it is also home to blue monkeys, colobus monkeys and a group of baboons you might run into on the tarmac.

On a hill overlooking the forest and Lake Bunyonyi on the other side lives the Batwa “Pygmy” community of Rwamahano. They prepare Batwa Today (p. 48), an activity that starts with a nature walk in Echuya and ends with a community visit that is unlike anything else offered in the Gorilla Highlands. It emphasises discussion between the Batwa and their guests. A special kids’ version of the walk is available, with children “hunting” using traditional Batwa bows and cardboard targets.

gorillahighlands.com/echuyaforest
KISIIZI FALLS

This pretty waterfall has gory history: pregnant unmarried girls used to be thrown over it as a punishment (see p. 29 for a similar story from Lake Bunyonyi). Oral history says that the practice stopped after one of the victims pulled her father and brother down the cliff.

An impressive monument and a visitor centre have been erected. A suspension bridge takes travellers closer to the waterfall, and a 3-stage zip line ride entertains them. A couple of guesthouses are available (p. 50).

The falls and the tourism proceeds power astonishing work by a nearby rural hospital: an extensive health insurance scheme, a rehab unit for children with cerebral palsy, a school of nursing and more.

gorillahighlands.com/kisiizi
The 7th edition of the Gorilla Highlands Pocket Guide is a huge step for our popular booklet. We are adding fresh content to the practical information we have been printing since 2013, setting the Pocket Guide for more regular publishing. 10,000 copies once a year has proven insufficient — and how many editions there will be depends on advertiser support.

Will you be part of it? You can choose from:

- Classified (text ad) at USD 1 per word. Once we know your budget we will help you improve your text within the desired amount. USD 30 (30 words) is the minimum charge, and the following are free of charge: the name of the business, 2 phone numbers, 1 email contact and 1 website address.

- Illustrated Classified at USD 1 per word + USD 50 for the photo (one image possible). USD 80 (30 words + image) is the minimum cost.

- Full-Page Ad, A6 size (10.5 x 14.8 cm) at USD 500 if designed by your team. USD 1,000 if you wish to have your ad on the back cover or on any other specific page.

Deadline: 15 May 2018
Prices exclude VAT.