

# RELAX.... with Sunrise Apartments International



Sunrise Apartments are next door to the President's Lodge on a hill in Fort Portal, with breathtaking views across the banana plantations and red-roofed houses to the majestic Rwenzori mountains.

The apartments are modern, tiled throughout and self-contained. Each apartment has a complete glass wall giving you a wonderful panoramic view. Bring your binoculars!

Everything we can do for you will be done by our pleasant and attentive staff. Meals are available from the ground floor restaurant, where a good meal can be had for £2-3.



# HELP OTHERS...

As well as enjoying a wonderful break, there's also the chance to help with community work in schools, clinics and hospitals, churches and village projects. Your skills could make a huge contribution to hundreds of lives!



- Teach sewing/dressmaking skills
- Administration & bookkeeping
- Drama & bible teaching in the churches
- Medical teaching & training
- Building, plumbing & electrical work
- Teaching schoolchildren/teachers



**PRESENTED BY:**

# Explore...



# ...and relax

with

# Sunrise Safaris

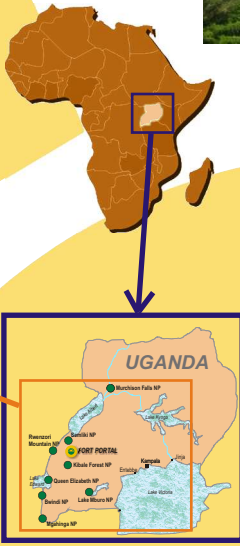




# EXPLORE...

## with **Sunrise Safaris**

Western Uganda has some of the finest game reserves in Africa. Go chimp-trekking in the Kibale Forest reserve, have your breath taken away by the beauty of the nearby Crater Lakes, track down mountain gorillas in the forests of Bwindi National Park or watch the teeming bird and animal life in Queen Elizabeth National Park.



You can plan your own tours and expeditions and prices range per person from those listed below:

**BIG GAME, BIRDS, REPTILES ETC.**  
**Queen Elizabeth Game Park and Crater Lakes**, full board: **Three days - £150**. Plus Ishasha camp for tree-climbing lions: **Four days - £190; Six days - £260**.

**Murchison Falls National Park**, Lake Albert and countryside drive, game etc - Including launch trip: **Three days - £225**

**NATIONAL PARKS, CHIMPS, MONKEYS, BIRDS, BUTTERFLIES**

**Semliki Park** - cook your lunch in hot springs! **One day - £40**

**Kibale National Park**, chimps, birds, butterflies, rare trees, wet lands etc: **One day - £75**

**KING OYO'S PALACE**

Guided tour, history and traditions: **Half day - £5**

And then there're Crater Lakes with fantastic scenery; Rwenzori trekking or mountaineering; caving; meet the people, buy their crafts in the villages; countryside tours and much to explore.

Visits can be adjusted to suit you, prices can be negotiated accordingly. These are approximate according to changes in exchange rates.

Accommodation at Sunrise Apartments starts at around £15 p.p.n. for bed & breakfast depending on number sharing. Full-service restaurant on site at low prices. Back-packers lodging available nearby.

Book Sunrise accommodation and tours with:

**UK - Mike Coles Travel Ltd:**  
+44(0)1392 219499 /422090  
[www.mike-coles-travel.co.uk](http://www.mike-coles-travel.co.uk)  
[sales@mikecolestravel.co.uk](mailto:sales@mikecolestravel.co.uk)

**Uganda - Dilly (Sunrise Apartments Manager) +256 (0) 782 322 982**

