It is crucial to follow specific guidelines to ensure the safety and well-being of both the gorillas and visitors. Here are the general guidelines for mountain gorilla viewing:

Keep a Safe Distance: Maintain a minimum distance of 7 meters (about 23 feet) from the gorillas. This distance helps minimize the risk of disease transmission and reduces stress for the gorillas. Follow the instructions of your guides regarding appropriate distance and positioning.

Observe Quietly: Keep noise levels low during the gorilla encounter. Avoid making sudden movements, running, or using flash photography, as these actions can startle or agitate the gorillas. Stay calm and enjoy observing them in their natural habitat.

Follow Guide's Instructions: Listen carefully to the instructions provided by your guide. They are experienced and knowledgeable about gorilla behavior and will guide you on how to conduct yourself during the viewing. Respect their guidance and ask questions if you need clarification.

Do Not Touch the Gorillas: It is essential to maintain a respectful distance and avoid any physical contact with the gorillas. Touching the gorillas is strictly prohibited to prevent potential harm to both gorillas and humans.

Stay in Your Group: Gorilla trekking is typically done in small groups. Stay with your assigned group and follow their movements during the encounter. Avoid crowding the gorillas and maintain a considerate distance from other visitors.

Limit Viewing Time: Gorilla encounters are usually limited to a maximum of one hour. This time restriction helps reduce stress and disturbance to the gorillas. Follow the instructions from your guide regarding the duration of your visit and adhere to the time limits.

Do Not Feed the Gorillas: Feeding gorillas is strictly prohibited. Human food can be harmful to their health and disrupt their natural feeding behavior. Do not offer any food or drink to the gorillas and ensure that all food waste is properly disposed of.

Stay Healthy: If you are feeling unwell or have any contagious illness, such as a cold or flu, it is advisable to postpone your gorilla viewing experience. Gorillas can be susceptible to human diseases, and even minor illnesses can have severe consequences for their health.

Respect the Gorillas' Habitat: Stay on designated paths and avoid trampling vegetation or disturbing the gorillas' environment. Leave no trace and follow the principles of responsible ecotourism.

Follow Local Regulations: Familiarize yourself with and abide by the regulations set by the park authorities or conservation organizations. These regulations may vary depending on the specific gorilla habitat and location.

Responsible gorilla viewing is crucial for the conservation of these endangered animals. By following these guidelines, you can have a remarkable and ethical experience while ensuring the protection and well-being of the mountain gorillas.