

Safe Travel	638
Directory A-Z	640
Transport	650
Health	657
Language	663
Index	676
Map Legend	686



THIS EDITION WRITTEN AND RESEARCHED BY

Mary Fitzpatrick
Anthony Ham,
Trent Holden, Dean Starnes

**PLAN
YOUR TRIP**

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

Welcome to East

Africa 2
 11 Top Experiences..... **6**
 Need to Know **12**
 If You Like 14
 Month by Month 17
 Itineraries..... **19**
 Safaris 24
 Gorilla Tracking 32
 Travel with Children 36
 Countries at a Glance **38**

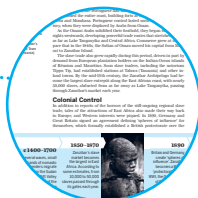


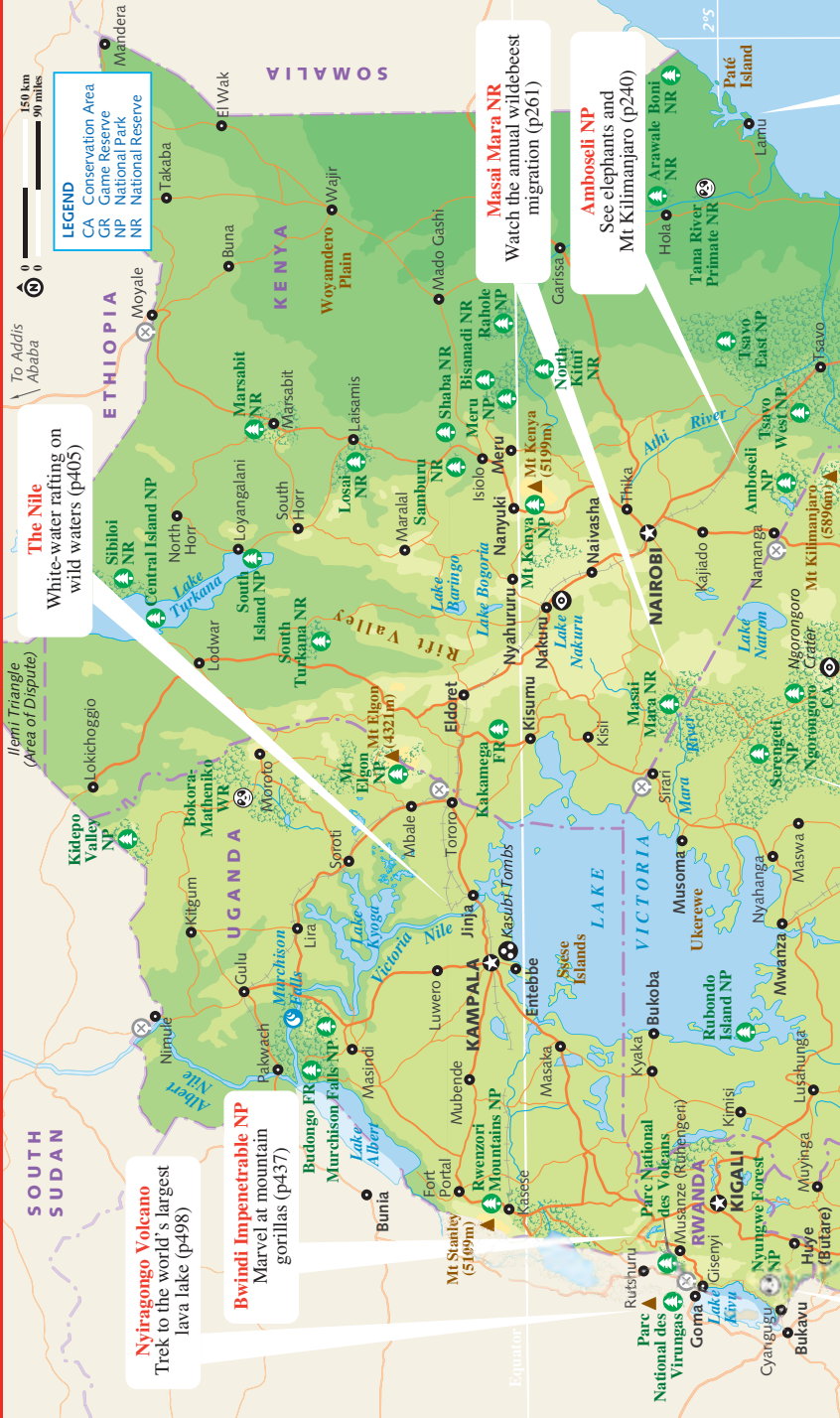
**UNDERSTAND
EAST AFRICA**

GET MORE FROM YOUR TRIP

Learn about the big picture, so you can make sense of what you see

East Africa Today 570
 History **572**
 Life in East Africa 578
 Tribal Cultures 583
 Environment 591
 Wildlife & Habitat **597**
 National Parks &
 Reserves..... 621
 Primates..... 627
 The Arts..... 631
 A Taste of East Africa..... 634





The Nile
White-water rafting on wild waters (p405)

Nyiragongo Volcano
Trek to the world's largest lava lake (p498)

Bwindi Impenetrable NP
Marvel at mountain gorillas (p437)

Masai Mara NR
Watch the annual wildebeest migration (p261)

Amboseli NP
See elephants and Mt Kilimanjaro (p240)

Ilemi Triangle
(Area of Dispute)

SOUTH SUDAN

UGANDA

ETHIOPIA

KENYA

SOMALIA

RWANDA

TANZANIA

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

Equator

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

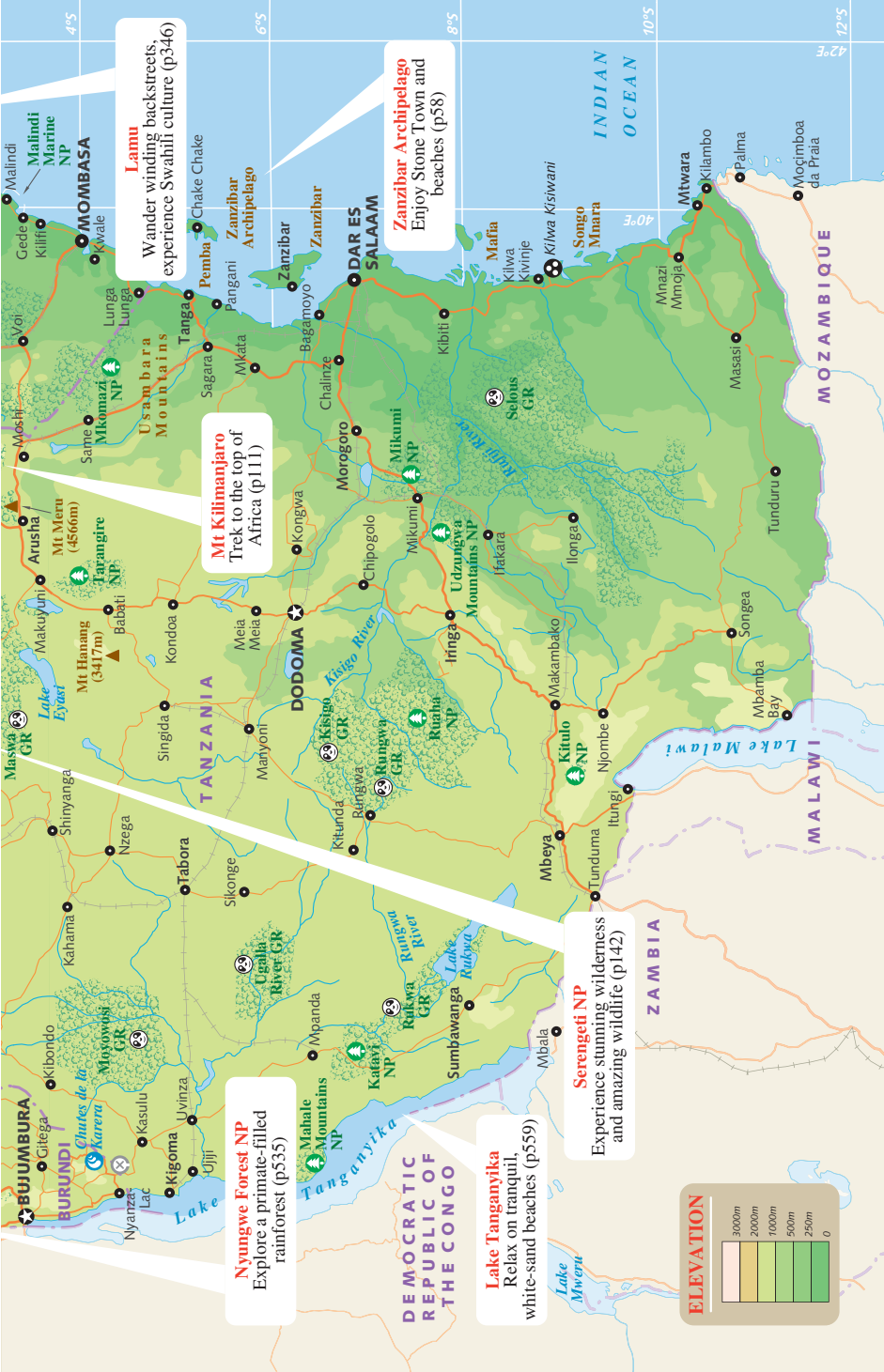
To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa

To Addis Ababa



Lamu
Wander winding backstreets, experience Swahili culture (p346)

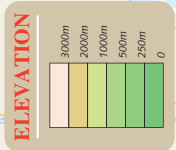
Mt Kilimanjaro
Trek to the top of Africa (p11)

Zanzibar Archipelago
Enjoy Stone Town and beaches (p58)

Nyungwe Forest NP
Explore a primate-filled rainforest (p535)

Lake Tanganyika
Relax on tranquil, white-sand beaches (p559)

Serengeti NP
Experience stunning wilderness and amazing wildlife (p142)



➤ **Every listing is recommended by our authors, and their favourite places are listed first.**

➤ **Look out for these icons:**



Our author's top recommendation



A green or sustainable option



No payment required

TANZANIA	42	Karatu	136	Kilwa Masoko	192
DAR ES SALAAM	46	Ngorongoro Conservation Area	137	Mtwara	194
AROUND DAR ES SALAAM	56	Serengeti National Park	142	Mikindani	196
Pugu Hills	56	CENTRAL TANZANIA	146	UNDERSTAND TANZANIA	197
Northern Beaches	57	Dodoma	146	SURVIVAL GUIDE	201
ZANZIBAR ARCHIPELAGO	58	Kondoa Rock-Art Sites	149	KENYA	215
Zanzibar	58	LAKE VICTORIA	151	NAIROBI	217
AROUND ZANZIBAR	75	Musoma	151	SOUTHERN KENYA	240
Beaches	75	Mwanza	152	Amboseli National Park	240
PEMBA	85	Rubondo Island National Park	157	Tsavo West National Park	243
Chake Chake	87	Bukoba	158	Tsavo East National Park	247
Northern Pemba	90	WESTERN TANZANIA	160	Voi	249
NORTHEASTERN TANZANIA	91	Tabora	161	THE RIFT VALLEY	249
Bagamoyo	92	Kigoma	162	Lake Naivasha	250
Saadani National Park	94	Gombe National Park	165	Hell's Gate National Park	253
Pangani	95	Mahale Mountains National Park	165	Nakuru	255
Tanga	96	Mpanda	167	Lake Nakuru National Park	256
USAMBARA MOUNTAINS	98	Katavi National Park	167	Lake Bogoria National Reserve	257
Amani Nature Reserve	99	Sumbawanga	168	Lake Baringo	259
Lushoto	100	SOUTHERN HIGHLANDS	169	WESTERN KENYA	260
NORTHERN TANZANIA	103	Morogoro	169	Masai Mara National Reserve	261
Moshi	103	Mikumi National Park	171	Lake Victoria	266
Marangu	110	Iringa	173	Kericho	272
Mt Kilimanjaro National Park	111	Ruaha National Park	176	Kakamega Forest	274
Arusha	114	Mbeya	179	Eldoret	276
Arusha National Park	127	Lake Nyasa	182	Kitale	279
Tarangire National Park	131	Songea	184	Mt Elgon National Park	281
Lake Manyara National Park	133	SOUTHEASTERN TANZANIA	185		
Lake Natron	135	Mafia	186		
		Selous Game Reserve	188		

On the Road

CENTRAL HIGHLANDS	283	Jinja	403	UNDERSTAND THE DRC.....	500
Nyeri & Around.....	283	Mt Elgon National Park..	412	SURVIVAL GUIDE.....	501
Aberdare National Park	287	Sipi Falls.....	414	RWANDA	503
Nyahururu (Thomson's Falls).....	289	SOUTHWESTERN UGANDA.....	416	KIGALI	505
Mt Kenya National Park	291	Fort Portal	417	NORTHWESTERN RWANDA	515
Naro Moru.....	297	Rwenzori Mountains National Park	428	Musanze (Ruhengeri) ...	515
Nanyuki	297	Queen Elizabeth National Park	432	Parc National des Volcans.....	519
Meru.....	301	Bwindi Impenetrable National Park	437	Gisenyi.....	525
Meru National Park	302	Kabale	443	SOUTHWESTERN RWANDA	530
NORTHERN KENYA	305	Lake Bunyonyi	445	Huye (Butare).....	530
Isiolo to Ethiopia	305	Kisoro	448	Nyungwe Forest National Park	535
Maralal to Turkana's Eastern Shore.....	313	Mgahinga Gorilla National Park	450	Cyangugu	540
Marich to Turkana's Western Shore	317	Ssesse Islands	455	Kibuye	540
THE COAST	320	NORTHWESTERN UGANDA.....	457	EASTERN RWANDA	542
Mombasa.....	320	Ziwa Rhino Sanctuary... ..	457	Parc National de l'Akagera	542
Tiwi Beach.....	331	Masindi.....	458	UNDERSTAND RWANDA.....	545
Diani Beach.....	332	Murchison Falls National Park	460	SURVIVAL GUIDE	550
Shimoni & Wasini Island3.....	336	NORTHEASTERN UGANDA.....	467	BURUNDI.....	557
Malindi.....	342	Kidepo Valley National Park	469	BUJUMBURA.....	558
Lamu	346	UNDERSTAND UGANDA	471	AROUND BUJUMBURA... ..	564
UNDERSTAND KENYA... ..	355	SURVIVAL GUIDE	484	UNDERSTAND BURUNDI	564
SURVIVAL GUIDE	362	DETOUR: DEMOCRATIC REPUBLIC OF THE CONGO.....	493	SURVIVAL GUIDE	566
UGANDA.....	377	Goma	494		
KAMPALA.....	379	Parc National Des Virungas.....	497		
AROUND KAMPALA	398				
Entebbe	398				
Ngamba Island Chimpanzee Sanctuary..	401				
EASTERN UGANDA	403				

Contributing Author

[David Lukas](#) wrote the Wildlife & Habitat chapter. David is a freelance naturalist who lives next to Yosemite National Park in California. He writes extensively about the world's wildlife, and has contributed wildlife chapters for eight African Lonely Planet guides ranging from *Ethiopia* to *South Africa*.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Mary Fitzpatrick

Coordinating Author, Tanzania Mary's love affair with East Africa began almost two decades ago, when she travelled from Mozambique to Tanzania to climb Mt Kilimanjaro. Since then she has returned countless times, including to study Swahili. A travel writer for more than 15 years, Mary has authored and coauthored numerous Lonely Planet titles, including *Tanzania*. She is currently based in Tanzania. Mary also wrote the Welcome to East Africa, 11 Top Experiences, Need to Know, Safaris, Countries at a Glance, East Africa Today, History, Life in East Africa, Tribal Cultures, The Arts and A Taste of East Africa chapters.

Read more about Mary at:
lonelyplanet.com/members/maryf



Anthony Ham

Kenya Anthony has spent the last decade in North and West Africa, exploring the Sahara with Tuareg nomads and tracking down endangered elephant herds from the Malian Sahel to remote corners of southern Chad. In addition to coordinating Lonely Planet's *West Africa*, *Africa* and *Libya* guides, Anthony writes and photographs for numerous publications. Anthony also wrote the If You Like, Month by Month, Itineraries, Gorilla Tracking, Travel with Children, Environment, National Parks & Reserves, Primates and Safe Travel chapters.

Read more about Anthony at:
lonelyplanet.com/members/anthonyham



Trent Holden

Uganda On his first sojourn into Africa as a Lonely Planet author, Trent was thrilled to be assigned to Uganda – one of his favourite destinations in the world. It's a place he loves not only for its incredible diversity but for some of the lushest landscapes he's seen in his travels. Trent is a freelance writer and editor from Melbourne and this is his sixth book for Lonely Planet, having coauthored other titles including *India* and *Nepal*.



Dean Starnes

Rwanda, Burundi, Detour: Democratic Republic of the Congo Dean first backpacked through East Africa in 2004 – racing camels in Maralal, rafting the Nile in Jinja and falling off the map in Rwanda. Since then he has returned to Africa multiple times, coauthoring the *Ethiopia* (4th edition) and *Kenya* (8th edition) guides. Dean relished the chance to finally climb DRC's Nyiragongo Volcano for this book. When he's not writing for Lonely Planet, Dean lives in New Zealand with his wife.

OVER MORE
PAGE WRITERS

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

9th edition – July 2012

ISBN 978 1 74179 672-8

© Lonely Planet 2012 Photographs © as indicated 2012

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travellers.



Two Weeks

Classic East Africa

This itinerary samples the best that East Africa has to offer, combining some of Africa's best wildlife watching with beaches and the Swahili coast. To manage this itinerary in two weeks, you'll need to travel some parts of the journey by air.

After arriving at Tanzania's Kilimanjaro International Airport and **Arusha**, head to **Serengeti National Park** and **Ngorongoro Crater**. Then, catch a flight to the **Zanzibar Archipelago** for diving, snorkelling and relaxing. While you're there, take in the charm and historical attractions of Zanzibar's old **Stone Town**.

Fly from Zanzibar to **Nairobi**, but don't linger in the Kenyan capital any longer than you have to; instead head straight out on safari again. If you've already visited the Serengeti, you could probably skip the Masai Mara National Reserve and make a beeline for **Amboseli National Park** for peerless Mt Kilimanjaro views and some of Africa's best elephant-viewing, before travelling northeast (via Nairobi) to see the rhinos and flamingos of **Lake Nakuru National Park**.



Three Weeks Kenya Circuit

Three weeks in Kenya will take you through the full range of East African landscapes, with sightings of most of the region's charismatic mega-fauna possible en route; gorillas and chimps are the main missing links in Kenya's portfolio.

Fly into **Nairobi** and then head west to the **Masai Mara National Reserve**, the scene for one of the most spectacular wildlife shows on earth. From here, head southeast across Maasai land to **Amboseli National Park** for wildlife drives in the shadow of Mt Kilimanjaro; elephants, lions and most of the plains' species are present in this beautiful, compact park. From Amboseli, it's a straightforward drive to **Tsavo West National Park** and **Tsavo East National Park**, Kenya's largest wildlife parks and a real taste of the African wilderness. Tsavo East has all three big cats and Kenya's largest elephant population, while Tsavo West boasts all of the Big Five – see them all in one day and you've hit the safari jackpot. From here, you could head down the highway to the ancient Swahili port of **Mombasa**, one of the truly great port cities on earth; this is a good option if you're en route to Tanzania or on a journey up the coast.

But we recommend returning north to explore the heart of Africa's Great Rift Valley. Climbing **Mt Longonot** takes you to the rim of a lost world and affords fine Rift Valley views, while **Hell's Gate National Park** promises weird rock formations and the rare chance to walk among the wildlife. Rhinos cavort with flamingos and massed pelicans in **Lake Nakuru National Park**, while birders will never want to leave **Lake Baringo** and the **Lake Bogoria National Reserve**; the latter hosts more flamingos. If you're heading to Uganda, make **Kakamega Forest**, a Kenyan outpost of the great rainforests of Central Africa, your next stop. Otherwise, press on into the deserts of the north, focusing your explorations on **Lake Turkana**.

Returning south, the **Samburu National Reserve** has a certain gravitas, and don't miss the conservation success story that is the **Laikipia Plateau**. One of Kenya's most underrated parks is **Meru National Park**, while some seriously large beasts lurk in the undergrowth of the **Aberdare National Park**. You're almost done, but climbing **Mt Kenya** is a worthy end to your explorations of the country.



Four Weeks Tanzanian Trails

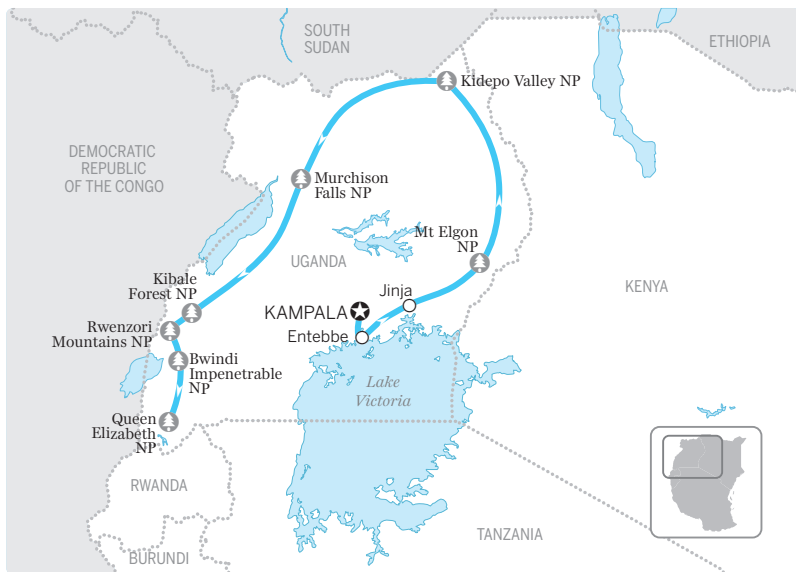
Tanzania is the soul of East Africa and this route through the country ranges across the country's enduring highlights. As with the Kenya itinerary, we've saved the coast for its own itinerary.

Starting from **Dar es Salaam**, one of Africa's more agreeable larger cities, head up the coast to **Saadani National Park**, a manageable prelude to the grander national parks of the Tanzanian interior. Further north, **Pangani** is an old Swahili trading post surrounded by lovely beaches. **Tanga** has a sleepy colonial air; if you're coming from Mombasa in Kenya, this may be your first staging post in the country. Best of all, the nearby **Usambara Mountains** promise green hiking trails through pretty villages.

As you shadow the Kenyan border travelling northwest, you can start to tick off some of Tanzania's (and East Africa's) signature sights. **Moshi** (another possible first stop if you're coming from Kenya) is the perfect place to plot your attempt on the summit of Africa's highest peak, the iconic **Mt Kilimanjaro**. Not far away, **Arusha** (connected by bus to Nairobi) is your gateway to a triumvirate of the country's most beautiful and significant protected areas: **Serengeti National Park** (for vast quantities of wildlife), **Ngorongoro Conservation Area** (for stunning Rift Valley landscapes and lions) and **Lake Manyara National Park** (for tree-climbing lions, if you're lucky).

If you can tear yourself away, **Mwanza** and **Lake Victoria** offer a welcome change of pace; birders won't want to miss **Rubondo Island National Park**. Once in this part of Tanzania, it's straightforward to continue on into Uganda, but if you're sticking with Tanzania a while longer, **Gombe National Park** is all about chimpanzees. From **Kigoma**, board the MV *Liemba* and cruise down Lake Tanganyika to **Mahale Mountains National Park**, where chimpanzees are also the major draw; these two parks receive a fraction of the visitors compared to those of the northern safari circuit. The same can be said for **Katavi National Park**.

As you return east, consider breaking up the journey in **Mbeya**, the **Kitulo Plateau** or **Udzungwa Mountains National Park**. But whatever you do, finish your journey in the **Selous Game Reserve** for the rare opportunity to explore the Tanzanian wilderness on foot or by boat.



Three Weeks Ugandan Odyssey

Uganda is East Africa's unsung star, a country that combines many of the attractions you'll find elsewhere in the region, but with gorillas thrown in and far fewer visitors to spoil the view.

First stop, **Kampala** which, unlike Nairobi, makes an appealing introduction to this corner of East Africa. It's a good place to get your bearings, visit a handful of stellar cultural sites and start planning your foray out into the Ugandan wilds. From here, it's a short hop to **Entebbe**, with its attractive Lake Victoria beaches, and **Jinja**, which makes a convincing claim for the title of Africa's adrenaline sports capital. Throw in the **source du Nil (source of the Nile)** and some curious architecture and **Jinja** is one of East Africa's more well-rounded towns. Away to the northeast, **Mt Elgon National Park** is a challenging but immensely rewarding centre for high-altitude trekking; once in the area, don't miss the vertiginous **Sipi Falls**. If you're linking up with a Kenyan itinerary, Busia is a convenient launch pad for Western Kenya. If not, check the security situation and, assuming you get the all clear, travel north to **Kidepo Valley National Park**, a remote and beguiling park that receives very few visitors. It's the only park in Uganda where all three big cats are present.

Depending on the prevailing security situation, you may need to return to Kampala. Otherwise, push on to the northwest to **Murchison Falls National Park**, arguably Uganda's finest park; watch out for chimps, lions, leopards and so much more. Tracking south, pause for a few days amid the **crater lakes** south of Fort Portal, and on no account miss the rainforests of **Kibale Forest National Park**, with 13 primate species and some of the best chimpanzee tracking in East Africa. In the same area, you're spoiled for choice when it comes to uplifting landscapes, some of whose names carry the unmistakable rhythms of African magic – the **Rwenzori Mountains National Park** is a mist-shrouded introduction to the rainforests of Central Africa, **Queen Elizabeth National Park** has extraordinarily rich bird life, tree-climbing lions and a slew of other mega-fauna, and **Bwindi Impenetrable National Park** is one of the best places in the world to see mountain gorillas. From this part of the country, it's an easy hop across the border into Rwanda.



Two Weeks The Swahili Coast

Warning: this itinerary could take far longer if you find your own slice of paradise and never want to leave.

From **Dar es Salaam**, travel south to the ruins at **Kilwa Kisiwani**, and further south still to pretty, palm-fringed **Lindi**, and tiny **Mikindani**, a charming Swahili village. Returning north, **Mafia Island** is like Zanzibar without the crowds. And yet, there's nowhere on earth quite like **Zanzibar**, the essence of East Africa's Indian Ocean coast. **Pemba**, its northern neighbour, is an adventurous detour. Your last Tanzanian port-of-call is **Pangani**, while just across the Kenyan border, **Kisite Marine National Park** is home to crocs along the banks of mangrove-lined rivers, dolphins crashing through the surf and humpback whales from August to October. Just before you arrive in the roiling Swahili port city of **Mombasa**, pause in **Tiwi Beach**, a tranquil white-sand paradise away from the resorts. Continuing north, stop in the charming town of **Kilifi** and at the **Gede Ruins**, an ancient Swahili city. But **Lamu**, a Swahili heritage gem, is the main event; a dhow (ancient Arabic sailing vessel) trip out into the wonderful **Lamu archipelago** is a must while here.

Two Weeks Gorillas Out West

Although this itinerary focuses on Rwanda, Burundi and the Democratic Republic of the Congo (DRC), it can link up seamlessly with the national parks of southwestern Uganda or the chimpanzee-rich protected areas of Tanzania's far west, allowing you to mix and match itineraries with ease.

Rwanda's capital **Kigali** has a lush, mountainous setting and lively nightlife, with the sobering counterpoint of a genocide memorial. Next, head southwest via **Huye (Butare)** to **Nyungwe Forest National Park**, with its chimpanzees and other primates, and then via **Cyangugu** to the scenic inland beaches on Lake Kivu around **Kibuye** and **Gisenyi**. From here, it's a short hop to **Musanze (Ruhengeri)** and the mountain gorillas of **Parc National des Volcans**. Returning to Gisenyi, cross the frontier into the DRC, where **Goma** serves as a gateway to the **Parc National des Virungas**, where you can track gorillas and chimpanzees, or stare down into the seething crater of the **Nyiragongo Volcano**. Returning to Rwanda, a detour into Burundi (security situation permitting) and its capital **Bujumbura** makes for an agreeable introduction to one of Africa's least-known countries.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'