

**Spend a 7-days journey through Acholi land celebrating the rich diverse traditional artistry and cultural heritage while immersing yourself in the Soul of Acholi. This enriching cultural adventure crosses from the banks of the mighty R. Nile in Jinja to the far North corner of Uganda at the highest peak in Acholi, the majestic Agoro hills. Along the way, you'll experience the legendary warm hospitality of the Acholi people and relaxing rhythm of village life.**

## **SOUL OF ACHOLI**

*7days /6 nights*

- 1. Rural Homestay*
- 2. Acholi Culinary Experience*
- 3. Local Craftmanship*
- 4. Traditional Dance & Music*
- 5. Folklore Stories*
- 6. Wang Oo*
- 7. Hiking Agoro hill*





DAY  
**01**

# WILD CAMPING EXPERIENCE

## ARUU FALLS

An early morning drive to Aruu falls campsite as we head to Agago district, home of the most energetic dancers in the region. Here our cultural adventure will begin with the most popular cultural dance, Bwola dance. This royal dance initiates one into Acholi's customs and values through rhythmic beats.

Upon arrival at Aruu Falls in the late afternoon, we will hike to the bottom of falls for a view of the picturesque waterfalls cascading down into serene pools surrounded by lush greenery where we shall take a refreshing swim to wash off the fatigue from the long drive.

Setting up camp under the blankets of stars away from the bustle of city noise for some much needed rest is how we plan to end the day.





DAY  
02

# TRADITIONAL DANCES

After enjoying breakfast, we will head off for the 3-4 hours drive to Agago District for a captivating and memorable Acholi cultural dance experience. Acholi people still maintain their sophisticated culture full of colorful energetic dances as dance represents a fundamental part of the cultural heritage. With over 20 traditional dances Some of the famous dances are *Larakaraka dance*, a courtship dance performed during wedding ceremonies and Bwola dance, a royal dance that initiates one into Acholi's customs and values through rhythmic beats.

Upon arrival, we'll participate in the Bwola initiation dance where we will learn the intricate moves and dance to the rhythmic beats of the melodic drums. This traditional dance experience will continue late into the evening around the WANG OO (bonfire) under the starlit skies before retiring for the day.





**DAY  
03-04**

# AGORO HILL HIKE

Embark on a scenic 4-5 hours drive towards *Lamwo* District after savoring an Acholi breakfast for a hike of the less travelled *Agoro* hills on the foothills of *Imatong* mountains of South Sudan.

This majestic hill not only offers stunning views of the picturesque landscape but is also the highest peak in Acholi Region. It holds deep cultural significance in Acholi folklore and history, reflecting the enduring spirit of the community.

We will commence the 25km hike at 4pm when the unforgiving heat has cooled a bit and camp after a 3 hours hike. Wake up early in the morning with stunning views all around and resume the remaining 5-6 hours hike to the peak and descent all the way back to Loboyoko village where we shall spend the night.





DAY  
05-06

# ACHOLI CULINARY EXPERIENCE

We will initiate the day with a local Acholi breakfast and afterwards set off to Patiko village in Gulu for a 2 days culinary experience that highlights centuries old indigenous food preservation and preparation.

You will be received by warm community hosts upon arrival who will usher you under the cool shade of the mango trees to relax from the past few days as you enjoy traditional music and poetry played on local instruments.

After lunch, you participate in making edible Shea butter (Moo yaa), a sacred oil traditionally made only in the afternoon for various purposes.

In the evening, we will gather around Wang Oo (bonfire) for a cozy evening of folklore stories. After this enriching experience, retire for the night.

Wake up amidst the action and begin the day with a journey to the farm to learn about ancient agricultural practices and indigenous foods while harvesting fresh leafy vegetables for cooking. After returning from the backyard garden, indulge in the preservation of nutritious organic foods





DAY  
**07**

# DEPARTURE

With memories of the past 6 days, we will depart for the 8 hours drive to Entebbe.





# RATES

<b>Number of Pax</b>	<b>4-6 PAX</b>
<b>Price per person</b>	<b>\$1,270</b>

## INCLUDED IN THIS PACKAGE

- Transport
- English speaking community guides
- Accommodation on full board basis
- All Acholi Experiences & activities mentioned in the itinerary
- Hiking
- Local Souvenirs



## **EXCLUDED IN THIS PACKAGE**

- Airfare to and from Uganda
- Visa's
- Travel Insurance
- All beverages except tea, coffee or juice taken at breakfast where breakfast is included.
- Tips, gratuities and items of a personal nature
- Any activity, meal or accommodation NOT mentioned in the itinerary.



## WHAT TO BRING?

- There is no power supply in the village so please charge your cameras and phones to the brim before departure.
- Comfortable walking and hiking shoes.
- sunglasses, hats and sunscreens.
- Spending money for additional activities, there are no banks where we are going.
- Beddings and toiletries for personal use during the trip.
- Additionally, carry a torch or a solar-powered light for nighttime, as there is no power supply in the area.
- Camping tents and sleeping bags. (Optional)

## BASIC TERMS

This is a conscious tourism experience that will have your perspectives challenged and broadened as you experience a new culture and hopefully gain fresh insights. Here are a few things you should know;

- We do our absolute best to keep to the Programme and timings but sometimes the weather/animals/roads/slow rhythm of village life gets the better of us!
- Respect of the community and local culture is paramount. We recommend modest clothes that covers the knees for the ladies to avoid discomfort for the locals and some very long uncomfortable stares.
- Taking of photos with consent from parties involved is also to be observed. We do not recommend taking photos of children during the experience
- Hill trail can be rough and the rock is pretty sun exposed during dry seasons, we recommend wearing long sleeve shirts and pants
- In the rural area , only pit latrines (hole in the ground) are available.