

A scenic landscape of rolling hills and mountains under a hazy sky. The foreground is dominated by a large, dark green tree with some yellowish-orange foliage. The middle ground shows a valley with green fields and scattered buildings. The background consists of multiple layers of mountains, each appearing progressively more hazy and blue-toned as they recede into the distance. The overall atmosphere is serene and expansive.

YOUR ADVENTURE

**ONE&ONLY GORILLA'S NEST
EXCLUSIVE EXPERIENCES**

EXPLORE

Surrounded by swaying eucalyptus trees and broad volcanic mountains; this is an environment that awakens a vibrant energy within you.

Here we have crafted a set of experiences that write adventure-rich stories.

One&Only

GORILLA'S NEST, RWANDA



TABLE OF
CONTENTS

DISCOVER AN EVER-GROWING GARDEN

- Take a Walk in Nature 7
- Enjoy the Secrets of Rwandan Coffee 7
- Hear the Stories of Your Ancestors 7
- Listen to the Rhythms of Rwanda 8
- Join a Drumming Circle 8
- Discover Gorilla's Nest by Bike 8
- Take a Run Through Nature 8
- Sight Rare Birds 11
- Explore the Chef's Garden 11
- Classic Movies, in Awe-Inspiring Surroundings 11

TEEN EXPERIENCES

- Discover Dramatic Terrains by Bike 13
- Try Your Hand at Archery 13
- Wander in Nature 13
- Join the Rhythms of Rwanda 13

HARNESS HEALTH & HEALING IN
NATURE

- Reconnect With Open-Air Yoga 15
- Take a Moment, with Mindfulness Meditation 15
- Bathe in the Healing Sounds of Crystal Singing Bowls 15
- Core Stretch & Strengthen 15
- Tailored Training & Stretch Classes 16
- Workout in Nature 16

HOLISTIC THERAPIES

- Re-balancing Reiki 19
- Healing with Crystals 19
- Chakra Alignment & Balancing 19

FEEL THE ENERGY OF VOLCANOES
NATIONAL PARK

- Follow the Journey of your Ancestors 23
- Traverse an Ancient Volcano 23
- Hike to Honour Dian Fossey 24
- Uncover Ancient Caves 24
- Follow in the Footsteps of Golden Monkeys 24

EXPERIENCE THE HEART & SOUL OF
RWANDA

- Discover Storied Banana Plantations 27
- Meet the Women Behind Beautiful Local Crafts 27
- Immerse Yourself in Iby'iwacu Cultural Village 27

EVERYTHING YOU NEED TO KNOW 29





DISCOVER AN EVER-GROWING GARDEN

TAKE A WALK IN NATURE

Signature Experience

One&Only Gorilla's Nest is an ever-growing garden, teeming with flourishing eucalyptus, roses, butterflies and birds. Winding through the land, with a walking stick, binoculars and reference books in hand; learn about the natural lifecycle here where every plant and tree is chosen to encourage an abundance of wildlife. Taste the flavours of this land with home-made ice-tea and crudités fresh from the chef's garden.

Available daily upon request (60-90 minutes)

The Nest

Complimentary

ENJOY THE SECRETS OF RWANDAN COFFEE

Signature Experience

Taste the raw flavours of Rwanda with passionate connoisseurs, hearing the origin story of sustainably grown regional coffee. Feel like an expert, learning to detect each hint of difference in flavour, scent and colour; understanding what makes the perfect cup of coffee. Enjoy with selected savoury and sweet treats that create the perfect sensorial experience.

Available daily upon request (60-90 minutes)

Main Lodge

Complimentary

HEAR THE STORIES OF YOUR ANCESTORS

Signature Experience

A gorilla encounter is like looking into the mirror, noticing the behaviours and traits common to humans.

A warming set-up with a bonfire, blankets, lanterns, drinks and snacks, hear the stories of the 12 Gorilla families as well as vital information on distance, interactions and safety. With insight into the behaviours and personalities to look out for; this is a must for guests embarking on a gorilla trek.

Daily 18h00 (30 minutes)

Jack Hanna Cottage

Complimentary.

One&Only

GORILLA'S NEST, RWANDA

LISTEN TO THE RHYTHMS OF RWANDA

Signature Experience

Feel warmed as you listen to the sounds of the drummer's beat and the rhythms, dances, stories and poetry of the neighbouring community, themed around various traditional songs and instruments. Hosted by local talent, these interactive performances provide invaluable support for the local community to continue cultural arts and inspire younger generations to learn traditions.

Available weekly (30 minutes)

Please enquire with experience team

Optional donations to the community

JOIN A DRUMMING CIRCLE

Signature Experience

By the warmth of the fire, join the unique beat of Rwanda. Led by a local drummer, beat the drums to your heart's content in an intimate and relaxed environment. Professionals and beginners drum together, fire dancers move to the beat and everyone becomes part of the entertainment.

Available weekly (45-60 minutes)

Please enquire with experience team

Optional donations to the community.

Private workshops for individuals or groups are available for \$150. Personalised drumsticks and memorabilia are available upon request.

DISCOVER GORILLA'S NEST BY BIKE

Moderate to Challenging

Discover why Rwanda loves cycling so much, venturing through the forest and dramatic volcanic landscape, in this adrenaline boosting trail, featuring winding turns and gentle climbs across the resort grounds.

Available daily upon request (45 minutes)

Main Lodge

Complimentary

Gopro's available upon request for \$45

Mountain e-bikes, helmets, refreshments and snacks provided throughout.

TAKE A RUN THROUGH NATURE

Moderate to Challenging

Feel connected to the elements in our terrain run and workout. In this scenic trail explore steep gradients, gentle slopes and cardio workouts. After pushing your body, recuperate and wind down with a full body stretch.

Available daily upon request

Please book a day in advance

Main Lodge

Complimentary

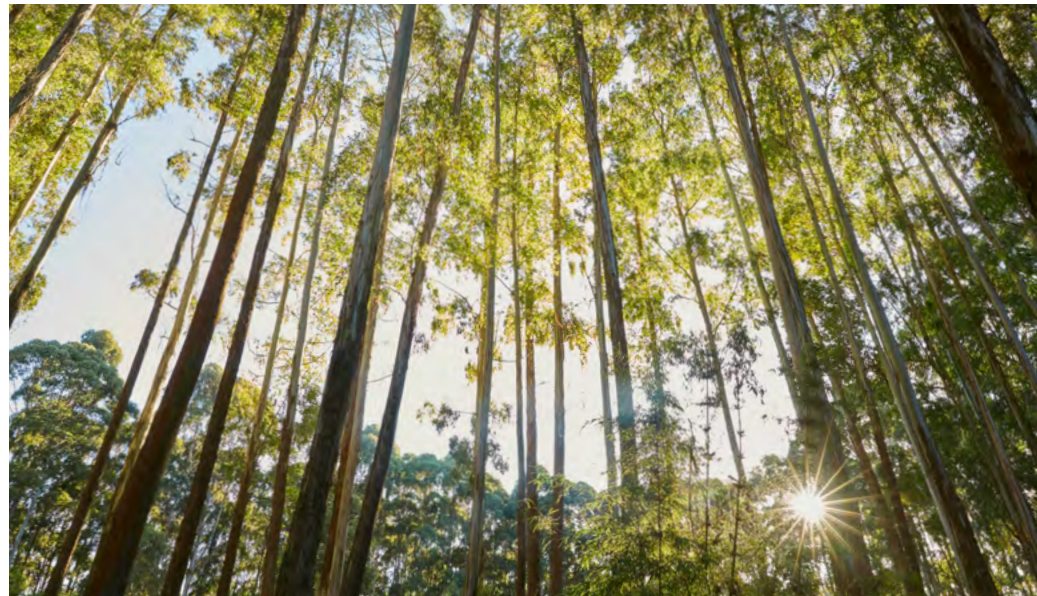
Snacks and refreshments provided throughout

Minimum age is 12

One&Only

GORILLA'S NEST, RWANDA





SIGHT RARE BIRDS

Discover a vibrant forest, alive with colour and sound. Revel in the opportunity to see and photograph an array of birds, including sunbirds, bee-eaters, flycatchers, weavers, kites, eagles and vultures. Equipped with a walking stick, binoculars, reference book and iPad – you'll feel like an intrepid explorer; enjoying a higher level of connection with nature. Sample homemade ice-tea and crudités made from the chef's garden.

Available daily upon request (2 hours)
Club One
\$45 per person

EXPLORE THE CHEF'S GARDEN

Moderate

All our dishes tell a seasonal story of Rwanda through locally sourced ingredients that surprise the senses. Explore our bountiful vegetable garden as our Head Chef introduces you to the sustainable ingredients that inspire our dishes. Handpick edible flowers, vegetables and herbs to be used in your next meal.

Available daily upon request (30 minutes).
Chef's Garden
Complimentary.

CLASSIC MOVIES, IN AWE-INSPIRING SURROUNDINGS

Moderate

Encircled by swaying eucalyptus trees and dramatic volcanic mountains, feel part of nature's theatre in our open air cinema. Screening classic movies from Gorillas in the Mist, to Lion King and the African Queen – discover the story of Rwanda and Africa.

20h00 several times a week (90 minutes)
The Helipad
\$200

TEEN EXPERIENCES



DISCOVER DRAMATIC TERRAINS BY BIKE

Challenging

Venture through an epic forest in this adrenaline boosting trail, featuring winding turns and gentle climbs across the resort grounds. Feel adventurous and pushed to your limits exploring these rugged landscapes.

Available daily upon request (60 minutes)
Book one day in advance.
Minimum age 13 years old.
.Complimentary

Mountain e-bikes and helmets will be provided as well as refreshments and healthy snacks.

TRY YOUR HAND AT ARCHERY

Moderate

Surrounded by a sprawling forest and dramatic volcanic mountains, feel heroic as you try your hand at archery with our experience hosts.

Available daily upon request (60-90 minutes)
Complimentary

All equipment will be provided as well as refreshments and snacks.

WANDER IN NATURE

Explore the resort surroundings, with our knowledgeable guides, discovering plentiful bird life, butterflies, flowers and trees. Feel like an expert, equipped with a walking stick, binoculars and reference books.

Available daily upon request (60 min)
Complimentary

Refreshments and snacks provided.

JOIN THE RHYTHMS OF RWANDA

Feel part of the beat of Rwanda. Learn how to play Ingoma drums made out of cow hide, the Inanga (oval shaped harp) or Umuduri (stringed instrument), which are sure to bring a feeling of warmth and smile to your face.

Available upon request (60 minutes)
Complimentary

One&Only

GORILLA'S NEST, RWANDA

HARNESS HEALTH & HEALING IN NATURE



RECONNECT WITH OPEN-AIR YOGA

Awakened by fresh air, feel connected to every breath during open air yoga classes on our refreshing Yoga deck, alongside our infinity pool, over-looking the rain forest. Start your day the right way with an invigorating Yoga class designed to gently stretch and release your body, helping you to re-energize, relax and re-align.

Daily from 9am – 10am

Booking to be confirmed one day in advance
The Forest Yoga Deck

Complimentary

1 hour private sessions for \$45 (up to 2 people,
\$20pp thereafter)

TAKE A MOMENT, WITH MINDFULNESS MEDITATION

Surrounded by the beauty of the rainforest, feel a million miles away from life at home in otherworldly natural settings. Connecting with each breath, feel present in the moment during our daily mindfulness meditation classes. Learning a range of techniques, you'll feel a sense of calm, peace and balance aiding emotional, mental and physical wellbeing. Here you can choose from a variety of meditations: Mindfulness Breathing, Guided visualization, Walking Meditation, Gazing Meditation, Compassion Meditation, Music Meditation, Attachment Meditation, Mantra Meditation and Insight Card Meditation.

Available by appointment only (30 minutes)

Meditation Deck below Club One
Complimentary

BATHE IN THE HEALING SOUNDS OF CRYSTAL SINGING BOWLS

Experience the all-encompassing ancient practice of sound bathing. Using a set of pure crystal bowls, each designed to resonate with the energy centres (Chakras) of the body to help rebalance your body, mind and soul to optimum health. Learn about the healing benefits of sound and allow yourself to be bathed in a tailored sound journey immersed in the forest beneath a canopy of trees on our meditation deck.

Available by appointment only (30 minutes)

Meditation Deck below Club One
Complimentary

CORE STRETCH & STRENGTHEN

Feel stretched both mentally and physically in the natural Rainforest surroundings. This core class, drawing on the principles of pilates, yoga and functional movement, focuses on balancing the body, incorporating elements of stretch and strengthening exercises for a full body workout. Suitable for all levels of fitness, this class will show you how to build and lengthen all major muscle groups in your body. Our classes are tailored to improve your flexibility and strength, whilst giving your body awareness and posture.

Daily from 4pm – 5pm

Booking to be confirmed one day in advance
The Forest Yoga Deck

Complimentary

1 hour private sessions for \$45 (up to 2 people,
\$20pp thereafter)

All equipment, snacks and refreshments provided.

One&Only

GORILLA'S NEST, RWANDA

TAILORED TRAINING AND STRETCH CLASSES

Work up a sweat in our indoor gym or be inspired by the rolling hills and trails of the surrounding tea plantation. Allow our motivational personal trainers to create programmes tailored specifically to you and your needs. Exercises will vary between strength, cardio, flexibility and endurance. Your trainer will demonstrate techniques and encourage you to reach your peak before finishing with an invigorating stretch.

Available daily by request (1 hour)

Club One

\$45 per session

Maximum 2 persons

WORKOUT IN NATURE

Moderate to Challenging

Feel fresh, working out in nature's playground, immersed in the eucalyptus forest. With years of expertise, our personal trainer and occupational therapist will tailor an outdoor workout to help you meet your fitness goals.

Available upon request (1 hour)

Club One

\$45 per person

Maximum 2 persons

One&Only

GORILLA'S NEST, RWANDA





HOLISTIC THERAPIES

RE - BALANCING REIKI

Reading your emotional and physical energy, our resident Reiki Master will create a customised session to activate the natural and energetic healing processes within your body. Alongside a multitude of health benefits, you will be left with a sense of calm and clarity.

Available by appointment (30 minutes / 60 minutes)

The Spa

\$60 / \$95 per person

HEALING WITH CRYSTALS

Crystals are gifts from mother earth, here to remind us of the sacred nature and essence of our own presence and the ability to draw healing from our earth's natural resources. Take part in a sensory experience like no other, that leaves you with a gentle yet wholehearted feeling of lightness and balance. Using a combination of crystals and essential oils chosen and blended personally for you, your physical, mental and energetic bodies are targeted, restoring a sense of calm.

Available by appointment (30 minutes / 60 minutes)

The Spa

\$60 / \$95 per person

CHAKRA ALIGNMENT & BALANCING

Take time for yourself to repair a sense of alignment and calm in this deeply effective treatment that brings the body's main energy centres, known as the chakras, into balance. Using a combination of Reiki essential oils, smudging incense and healing crystals, low energy is removed and replaced with positive energy. By balancing the chakras, you are likely to feel an increase in energy levels, a release of negative emotions, better concentration, stress relief, removal of toxins and better sleeping patterns.

Available by appointment (30 minutes / 60 minutes)

The Spa

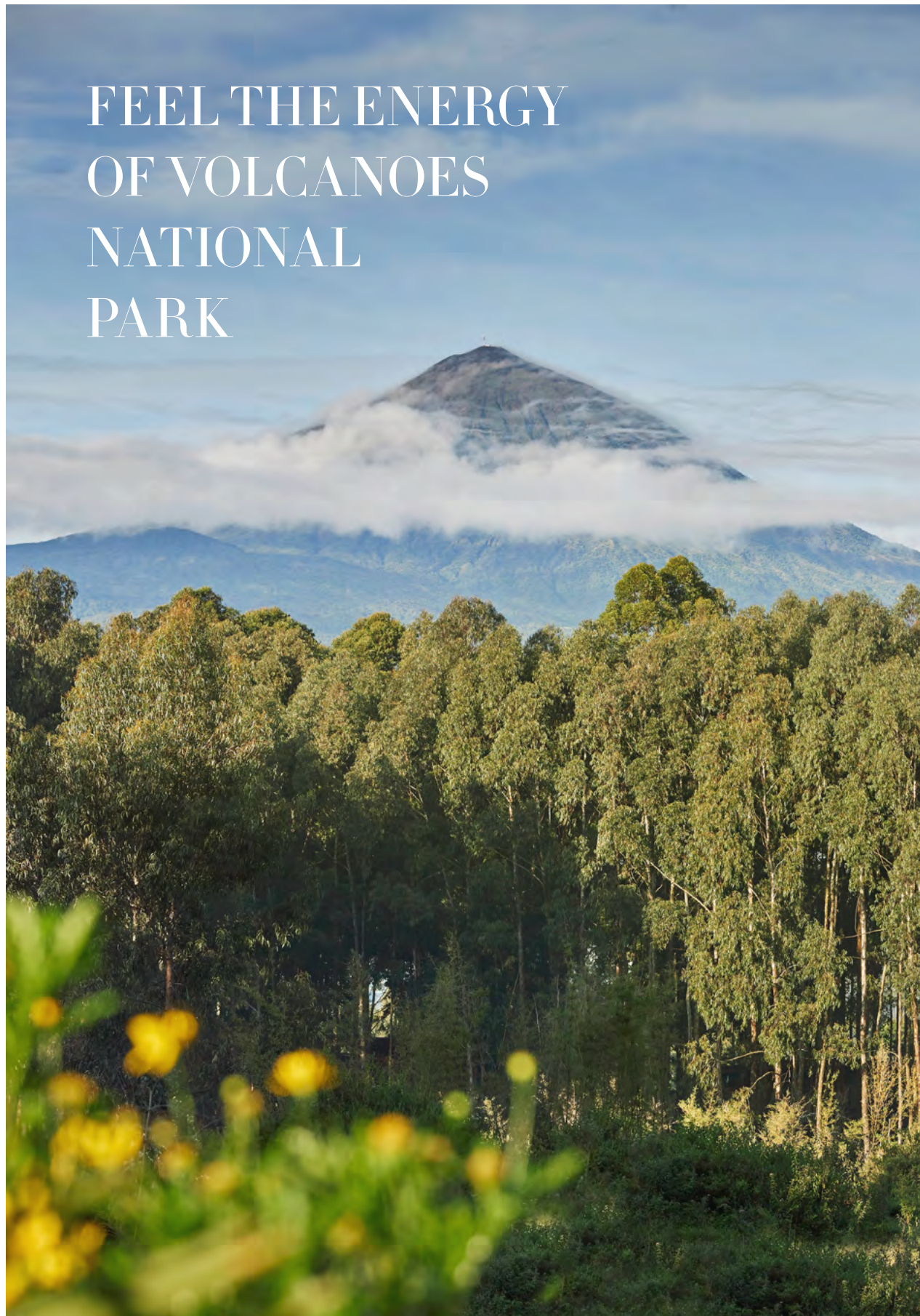
\$60 / \$95 per person

Maximum 8 persons

One&Only



FEEL THE ENERGY OF VOLCANOES NATIONAL PARK



FOLLOW THE JOURNEY OF YOUR ANCESTORS

Signature Experience - Moderate to Challenging

The Mountain Gorillas of Volcanoes National Park move freely but our experienced gorilla trekkers know their movements and behaviors like an extended family. With 12 habituated gorilla families in the Volcanoes National Park, this is a humbling, life changing experience. Once you've found your allocated family, spend an hour observing their behaviours and interactions, as if they were your extended family.

Begin with a briefing at Volcanoes National Park at 7am, before embarking on a bamboo terrain of the mountain (3-7 hours)

\$1500 (permit booked prior to arrival through Rwanda Development Board)

A One&Only Driver is available for \$350

TRAVERSE AN ANCIENT VOLCANO

Signature Experience - Challenging

Rwanda is punctuated with dramatic volcanic mountains. Venture up Mt. Bisoke, which at 3711m, creates a challenging hike which is satisfied by magical views overlooking the beautiful crater lake. Passing through various vegetation zones, this is a magical haven filled with unique sights that are bound to stay with you for life.

Drive to the starting point (7-8 hours)

\$75 (permit booked prior to arrival through Rwanda Development Board)

A One&Only Driver is available for \$350

One&Only

HIKE TO HONOUR DIAN FOSSEY

Signature Experience - Moderate to Challenging

Feel humbled by a trek to Dian Fossey's grave, paying your respects to a renowned primatologist who saved a species and changed the national conservation narrative. Hike through the steep jungle slopes, alive with sunbirds, before entering the mysteriously peaceful swamp meadows surrounding Karisoke. Discover her grave nestled between the beautiful volcanic peaks of Bisoke and Karisimbi. Combine this with a visit to Karisoke research centre located in Musanze city.

Drive to the starting point (5-7 hours)
\$75 (permit booked prior to arrival through Rwanda Development Board or Experience Manager)
A One&Only Driver is available for \$350

UNCOVER ANCIENT CAVES

Moderate

Feel the weight of 65 million years as you step back in time in the Musanze caves. Stretching 2km, these historic caves were once used to store food supplies for the kings of Rwanda. Led by an Experience Host, each cave reveals dramatic rock formations pierced with cascading light shafts, spilling greenery and a local colony of bats.

Drive to the starting point (2.5 hours)
\$50 (permit booked prior to arrival through Rwanda Development Board or Experience Manager)
A One&Only Driver is available for \$350

FOLLOW IN THE FOOTSTEPS OF GOLDEN MONKEYS

Moderate

Be part of the social encounters between endangered golden monkeys, following them as they go about their daily lives amongst the treetops. Following the trail of bamboo, learn how to trace this rare species with local experts. Fall in love, observing them in their home.

Begin with a briefing at Volcanoes National Park at 6:45am, before embarking on your hike (3-4 hours)
\$100 (permit booked prior to arrival through Rwanda Development Board)
A One&Only Driver is available for \$350

Suitable outerwear provided.
Additional tailored picnic available at \$300.



One&Only

GORILLA'S NEST, RWANDA

One&Only

GORILLA'S NEST, RWANDA

EXPERIENCE THE HEART & SOUL OF RWANDA

DISCOVER STORIED BANANA PLANTATIONS

Challenging

With our hosting family, be led through their picturesque banana plantation, learning the art of cultivation. Feel part of the banana lifecycle, preparing the soil and planting your own trees as well as learning the process of making the local speciality: banana beer. Feel part of this national craft, tasting the final product as well as contributing to the ongoing financial support of several families from the local community.

Available upon request, one day in advance (2.5 hours)
\$350 (Including a One&Only driver, snacks and refreshments)

Suitable outerwear provided

MEET THE WOMEN BEHIND BEAUTIFUL LOCAL CRAFTS

Handspun Hope is a working farm that produces beautiful, handmade woollen garments and felted sculptures. The project was set up to assist vulnerable women from within the community, including genocide widows and victims of abuse. Witness this remarkable project first hand and the craft that goes into each item. Have the opportunity to take the memory away with you by purchasing an item from these amazingly skilled women.

Available upon request, one day in advance (2.5 hours)
\$350 (Including a One&Only driver, snacks and refreshments)

IMMERSE YOURSELF IN IBY'IWACU CULTURAL VILLAGE

Be taken away by the spirited sound of drumming and joyful dancing in this traditional Rwandan village, located outside Volcanoes National Park. Learn about the transformative vision of founder Edwin Sabuhoro, who realised that the best way to stop wildlife poaching and hunting is to help people find alternative livelihoods to support their families. Try your hand at a range of local activities, including archery. The tour is brought to life throughout with poetry & songs performed to traditional instruments, culminating in a dance and drum performance.

Available upon request, one day in advance
(2.5 hours)
\$350 (Including a One&Only driver, snacks and refreshments)

One&Only



EVERYTHING YOU NEED TO KNOW

BOOKING & PREPARING

HOW TO BOOK

Our Experience Hosts possess a deep knowledge of the property, the National Park and our beautiful surroundings, and they can design a tailored programme of activities suited to your personal interests and desires, including suggestions for the most scenic picnic locations and points of interest.

Activity bookings must be made directly through Guest Services/Front Office before 18h00 daily for next day's activity. For National Park activities, they need to be booked at Rwanda Development Board (RDB) offices before 17h00 daily (<https://rdb.irembo.gov.rw>). Please dial 6000 at any time during your stay to arrange for one of our Experience Guides to meet with you and create your bespoke experiences itinerary.

MEETING POINT

You will be advised of the meeting point for each activity at the time of booking. All scheduled tours will depart promptly at the scheduled start time.

CLOTHING & WHAT TO BRING

For all outdoor activities, we recommend suitable outdoor clothing, appropriate to the season and weather, particularly covered or closed shoes for mountain bike riding & hiking. A hat, sun protection, and a waterproof jacket are strongly recommended, and it is important that adequate water is carried for hydration.

The weather in the rainforest and mountains can change quickly, ranging from warm, sunny days, to rainy spells and very cool conditions during winter evenings. We recommend that you pack a range of clothing suitable for all conditions, particularly warm gloves, scarves, and head wear during winter, as well as waterproof outer-wear.

Gaiters, raincoat, backpack and bag covers will be offered to all guests going on excursions or activities into Volcanoes National Park.

TERMS & CONDITIONS

Cancellation policies apply for Signature & Private Touring Experiences, with cancellations required at least 8 hours prior to the start of the activity. Full fee will be charged for cancellations made outside this period.

Please bear in mind that some activities may be affected by inclement weather. We will, however, do everything possible to accommodate your activity request. Activities may be cancelled or postponed by resort management or National Parks in adverse or dangerous weather conditions, in which case cancellation penalties will not apply.

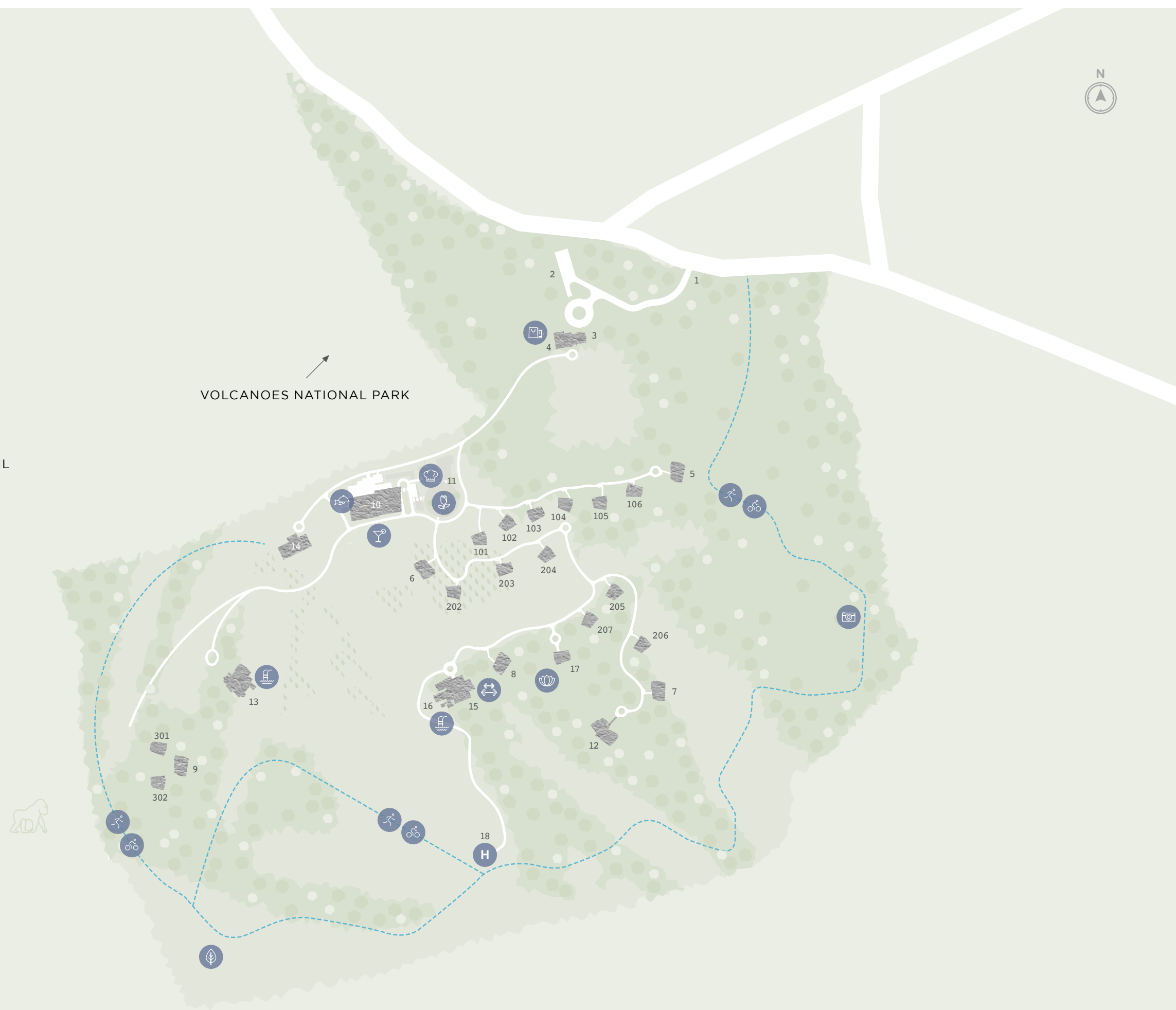
A disclaimer will need to be signed at the beginning of all on-site activities.

One&Only

ONE&ONLY GORILLA'S NEST

- 1 ENTRANCE
- 2 CAR PARK
- 3 MAIN LODGE
- 4 BOUTIQUE
- 5 VIRUNGA SUITE 1
- 6 VIRUNGA SUITE 2
- 7 VIRUNGA SUITE 3
- 8 VIRUNGA SUITE 4
- 9 VIRUNGA SUITE 5
- 10 NEST RESTAURANT & BAR
- 11 CHEF'S GARDEN / ROSE GARDEN
- 12 INGAGI SUITE
- 13 SILVERBACK SUITE
- 14 JACK HANNA COTTAGE
- 15 CLUB ONE
- 16 POOL
- 17 ONE&ONLY SPA
- 18 HELIPAD

----- WALKING, JOGGING AND CYCLING TRAIL





ONE&ONLY GORILLA'S NEST
NYONIRIMA, KINIGI, RUHENGARI, RWANDA
+250 221 011 111 INFO@ONEANDONLYGORILLASNEST.COM
ONEANDONLYGORILLASNEST.COM