



GUIDELINES FOR GORILLA TRACKING:

- A Gorilla Tracking adventure is not for the traveler with merely a casual interest in wildlife. A trek to locate gorillas can involve a 2-to-more-than-9-hour hike in wet, hilly, dense rainforest, through thick patches of nettle and bamboo and up slopes as steep as a flight of stairs. Early-morning starts are required. Excellent health and physical condition are necessary; if you have any back or heart problems, or are pregnant, this is not the activity for you.
- Tracking is not for anyone with heart conditions, Asthma or any other illnesses that can be triggered by high altitude or rigorous exercise. (Volcanoes range from 9800ft-14700ft.)
- Support vehicles are rare and cannot reach most of the areas being trekked.
- Gorillas are highly susceptible to colds and other respiratory diseases transmitted by humans. Park Authorities therefore reserve the right to decline any person with respiratory diseases that may endanger the health of the gorillas.
- **Children under the age of 15 cannot participate** in Gorilla Tracking or Golden Monkey itineraries.