

ON THE WAY TO THE GORILLAS

1. A maximum number of 8 visitors may visit a group of habituated gorillas in a day. This minimizes behavioural disturbance to the gorillas and the risk of their exposure to human-borne diseases.
2. Always wash your hands before you head out to the gorillas.
3. **DO NOT leave rubbish in the park. Whatever you bring into the forest should be carried back with you.**
4. You will be taken to where the guides left the gorillas the day before. From there you will follow the gorillas' trail to find them. Look out for the gorillas' nesting sites along the way!



5. When you approach the gorillas, the guides will inform you when to get your cameras ready.
6. Please always keep your voices low. You will also be able to observe the great bird life and other wildlife in the forest.

WHEN YOU ARE WITH THE GORILLAS

1. **Keep a minimum of 7 metres (21 feet) from the gorillas. This is to protect gorillas from human disease transmission.**
2. You must stay in a tight group when you are near the gorillas.
3. Keep your voices low at all times. However, it is okay to ask the guide questions.
4. **DO NOT eat or drink while you are near the gorillas to reduce the risk of disease transmission.**
5. Sometimes the gorillas charge. Follow the guide's example-crouch down slowly, **DO NOT** look at the gorilla in the eye, wait for the animals to pass. **DO NOT** attempt to run away. Running away will increase the risk of attack.
6. Flash photography is not permitted! When taking pictures, move slowly and carefully.



- 7) **DO NOT** touch the gorillas. They are wild animals.
- 8) The maximum time visitors are allowed to spend with the gorillas is **one hour** to limit their disturbance. If the gorillas become agitated or nervous, the guide will end the visit early.
- 9) After the visit, keep your voices down until you are 200 metres away from the gorillas.



GENERAL HEALTH RULES

REMEMBER gorillas are very susceptible to human diseases. The following are ways to minimize the risk your visit might pose to them:

- 1) Respect the limit imposed on the time that visitors are allowed with the gorillas each day. This minimizes the risk of disease transmission and stress to the group.
- 2) If you are feeling ill, or have a contagious disease when you are already at the park, please volunteer to stay behind. An alternative visit will be arranged for you, or you will be refunded your money as per gorilla reservation guidelines.
- 3) If you feel the urge to cough or sneeze when you are near the gorillas, please turn your head away and cover your nose and mouth in order to minimise the spread of bacteria or viruses.
- 4) Always stay 7 metres (21 feet) away from the gorillas. The further back you are, the more relaxed the group will be.
- 5) **DO NOT** leave any rubbish e.g food wrappers in the park. Such items can harbour diseases or other contaminants.
- 6) If you need to go to the toilet while in the forest, please ask the guide, to dig you a hole. He will fill it when you have finished.



Note: Any breach of these rules may lead to termination of tracking without any refund