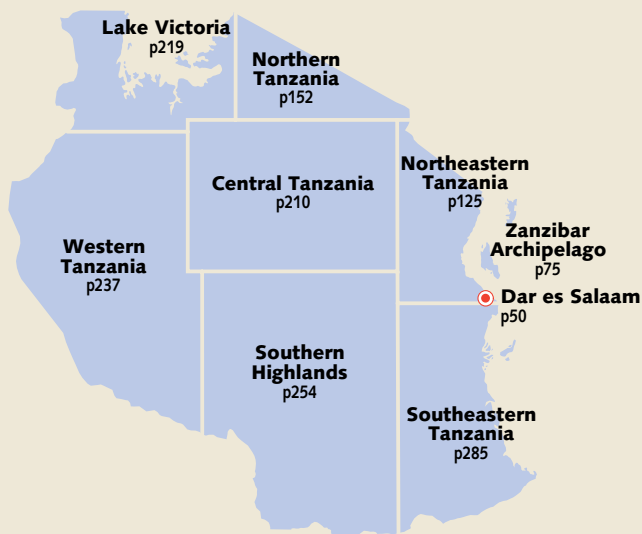


# Tanzania



THIS EDITION WRITTEN AND RESEARCHED BY

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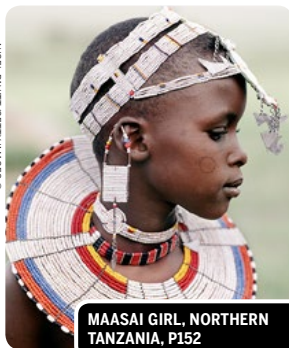
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# Itineraries



## Tanzania's Greatest Hits

This route combines wildlife watching or trekking with gorgeous beaches and the alluring 'Spice Islands'. It's a heavily travelled route, with plenty of accommodation and dining choices at all stops.

Fly into Kilimanjaro International Airport. Then, starting at **Arusha**, spend your first week exploring a few of the northern parks. Good wildlife-watching combinations include **Ngorongoro Crater** and **Serengeti National Park** or Ngorongoro plus **Lake Manyara National Park** and **Tarangire National Park**. Alternatively, head from the airport to **Moshi** and embark on a **Mt Kilimanjaro** trek. For either of these options (epic wildlife watching or serious mountain trekking), there are numerous opportunities for hiking and cultural interaction around Arusha and Moshi for any extra days you may have left over.

Give the second half of your adventure over to less energetic pursuits and fly from Moshi or Arusha to **Zanzibar** for a week divided between exploration of **Stone Town** and relaxation on the island's beaches – blissed-out **Matemwe** will meet all your idyllic white-sand needs. Fly out again from Zanzibar, or from nearby Dar es Salaam international airport.

6  
WEEKS

## The Southern Highlands & Western Tanzania

The Southern Highlands are one of Tanzania's most scenic regions, with particular appeal to adventure-loving travellers who have at least several weeks for exploring. For those with more time and taste for adventure, the region links nicely with remote western Tanzania.

From **Dar es Salaam**, head west to peppy **Morogoro** for cultural tours and hiking, or to **Mikumi National Park**, with its easily spotted wildlife. Next stop: **Udzungwa Mountains National Park**, for several days hiking up the steep, lushly vegetated slopes and exploring the surrounding Kilombero area. Alternatively, continue from Mikumi on to **Iringa**, which makes a relaxing base. From Iringa, a two- or three-night detour to **Ruaha National Park** is well worth the effort, then head on down the Tanzam highway to **Mbeya**. En route are several lovely spots to relax and explore.

While Mbeya town is not as pleasant as Iringa, there is plenty to do in the surrounding area, including hiking in the scenic hills around **Tukuyu** or canoeing, exploring and hiking around Lake Nyasa, using tiny **Matema**, with its picturesque beach, as a base.

Taking your time, it would be easy enough to spend the first three weeks of your itinerary up to this point. With the remaining time, you could return the way you came, with several days left over at the end for a short stay on **Zanzibar** or **Mafia** islands.

For those wanting more adventure, continue northwest from Mbeya via **Sumbawanga** to **Katavi National Park**. This park deserves at least two days, especially in the dry season when wildlife watching is at its best. Double back, and down the escarpment to Lake Tanganyika at **Kipili** for several days relaxing before taking the MV *Liemba* to **Mahale Mountains National Park** and the chimpanzees, or on to **Kigoma** and perhaps an overnight at nearby **Gombe Stream National Park**. From Kigoma, take the train, bus or fly back to Dar es Salaam. Alternatively, continue overland from Kigoma to **Mwanza** and Lake Victoria, from where you could proceed into the **Serengeti** and on to **Arusha**.



## Northeastern Tanzania

Northeastern Tanzania is easily accessible from both Kilimanjaro and Dar es Salaam airports. It has a good array of accommodation options and transport connections for travellers of all budgets, and a delightful mix of beach, culture, historical attractions and bush. It is also conveniently sandwiched between Tanzania's northern circuit wildlife parks and Mt Kilimanjaro to the north and west, and the Zanzibar Archipelago to the east, opening up many possibilities for combining this itinerary with our Tanzania's Greatest Hits itinerary.

From **Kilimanjaro airport**, head southeast to the **Usambara Mountains** around **Lushoto**. It's easy to spend up to a week here hiking, exploring and enjoying the spectacular hill panoramas. Botanists and birders can venture further to **Amani Nature Reserve** in the Eastern Usambaras, with its cool forest walks, night-time symphony of insects, and traditional medicinal display. With extra time and a tolerance for off-the-beaten-track travel, another possible detour before heading to Lushoto is to the **Pare Mountains** for hiking and getting to know local Pare culture.

After the mountains, travel eastwards to enjoy **Tanga**. This coastal town, with its relaxed ambience, wide streets filled with cyclists, nearby beaches and many possibilities for excursions, is one of Tanzania's most pleasant urban areas. It's also the starting point for exploring the **Pangani** area, with its quiet coastline and long history. Many travellers wind up staying here much longer than planned.

**Zanzibar** is just across the channel from Pangani (from some points, you can see the island's northern tip on clear days) and there are regular boat and plane connections between the two. Get to know **Stone Town**, relax on a beach (or two or three) and perhaps also venture to **Pemba** for a complete change of pace. Once you have finished your exploration of the archipelago, boat and plane connections are easy to **Dar es Salaam**. Allow at least a few days in this crowded, bustling city to see the sights, do some final shopping, enjoy the array of good eateries and perhaps even visit nearby historical **Bagamoyo** or (with a bit more time) tiny **Saadani National Park**.



## Selous, Mafia & Beyond

This itinerary is suited to those wanting to get a glimpse of Tanzania's wildlife and beaches away from the more standard northern circuit-Zanzibar combination. Allow about 10 days for a straight Selous-Mafia combination, and up to four weeks for extended versions taking in Kilwa and Mikindani, further south.

Starting in **Dar es Salaam**, spend a couple of days enjoying the city's restaurants and craft shopping. Wonder Workshop and Mwenge Carvers Market are two highlights. Other possibilities include a museum visit or a cultural tourism tour.

From Dar es Salaam, there are daily bus connections to **Selous Game Reserve**, but it's a long, rough ride. There's also a slow train, and there are daily flights. The Selous is a magnificent reserve – our favourite in Tanzania – and well worth at least three to four days enjoying the fine lodges, the boat safaris, the wildlife and the amazing night sounds, especially hippos grunting in the Rufiji River.

From the Selous, there are daily flight connections on to **Mafia** island, just offshore. Spend the remaining few days of your stay here in one of the lovely island lodges, diving and snorkelling, trying to spot whale sharks or sailing to some of the smaller islands to get a glimpse into the archipelago's fascinating Swahili culture and long history. From Mafia, there are daily flight connections back to Dar es Salaam.

For adventurous travellers with more time and a taste for the offbeat, it's easily possible to continue from Selous Game Reserve (or from the mainland coast opposite Mafia island) south to Kilwa and Mikindani. Tiny, sleepy **Kilwa Masoko** town is an easy spot to pass a day or two, as well as being the springboard to the famed ruins at **Kilwa Kisiwani**, just offshore. Another recommended excursion from Kilwa Masoko is to nearby **Fanjove Island**, which has a lovely lodge, and which is easily combined with both Mafia and Kilwa. Once finished exploring in the Kilwa area, continue by bus southwards via **Lindi** to the **Mtwara** area, where **Mikindani** – with its coconut plantations and long history – is the highlight.



**Paula Hardy**

[Dar es Salaam, Zanzibar Archipelago](#) Born and brought up in Kenya, Paula spent every childhood holiday in East African beach bungalows and has personally tested each and every one of Zanzibar and Pemba's peerless beaches (someone's got to do it!). She has worked with Lonely Planet since 1999, contributing to more than 30 guidebooks including *Kenya*, *Ethiopia*, *Eritrea*, *Libya*, *Morocco* and *Tanzania*. When not researching for Lonely Planet, Paula writes for a variety

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## 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 Franklin, London, Melbourne, Oakland, Beijing and Delhi, 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



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**Coordinating Author, Northeastern Tanzania, Southern Highlands, Southeastern Tanzania** Mary first visited Tanzania two decades ago to climb Mt Kilimanjaro.

Since then, she has returned countless times – to live, to study Swahili, to travel and to write – and has visited (almost) every inch of the country. Her favourite part of working on this edition was getting to re-visit the areas of Tanzania she loves best, especially the Southern Highlands and Southeastern Tanzania. For

the past 17 years Mary has worked as a professional travel writer, authoring and contributing to many other Lonely Planet titles, including *Southern Africa* and *East Africa*, as well as writing on Africa for other publications. For this edition of *Tanzania*, she also wrote the Plan Your Trip, Understand Tanzania and Survival Guide sections.



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Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

6th edition – June 2015

ISBN 978 1 74220 779 7

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10 9 8 7 6 5 4 3 2 1

Printed in China

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