

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

Discover the breathtaking Rubuguri hills, just outside Bwindi Impenetrable National Park, on a guided trail with an experienced and knowledgeable local Bwindi Specialist Guide. Learn the myths and legends of Rubuguri, as you experience Uganda's natural beauty and the local way of life.



Your adventures starts at the **Market Place** in Rubuguri Town, where locally-grown fruit and vegetables are bought and sold. Learn how tea is produced and how honey is made as your guide takes you through local enterprises, including a **forest apiary**, a **tea nursery** and a **honey processing centre**.



If you're lucky, you may even meet the **gold miners** and the Batwa, and hear their stories. Your guide will also tell you local secrets, including the story of the footprints in the **Rubuguri origins rocks**, and the tale of Nyandwi, who took refuge in the Rubuguri cave that you will visit.



Along the way you will have the chance to buy local crafts and souvenirs, and maybe even pan for gold. See inside for more about the unique experiences this tour has to offer.

About the trail

The trail starts in Rubuguri Town at the Market Place and ends in town at the Bwindi Honey Shop. It takes **two hours** and covers **2.5 km** in the Rubuguri hills to the south of Bwindi Impenetrable National Park. This is a guided tour only. Please see 'How to book' for more information.

The **Rubuguri origins and honey 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.

This project was funded by the UK Government's Darwin Initiative. However, this does not imply endorsement and the content of this flyer does not necessarily reflect opinions of the UK Government.



GUIDED TRAIL

Bwindi lives and livelihoods guided trails

Rubuguri origins and honey



Experience the cultural treasures of the Rubuguri hills

Rubuguri origins and honey trail

Bwindi Honey Shop

The trail ends here, where you will have the opportunity to buy some souvenirs, including honey, sweet honey wine, propolis, beeswax and local crafts.



The market place

The trail starts here.

Visitors from neighbouring Rwanda and Congo, as well as local residents, come to buy and sell clothes, livestock, and locally grown fruit and vegetables every Friday.



Forest apiary

The pine forest apiary is owned by the Nkuringo Multipurpose Cooperative Beekeepers Association, providing locals with an alternative to honey collection. The forest is also a source of other goods, including wood and medicinal herbs.



Kasheija wetlands

This amazing wetland is home to a variety of bird species, including grey-crowned cranes, black-headed herons and weavers. The wetland provides roofing and weaving materials, and feeds the Kapata waterfall.



Honey processing centre

Local beekeepers will here describe the art of bee husbandry and explain how honey is made, collected and processed. See the plants that attract bees and the hives where they live.



Tea nursery

Some people's livelihoods around Rubuguri are supported by tea growing. Your guide will tell you all about the tea production process.



Batwa apiary

By prior arrangement, you can meet the Batwa – Indigenous People who lived inside Bwindi Forest before it became a National Park. Many believe the Batwa are remnants of an early human culture, who lived in Africa when most of it was covered by forest.



Bird hide

This hotspot for bird watching provides an opportunity to observe various bird species, take photos, draw, or just generally relax.



Gold mining

Rubuguri's historic gold mining activity continues on a small scale today, providing income for a few residents. By prior arrangement, you can meet the gold miners, hear their stories and learn how to pan.



Rubuguri cave

The origin of this fascinating cave is told in local mythology: a Rwandan man, Nyandwi, was hunting with his dog and took refuge in a nearby cave. He was so taken with its beauty, he cried out "Nibuguriyeikihugu" 'I have discovered a place'.



Rubuguri origins rocks

Further tales about 'magical rocks' provide insight into local beliefs, such as the myths behind the footprints of Nyandwi and his dog, told by local guides.

