

Gorilla Rules

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 then 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 them from catching human diseases.
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. Eating or drinking inevitably will increase the risk of food/drink morsels/droplets falling, which could increase the risk of transmission of diseases.
5. Sometimes the gorillas charge. Follow the guides example - crouch down slowly, **DO NOT** look at the gorillas directly in the eyes, wait for the animals to pass. **DO NOT** attempt to run away. Running away will increase the risk.
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 you can spend with the gorillas is one hour. However, 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 from the gorillas.

General Health Rules

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

1. Respect the limits imposed on the number of visitors allowed with gorillas each day. This minimizes the risk of disease transmission stress to the group.
2. If you are feeling ill, or having a contagious disease, volunteer to stay away. An alternative visit will be arranged for you, or you will be refunded money if this happened when already in the park.
3. If you feel the urge to cough and sneeze when you are near the gorillas, please turn your head away and cover your nose and mouth in order to minimize 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; Foreign items can harbour diseases or other contaminants.
6. If you need to defecate whilst in the forest, please ask the guide to dig for you a hole with his panga. Make sure the hole is 30cms deep and fill it when you have finished.