

Top Tips for an Unforgettable Gorilla Trekking Safari in Rwanda

Gorilla trekking is the most popular tourist activity for anyone visiting Rwanda. However, many people need help with how to prepare for this exciting and unforgettable journey effectively. In this blog, we've included the greatest suggestions and instructions to help you prepare for your [Rwanda gorilla trekking safaris](#).



- **Be realistic about your fitness level**

Rwanda is a hilly country at 1,500 meters above sea level, and throughout the walk, you may have to go to elevations of more than 3,000 meters via difficult forest paths. You should always assess your fitness level and how far you can push yourself. The gorilla trekking Rwanda walks last between thirty minutes to ten hours, and the good news is that you will be assigned to a group whose hiking distance you can manage.

We encourage those of you who are physically healthy to undergo the longer hikes since they will provide rewarding views of the various vegetation zones, birds, trees, and, most importantly, the ultimate meeting with gorillas.

- **Make research on the gorilla groups**

Fortunately, Rwanda allows you to hike any gorilla group that you request. So, take some time off and research each group before deciding which one you'd like to see based on factors such as trekking duration or group size. The choice is entirely yours.

- **Wear the appropriate clothing for gorilla trekking**

You must wear clothing that is ideal for trekking. You must have excellent trekking shoes, comfortable clothing, and other gear that will ease your trekking journey. So, take suggestions from trekking experts before purchasing the right trekking gear.

- **What to carry with you**

Bottled water, a snack, a camera, sunscreen, a cap, and, ideally, a small backpack with which to transport them.

- **How to use a camera in front of Gorillas**

It is suggested that you be careful near the gorillas, especially while taking pictures. Flashes should be off so as to avoid panicking the gorillas leading to attacking you. Also, maintain distance while clicking pictures.

- **Etiquette while with the gorillas**

Keep in mind that you will be visiting these gorillas' natural habitat, so we recommend that you respect it and behave appropriately while in their presence.

- Fortunately, gorillas are normally calm, so be sure to follow these few tips.
- Do not stare directly into their eyes.
- Never run from a gorilla.
- Never trek when unwell.
- If you feel the urge to sneeze or cough, always turn away your head.
- Never eat or drink in front of gorillas.
- Maintain a 7-meter distance away from the gorillas always.

Conclusion

Hence, follow the mentioned tips for perfect Rwanda gorilla trekking safaris with your family. This will ensure you an unforgettable trekking experience.



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