To reduce negative impacts on mountain gorillas, tourism and the behavior of tourists are managed through various strategies and measures, common practices implemented to minimize the negative impacts includes:

Permit System and Visitor Limits: Gorilla trekking is regulated through a permit system that limits the number of visitors per gorilla group per day. This helps control the overall tourism impact on the gorillas and their habitat.

Trained Guides and Rangers: Trained guides and park rangers accompany visitors during gorilla treks. They provide instructions, enforce guidelines, and ensure that visitors maintain a safe distance from the gorillas and follow responsible behavior.

Habituation Process: Gorilla groups undergo a habituation process to gradually acclimate them to human presence. This process helps reduce stress and anxiety among the gorillas during tourist encounters.

Time Limits and Group Size: The duration of gorilla encounters is typically limited to a specific time, often around one hour, to minimize the disturbance to the gorillas. Additionally, tour groups are generally small to minimize overcrowding and maintain a more intimate and controlled experience.

Viewing Distances: Guidelines specify a minimum distance that visitors must maintain from the gorillas (usually around 7 meters or 23 feet). This reduces the risk of disease transmission and ensures the gorillas' well-being.

Code of Conduct: Visitors are provided with a code of conduct that outlines the expected behavior during gorilla encounters. This includes maintaining quietness, avoiding sudden movements, and refraining from touching or feeding the gorillas.

Monitoring and Research: Continuous monitoring and research are conducted to assess the impact of tourism on gorillas and their habitats. This helps inform management decisions and ensure that best practices are followed.

Community Involvement: Local communities are actively engaged in gorilla conservation and tourism management. They are educated about the importance of responsible tourism and participate in decision-making processes, ensuring that their perspectives are considered.

Environmental Awareness and Waste Management: Visitors are educated about the fragility of the gorilla habitat and the importance of minimizing their environmental footprint. Waste management protocols are in place to ensure that visitors leave no trace and properly dispose of their waste.

Continuous Improvement: Tourism management strategies are regularly reviewed and improved based on scientific research, visitor feedback, and changes in the local context. This allows for adaptive management and ensures that conservation efforts are effective.