

**Pygmies of the Congo
11 days – 10 nights
Kinshasa, Mbandaka, Mooto
Heritage, Ecology, Culture, History**

**This program may be operated for individual or for groups
This is a suggested itinerary – Please call us to customize**

This is an ideal tour for those who like to participate in a unique adventure in the rainforest. This tour offers you the opportunity to learn the local culture and participate in the daily activities of this people such as hunting, gathering and dancing during the cultural evening with the Pygmies groups. The Pygmies are a forest people very marginalized by the Bantu, although history reminds us that the Pygmies were the first occupants of the land. This trip was designed to allow visitors to discover these peoples in their villages.

Day 1: Kinshasa

After airport formalities at N'djili airport you'll be met by our representative who will drive you to your hotel. After settling down, your guide will give you a short briefing on the stay. Rest of the day free to rest and relax. Dinner at the hotel. [D]

Day 2: Kinshasa

After breakfast, we will start the visit of the city: the Sainte-Anne cathedral, the Mausoleum of the late President Laurent Désiré Kabila, the Symphonic Arts gallery and the first cathedral in Congo. Then we head south of the city to reach the sanctuary "Lola ya bonobos", created in 1994 to protect orphaned Bonobo monkeys. After the visit, a refreshment and lunch at the nearby river by the Petites Chutes de la Lukaya. In the afternoon, return to town and visit the art market known as the Thieves' Market. Return to the hotel. Around 7 p.m., dinner at the Super Aubaine restaurant with an all-you-can-eat Congolese buffet. After dinner, return to the hotel for overnight. [B/L/D]

Day 3: Kinshasa, Mbandaka

After breakfast, transfer to N'djili airport for a 50-minute flight arriving in Mbandaka around 11 am. Mbandaka, capital of the province of Equateur, formerly Coquilathville, was founded by Henry Morton Stanley in 1883 and is located at the crossroads of the Congo River and the Ruki River. Transfer to the hotel and lunch at the restaurant Bienvenue (ex Belle Vue) located on the banks of the Ruki River. After lunch, head to the Eala botanical garden located 4.5 miles from the city center. Then, head to the ethnographic museum and the evangelical mission "Vie Nouvelle" (New Life), sponsored by the Pygmies. Transit through the hotel before returning to Bienvenue Restaurant, the only standard restaurant around. Overnight at the hotel. [B/L/D]

Day 4: Mbandaka, Mooto

After breakfast, we take the road to Mooto, going south of the city, with a stopover at the crossing of the Equator line. Mooto is an old Catholic mission established in 1960. Our local team will assemble the tents so you can get installed and prepare lunch before we visit of the mission, the cathedral and the surrounding area. Dinner at the camp and night in a tent. [B/L/D]

Day 5: Mooto

After breakfast, visit of the pilot center created by VZW Mooto & Bikoro's non-profit organization to support the local population with sustainable development in agriculture (palm groves, cocoa, beans, etc.), health and education. We enter the forest with the pygmies for a demonstration of different types of traps and gathering medicinal plants. Return to the camp for lunch and a pause to rest and relax. In the afternoon, we tour the village and discover the daily activities of its inhabitants. Around 6:30 pm, after dinner, we join a cultural evening with Bobongo Pygmies and a Bantu group. Return to the camp for overnight. [B/L/D]

Day 6: Mooto (Bokote by traditional canoe)

Breakfast at the camp and depart for Bokote Village via Samba Village from where we proceed to the pier to embark aboard our traditional canoes (rowing) for 5-hour tour in the middle of the submerged forest arriving at the village of Bokoté at around 4:00 pm. This part of the tour puts you in communion with the virgin nature in which you will see some animals such as squirrels, birds and monkeys ... A small walk to the Pygmy quarter, in the village, to unstiffen our legs after hours sitting in the canoe. In the evening, after dinner, free exchange with the villagers (Pygmies and Bantu) around the fire. Night in tent. [B/L/D]

Day 7: Mooto, Bikoro (By motorized canoe)

After breakfast we board our motorized canoes to cross Lake Tumba and reach the city of Bikoro on the shore of the lake. Free time to wander around before dinner and overnight at the local inn. [B/L/D]

Day 8: Bikoro, Mabali (Jeep trip)

After breakfast, visit to the Catholic Mission of Bikoro, the general referral hospital, to the market followed by transfer to Mabali with a stopover in the rubber tree plantation, arriving around 3 pm. Mabali is an agronomy and forestry research center in Central Africa, formerly called IRSAC (Institute for Scientific Research in Central Africa). In the reserve you will find a well-protected forest as a whole where the animals are free and protected (monkeys live like pets), an old research lab and a beautiful view of Lake Tumba. Immediately after installation, we enter the forest to return to the camp around 5:30 pm for a break and dinner. Tonight, you may opt for a night excursion in the forest from 7 to 9 pm. Night in tent. [B/L/D]

Day 9: Mabali, Mooto, Mbandaka

After breakfast, visit of the center, old lab and museum and return to the camp around 11 am for lunch. In the afternoon a 5-hour drive will return us directly to Mbandaka. Return to "civilization" a good beer or refreshment before dinner. Overnight at the hotel. [B/L/D]

Day 10: Mbandaka, Kinshasa

After breakfast, transfer to Mbandaka airport and flight to Kinshasa. Lunch in Kinshasa and free afternoon. Dinner at the Belle Vue restaurant and overnight. [B/L/D]

Day 11: Kinshasa, USA

Enjoy breakfast at the hotel and use the free time to relax. At the appointed time you'll be picked-up and driven to the airport to board your flight back home. [B]

[B] = Breakfast | [D] = Dinner |
[B/L/D] = Breakfast, Lunch and Dinner



Your Tour includes:

- Arrival and departure transfers
- 10 nights' accommodation:
 - Kinshasa 3 nights
 - Mbandaka 2 nights
 - Mooto 3 nights
 - Bikoro 1 night
 - Mabali 1 night
- Meals:
 - Breakfast daily
 - 9 lunches
 - 9 dinners
 - 1 Typical Congolese dinner
- Kinshasa and its surroundings
- Bonobo sanctuary
- Botanical garden of Eala in Mbandaka
- Visit of the Pygmy Christian community "New Life"
- Meet many Pygmy and Bantu villages
- Cultural evening with pygmy groups
- Out in the forest: setting traps, net hunting
- Initiation to medicinal plants
- Bird watching

- River trip through the forest in a traditional canoe
- Visit of Bikoro
- Visit of a rubber tree plantation
- Visit the Scientific Research Center and animal reserve
- Domestic airline ticket with taxes
- English speaking driver-guide
- Assistance team for camping
- Transportation by Jeep & boats
- Entrance fees
- 3 liters of water per person, per day
- All local taxes

Tour does not include:

- International airfares
- Any taxes related to airfares or airports
- Meals not mentioned under inclusions
- Travel Insurance
- Visas
- Tips to guides or drivers
- Expenses of a personal nature
- Any item not mentioned as "Included"

Hotels in your Tour:

City	Hotel Name	Tripadvisor
Deluxe		
Kinshasa	Kin Plaza Arjaan by Rotana	4.5
Mbandaka	Auberge Marguerite	4
Booto	Tented Camp	NA
Bikoro	La Riziere Inn	NA
Mabali	Tented Camp	NA

Hotels will be confirmed at time of booking

Tour Prices:

These programs can be customized for individuals and groups. Changes to this program may be requested by phone (1855-55-TOURS) or using the web FIT Quote Request

• **Airfare**

We also be glad to add the necessary airfare from your gateway so you take advantage of our special discounted leisure fares

• **Program**

You may add or remove;

- Trip days
- Cities and sites
- Meals

• **Other options**

- The program was designed with private services; however, we may substitute shared sightseeing where available
- If you prefer deluxe services we may operate this program including private driver, private guide and concierge service.

- **Quotation**

Once we have designed the program the way you want we'll give you a quote within 2 business days.

Tour Code: CD01FIH21XX

Options:

- Lunches and dinners can be arranged for individuals, families and groups at top restaurants or any restaurant requested by you.
- We can revise the itinerary to spend more time and provide more depth in those areas that you are interested on.
- Any other changes to the itinerary will be accommodated depending on the facilities available in the area.

Group Quotations

- If you wish to use these programs for your group or as the basis for a customized journey please either call us (1-855-55-TOURS or use the web Group Quote Request.
- In either case our specialists will work with to refine all the details and they will get you a quote with 2 business days. Quotes may be obtained for the air and land portions of just for the land journey.
- Booking both air and land with us will represent savings for you because of our buying power and longtime relationship with the airlines.

We will also may have the choice between regular fares and special leisure fares not available to the public.