Restor Retreat

AFRICA

Dec 2-16, 2027

African Safari in Uganda

African Health Optimization Retreat

with Tom Whitmire

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ReStor ReTreat

Latitude 0°

Property Overview

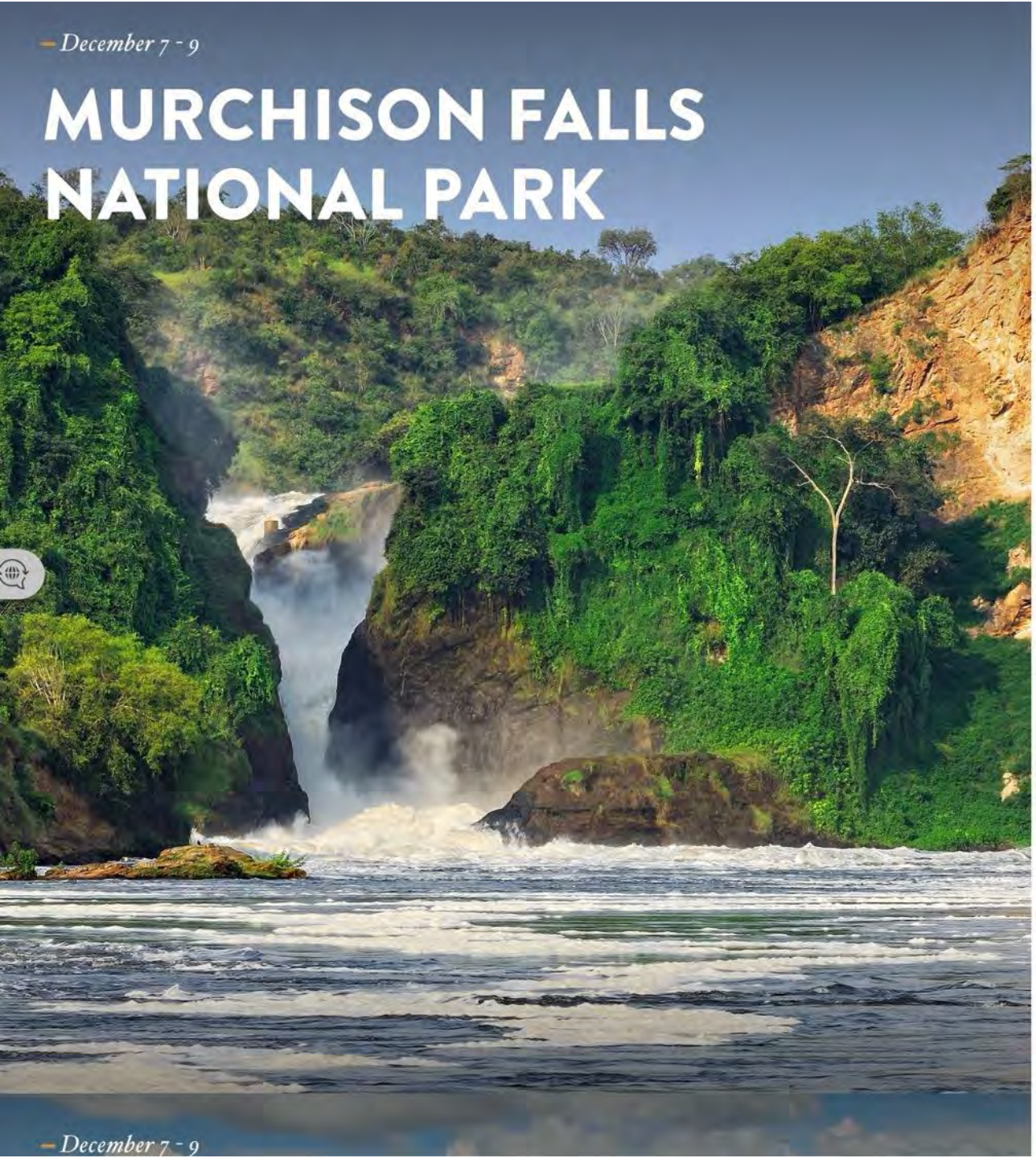
With views stretching out over Lake Victoria, and over the city of Kampala, Latitude 0° sits among indigenous orchid-filled trees atop of Makindye Hill, approximately 6 kms from the CDB, and 45 minutes from Entebbe International Airport.

Latitude 0° is more than just a hotel with 47 guest rooms and suites, a 24-hour front desk, and fast airport transfers. There are two restaurants and three bars offering culinary delights and a wide variety of drinks from all corners of the world. The hotel is a haven for relaxation and fitness through the spa, gym and swimming pools.

The hotel has a socialising and networking centre with lounges, rooftop bar, private dining, and entertaining spaces, and a calendar filled with music, art, fashion and business events. The co-working hub has private workspaces, and meeting and conference rooms. Experience unique African lifestyle hospitality, blending modern urban Africa with a cosmopolitan twist.

Accommodations

Executive Room



Murchison Falls National Park

Area Overview

At Murchison Falls, the Nile squeezes through an 8 m (26 ft) wide gorge and plunges with a thunderous roar into the "Devil's Cauldron," creating a trademark rainbow. The mighty cascade drains the last of the river's energy, transforming it into a broad, placid stream that flows quietly across the rift valley floor into Lake Albert. This stretch of river provides one of Uganda's most remarkable wildlife spectacles. Regular visitors to the riverbanks include elephant, giraffe, and buffalo, while hippo, Nile crocodile, and aquatic birds are permanent residents.

John Huston's 1951 award-winning film "The African Queen," starring Humphrey Bogart and Katharine Hepburn, was filmed on Lake Albert and the Nile in Murchison Falls National Park.

ReStor ReTreat

Twiga Safari Lodge

Property Overview

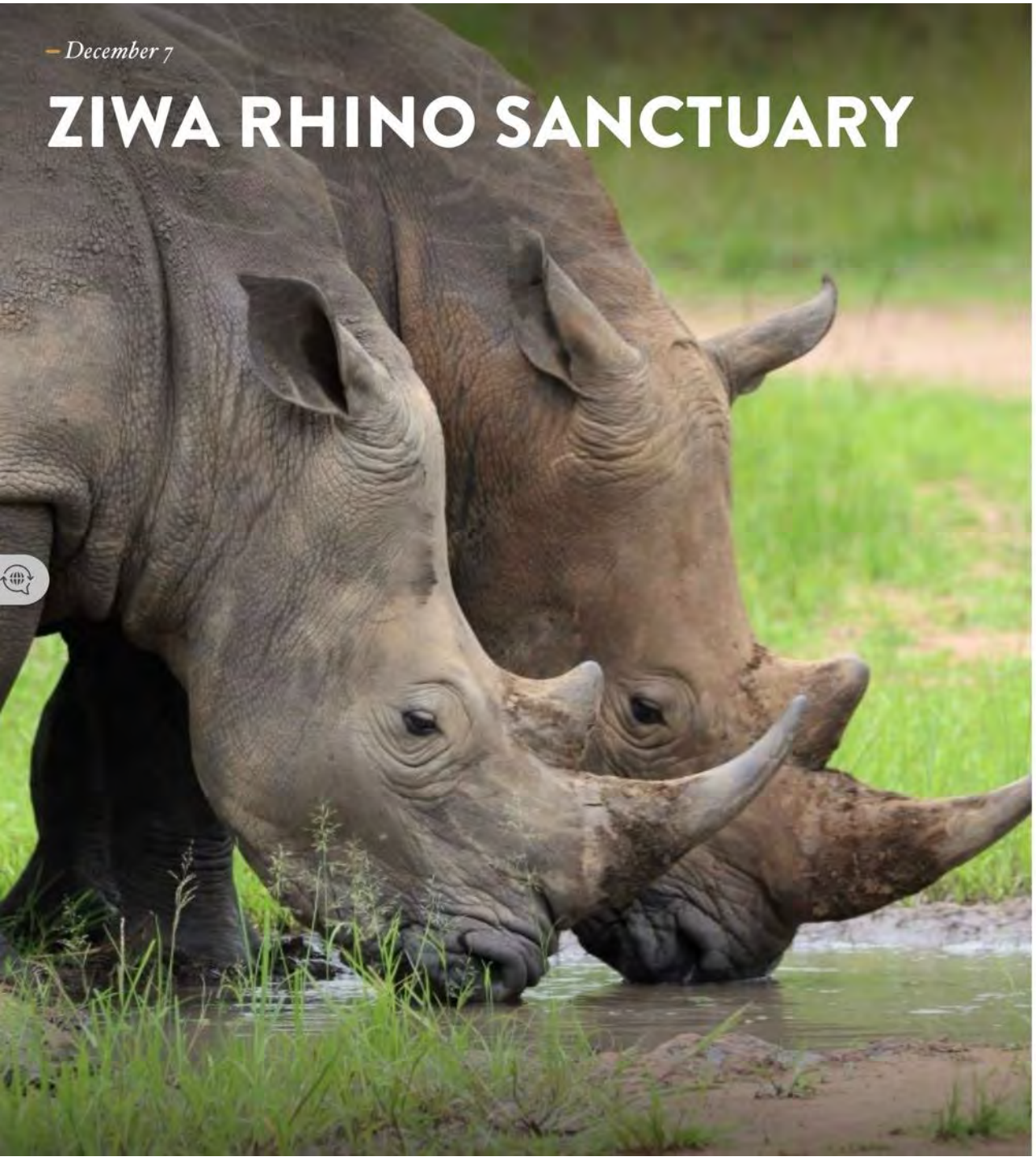
Twiga Safari Lodge is a mid-range lodge with eight exclusive cottages situated on the bank of the Nile River in Mubaako Paraa, opposite the Murchison Falls National Park. The lodge is located at the heart of all the activities carried out in the park as it is a five-minute drive away from the Paraa ferry crossing.

Twiga Safari Lodge aims to provide guests with comfortable accommodation in the serene and relaxing environment of Uganda's wildlife. On-site, guests can see monkeys and birds freely moving through the lodge's grounds.

In addition, Twiga Safari Lodge provides a scenic vantage point for viewing Uganda's wildlife, which can be seen lounging in the river during the day and grazing on land at night around the lodge.

The lodge also operates a restaurant, where continental meals are served and a well-stocked bar offers a wide range of beverages.

All these are provided with excellent service and a breathtaking view of the Nile.



December 7

ZIWA RHINO SANCTUARY

Ziwa Rhino Sanctuary

Activity overview

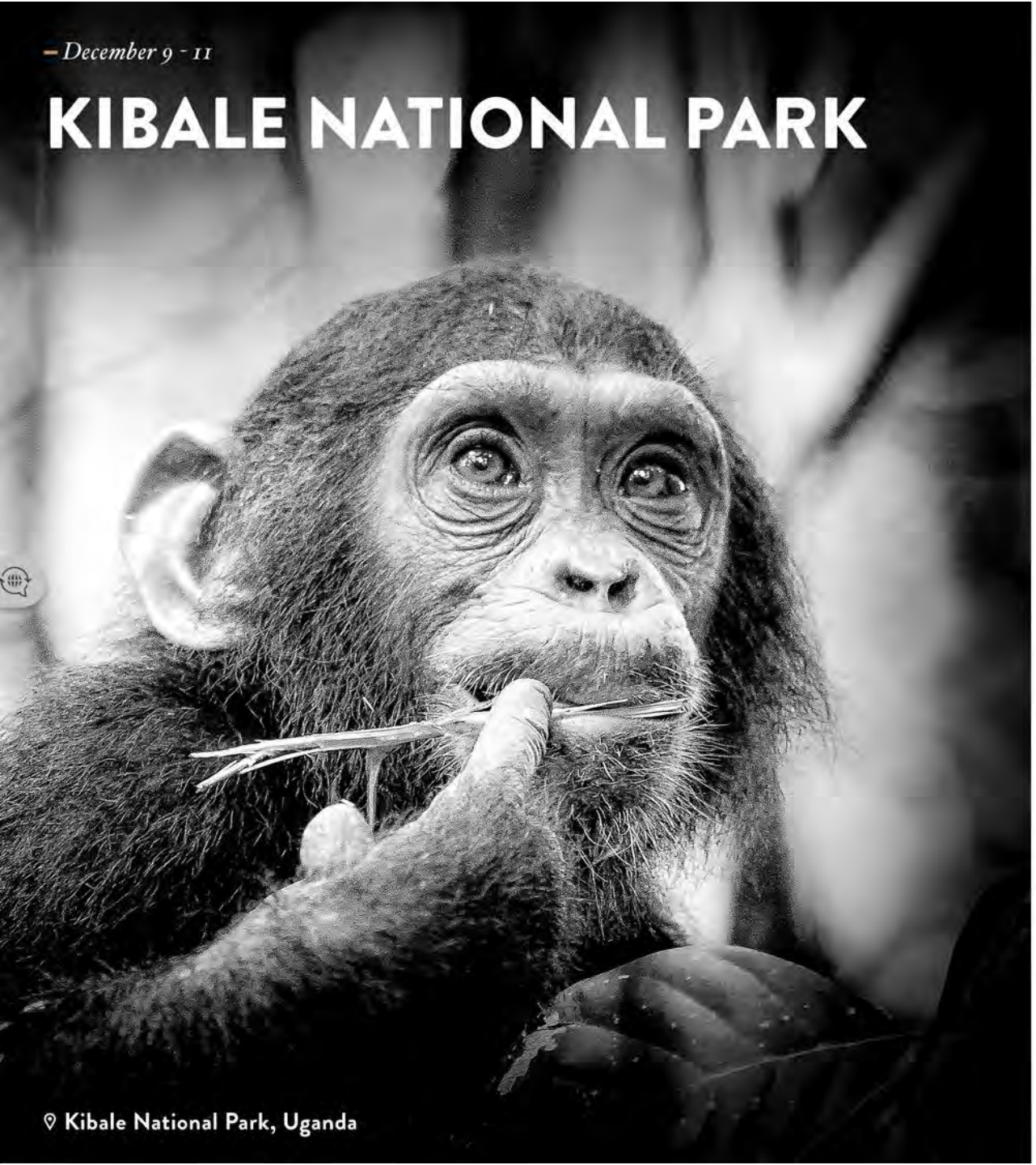
established to reintroduce the Southern White Rhino to Uganda. The conservation project began with six animals--four donated from a ranch in Kenya, and another two donated from Disney's Animal Kingdom in Florida.

Thanks to careful conservation efforts, the rhino population has now grown to several dozen. The sanctuary is home to numerous other wildlife as well,

Rhino Trekking & Other Activities at Ziwa

Rhino tracking is done on foot in the park and can last approximately 1-2 hours with relatively easy walking. In addition to on-foot rhino tracking, the sanctuary offers canoe rides in search of the Shoebill stork, birding walks, and nature walks.

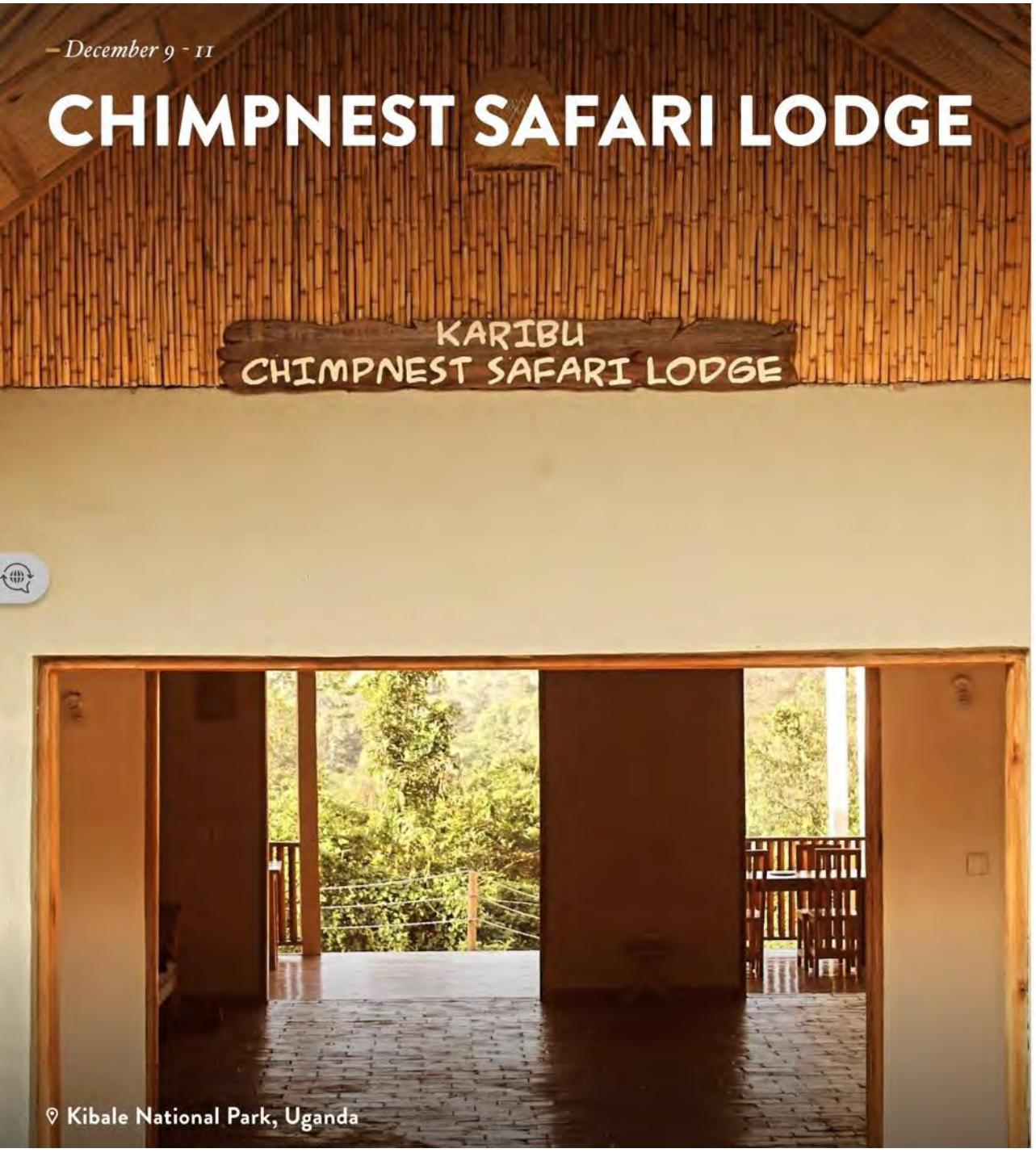
ReStor ReTreat



Kibale National Park

Area Overview

Kibale National Park is most famous for chimpanzee tracking but there are also another 12 species of primates that reside there, alongside 70 mammal species, and over 375 kinds of birds. The 795 km2 (307 mi2) park contains one of the most varied tracts of tropical forest in Uganda, with forests, grassland, and swamp on an elevated plateau. The plateau reaches a height of 1,590 m (5,216 ft) then drops down to 1,100m (3,608 ft) on the floor of the rift valley, where the landscape offers a drastic contrast of woodland and open savannah plains.



Chimpnest Safari Lodge

Property Overview

Chimpnest Safari Lodge is an eco-conscious safari lodge located on the edge of Kibale Forest National Park in western Uganda, often referred to as the world's primate capital. Surrounded by dense forest and African fig trees that attract chimpanzees, the lodge offers a tranquil nature retreat with over a dozen luxury cottages featuring private bathrooms, indoor and outdoor showers, and private balconies. Built using locally sourced renewable materials, the lodge emphasizes sustainability and harmony with the surrounding ecosystem. Amenities include complimentary wifi, breakfast service, spa and massage treatments, a hot tub, a games room, bicycle hire, and attentive hospitality from staff drawn from the local community.

Experience & Activities

Guests at Chimpnest Safari Lodge can enjoy a variety of immersive nature and cultural experiences centered around the biodiversity of Kibale Forest. The highlight is chimpanzee tracking in Kibale National Park, which offers the opportunity to observe them in their natural habitat. Additional activities include birdwatching, guided swamp walks in the Bigodi Wetlands, cycling, and hikes to nearby crater lakes. Cultural experiences include community tours, visits to local coffee farms and craft groups, interactions with traditional herbal healers, and Ugandan cooking classes. These

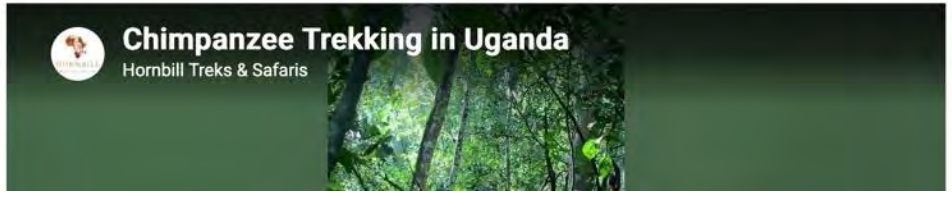
Chimpanzee Trekking

Activity overview

Chimpanzee trekking, which typically lasts three to four hours on average, offers the chance of watching chimps in their natural habitat. More closely related to humans than any other living creature, chimpanzees are captivating to watch as they swing from the fruiting trees in the depths of the forest.

Your adventure begins with a pre-trek briefing with the park rangers, after which your group will head into the depths of the forest. Trackers will pay close attention to the telltale signs of the chimpanzees, using these to locate the chimps' communities. Once found, you will be able to spend an hour with the chimps before returning to the park headquarters.

Bird lovers are also in for a treat, as the forest hosts an incredible array of bird life.



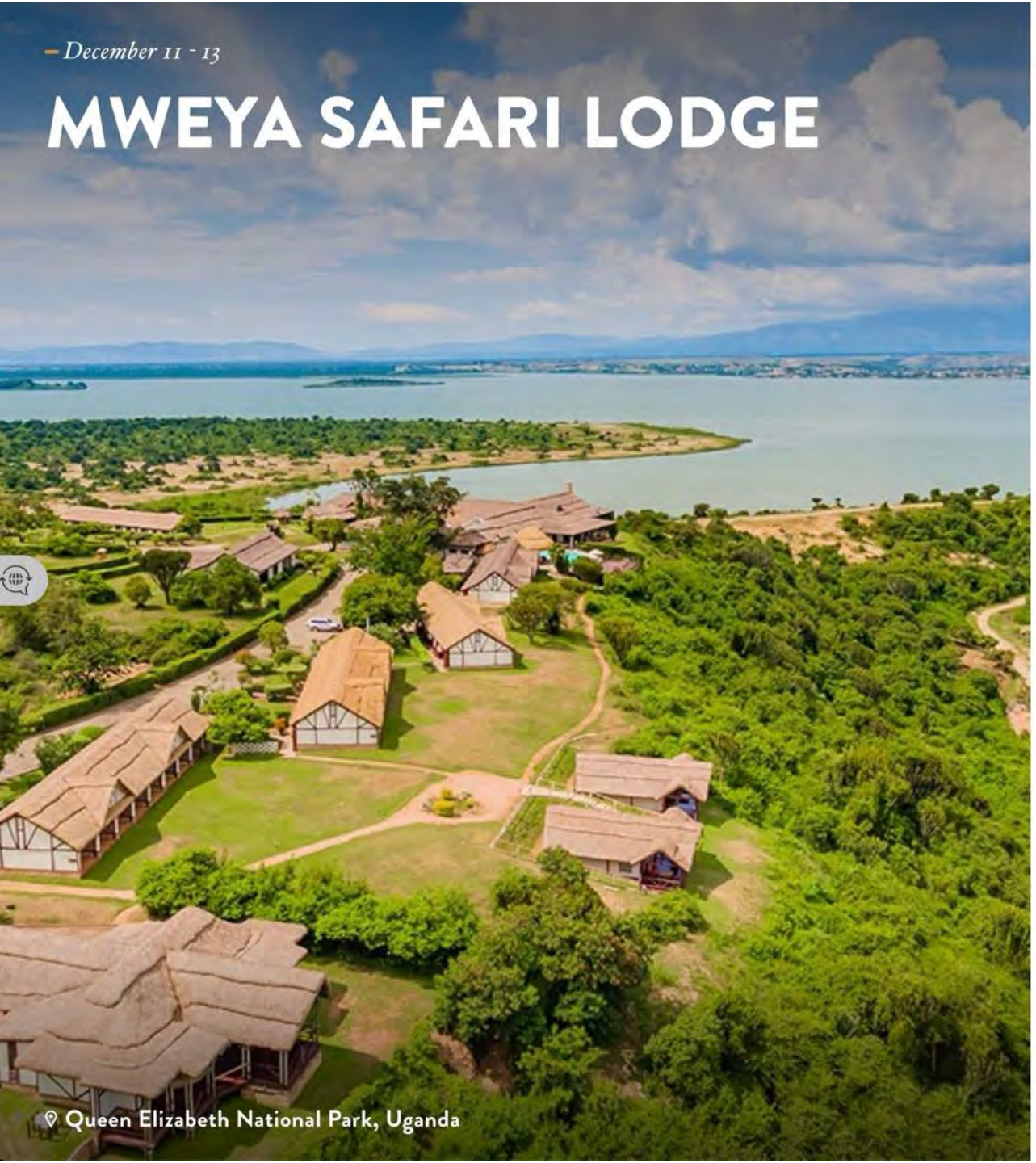
Queen Elizabeth National Park

Area Overview

Close to 2000 km2 (772 mi2) in size and straddling the equator, Queen Elizabeth National Park (QENP) is the jewel in Uganda's crown. Set against the backdrop of the sprawling Ruwenzori Mountains, the park contains a wide diversity of habitats, including forests, lakes, open savannas, and wetlands, as well as a large variety of animals, including ten primate species, of which chimpanzees are one).

The park is most famous for tree climbing lions and panoramic views of the Kazinga Channel and the Ishasha Plains. It also has awe-inspiring craters carved dramatically into the stunning green hills where buffaloes and elephants roam.

ReStor ReTreat



Mweya Safari Lodge

Property Overview

Mweya Safari Lodge offers a luxurious escape in the heart of Queen Elizabeth National Park, perched on a scenic peninsula with panoramic views of the Kazinga Channel and the Rwenzori Mountains. Enjoy unforgettable wildlife encounters through game drives, boat safaris, and chimpanzee tracking in nearby Kyambura Gorge. Every room faces the channel, where hippos and forest hogs roam. The lodge features refined dining with local and international cuisine, a pool overlooking the water, and a bar evoking the spirit of early explorers. A full-service spa and wellness center completes the experience, blending comfort with the untamed beauty of the African wilderness.

Experience & Activities

Queen Elizabeth National Park offers unmatched biodiversity and unforgettable wildlife experiences, with 95 mammal species and over 600 bird species. Guests at Mweya Safari Lodge can explore the park through morning and evening game drives, boat trips on the Kazinga Channel—home to the world's largest concentration of hippos—and chimpanzee tracking in the Kyambura Gorge. The park is a birder's paradise and supports sightings of rare species like the Shoebill and Verreaux's Eagle Owl. Additional activities include crater lake tours, guided nature walks, bush

Tinka's Homestead

Activity overview

Try local cuisine at this family-run venture near Kibale National Park. Seated in the shade of the small outdoor pavilions, visitors are presented with an array of traditional Ugandan dishes prepared by the members of the homestead.

With your meal, your hosts will share about each dish and its history, ingredients, preparation, or importance in Ugandan culture as you sample the dishes for a delicious lunch.

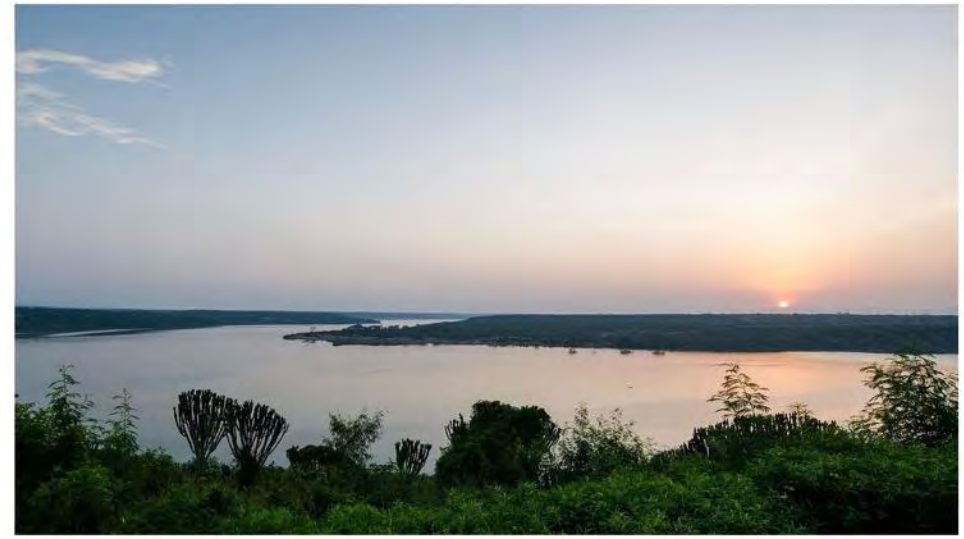
December 12

KAZINGA CHANNEL

Kazinga Boat Safari

Activity overview

Drift along the Kazinga Channel on a scenic boat safari, where wildlife viewing takes on a whole new perspective. This iconic waterway, connecting Lake Edward and Lake George, attracts one of Africa's densest concentrations of hippos, along with basking crocodiles, playful elephants, and an incredible array of birdlife. Glide past the shoreline as buffalo wade in the shallows and fish eagles soar overhead, all while taking in the breathtaking landscapes of Queen Elizabeth National Park.



December 13 - 15

BWINDI IMPENETRABLE FOREST

Bwindi Impenetrable Forest, Uganda

Bwindi Impenetrable Forest

Area Overview

At only 321 km2 (124 mi2), Bwindi Impenetrable National Park covers a small area but packs a big punch in terms of wildlife conservation, most famously protecting an estimated 400 mountain gorillas.

In addition to gorilla, the park boasts 120 mammal species including elephant and antelope, and over 350 species of bird. It is considered one of the most biologically diverse areas on earth and is among Uganda's oldest and most varied rainforests, dating back over 25,000 years and containing almost 400 species of plants. The park is scenically quite spectacular, full of lush bamboo forests and hardwoods.

December 13 - 15

MAHOGANY SPRINGS LODGE

Bwindi Impenetrable Forest, Uganda

Mahogany Springs Lodge

Property Overview

Mahogany Springs has been welcoming guests to Uganda for many years and the whole team is one big family, well known for its hospitality and excellent guest service. The lodge itself is situated in one of the most intimate, secluded, beautiful and most importantly natural settings in the world - and only around two minutes away from the gorilla trekking starting point.

December 14

GORILLA TREKKING

Bwindi Impenetrable Forest, Uganda

Gorilla Trekking

Activity overview

The trek itself can vary in duration and difficulty, as it depends on the location of the gorilla group, but it typically involves hiking through dense undergrowth, traversing steep terrain, and crossing streams. However, the effort is well worth it when you come face-to-face with these majestic creatures. Once you locate a gorilla family, you'll be allowed to spend a precious hour in their presence, observing their natural behaviors, interactions, and perhaps even witnessing the nurturing of young gorillas.

ReStor ReTreat

Batwa Tribe Visit

Activity overview

Known as the "Keepers of the Forest" the enchanting Batwa pygmies of the Bwindi Impenetrable National Park and Mgahinga Gorilla National Park are a hunter-gatherer tribe that has lived side-by-side with the wildlife of this ancient region for thousands of years.

The exact experience will vary depending on the park and region, but typically involves a hike to the Batwa settlement followed by a visit with the community members.

Once living as hunter-gatherers, the Batwa were relocated when the national park was gazetted and now share their ancient customs with visitors through reenactments in their communities.

December 15 - 17

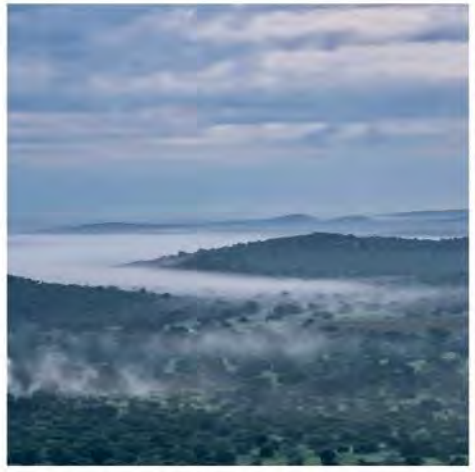
LAKE MBURO NATIONAL PARK

Lake Mburo National Park, Uganda

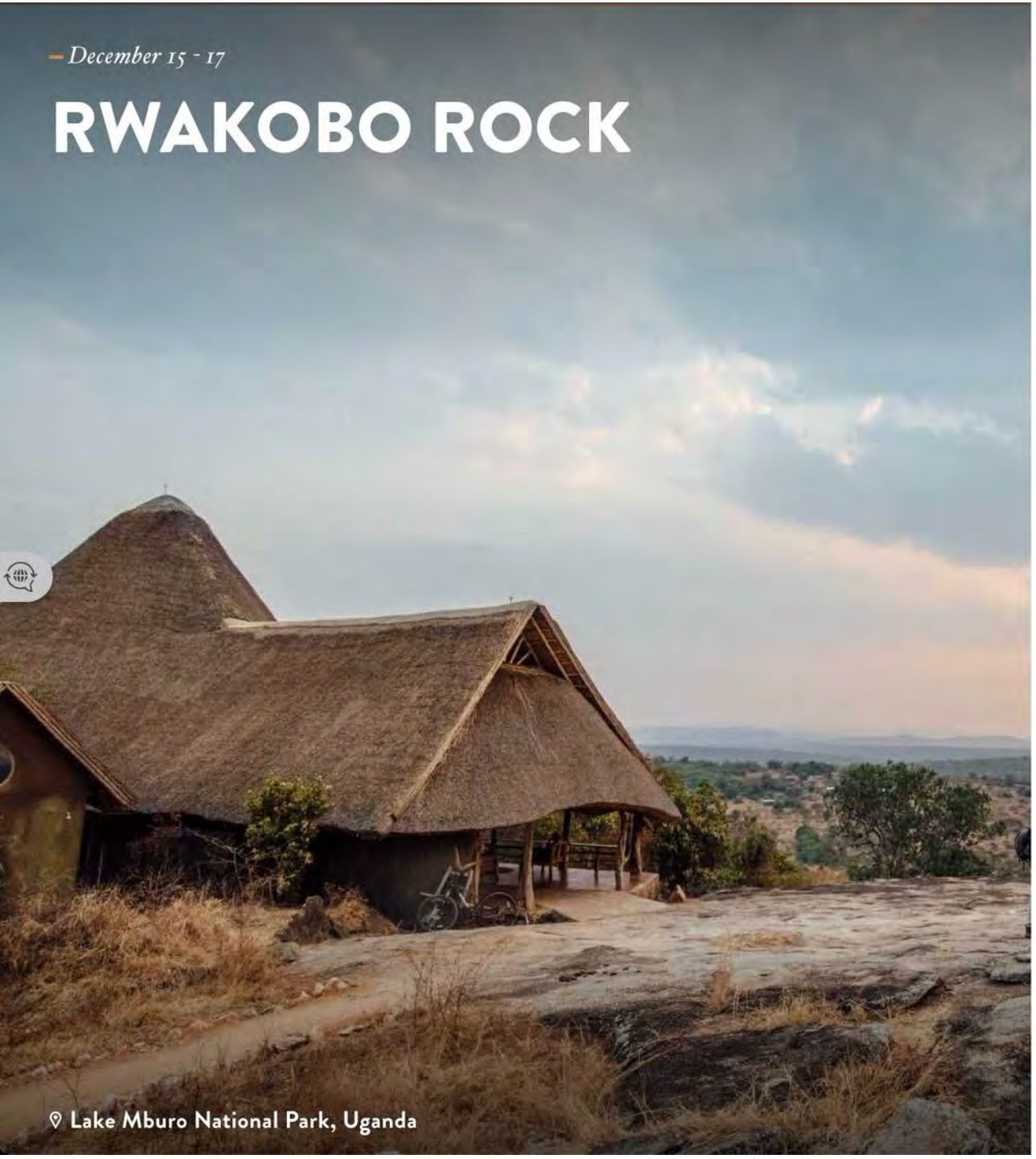
Lake Mburo National Park

Area Overview

Lake Mburo National Park is a compact gemat only 370 km2 (143 mi2) in size. It is located conveniently close to the highway that connects Kampala to the parks of western Uganda. It is the smallest of Uganda's savannah national parks and underlain by ancient Precambrian metamorphic rocks which date back more than 500 million years. It is home to 350 bird species as well as zebra, impala, eland, buffalo, oribi, Defassa waterbuck, leopard, hippo, hyena, topi, and reedbuck.



Together with 13 other lakes in the area, Lake Mburo forms part of a 50 km (31 mi) long wetland system linked by a swamp. Five of these lakes lie within the park's borders. Once covered by open savanna, Lake Mburo National Park now contains much woodland, as there are no elephants to tame the vegetation. In the western part of the park, the savanna is interspersed with rocky ridges and forested gorges, while patches of papyrus swamp and narrow bands of lush riparian woodland line the lakes.



Rwakobo Rock

Property Overview

Welcome to Rwakobo Rock, an eco-friendly hotel and restaurant perched on a scenic outcrop in the pristine Ankole ranchlands, and on the edge of Lake Mburo National Park. The guest cottages are dotted around the hill, offering great sunset views. The main dining area overlooks an expanse of rock that adjoins the park.

The drive from the main road passes through the lovely Nshara government ranch, where the magnificent Ankole cattle graze peacefully alongside herds of zebra. The bahima pastoralists of the area still live traditional lives, and are excellent custodians of the natural landscape and its biodiversity.

Example from 2026 Trip

Overview

Itinerary at a glance

December 4 - 5
Overnight Latitude 0°
1 Night

December 4
Upon arrival at Entebbe International Airport (EBB), you will be met and assisted with entry formalities. Outside the airport, you will be introduced to your driver/guide and transferred to the hotel.

Transit Time: About 1 hours

Meals: Dinner

December 5 - 6
Overnight at Buloba Forest Resort or at Makan Hill Hotel
1 Night

December 5 - 6
The day begins with Breakfast at the hotel.

Spend the morning at the Vegan Festival in Entebbe, with transfers provided by Hornbill.

For the Vegan Festival, self-arranged activities: The private group will visit and tour a 100% vegan public festival. Some of group members will likely have opportunities to speak at the festival.

Afterwards, transfer onwards to Buloba Forest Resort/Makanhill Hotel.

Meals: Breakfast, Lunch at festival Dinner

December 6
The day begins with breakfast at the hotel.

Transfer to Kassanda to visit the Atlas Vegan school for self-arranged activities. (Transit time about 2 hours). Visit and tour a 100% vegan public school. Meet the staff and students and have lunch at the school.

At 12h45, transfer to back to Kampala.

Meals: Breakfast, Lunch at Atlas Vegan School, Dinner

December 7 - 9
Overnight Twiga Safari Lodge
2 Nights

December 7
Breakfast at the hotel, followed by road transfer to Murchison Falls NP with your guide. En-route, stop at Ziwa Rhino Sanctuary for on-foot rhino tracking (approx 3 hour transfer) and lunch. Afterwards, continue on to Murchison Falls (approx 2 hr transfer), arriving for scenic viewing at the Top of the Falls and check-in at the lodge.

Meals: Breakfast, Lunch, Dinner

December 8
Explore Murchison Falls with a morning game drive, followed by lunch at the lodge. In the afternoon, set out on a boat safari to the Bottom of the Falls, followed by a game drive. Transfer back to the lodge for dinner and overnight.

Meals: Breakfast, Lunch, Dinner

December 9 - 11
Overnight Chimpnest Safari Lodge
2 Nights

December 9
Enjoy breakfast at the lodge and a morning game drive, followed by an early lunch at the lodge and transfer to the airstrip for your scheduled flight Murchison-Kasese at approximately 14h20 - 15h30. Upon arrival, you will be met by your driver guide and transferred to the lodge for check-in.

Meals: Breakfast, Lunch, Dinner

December 10
Begin the day with breakfast by 07h00. Then, transfer to park headquarters for your pre-trek briefing at 07h30, followed by Chimpanzee Trekking in Kibale Forest. Afterwards, enjoy lunch at 13h00, followed by a cultural walk near the Bigodi Wetlands.

Meals: Breakfast, Lunch, Dinner

December 11 - 13
Overnight Mweya Safari Lodge
2 Nights

December 11
Begin the day with a tree-planting experience near Kibale Forest as part of our reforestation project followed by a local lunch Tinka's Homestead. Then, transfer by road to Queen Elizabeth National Park, arriving for an afternoon game drive.
(Transit Time: About 2.5 hours). Dinner at the lodge.

Meals: Breakfast, Lunch, Dinner

December 12
Set out on a morning game drive in the park, followed by lunch and an afternoon boat safari on the Kazinga Channel.

Meals: Breakfast, Lunch, Dinner

December 13 - 15
Overnight Mahogany Springs Lodge
2 Nights

December 13
Morning transfer to Bwindi via the Ishasha sector of Queen Elizabeth National Park, including en-route game drive (approx. 4-5 hour transfer). Arrive in the late afternoon.

Rest of the day at leisure.

Meals: Breakfast, Lunch, Dinner

December 14
Early breakfast at your accommodations. Transfer to the park headquarters with a packed lunch for your pre-trek briefing at approximately 07h30, followed by Gorilla Trekking in Bwindi Impenetrable National Park.

The day also holds a Batwa Tribe Visit.

Meals: Breakfast, Lunch, Dinner

December 15 - 17

Overnight Rwakobo Rock

2 Nights

December 15

Enjoy breakfast at the lodge, then transfer by road to Lake Mburo National Park with a picnic lunch (approx. 5 hour transfer). Arrive at the park for a late afternoon game drive, followed by dinner at the lodge.

Meals: Breakfast, Lunch, Dinner

December 16

Enjoy a day of wildlife viewing in Lake Mburo, with a morning game drive and afternoon boat safari in the park.

Meals: Breakfast, Lunch, Dinner

December 17

Morning checkout, followed by road transfer with packed lunch to Entebbe International Airport (EBB) for your self-booked departure flight. (Earliest recommended flight departure time at approximately 18h00.)

Meals: Breakfast & packed Lunch

IS THIS CLOSE TO WILD CHIMPS LEGAL?

RAINFOREST HIKE

EARLY RISING FAMILIES

KING OF THE SAVANNAH

EPIC WILDLIFE ADVENTURE

CLOSE UP WITH OUR WILD RELATIVES

Very Early Booking Discount by Jan 16 2027

Based on Minimum of 6 PAX per vehicle: $??? per adult sharing a room.
Single room supplement: $1,100 per adult in single room

Additional:
Primate permits: USD$1,100 per person (includes 1 gorilla permit BNP, 1 chimp permit KNP)

Early Booking Discount by May 1st 2027

Based on Minimum of 6 PAX per vehicle: $??? per adult sharing a room.
Single room supplement: $1,100 per adult in single room

Additional:
Primate permits: USD$1,100 per person (includes 1 gorilla permit BNP, 1 chimp permit KNP)

***Pricing is subject to increases if there are fewer than 6 travelers per vehicle.*

This Cost Includes:

Transfers
Meet and greet on arrival at Entebbe airport
Exclusive Group Use of Private 4x4 Safari Vehicle with all fuel for tour
Professional English-Speaking Driver/Guide
Airport/airstrip transfers as noted
Scheduled internal flight: Pakuba-Kasese, *Please note that luggage allowance on these flights is strictly 15kgs per person inclusive of hand luggage all packed in soft-sided luggage*

Trip Safety & Misc.

Reusable Metal Water Bottle for Drinking Water in the Safari Vehicle
Temporary Medical Evacuation Insurance for duration of trip (within country)
24/7 Service Support from our Regional Office
Government Taxes, VAT where applicable
Unless they appear on the above inclusions, activities mentioned on this itinerary (such as on property pages or regional descriptions) may incur additional costs.

Accommodations, Meals, Activities

Meals and accommodation as noted on the itinerary
Park fees for activities as noted
Rhino trekking at Ziwa Rhino Sanctuary
Game Drives in Murchison Falls NP
Scenic Viewing at Murchison Falls
Bottom of the Falls Boat Safari
Complimentary Tree Planting near Kibale Forest
Bigodi Cultural Walk
Game Drives in Queen Elizabeth National Park
Kazinga Channel Boat Safari
Batwa Tribe Visit
Game drive in Lake Mburo National Park
Boat Safari on Lake Mburo
Accommodation at Twiga Safari Lodge Lodge Includes: Full board meals
Accommodation at Chimp Nest Lodge Includes: Full board meals
Accommodation at Mweya Safari Lodge Includes: Full board meals
Mahogany Springs Lodge includes, accommodation includes: water in rooms, water with meals, glass of house wine or Beer or Soft Drink with dinner
Lunch costs at Atlas Vegan School & Vegan Festival
Services of porter during gorilla trek, including gratuities
Includes all gratuities for Hornbill driver/guide
Other gratuities included are $5 pp/per day at lodges, $15 per person for gorilla trekking, $15 per person for chimpanzee trekking, and gratuities for Bigodi Wetlands guide & game drive park rangers during the safari

This Cost Does Not Include:
International Flights
Visa to the enter the country
Medical & Travel Insurance
Meals not indicated on the itinerary
Deviations from the itinerary or activities listed as optional
Items of personal nature
Drinks & Laundry Service unless noted
Gratuities & Tipping
Yellow Fever Vaccine Exemptions

This is a Healthy Plant Based Vegan Retreat!

We Will Not Have Access to Daily Celery Juice.
We Will Not be Providing HMDS!
We Try to Get Accommodations to be Scent Free but Can Not Guarantee That.
Our Guests Must Apply Medical Medium Information in Regard to being Toxin Free!
We Can Guarantee the Food is Vegan but Can Not Guarantee Everything is MM.
We Strive for Oil Free, Salt Free, Sugar Free with Lots of Healthy RAW Foods.
We are Giving Up Some Luxuries to Experience a Different World While We Still are Allowed to Travel.
Join Us!

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