

Bwindi lives and livelihoods guided trails

These guided trails offer a unique understanding of this culturally rich region of Uganda, close to the Bwindi Impenetrable National Park. Bwindi Specialist Guides take you on a tour of traditional ways of life and local culture, as well as the beautiful surrounding scenery and wildlife.

Your experience

Experience the natural, cultural and everyday treasures outside of Bwindi Impenetrable Forest, on a guided trail with an experienced and knowledgeable local Bwindi Specialist Guide.



Starting by the **main gate of Bwindi Impenetrable National Park** in Buhoma, your guide will take you on an adventure through the lives and livelihoods of the local people.

Sit by a small glade, while the **chief of the Batwa community** recounts the heritage of his ancestors and demonstrates their ways of life. See the **fish farm, coffee plantation and tea garden** – so many different things to smell, touch and, if you like, taste.



There will be plenty of opportunities along the way to view the stunning panoramic views, and to witness the beautiful birdlife along the **Munyaga river**. You could even pause here for a

while – bring your swimming kit if you fancy a dip in the cool, clear water.

The trail will end at the **Ride 4 A Woman craft cooperative** where you can have a cup of tea with the talented women weavers, as you peruse the fruits of their weaving and sewing skills.

About the trail

The trail starts by the main gate into Bwindi Impenetrable National Park and ends at the Ride 4 A Woman craft cooperative. It takes **3-4 hours** and covers **5.5 km** in Buhoma. This is a guided tour only. Please see 'How to book' for more information.

The **Traditional rural life and Batwa culture trail** is one of several new tourist products and services that have been developed to **support poor people living close to Bwindi Forest** under the 'Local economic development through 'pro-poor' gorilla tourism in Uganda' project (www.iied.org/pro-poor-tourism-uganda), funded by the UK Government's Darwin Initiative.

The fee you pay for the trail is all retained locally and includes payments for the local people you will meet on the trail as well as for the guides.

How to book

Please book via your **tour operator, lodge manager** or directly with the **Bwindi Specialist Guides Group**. Contact **Paul Ahimbisibwe** via email on ahimbi.paul@gmail.com or phone: +256 789 617 334 / +256 755 924 885.



Important information

The trails are intended to be guided by a Bwindi Specialist Guide only and are not self-guided trails. The trail image given on this flyer is for illustrative purposes only and is not intended to be used as a map or guide. You are responsible for your own safety while on the guided trail. IIED, Responsible Tourism, ITFC, International Gorilla Conservation Programme and Darwin Initiative are not liable for any injury or accident that may occur on the trail, or for the content of the trails. The visits and activities offered on the guided trails are subject to the availability of the local participants and may be subject to change. Images are for illustrative purposes only.

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GUIDED TRAIL

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Traditional rural life and Batwa culture



Experience the cultural treasures of Buhoma

Traditional rural life and Batwa culture trail

Traditional healer

The 95-year-old healer learned his trade many years ago, when his family lived in Bwindi Forest. When the forest was designated a National Park, he began cultivating medicinal plants at home. He is training a family member to carry on the tradition.



Tea garden

Tea is a cash crop grown in Buhoma, providing a valuable supplement to local communities. Tea is picked in the morning and stored in the shade until the afternoon, when it's transported to the factory.



Coffee plantation

At this family business, you will see how coffee is grown, harvested, roasted, ground and packaged. Coffee tastings can be organised on request and souvenir beans can be purchased.



Banana plantation

A common food crop for local people, banana types include yellow sweet banana and green cooking banana, used to make matooke. They can also be used to make juice, wine and gin.



Viewing point

Enjoy the panorama of the surrounding countryside and Buhoma's highest peak – time to contemplate your surroundings and ask your guide questions.



Fish and vegetable farm

Here a local entrepreneur farmer, who is good at fish farming, vegetable gardening, beekeeping and more, supplies produce to the lodges and camps in Buhoma and sells in local markets. His produce may be on your dinner table!



Batwa culture

The Batwa are an indigenous community who used to live inside Bwindi Forest. At a small glade by the stream, the chief will greet you, in traditional forest attire, and recount the heritage of his ancestors.

Munyaga river

This river originates from the National Park and is home to giant kingfishers, black bee-eaters, African black ducks, and much more. It is a great place for a leisurely picnic, that you may bring from your lodge, and, on a hot day, a swim in the pure, clear water.



Ride 4 A Woman craft cooperative

The trail ends here, where you can buy beautiful crafts and a well-earned cup of tea! The business was set up as a means for abused women to earn income through renting and servicing bicycles, and it has evolved into a thriving cooperative where women learn weaving and sewing skills.



Main gate

The trail starts by the main gate of Bwindi Impenetrable National Park in Buhoma.

