



Experience the Soul of Acholi

Aruu Falls Wellness Experience

2 days / 1 night

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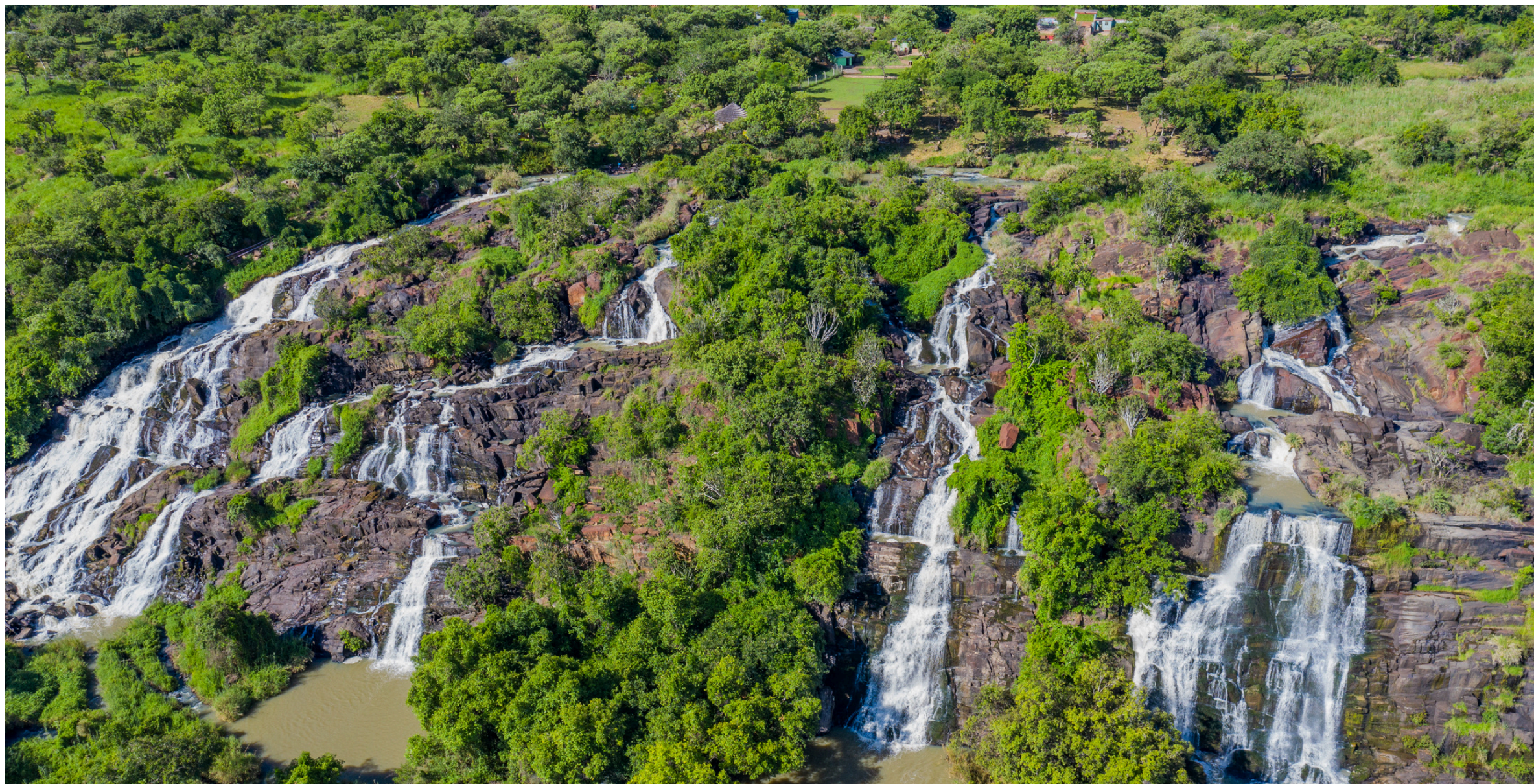
1. Aruu Falls
2. Gulu



Aruu Falls takes its name from the Luo word “Aruu”, meaning “to be awakened.” The name reflects how the falls once kept early settlers awake with their constant, powerful roar.

Highlights:

Aruu Falls is more than a scenic marvel, it's a place of raw, untouched beauty. This 2-day and 1 Night wellness escape is for those who seek restoration not in stillness alone, but in movement, connection, and nature. From yoga by the waterfalls to barefoot dance under the stars, you'll breathe, stretch, splash, and move your way back to yourself.



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Your journey begins with a scenic morning drive from Gulu to Pader District, tracing 55km of rolling countryside and open skies. On arrival at Aruu Falls, the thunder of cascading water sets the tone for what's to come. You'll check in at our eco-friendly campsite and be welcomed with a light, healthy refreshment to ground and energize you for the day. Your wellness experience begins with a guided mindful walk toward the falls, a slow, intentional immersion into the rhythms of nature. Along the way, you'll pause for breathwork and nature journaling, guided by our wellness coach, offering space to observe, reflect, and reconnect with your inner stillness. A healthy picnic-style lunch will be waiting for you. After lunch, you'll gather for a deeply restorative yoga session set against the backdrop of rushing water. This grounding, breath-led flow is designed to gently open the body and calm the mind, inviting you to arrive fully in the present moment. As evening falls, settle in for dinner around a crackling campfire, followed by Acholi storytelling. The night closes with a soulful conscious dance session under the stars before you retire for an overnight stay at the campsite close to the sound of the falls.



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On this day, you'll wake up early to the sound of birds and the waterfalls. The day begins naturally with a sunrise yoga flow led by your wellness coach. This session is designed to awaken your body and mind with gratitude, breath, and gentle movement. Thereafter, a light healthy breakfast will be served before you set off for a short hike to the bottom of the falls where you'll enjoy a refreshing plunge in the pool experience and take in panoramic views, a moment for reflection, play, and nature photography. Lunch will then be served before you gather for a closing reflection circle, offering space to share insights and set intentions. We'll then break camp and begin the return journey to Gulu, arriving in the late afternoon restored, inspired, and deeply reconnected.