



Experience the Soul of Acholi

The background of the entire page is a photograph of two antelopes, likely topis, grazing in a lush green savanna. The antelope in the foreground is shown from the side, with its head lowered to eat grass. Its body is a warm reddish-brown color. Behind it, another antelope is partially visible, also grazing. The landscape is filled with tall green grass and some small shrubs, with a soft-focus background.

SPIRIT OF THE WILD

8 days / 7 nights

1. Entebbe
2. Kibale Forest National Park
3. Primate Paradise
4. Queen Elizabeth National Park
5. Bwindi
6. The Realm of the Gorillas
7. Lake Mburo National Park
8. Mburo On Foot



Tree-climbing lions are a unique and fascinating sight, primarily found in the Ishasha sector of Queen Elizabeth National Park.

Highlights:

This 8 Days and 7 Nights of Mindful Safari & Soulful Discovery takes you deep into the heart of Uganda that blends wildlife, nature, and mindful connection. From tracking chimpanzees in the kibale forest to sharing quiet moments with mountain gorillas in Bwindi, each day invites you to slow down, breathe deeply, and reconnect with nature, with the community, and with yourself.



Spirit Of The Wild

8 days/ 7 nights

Upon your arrival at Entebbe International Airport, you'll be warmly welcomed by our representative and transferred to your selected accommodation for an overnight stay. You'll take this time to settle in and unwind as you prepare for the adventure ahead.



Spirit Of The Wild

8 days/ 7 nights

After breakfast, you'll begin your journey to Kibale Forest National Park also known as the "Primate Paradise", home to one of the greatest variety and concentration of primates in Africa including the famous Chimpanzees, Red Colobus Monkeys, Vervet Monkeys, L'Hoest's, Black-and- White Colobus and the Olive Baboons. Enroute you'll pass through Fort Portal known for its rolling tea plantations and misty hills with a healthy lunch provided on board. You're expected to arrive at Kibale National Park by evening and check in into your accommodation for a healthy wellness styled dinner and an overnight stay.



8 days/ 7 nights

After an early healthy breakfast, you'll head to the Visitor Centre for a short briefing before starting your guided chimpanzee tracking experience. Led by experienced rangers, you'll walk through the cool, green forest, listening to bird calls and rustling leaves. The trek may take 2 to 5 hours, depending on where the chimpanzees are that day. When you find them, you'll spend time quietly observing as they feed, play, groom each other, or call out from the treetops. Watching them up close is a moving experience. After a healthy lunch or a packed meal, you'll visit the Bigodi Wetland Sanctuary, a rich, community-run ecosystem known for its biodiversity, including butterflies, primates, and rare birds like the Great Blue Turaco and Papyrus Gonolek. The 4km trail, led by a local guide, will take you through village paths, and traditional homesteads. You'll Pause at the natural springs for a seated breathwork session and nature journaling led by your wellness coach before returning to the lodge for a wholesome healthy dinner and overnight stay.



Spirit Of The Wild

8 days/ 7 nights

After breakfast, you'll depart for Queen Elizabeth National Park, traveling through some of Uganda's most stunning and diverse landscapes. Along the way, enjoy a short trek through the foothills of the majestic Rwenzori Mountains, where you'll take in sweeping views of snowcapped peaks and lush green valleys. This peaceful walk offers a quiet moment for you to reconnect with nature and the towering spirit of the Mountains of the Moon. A healthy lunch will be served enroute before you continue to Queen Elizabeth National Park. Wildlife sightings vary by season here, but at the Kasenyi plains, you might get to spot lions, buffalos, water bucks and large herds of Uganda kob roaming the golden savannah. In the evening, you'll check into your lodge and gather around a campfire for a healthy dinner and a storytelling circle.



Spirit Of The Wild

8 days/ 7 nights

After a healthy breakfast, you'll begin your day with a mindful game drive through the serene Ishasha sector in Queen Elizabeth National Park, a landscape where nature stretches out in quiet majesty. You'll move slowly through the golden grasslands in search of the famed tree-climbing lions, often spotted lounging atop trees during the warmer hours of the day. Along the way, you may encounter herds of buffalo, elephants, topi antelopes, and an orchestra of birdlife that adds gentle music to your journey. A healthy wellness styled Lunch will be enjoyed en route, with scenic pauses that allow you to breathe deeply and take in the raw, grounding beauty of the wilderness. As the day softens into evening, you'll arrive in Bwindi Impenetrable Forest, a sanctuary not just for mountain gorillas, but for stillness and reflection. You'll settle into your lodge with a healthy dinner later served and a restful overnight stay, surrounded by the quiet hum of the forest, an invitation for you to reset, recharge, and reconnect.



Spirit Of The Wild

8 days/ 7 nights

After an early breakfast, you'll head to the park headquarters for a pre-trek briefing before setting off into the misty heart of Bwindi Impenetrable Forest. In a small group led by expert rangers, you'll begin your journey through steep, sometimes muddy trails in search of a habituated mountain gorilla family. The trek may take anywhere from 2 to 8 hours, but every step offers you a chance to slow down, breathe deeply, and reconnect with nature. When you finally encounter the gorillas, you'll spend an unforgettable hour in their presence, observing, photographing, and quietly witnessing a wild serenity few ever experience. A packed lunch and water will keep you refreshed along the way. After the trek, return to your lodge for a well-earned shower, a nourishing healthy meal, and time to reflect on a truly transformative day.



After breakfast, you'll leave the misty forest of Bwindi behind and make your way to Lake Mburo National Park, a calm, open landscape in Uganda's Ankole region, known for its peaceful atmosphere and gentle wildlife. This part of your safari invites you to slow down and reconnect with yourself. Along the way, you'll stop for lunch at the Igongo Cultural Centre, where you'll explore traditional homesteads, indigenous gardens, and a museum celebrating Ankole heritage. As you enter Lake Mburo National Park, As you enter the park, keep an eye out for impalas, zebras, and warthogs roaming the savannah.. After checking in at your lodge, you'll enjoy a soothing boat ride on the lake. In the evening, gather around a cracking campfire for dinner and a session of conscious movement and dance, a soulful way to release tension, connect with your body, and wind down the day before retreating to bed for a well earned rest.



Spirit Of The Wild

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Today, your day will begin with an early morning guided bush walk through Lake Mburo National Park. Starting around 7am, this gentle 2-hour trek led by an experienced ranger will bring you face-to-face with the wild where you may even glimpse hyenas returning from their dens or hippos grazing as dawn breaks. This on-foot safari invites you to a mindful observation to listen to birdsong, feel the earth beneath your feet, and notice the light shifting across the landscape. It's a moment to slow down and truly connect. You'll return to your lodge for a healthy breakfast, then embark on a final game drive through the park before heading back to Entebbe. Along the way, pause at the Equator for a healthy lunch, photos, and a chance to support local artisans by browsing handmade souvenirs. You'll arrive in Entebbe by late afternoon just in time to catch your flight home, carrying with you a refreshed spirit and cherished memories.