

# NEWSLETTER

*Uganda's  
National  
Carrier  
Uganda  
Airlines*



## THE JOURNEY TO UGANDA AND RWANDA

Churchill Safaris is excited to remind you of the various airlines that are flying into both Uganda and Rwanda!

Flights to Uganda are available from Uganda Airlines, British Airways, Emirates, Qatar Airways, Turkish Airlines, Brussels Airlines, KLM, Egyptair, Ethiopian Airlines, African Express, South Africa Airways and Kenya Airways.

Flights within Uganda are offered by Bar Aviation and Aerolink which operate twice daily or more flights between Murchison Falls, Kibale Forest, Queen Elizabeth, Bwindi and Kidepo. Fly

Uganda also offers scheduled flights to Murchison Falls, Kibale Forest, Queen Elizabeth, Bwindi and Kidepo.

Flights to Rwanda are available from KLM, Kenya Airways, Brussels Airlines, Qatar Airways, Turkish Airlines, South Africa Airways and Ethiopian Airlines.

Air transfers within Rwanda can be arranged daily to Volcanoes Virunga Lodge and other destinations.

Flights within East Africa are operated by Uganda Airlines, Kenya Airways, Precision, Coastal Aviation and Rwandair, making the connection between Uganda, Rwanda and the savannah plains of Kenya and Tanzania easier than ever before!

**Uganda Airlines  
CRJ Bombardier  
aircraft**



Please note that Churchill Safaris does not handle international flights. The airlines operating to the region are subject to change so please check with the airline concerned. Please also be sure to book flights at the appropriate time that connect with the beginning and end of your safari.

## THE DIET OF A MOUNTAIN GORILLA

The mountain gorilla (*Gorilla beringei beringei*) is the largest of all the gorillas and is the most endangered. The world's remaining 820 mountain gorillas live in three different countries in Central Africa: Uganda, Rwanda and Democratic Republic of Congo. Although this makes their range seem large, the mountain gorillas actually inhabit a small geographic area where the borders of these three countries meet. Why called mountain gorillas because they occupy a volcano Massif that is shared by these 3 countries. The altitude is high and temperatures are low throughout the year. Its within such environment that these giants find what to feed on. Over half of the world's mountain gorillas populations live in Uganda's Bwindi Impenetrable Forest with more than 400 members as par last census. The diet of mountain gorillas largely consists of foliage. Over 142 different plants, whose leaves, shoots and stems are eaten, constitute gorilla food. For the shoots, the gorillas enjoy mainly the rainy season mountain bamboos when still green and tender. Because the bamboo shoots are 84% water the supplement of trocatea, young bamboo leaves, tsile's leaves, stems, flowers and roots, celery's stem without the tree bark, urela cameronesis leaves

and stem bark and dry season black berries grown on high attitude provides a nutritious delicacy for mountain gorillas. The eating of mountain gorillas depends on the prevailing situation in a particular group. Normally gorillas have a three intervals of rest between each feeding, which amounts to 40% of an area that has plenty of food, they will feed and then rest for longer periods compared to times and movement into a sector of limited food availability.



They also become dormant if it's raining heavily. The mountain gorillas spend a lot of their time traveling and foraging in search of food, because plants and trees change with the seasons. Full-grown mountain gorillas can eat up to 60 pounds of vegetation a day.