

June 27th – July 2nd

UGANDA

Yoga Holiday with Danica

6 days and 5 nights



YOGA

**MOUNTAIN
GORILLAS**

**& WILDLIFE
TREKKING**

June 27th Day 1

ARRIVAL

CASSIA LODGE, KAMPALA

Arrival at Entebbe International
Airport in the morning



Proceed through
immigration and health



Thereafter transfer to the
hotel in Kampala



Check in at the hotel,
lunch & rest



Welcome & Gentle
Sunset Yoga



June 28th Day 2

CASSIA LODGE, KAMPALA

Sunrise yoga & meditation



Breakfast at the hotel



After breakfast we drive to Kibale
Forest National Park - the best park
for Chimpanzee Trekking



Arrive in time for late
lunch at the lodge



Sunset Yoga



June 29th Day 3

KIBALE FOREST NATIONAL PARK

Early breakfast at the lodge



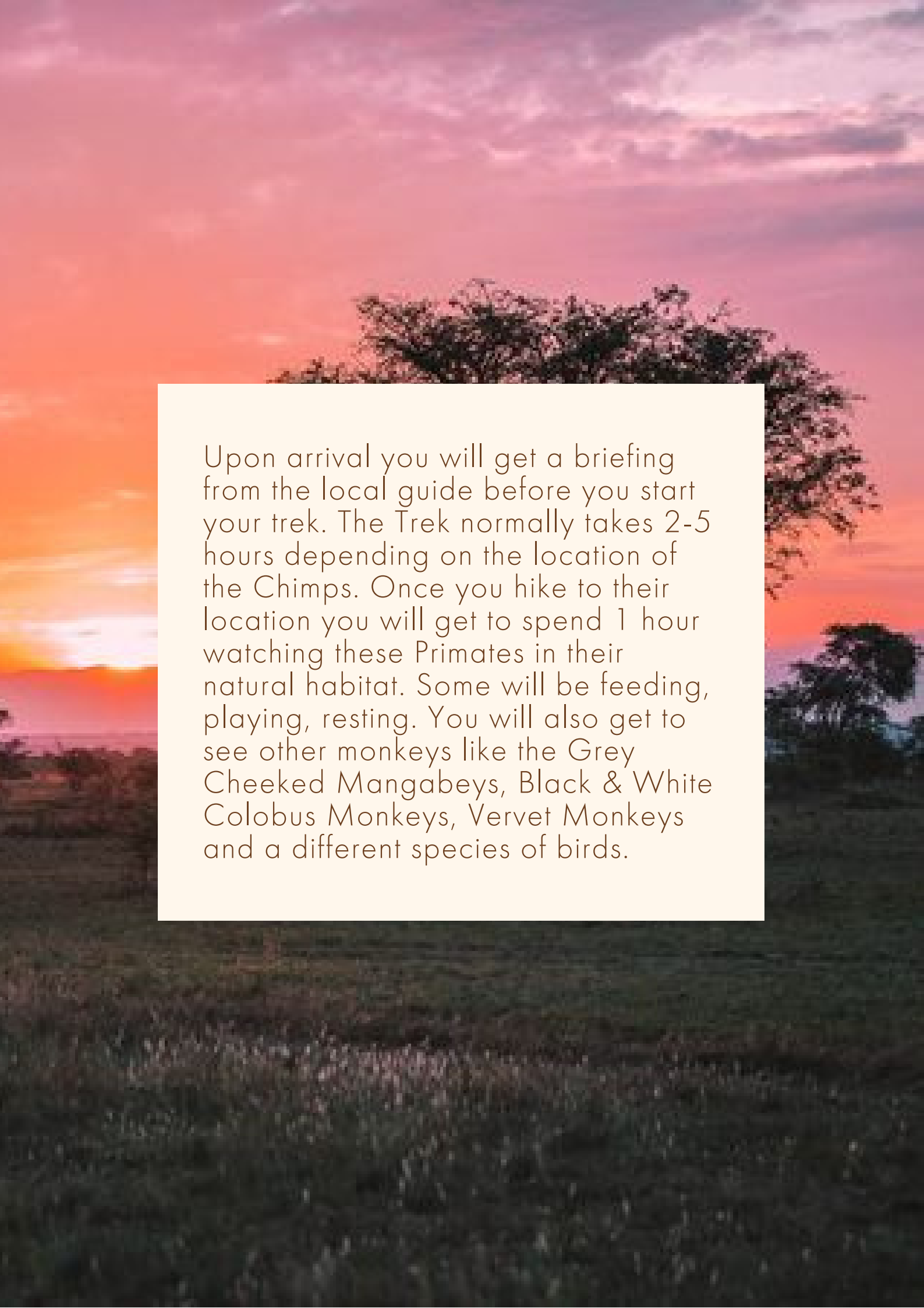
Drive to the Forest to start your
Chimpanzee Trek this morning



Sunset yoga



Dinner at the Lodge

A sunset over a savanna landscape. The sky is a mix of orange, pink, and purple. In the foreground, there is a large, dark silhouette of a tree. The ground is a mix of green and brown, suggesting a savanna environment.

Upon arrival you will get a briefing from the local guide before you start your trek. The Trek normally takes 2-5 hours depending on the location of the Chimps. Once you hike to their location you will get to spend 1 hour watching these Primates in their natural habitat. Some will be feeding, playing, resting. You will also get to see other monkeys like the Grey Cheeked Mangabeys, Black & White Colobus Monkeys, Vervet Monkeys and a different species of birds.



June 30th Day 4

KIBALE FOREST/ BWINDI NATIONAL PARK

Early morning breakfast at the hotel



This morning depart and drive to
Bwindi Impenetrable Forest



Lunch at the resort upon arrival,
rest & relaxation



Afternoon/Sunset Yoga

Bwindi Impenetrable Forest is home to half the world's remaining population of critically endangered mountain gorillas. Out of these, several families have become habituated to humans, allowing small groups of people to track them and spend an hour in their company.





July 1st Day 5

BWINDI IMPENETRABLE FOREST

Early breakfast at the lodge



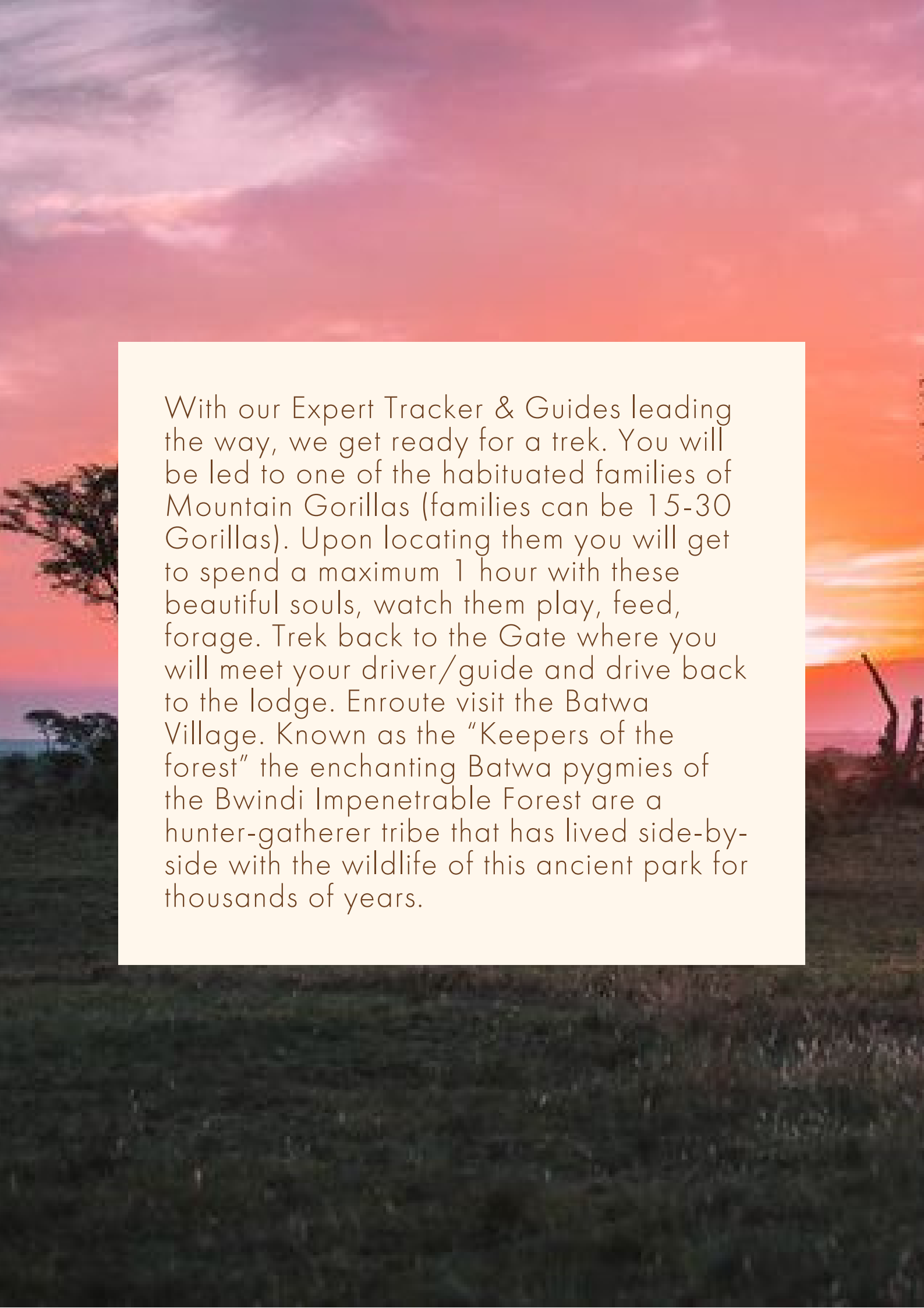
This morning transfer to the gate of the forest with a picnic lunch box to be there by 7am. Briefing from the Expert Tracker/Ranger before we start our Gorilla Trek



After the Trek we visit the Batwa Pygmies village



Sunset Yoga

A sunset over a savanna landscape. The sky is a mix of orange, pink, and purple. In the foreground, there are silhouettes of trees and a person standing in the distance. The text is overlaid on a white rectangular background.

With our Expert Tracker & Guides leading the way, we get ready for a trek. You will be led to one of the habituated families of Mountain Gorillas (families can be 15-30 Gorillas). Upon locating them you will get to spend a maximum 1 hour with these beautiful souls, watch them play, feed, forage. Trek back to the Gate where you will meet your driver/guide and drive back to the lodge. Enroute visit the Batwa Village. Known as the "Keepers of the forest" the enchanting Batwa pygmies of the Bwindi Impenetrable Forest are a hunter-gatherer tribe that has lived side-by-side with the wildlife of this ancient park for thousands of years.

July 2nd Day 6

BWINDI/ENTEBBE/DEPART

Sunrise yoga & meditation

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Breakfast at the lodge

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Transfer to Kihihi Airstrip to board
your domestic flight to Entebbe

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Transit at the airport and board
your international flight back home

FURTHER INFORMATION ON THE RETREAT

*Investment in the experience
(per person)*

Early bird

Shared

\$2,790

Single

\$3,080

*Early Bird valid only through the month of Feb, or until allocated spots sold out

After Feb

Shared

\$2,900

Single

\$3,190



What is included in the package:

- Cost of accommodation as chosen by you
- All meals as indicated on the itinerary
- All Yoga classes
- Airport transfers
- Intercity transfers
- Domestic Airfare Bwindi-Entebbe
- Game drives
- One Chimpanzee Permit per person
- One Gorilla Trek Permit per person
- Services of a professional English-speaking driver guide
- Bottled water in the safari vehicle
- Visit to the Batwa Pygmy Village
- Flying Doctors Evacuation Services

What is not included in the package:

- Expenses of a personal nature e.g. tips, porterage, laundry, drinks during meals
- COVID-19 Testing if required
- Visa fees
- International Air Tickets
- Travel Insurance



How to register and reserve your spot:

We have limited spots available for this retreat, and spots are held only upon the receipt of deposit.

To make a reservation please send the following to Danica or Sophia at sophia@sugarcaneelephants.com:

1. Copy of your passport
2. Your Contact Number
3. Any dietary restrictions that you may have
4. Copy of your vaccination card * *yellow fever vaccine is mandatory to enter Uganda*
5. Room requirement
6. Copy of your deposit payment

To confirm your spot a 50% deposit is required, which will secure your Gorilla and Chimpanzee trek permits. The balance will be due later on.

Recommended Flights

Airline: Emirates

27th June: Dubai – Entebbe / 05.50am – 10.30am
EK 2169

2nd July: Entebbe – Dubai / 16.25 – 22.50
EK 730

**Above flight is very reasonably priced at the moment. We advise you to book your flight as soon as you paid the deposit, to secure the best possible deal*

**PAYMENTS NEED TO BE MADE TO THE BELOW
BANK DETAILS:**

NAME: SCE TECHNOLOGIES FZE
ACCOUNT NO.: 0352538961001
IBAN NO: AE580400000352538961001
BANK NAME: RAKBANK
SWIFT CODE: NRAKAEAK

Upon Payment/transfer please send the
screenshot to Danica at +971 50 1574 155 or Sophia
(Sugarcane Elephants) at +971 50 1050125



DANICA AL KHARFAN

**For any questions please feel
free to reach out to Danica or
Sophia at any time!**

