

#EXPLOREUGANDA

PRE-DEPARTURE GUIDE

EXPLORE
UGANDA
THE PEARL OF AFRICA

EXPERIENTIAL
AND IMPACTFUL
TOURS

TO UGANDA & RWANDA

SAFARIS WITH
ADDED MEANING IN

THE PEARL
OF AFRICA

TRAVEL TIPS



Making Impactful Journeys to the Pearl of Africa!

We are so excited to show you our home! Preparing for your African safari can be so exciting. It can also be incredibly daunting, as you are preparing for a place that you do not know and taking advice from someone you have never met. As on the ground operators who have spent years designing safaris and we are proud to the degree for which we prepare our clients for their trips.

EXPERIENTIAL & MEMORABLE ADVENTURES TO UGANDA & RWANDA

Taking all the information which we have gathered over the years, we have condensed it into our pre-departure guide which will hopefully serve you well as you prepare for the experience of a life time.



GETTING INTO UGANDA & RWANDA

There are many airlines that offer regular flights to both Rwanda (Kigali) and Uganda (Entebbe). A helpful resource for finding a cheap flight is **www.kayak.com**. Please let us know if you would like us to arrange a flight for you and handle your booking.

Uganda Visa Requirements:

Visas can be acquired from the online visa application system through **www.visas.immigration.go.ug**. Please note that only paid visas will be processed. Single Entry in Uganda for a 3 month tourist visa is **\$50 USD** and **\$100** for East Africa also multiple entries for 6 months are **\$200 USD**.

Nationalities which are exempt from needing visas to Uganda: Angola, Antigua, Bahamas, Barbados, Belize, Comoros, Cyprus, Eritrea, Fiji, Gambia, Grenada, Jamaica, Kenya, Lesotho, Madagascar, Malawi, Malta, Mauritius, Rwanda, Seychelles, Sierra Leone, Singapore, Solomon Islands, St. Vincent, Swaziland, Tanzania, Tonga, Vanuatu, Zambia and Zimbabwe.

Rwanda Visa Requirements:

Rwanda Pre internet registration is required for Rwanda. You will need go to **https://www.migration.gov.rw/visa** or contact the Rwanda Embassy in your country to obtain an entry form, which will you then submit online. It will usually take three working days to process. A reference form will then be sent which will need to be brought to the border or airport.

Nationals of Australia, Germany, Israel, New Zealand, Republic of South Africa, Sweden United Kingdom and United States of America, shall get entry visa and pay visa fee upon arrival at any Rwanda entry point without prior application. The entry visa fee is 30 USD, valid for a period of up to 30 days. Nationals of the mentioned countries may also choose to get visa at Rwanda Diplomatic Missions (except the UN Mission in New York) or online.

EAC Partner states citizens' shall come continue to be issued with 6 months visitors pass (renewable) at entry points with no fee.

DRC citizens will continue getting visitor's visa for a stay not exceeding 90 days with no fee as provided by the CEPGL agreement.

Nationals of Singapore, Hong Kong, Mauritius and Philippines are exempted fro entry/tourism visa for a stay for up to 90 days.

Nationals of African countries are not exempted from visa fee shall continue getting entry visa at Rwanda entry points (Kigali International Airport and all land borders).

Nationals of countries mentioned above, shall get visa upon application before travelling and pay prescribed fee. Passports should be valid up to six months and have at least one blank page. Note: Rwanda is very strict about not allowing plastic bags into the country

Air carriers into Uganda:

Country of origin & Airlines:

USA British Airlines, Ethiopian Airlines, Qatar Airlines

UK Emirates Airlines, British Airlines

Germany British Airlines, Ethiopian Airlines, Qatar Airlines

France Qatar airlines, British Airlines, Ethiopian Airlines, Brussels

Japan British Airlines, Qatar Airlines, Emirates Airlines

Austria British Airlines, Qatar airlines, Brussels Airlines

Switzerland British Airlines, Qatar airlines, Brussels Airlines

Sweden British airlines, Ethiopian Airlines, Qatar Airlines

Canada British airlines, Ethiopian Airlines, Qatar Airlines

Australia Emirates Airlines, British Airlines, Qatar Airlines, South African Airlines

South Africa Emirates Airlines, South African Airlines, Uganda Airlines

Air carriers into Rwanda:

Country of origin & Airlines:

USA Ethiopian Airlines, Brussels Airlines, Qatar Airlines

UK Ethiopian Airlines, Brussels Airlines, Qatar Airlines

Germany Brussels Airlines, Ethiopian Airlines, Qatar Airlines

France Qatar airlines, KLM Airlines, Ethiopian Airlines, Brussels

Japan KLM Airlines, Qatar Airlines, Turkish Airlines

Austria KLM Airlines, Qatar Airlines, Brussels Airlines

Switzerland South African Airlines, Qatar Airlines, Brussels Airlines

Sweden Brussels Airlines, Ethiopian Airlines, Qatar Airlines

Canada Brussels Airlines, Ethiopian Airlines, Qatar Airlines

Australia Qatar Airlines, South African Airlines

South Africa South African Airlines, Uganda Airlines





Health

Medical Preparation:

In preparing for your trip to East Africa it is advisable that you meet with your doctor between four to six weeks before you travel so that you can get the proper vaccinations and begin your anti-malaria tablets.

Basic Vaccinations: Advised if you are not up to date on measles, mumps, rubella, diphtheria, pertussis, tetanus, polio, and whooping cough vaccinations. Hepatitis A can be transmitted through food and water. We recommend travelers get vaccinated if they have failed to do so already. Hepatitis B is transmitted through blood and bodily fluids. Although it is rare that tourists will come into contact with these fluids we still advise clients to take precautions by getting vaccinated. Typhoid exposure may occur through food or water. We advise clients to get vaccinated if they are planning on visiting rural areas or volunteering in smaller villages. Yellow fever is the only vaccination that is required for both Uganda and Rwanda, and should be given ten days before arrival. Some form of proof of the vaccination may be needed when you travel, which can be given by a doctor.

Covid-19: All incoming travelers and outgoing who are fully vaccinated are exempted from a negative PCR test of 72 hours before arrival and departure except where it is a requirement of the destination country or the carrier airline. Negative PCR certificate valid for 72 hours before arrival and departure for clients who are not fully vaccinated is required. Meningococcal (meningitis) is strongly recommended when traveling in East Africa. Rabies are transmitted through animals, we recommend that clients who are participating in one of our adventure based trips that spend a lot of time outside or in the rural areas get vaccinated.

Anti-Malaria: Medication Malaria

Malaria is transmitted to humans from the bite of a mosquito that is infected with the parasite. It is a very serious disease and in some cases can become deadly. Malaria is the leading cause of death and illness in Uganda, and we highly recommend that clients take malaria tablets for the duration of their stay with

Nobody wants to spend a safari feeling sick! Symptoms usually occur 7-9 days after being bitten, so it may not be noticeable until after a client returns home, there have even been cases where malaria has developed several months after being bitten.

What to Put on Your Skin to Repel Wasps

Several commercial bug spray products are available that use plant-based oils as a wasp repellent. Taking cues from these ingredients, you will find that eucalyptus oil, peppermint oil, and lemon oil are found in natural insect repellents.

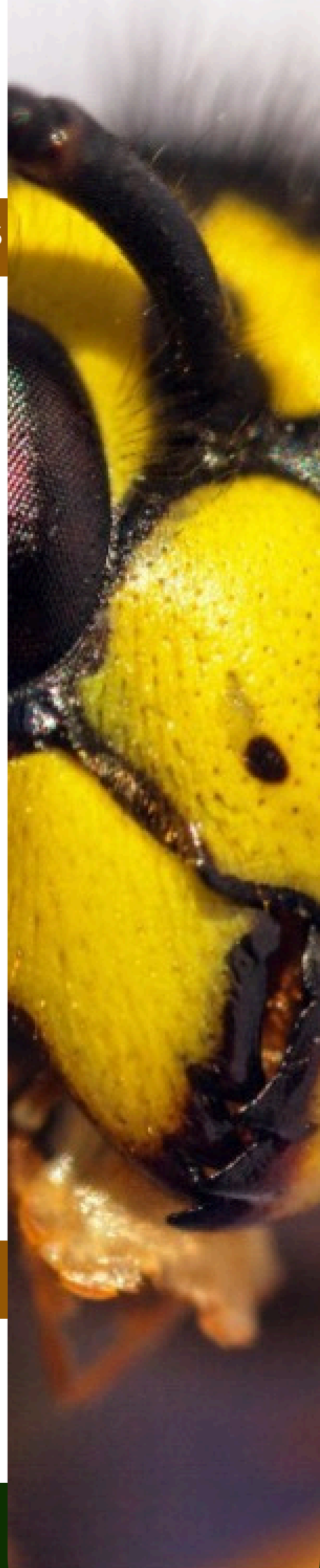
One word of caution is to be careful about the types of essential oil you put on your skin because some can cause reactions in those who are sensitive, and make sure that you only use oils marked as food grade and approved for use in and on the body. Some plants are considered to be helpful as wasp repellents, and that can be used on your skin include:

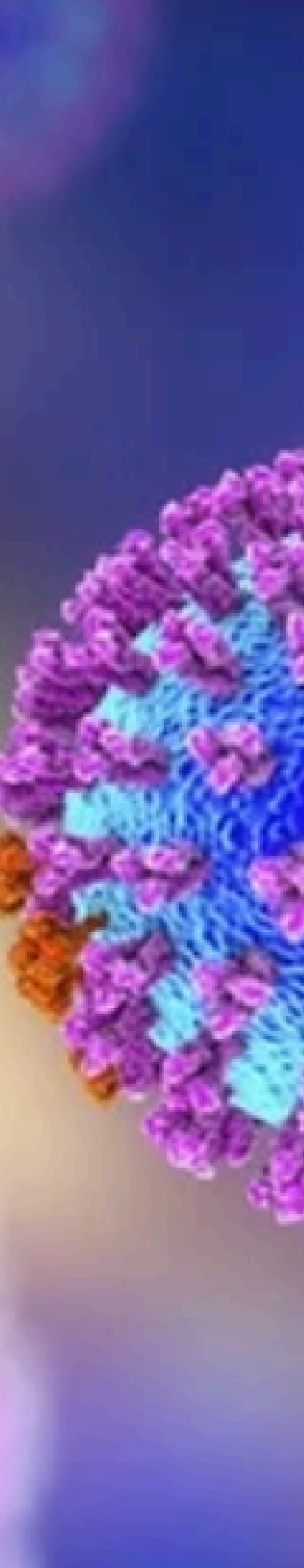
- Spearmint
- Peppermint
- Thyme
- Eucalyptus
- Lemongrass
- Clove

You can mix these essential oils with a little water in a spray bottle, spray your skin directly, or spray your clothing. Make sure to shake the mixture before spraying, and you will have to every reapply it few hours. These oils might help convince the wasps to move on to more attractive targets, but there is no guarantee, especially wasps become more when aggressive in the late summer and fall. Knowing what smells deter wasps can help, too. Citronella will also keep them away, but you can't use this on your skin. a citronella candle or oil torch Using can help keep many types of flying insects away from your gathering. Cucumbers have a chemical in them that is a natural wasp repellent, too.

Other Diseases in East Africa

Dengues, Filariasis, leishmaniasis, onchocerciasis are other diseases which are spread by insect bites. They can be prevented by wearing long sleeved clothing, applying insect repellent, and sleeping under a mosquito net.





Schistosmiasis is a parasitic infection caused by snails and is found in almost all bodies of fresh water in East Africa. Lake Bunyonyi and Lake Kivu are reportedly free from infection. HIV/AIDS: East Africa has very high rates of HIV/AIDS and appropriate precautions should be taken if you do decide to engage in behavior that will put you at risk.

Rabies and Avian Influenza

A high percentage of wild dogs in Uganda and Rwanda have rabies, and should be avoided. Avian Influenza has been found in certain African countries, so it is best to stay clear of markets that keep live poultry or birds.

Food Poisoning

All the hotels and lodges we send our clients to have excellent hygienic standards, and food poisoning is rare. There are many local food eateries throughout Uganda and although the food may look delicious it is very rare that hygienic standards are up to par. If you do decide to eat at a local restaurant.

We advise you to refrain from taking fresh juice (often made with un-boiled water), ice cubes, fruits & vegetables that have not been cooked, and food that is served too cold. Street food may look tempting but more times than not, leads to an upset stomach.

Diarrhea

Traveler's Diarrhea affects 20%-50% of international travelers, although the majority of cases are resolved on their own within the first week of travel, it can still be unpleasant. We usually recommend that clients bring with them their own anti diarrheal medication which can include over the counter medication such as Imodium or Pepto-Bismol. We also advise on bringing a stronger antibiotic in case diarrhea continues for more than two days, such as Ciprofloxacin.

Water

We recommend that clients do not drink water from the tap during their stay. Although many hotels and lodges say it is safe for guests to wash their faces and teeth with tap water, bottled

water will always be made available in the rooms. We will provide bottled water throughout the duration of a safari, so there is no need to bring iodine tablets.

Sun and Heat

It gets hot here near the equator, putting guests at risk for heat stroke, heat exhaustion, and heat rash. These are preventable, and the best way is to drink lots of water, wear sunscreen, as well as a safari hat and sunglasses.

Prescribed Medications

If you are on other medications make sure to bring enough for the duration of your stay, as it may be difficult to find it in Uganda. If you have a serious health issue please let us know before the start of your safari.

Medical Insurance

Although it is very unlikely that you will experience any medical issues during your stay, it is important to make sure that your health care insurance provider provides international coverage as well as evacuation insurance. Seven Corners is an excellent International Health Care insurance Provider that offers coverage for short-term international travel. www.sevencorners.com.


Infections

Wounds can get very easily infected due to the climate. If you do get cut it is pivotal to clean it properly and make sure that it is covered. We advise clients to bring their own Band-Aids as well as some sort of anti-biotic cream.

Medical Supplies Checklist

- Malaria Tablets
- Anti-Diarrheal Medication
- Sunscreen
- Insect Repellent
- Anti-bacterial hand sanitizer
- Prescribed medication
- Band-Aids and anti-biotic cream



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- Wash your hands! Especially after playing with children and before meals.
 - Do not drink water directly from the tap
 - Take preventative measures to avoid bug bites by wearing long sleeves, using insect repellent, and taking malaria tablets
 - Do not eat from local restaurants or from street vendors
 - Keep Hydrated, drink lots of bottled water
 - Use sunscreen whenever you go outside and make sure to wear protective clothing
 - Avoid going near animals, especially street dogs and birds
 - Do not engage in any risky behavior, such as sharing needles, engaging in unprotected sex, etc.
 - Clean wounds immediately and keep covered
 - Do not go in fresh bodies of water unless they are free from Schistosomiasis

Money

Uganda and Rwanda are both cash based societies. The Ugandan currency is called shillings, while in Rwanda they use Francs as well as the US dollar. There are a many ATMS available throughout the capitals which accept Visa and Master Card, although they become scarcer as you enter the rural areas. Although some of the bigger hotels and shops accept credit cards, we highly advise you not to use them during your time abroad, as there have been cases where information has been stolen.

Exchanging traveler's checks can be time consuming and frustrating, and taking out money on a credit card can run a surcharge of 6% or higher. We advise clients to bring with them cash, preferably US dollars as they are very easy to exchange, although Euros and UK pound are also fine. Make sure that dollar bills are no older than 2006, and have no tears or blemishes. Higher increments get better exchange rates, so we recommend bringing 100 dollar bills. There are a number of places to exchange money which your guide can direct you to. Avoid exchanging money at the airport and at borders as they exchange rate is usually lower. You should also avoid using US dollars at craft markets and restaurants, as you will get more for your money by using local currency.

How much to Money to Bring?

Although almost everything on your safari is inclusive, there are some exceptions, which will be listed on your itinerary. The majority of clients tell us that the majority bulk of what they spend their money on is alcohol and souvenirs. Depending on the length of your safari and how much you like to drink/shop we usually recommend that clients bring around \$20-\$50 USD a day for personal expenditures.

Tipping

Churchill guides get paid a fair salary while they are on safari, and tipping your guide is not mandatory. If you feel that the service has been exceptional you are more than welcome to tip, usually clients tip around \$5-\$10 USD per day

It is absolutely not required for you to tip them once you complete your trip. If you feel that the service has been exceptional, you are more than welcome to tip, but it is by no means mandatory. It is expected that you tip the local guides who may be part of your safari or primate trek, \$5-\$10 is usually the expected amount. Tipping at restaurants or hotels in Uganda and Rwanda is not a common practice, although is always appreciated.

Packing

Packing for your safari can sometimes be such a nightmare, and you will more than likely end up re-packing a few times before you actually depart. Our slogan for packing is less is more, and you should always check with your airline about the maximum luggage weight allowance. Soft duffle bags are the preferred, as suitcases can be cumbersome and difficult to fit in your safari vehicle. It is essential to carry all your valuables and important medication in your carry-on, as baggage can sometimes go missing in Africa!

Clothing

One of the biggest mistakes is packing too many clothes for your safari, many of the lodges and camps will have laundry services available so that guests can recycle their clothes throughout their trip. The dress code at the lodges is very relaxed, so it is not necessary to anything particularly fancy, unless you plan on going





out in Kampala or Kigali. Clothing should in general be lightweight, breathable, practicable and above all comfortable. It is also important for the clothes you wear to not make a lot of noise, as it may disturb some of the more skittish wildlife. Many people on safari wear neutral colors, such as beige, olive and khaki, which help with blending into the natural landscape. The colors you wear do not particularly matter if you are in your safari vehicle, but red should be avoided if you engage in any sort of walking safari or nature walk as it may disturb the animals. White can easily get dirty, and if you are traveling to Murchison Falls, home of the dreaded Tutsi Fly, do not wear black or dark blue as it is attracted to darker colors. Camouflage clothing should also be avoided as African military officers may get the wrong impression. Many of our past clients have recommended having clothes that you can wear on safari and then another outfit that you can change into when you re-turn to the lodge in the evening to relax in.

Shirts

Shirts should be made out of cotton or any lightweight material and can be long or short sleeved. We advise on bringing shirts with adjustable sleeves that you can button/roll up during the day and let down at night when it gets cooler. Tank tops are fine, but may sometimes be inappropriate in the more rural areas of Uganda.

Pants and shorts

Like shirts, the pants you wear on safari should be made of lightweight material and be comfortable, jeans are also suitable. Pants are preferable to shorts as they protect from the sun, bugs, and other natural elements. Shorts and skirts can be worn on safari but should be to knee-length or lower. Even in cities especially tight or revealing clothing is not appropriate, and certainly not in the rural areas. Zip able pockets are great for carrying guide books, binoculars, and what not.

Jackets

It can get very cool in the night, and even be chilly in the mornings. It is very important to bring a safari jacket, strong sweater, or fleece with you. For those that are especially vulnerable to the cold should bring long-underwear, gloves, and

a warm hat. It also has a tendency to rain rather spontaneously, so it is important to bring a good rain jacket!

Hats and Sun-protection

One of the most important things to bring on safari is a good safari hat, with a wide brim to protect from the sun, baseball hats just won't cut it. We also recommend that your hat be crushable, so that you can pack it easily and have a string so it won't go flying off your head. It is also important to bring a good pair of sunglasses to protect your eyes from the harsh equator sun.

Shoes

If you are just staying in your vehicle for your safari you really only need a pair of trainers or sandals. If you are engaging in any sort of walking safari or primate trekking it will be necessary to bring a pair of good, broken in pair of hiking boots with traction, that are semi-waterproof. Bring a pair of sandals or comfortable footwear with you to relax in at the lodge. You should also bring with you several pairs of socks.

Underwear

Although many of the lodges and camps offer laundry services, you will have to wash your undergarments yourself, as it is considered taboo in many African countries for someone else to wash them for you. You can wash them by hand in your hotel or bring enough to last you for the duration of your safari.

Bathing Suit

Many of the higher end lodges and camps having swimming pools, so bring a bathing suit with you!

Toiletries

It is possible to find many toiletries that you may need at supermarkets in Kampala although it can be very difficult to find such things like conditioner, contact solution, and hand sanitizer. It can be almost impossible to find such things once you go outside of the capital. A full list of the toiletries you should bring can be found in our full packing list section.





Equipment

There are two pieces of equipment that are essential to every safari: a pair of binoculars and a good camera. The binoculars you choose should be lightweight, waterproof, and easy to carry. The website <http://www.bestbinocularsreviews.com> offers some excellent advice on picking the right pair for your safaris. There are millions of different cameras out there, and some may even cost as much as your safari! If you do decide to purchase a camera just for your safari, it is important to think about if you will ever use it again, and if you have to time to learn how to use it before your departure date. We have had many amateur photographers take excellent photos during their safaris, and it is so rewarding to be able to come back and share them with friends and family. The camera you end up bringing with you on safari will need to have a good zoom on it, as the wildlife may be some distance away. Fixed-lens digital cameras (point and shoot) and digital single lens reflex body (Digital SLR) are both good types of cameras, and both have powerful zooms. In our experience fixed-lens digital cameras have a slight advantage as they are equipped with a “super zoom” and cost less than Digital SLR.



Entertainment

You will be spending a lot of time in your safari vehicle, so it is important to bring some form of entertainment: books, deck of cards, portable board games, electronic devices, etc.

Sharing

Depending on how much interaction you plan on having with local communities, it is never a bad idea to bring something so that people can get to know you better. Post cards of where you are from or photos of your family, friends, and home are a great way to break the ice, and help people to understand more about you.

Journal

Recording your safari experience through words can be just as important as the photographs you take. Bring a journal to help remember your safari experience, as well as a good pen or pencil. As you are often exposed to the elements while on safari, bring some sort of bag to keep it safe (not plastic for Rwanda.)

Other

Swiss army knife or some other similar gadget is good to have around, and at the very least will help in opening a beer! Locks with codes for luggage (keys get lost)

Checked Baggage for both Safari Vehicles & Local flights

- On all services the maximum luggage weight is 15kgs/33lbs in soft sided bags
- As a guideline, standard checked luggage should have the 3 dimensions of 24 inches (60cm) height, by 18 inches (45cm) length and 13 inches (33cm) width.
- For hand luggage, 12 inches (30cm) height by 21 inches (53cm) length by 9 inches (23cm) width

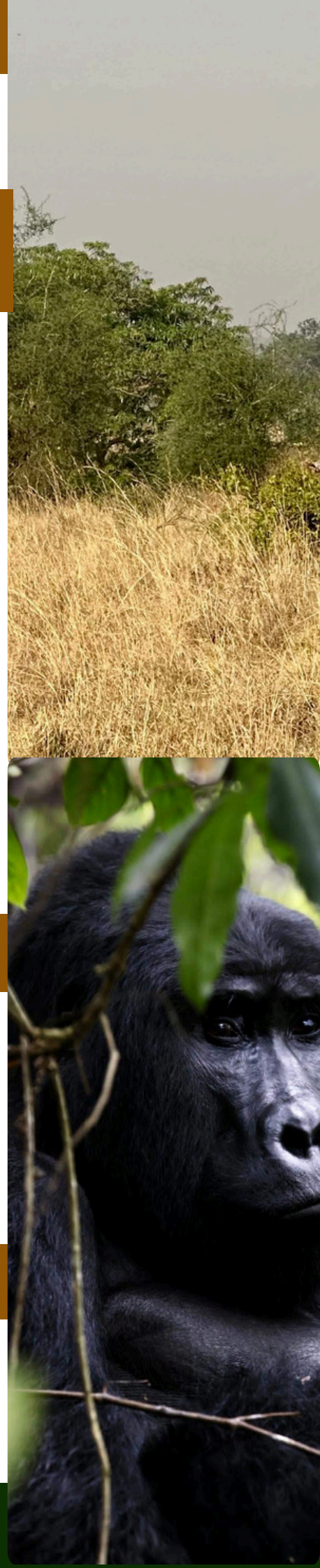


Weather

The weather in Uganda and Rwanda is extremely unpredictable and hard to predict. Temperatures usually average around 21.5 °C (71 °F), but can get much higher during the day, and drop significantly in the night. Although rainy season traditionally was from April to May and from September to November it is now harder to determine. We recommend when packing that you prepare for all the elements!

Gorillas

Trekking gorillas in Uganda and Rwanda is one of the moving and incredible experiences that Africa has to offer. You will set off from your hotel very early with a packed lunch which will be provided. The amount of time you actually spend trekking really





depends on the location of the gorillas, and can take anywhere from a half-hour to eight hours. Hiking through the forest, making a trail through the dense overgrowth with a machete can be physically challenging, and requires that you be in relatively good physical shape. Porters are available at the entrance of the park, and we strongly recommend that you have one come with you to carry your bag, their services are usually \$10 USD for the day.

Key Things to bring for Gorilla Trekking

- Packed Lunch (will be provided)
- One-two liters of water (will be provided)
- Hiking Stick (will be provided)
- Day Backpack
- Rain jacket
- Gloves and hat (it gets cold!)
- Light weight long sleeved shirt
- Light weight long pants
- Long socking
- Sunscreen
- Handkerchief bandana
- Waterproof hiking boots
- Snacks, energy bars, small pieces of candy or chocolate
- Camera



Game Drives

Game drives are often very early in the morning as that is when you will have the best chances of viewing the wildlife. Departing from the hotel you will need to bring a jacket as the early morning temperatures can be quite chilly. It will warm up considerably within a few hours, so it is important to bring sunscreen and other protection from the sun.

- Jacket
- Sunscreen
- Sunglasses
- Safari Hat
- Water (will be provided)
- Camera
- Guide book

Safety and Security

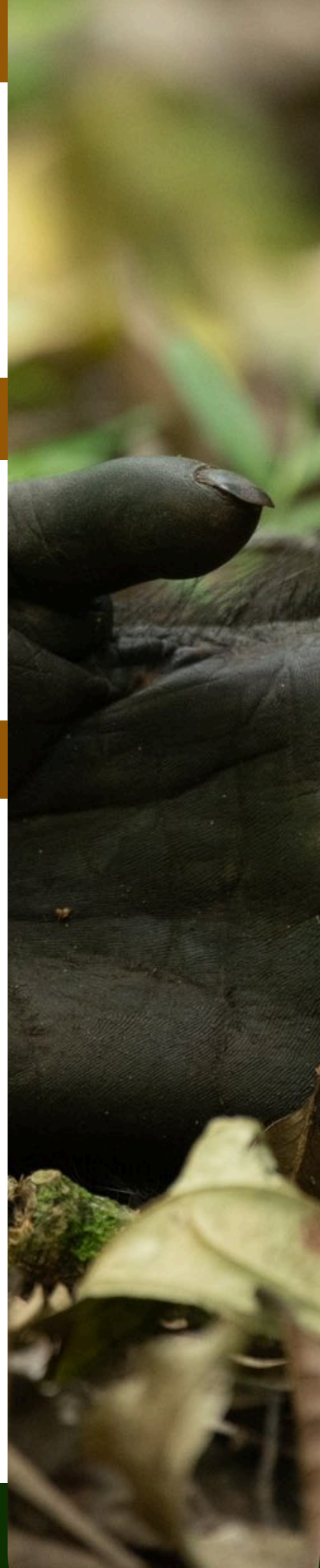
Uganda and Rwanda are some of the safest countries in Africa, but it is still wise to use certain precautions. We often tell clients to act as they would in their own country, would you walk alone at night by yourself? Or carry around a large amount of cash in a crowded area? Most likely not. Be cautious with your bags, avoid crowded places, keep your money and valuables in safe place, and if you do decide to go out at night to experience the infamous nightlife of Kampala or Kigali be careful.

Electric Plugs

Uganda has 240 volts in its voltage and most plugs are UK standard, while Rwanda uses the French two round pins plug. We recommend you buy a converter plug before you come although you can get them in Uganda, and some of the hotels have spares or can charge your electronics at their main desk for you. It is never a bad to bring a surge protector if you plan on bringing your laptop.

Staying in Touch

Most clients when they come to Africa bring their personal cell phone and end up paying a fortune in roaming charges when they return home. If you have a cell phone that has a 900 1800 megahertz frequency it is possible to get a local sim-card that you will be able to make phone calls with, and that won't cost a fortune. We at Churchill can also purchase a local cell phone and sim card for you (around \$40 USD), so that you can stay in touch during your time in Uganda. Local calls are around 8 cents a minute, with international calls being around 20-50 cents a minute. Many of the higher end hotels have wifi, although it can be at a snail's pace. There are internet cafes throughout Kampala and Kigali, and if you decide to stop by our office you are more than welcome to check your mail on one of our computers.





WHERE TO EAT IN UGANDA

From Mexican to Japanese, Uganda is home to a diverse range of international cuisine, and is quickly becoming a major foodie destination. There are a number of exceptional restaurants in Kampala that would rate as four or five stars on an international scale. Outside of Kampala many of the higher end lodges in the National Parks are staffed with world class chefs, and even medium and budget accommodation have very good cuisine. If you do decide to explore the culinary world of Kampala there are a myriad of choices, here are some of the top-rated places.

The Lawns

For the carnivores among you, The Lawns is truly unique as it offers a wide selection of game meats including zebra, ostrich, and crocodile! They also serve a variety of Indian and vegetarian dishes. True to the name, the restaurant is situated on a spacious and manicured lawn, and is the perfect escape from hectic Kampala. Clients of Churchill receive a 5% discount.

Khaza Khazana

Located on Acacia Avenue this Indian restaurant is always rated at the top of trip advisor and often frequented by Kampala's Indian population. The extensive menu provides a wide array of mouthwatering authentic Indian dishes. The décor inside is stunning, and the overall ambience puts this place over the top!!

Lotus Mexicana

This funky Mexican themed restaurant is located near the center of town. Offering a selection of American/Mexican themed favorites, as well as huge portion sizes, and an incredible selection of drinks, including strong margaritas makes this eatery a clear winner.

Ekitoobero Restaurant

There are tons of local Uganda eateries across Kampala, where you can sample local Ugandan food. Although the prices at Ekitoobero are significantly higher, you have a lesser chance of getting food poisoning! Fares include rice, cassava, ground nut sauce, and matoke.



Mediterrano Ristorante Pizzeria

A real treasure in Kampala, Mediterrano is located off of Acacia avenue in the center of town. With a reputation of excellent service and delicious Italian cuisine, Mediterrano is almost always packed and requires a reservation in advance

Fang Fang

One of Kampala's most popular Chinese restaurants, Fang Fang has an extensive menu offering authentic Chinese food.

Cafe Javas

Cafe Javas is a Ugandan food chain that has several locations, the most notable being in the center of town at Oasis Mall Shopping Center. It has a wide array of healthy sandwiches, soups, and salads and is often packed.

Stone Haven

A state of the art restaurant beautifully designed with an exquisite and delicious continental menu and very large selection of champagne, wines, and spirits

Le Chateau

This Belgian/French restaurant is a few steps away from the American embassy. This posh restaurant offers up fine dining options including hearty steaks and indulgent deserts. The prices run high even for Kampala standards.

Coffee at Last

A little out of the way Coffee at Last is located across from the American recreation club. Run by a local Uganda couple, this quirky African coffee bar has a reputation for serving the best coffee in Kampala. Small snacks and food are also available.



WHERE TO EAT IN RWANDA

There are a variety of mouth watering restaurants spread out throughout Kigali. There is a strong Belgian/French presence throughout the culinary scene, which bodes well as there often is a rich selection of cheeses, meats, and wines available at many of the restaurants

Sol e Luna

With a stunning view of the city Sol e Luna also has some of Kigali’s best pizza as well as a range of other Italian and French influenced dishes. It is the perfect place to unwind and have a glass of wine.

Zen

This peaceful Asian Fusion restaurant is located in the heart of Kigali. Delicious fares include curries, sushi, and a variety of Thai inspired dishes. The restaurant is renowned for its speedy service as well as its attentive staff.

Republica

Located in the hills of Kigali, Republica is a local favorite and often packed with expats. It is the perfect place to get your first taste of African cuisine! The food is fresh, delicious, and offers up alternatives for people that may not want to try goat or cassava. Rated by Trip Advisor as the number one restaurant in Kigali!

Heaven Bar and Restaurant

Ideally situated near central Kigali, Heaven Restaurant is American owned and operated, serving traditional American Fare. Beautiful views and strong cocktails make this place a clear favorite.

Bourbon Coffee

Located at the main Nakumatt shopping center in Kigali, Bourbon Coffee is an excellent place to taste Rwanda’s coffee. Bourbon’s also serves a variety of snacks, pastries, and lunch options, and is one of the best breakfast options in Kigali.



A woman in a patterned dress is dancing in a nightclub. In the foreground, a DJ's hands are visible on a turntable and mixer. The background is filled with colorful, out-of-focus lights in shades of red, green, and blue, creating a vibrant night scene.

NIGHT LIFE IN UGANDA

The nightlife of Kampala is infamous! The majority of bars and clubs are situated in the center of town, up from the golf course, stretching along Accacia Avenue. There are a number of clubs scattered around Kampala, with local bars where you can grab a cold beer everywhere. There is always something going on until the early hours of the morning!

Bubbles O' Leary

What's the Craic? Bubble's O'Leary's is a legendary Irish bar which is a staple to Kampala nightlife. Serving cold beers and Irish comfort food, it is usually busy on week days and out of control on the weekend. A relaxed garden setting and outdoor patio surrounds the classic Irish pub structure which is notorious for holding dance parties that last till morning. Their excellent Irish stew is the perfect cure for the morning after hangover!

Cayenne

This trendy nightclub kicks off after midnight on the weekends. Stocked with Kampala's elite it is usually the place to be seen, and a mix of Western and Indian music keeps the dance floor packed until morning. Cayenne also serves up some excellent midnight snacks, including what is arguably the best pizza in Kampala.

Thrones

Long before Vault graced us with its presence, Thrones was the King of Kampala. This upscale club has beautiful live music performances and the occasional celebrity guest. Thrones also offer classic cocktails, premium spirits, and snacks for those wanting to refuel their energy between dance sets. Thrones is still a great place to go for a night out, with its two floors, dance floors and spacious outdoor areas.

Illusion

Illusion is one of top night clubs in Kampala located at the Acacia Mall. The club has two main sections, a VIP area, and an 'open' section, so you can decide what kind of night you want. With its state-of-the-art sound systems and regular events and shows, Illusion is worth checking out for a night of partying in Uganda.

NIGHT LIFE IN RWANDA

Although there is not as much night life as compared to Kampala, Kigali still has a fair share of places to visit during the night.

New Cadillac Club

This long-standing club is one of the most popular in Kigali. Located not far from the center of Kigali, this club plays a variety of music, including local Con-golese music. It rarely gets busy until after midnight.

Republika Lounge

This popular restaurant is also a great place to relax and have a drink at. Stunning views, midnight munchies, and a well-stocked bar make this a place a popular local hangout.

Planet/KBC

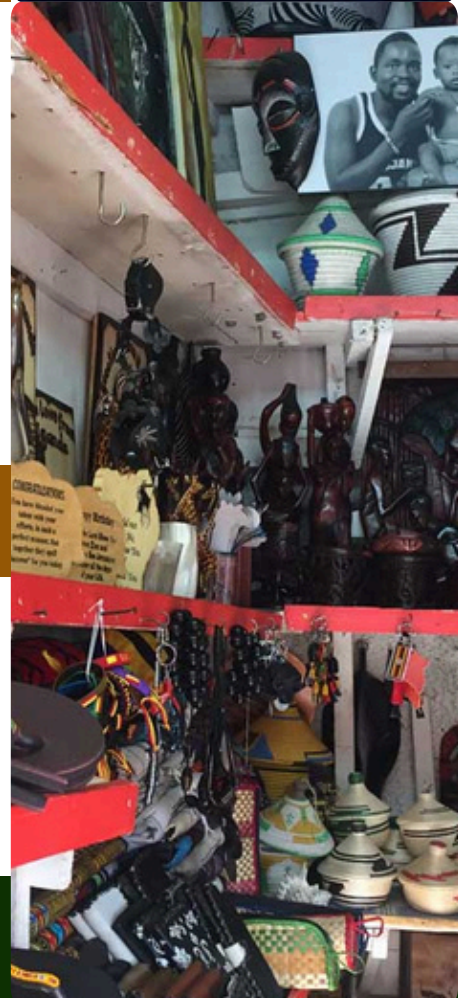
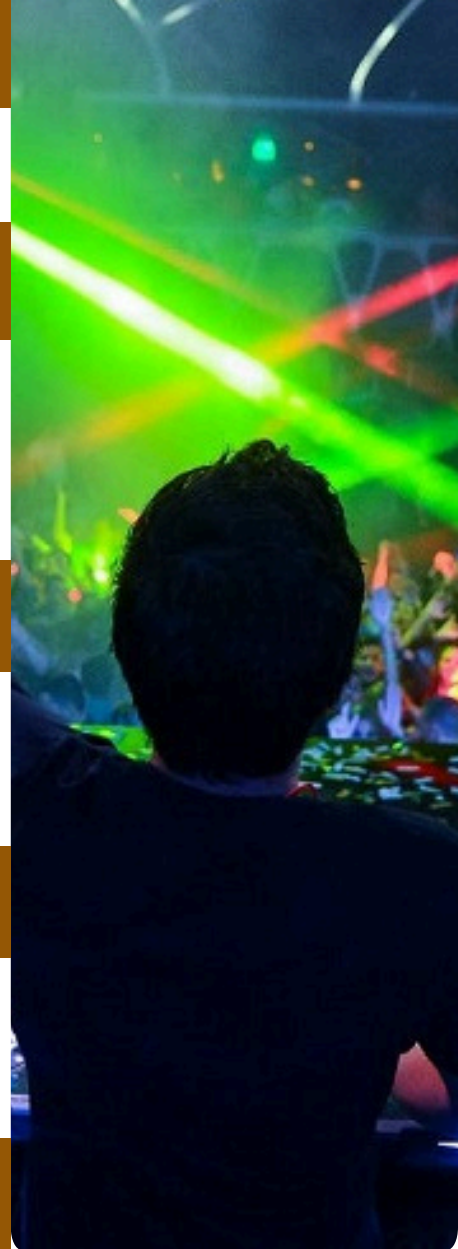
This trendy night club pulls in the crowds on the weekends. Frequented by wealthy Rwandans and the expat community, this is the place to be seen.

WHERE TO SHOP IN UGANDA

Uganda has some of East Africa's most beautiful crafts from colorful baskets to vibrant paper beaded necklaces; you can easily fill your suitcase! There are also a number of higher end galleries and boutiques in Kampala that are stocked with paintings and sculptures from some of Uganda's up and coming artists. The art of bargaining is often practiced in both Ugandan and Rwandan craft markets, usually a vendor's starting price, will be double that of the actual price of the item you wish to purchase.

Buganda Road Craft Market

Located off Buganda road this traditional craft market has a variety of jewelry and crafts, which although they may not be as nice as the crafts you find in the stores, they are priced extremely well.





National Theatre Craft Market

Another local craft market, located near National Theater, this market has a variety of stalls with traditional crafts and jewelry available. Prices tend to be a bit higher than normal.

Banana Boat

With several stores in Uganda, Banana Boat offers high-end crafts and traditional products. Although the prices are higher than what you would pay at a local market, the products are usually better and it saves you the hassle of bar-gaining.

Where to shop in Rwanda

Rwanda has some beautiful crafts including stunning jewelry. The exchange rate is usually a bit lower for the dollar and the prices can be a bit higher than Uganda and other East African countries.

Kapalaki Market

This trendy night club pulls in the crowds on the weekends. Frequented by wealthy Rwandans and the expat community, this is the place to be seen.

Kinigi Market in Parc Volcans

Located near the Parks headquarters where clients trek gorillas, this is a great place to buy beautiful Rwandan crafts.

Medical Supplies Checklist

- Malaria Tablets
- Anti-Diarrhea medication
- Basic Antibiotic (Cipiro)
- Sunscreen
- Insect Repellent
- Anti-bacterial hand sanitizer
- Wet Wipes
- Prescribed medication (Enough to last your trip)
- Band-Aids
- Antibiotic or antiseptic cream
- Re-hydration salts
- Allergy/cold medication - Painkillers

Toiletries

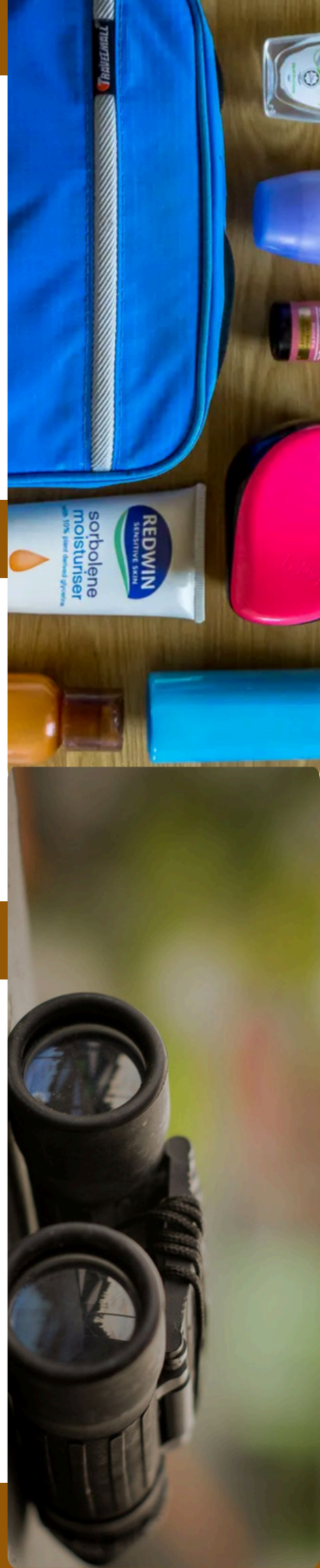
- Skin Cream/Moisturizer
- Wet Wipes
- Toothbrush/Toothpaste/Floss
- Razor and shaving cream
- Female sanitary products
- Contacts/Contact solution
- Tweezers
- Chap stick
- Q-tips
- Shampoo and Conditioner
- Eye Drops (for dry eyes)
- Towel (for budget travelers)

Safari Gear

- Camera and associated camera equipment
- Binoculars
- Guide book of wildlife
- Money Belt
- Combination Locks
- Swiss Army Knife (or similar)
- Plug adaptor
- Flashlight or head lamp
- Day backpack

Other Important Stuff

- Passport
- Money
- Emergency phone numbers
- Health Insurance
- Your itinerary
- Vaccination certificates
- Extra passport photos
- Copy of passport, in different place than your passport
- Copies of prescriptions



BURUNDI

Burundi, a landlocked country in East Africa, is known for its unique geography, rich culture, and complex history.

Burundi's culture is shaped by the Hutu, Tutsi, and Twa ethnic groups.

The country has a rich tradition of oral storytelling, music, and dance.

Traditional beliefs and practices, as well as religious faiths like Christianity and Islam, are also significant

Climate in Burundi

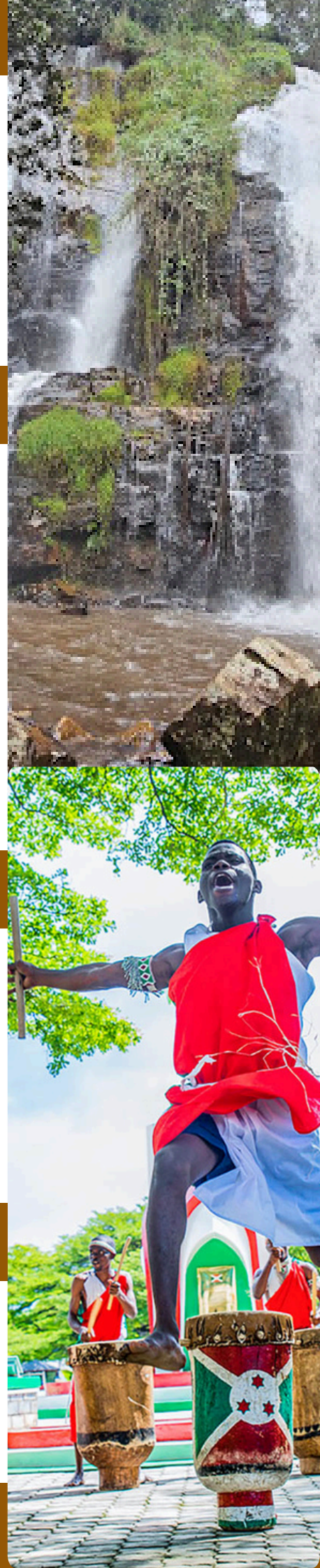
Elevation is a major factor in Burundi's climate, greatly moderating its tropical character. The country's generally high elevation produces relatively cool temperatures, which average only about 70 °F (21 °C) throughout the year in the central plateau area and usually drop to below 60 °F (15 °C) at night. At lower elevations the annual average is only slightly higher—for example, at Bujumbura in the Imbo valley. Annual precipitation, which averages 60 to 70 inches (1,500 to 1,800 mm) in the highest-lying areas, is only about 40 inches (1,000 mm) on the shores of Lake Tanganyika. There is a short dry season from May to August.

Languages in Burundi

Burundi's official languages are Rundi (Kirundi), a Bantu language that is the standard medium of communication throughout the country, and French. Swahili, the language of trade, is widely spoken in Bujumbura, as is French. It is notable that Rundi is spoken by both the Hutu and Tutsi, who together form the overwhelming majority of the country's population; such linguistic homogeneity is rare in sub-Saharan Africa.

Currency in Burundi

The franc (ISO 4217 code is BIF) is the currency of Burundi. It is nominally subdivided into 100 centimes, although coins have never been issued in centimes since Burundi began issuing its own currency.



***A WONDERFUL AFRICAN
ADVENTURE***

THANK YOU FOR READING!!

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