



THE GORILLAS OF UGANDA

Bwindi Impenetrable National Park is located in southwestern Uganda. The lush forest of Bwindi known as the “place of darkness” because of the thickness of the forest, offers a diverse wildlife featuring as main attraction the gigantic

Mountain Gorillas.

These gorillas are the largest species of primates. The DNA of gorillas is highly similar to that of a human and these primates are vulnerable to human diseases as they have not managed to build up their immunity against most of our diseases. An adult male weighs approximately 270kgs and the females can weigh up to 136kgs



The leader of the group is known as the “Silverback” and he is the dominant male and the mediator between conflicts among his group members that comprises of mostly females and their off-springs. Most gorillas eat fruits, leaves, stalks, stems and termites. They build their homes from leaves and branches where they spend their nights. Each evening they build new nests to sleep in. Their activities begin at the break of dawn and continue to dusk. The gorillas communicate by sound as well as facial expressions and body postures. Gorillas can live up to 35years in the forest.



We recommend Bwindi Impenetrable Forest in Uganda for Gorilla site seeing. You will need to book your safari to ensure your Permit in advance. The park is open all year round. Permits are given to persons of 15years and above to do the tracking.

Some tracking Rules

- **Persons with flu, colds or any contagious diseases should not visit the gorillas.**
- All visitors should stay 7 meters away from the gorilla groups
- A maximum of 8 persons per group
- Littering and spitting is forbidden
- If you must cough hold your hand to your mouth and turn away from the gorillas
- Do not make sudden movements
- If approached by a gorilla, stand still and do not show any fear (easier said than done by the way...)
- Follow all your guide's instructions at all times