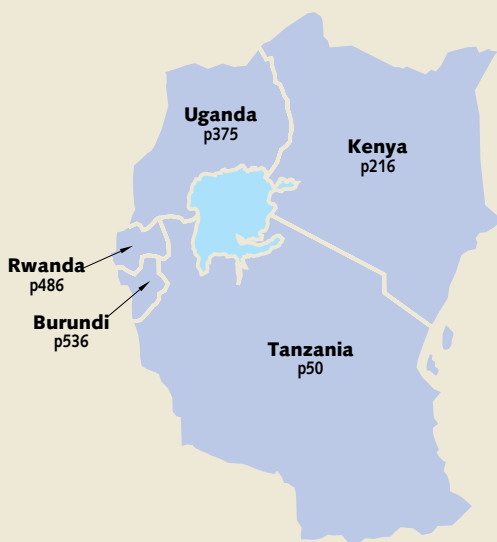




East Africa



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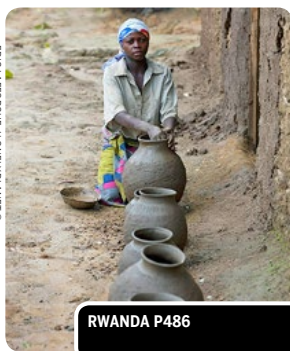
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Stuart Butler, Mary Fitzpatrick, Trent Holden

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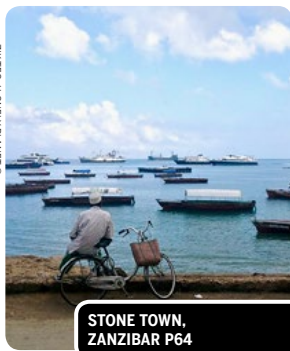
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Itineraries

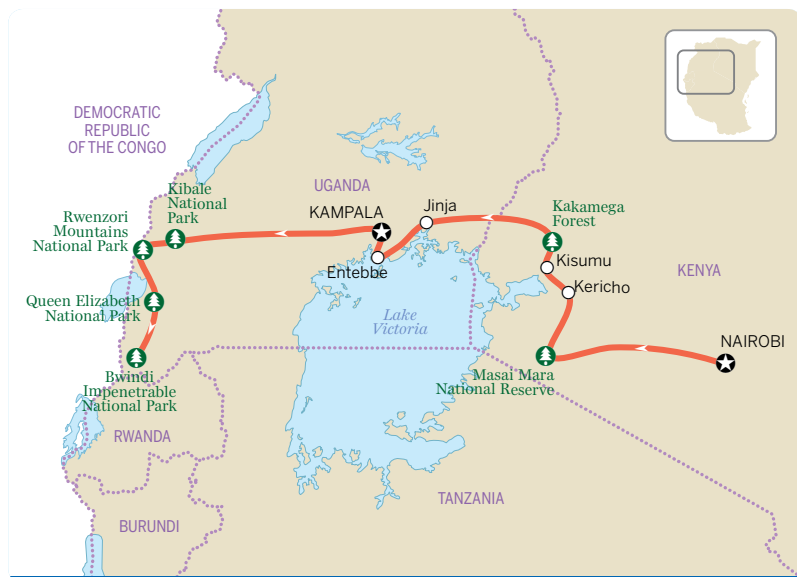


2 WEEKS Classic East Africa

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 then **Arusha**, head to **Ngorongoro Crater** and **Serengeti National Park**. Then head back to Arusha to 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**, then head straight out on safari again, driving north to **Lake Nakuru National Park** for some more wildlife watching. After returning to Nairobi, again by road, take another short flight, this time to **Amboseli National Park** for peerless Mt Kilimanjaro views and some of Africa's best elephant viewing.



3
WEEKS

Western Kenya & Uganda

This itinerary takes you through the full range of East African landscapes inhabited by some of Africa's most iconic species. To complete this itinerary in three weeks, you'll need your own wheels, preferably with a local driver.

Fly into **Nairobi** then hit the road out west to the peerless **Masai Mara National Reserve**. Then head on to the tea plantations around **Kericho**, pass through the regional capital of **Kisumu**, then delve into the **Kakamega Forest** in search of bird life and primates.

After crossing into Uganda, set aside a few days to make the most of **Jinja**, East Africa's adrenaline-sports capital and home to the Source du Nil (source of the Nile). From here, it's a short hop to **Entebbe**, with its Lake Victoria beaches, and on to **Kampala**. Tracking west, explore the rainforests of **Kibale National Park**, with 13 primate species and some of East Africa's best chimpanzee tracking. From here, it's a short hop to the mist-shrouded **Rwenzori Mountains National Park**. Away to the south, **Queen Elizabeth National Park** has extraordinarily rich bird life and tree-climbing lions, and **Bwindi Impenetrable National Park** is one of the best places in the world to see mountain gorillas.



3
WEEKS

Best of the Rift

The dramatic uplands of the Great Rift Valley have a gravitas all their own – this itinerary is all about some of the region's most spectacular scenery. This trip could be accomplished with public transport, supplemented with day or longer tours, and could take a week more or less, depending on how many mountains you climb and how far you plan on walking.

Begin in **Nairobi**, and track northwest to **Mt Longonot**, a shapely volcano and one of the few Rift Valley crater rims that can be reached and returned from in a day. If you've the time and a desire for have-it-all-to-yourself experiences, detour to **Mt Susua**, a Maasai heartland and fabulous Rift Valley formation. **Hell's Gate National Park**, too, is good for day treks, while **Lake Nakuru National Park** is a fine example of a Rift Valley lake that can draw flamingos, not to mention lions, leopards and rhinos. You could detour north from here to **Lake Bogoria** and **Lake Baringo** – the latter is one of Kenya's most prolific birdwatching locations – but your main goal lies to the east, where **Mt Kenya National Park**, Africa's second-highest peak, is a week-long undertaking if you plan on trekking to one of its summits.

A day-long road trip south via Nairobi takes you into Tanzania via the border crossing at Namanga and then on to **Arusha**, gateway to **Arusha National Park** and its picturesque Rift Valley volcano of Mt Meru; this is another of East Africa's premier high-altitude trek-climbs. Arusha is also the place to organise a trip out into the Crater Highlands, the place where the Rift's fractures and otherworldly landscapes come alive like nowhere else in Africa. Flamingo-rich and deliciously remote, **Lake Natron** is utterly unforgettable, as is **Ol Doinyo Lengai**, surely one of the most perfectly formed mountains on the planet; set aside a day to climb it, and double that to rest in its shadow admiring the view. Southwest of here is the simply magnificent **Ngorongoro Crater**, the epitome of Rift Valley beauty. Out to the west, **Oldupai Gorge** is one of the cradles of humankind, while the **Serengeti National Park**, the alter ego to all those volcanoes, is an extraordinary place to end your journey.



3
WEEKS

Mountains & Savannah

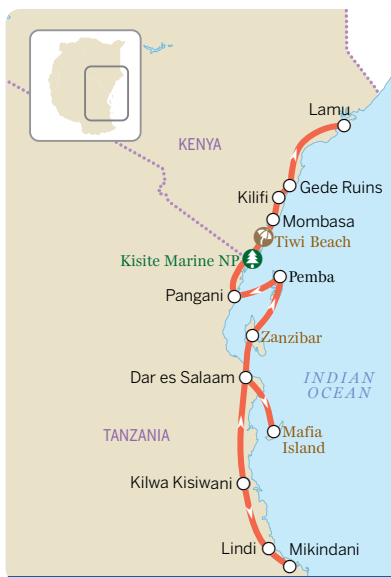
This predominantly Tanzanian odyssey could link up with all manner of other itineraries. Three weeks is doable at a leisurely pace in your own vehicle, or in a rush on public transport. Add an extra week if you plan on climbing Mt Kilimanjaro.

Fly into Kilimanjaro International Airport and spend a day or two getting your bearings in **Arusha**. Head north out of town and into Kenya. If you've got your own wheels, take the dusty trails that lead into **Amboseli National Park** from the Namanga–Nairobi highway. After a minimum two days with the elephants in Kili's shadow, and an extra possible day to explore Amboseli's Maasai hinterland, go east into **Tsavo West National Park** for red soils, man-eating lions, black rhinos and utterly beguiling views. Go east again, and you'll find yourself in the sweeping savannahs of **Tsavo East National Park**.

From Voi, take the road through the Taita Hills to Tanzania and spend a night or two in **Moshi**. As much as we like this agreeable town, its claim to fame is obvious whenever the clouds part – this is the gateway to **Mt Kilimanjaro**. Plan on at least a week as you climb all the way to Africa's highest point. If you have the mountain-climbing bug and aren't utterly exhausted, detour southeast for some green-hills trekking in the **Usambara Mountains**.

Back to the north (via Moshi and Arusha), **Lake Manyara National Park** is famous for its tree-climbing lions, while **Lake Eyasi** is a remote side trip that takes you among the Hadzabe, one of East Africa's most ancient peoples. Back on the main roads, **Tarangire National Park** is a wonderful park, rich in elephants and baobabs. Continuing south, the Unesco World Heritage-listed **Kondoa Rock-Art Sites** are a fascinating insight into the wisdom of the ancients, while **Dodoma** is a capital in name only but a good place to break the journey.

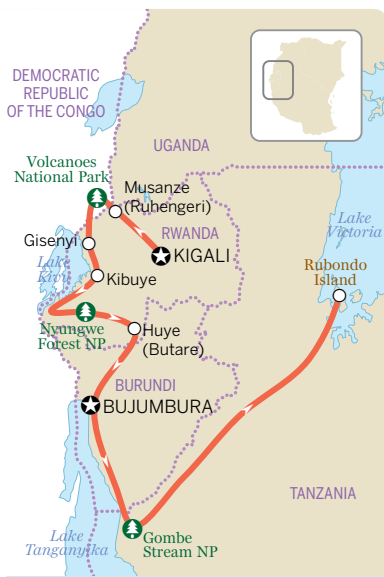
Ruaha National Park is at once the cultural heartland of the Barabaig and a wildly beautiful park known for its elephants and lions. Away to the east, **Selous Game Reserve** is one of our favourite protected areas in Africa, not to mention one of the largest; it's also home to the biggest lion populations on the planet. From Selous, you could either head for the coast or make for **Dar es Salaam** for the journey home.



3 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.



2 WEEKS Gorillas & Chimps Out West

Although this itinerary focuses on Rwanda, Burundi and Tanzania's far west, it can link up seamlessly with the national parks of southwestern Uganda or the other wildlife-rich protected areas of Tanzania's far west.

Rwanda's capital **Kigali** has a lush, mountainous setting and lively nightlife, with the sobering counterpoint of a genocide memorial. From Kigali, it's a short hop to **Musanze (Ruhengeri)** and the mountain gorillas of **Volcanoes National Park**. Next, head south along the shores of Lake Kivu and the scenic inland beaches around **Gisenyi** and **Kibuye** to **Nyungwe Forest National Park**, with its chimpanzees and other primates. Travel west to **Huye (Butare)**, pass through Burundi (security situation permitting) and its capital **Bujumbura**, before continuing south into Tanzania and **Gombe Stream National Park**, former home park of legendary conservationist Jane Goodall and one of the best places on earth to view chimpanzees. A loop back up around to the northeast takes you to the shores of lovely Lake Victoria; **Rubondo Island**, with its unlikely populations of chimpanzees and elephants is a wonderful place to end your journey.

David Lukas

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



Anthony Ham

Coordinating Author, Kenya Anthony (www.anthonnyham.com) brings to *East Africa* 15 years of travelling through, writing about and photographing in Africa. His passion for the continent began in North and West Africa, and more recently he has travelled extensively through East and Southern Africa, writing about conservation issues, nomadic and indigenous peoples and countries in conflict for newspapers and magazines around the world. When he's not in Africa, Anthony

moves between Melbourne and Madrid with his wife and two daughters.

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



Stuart Butler

Rwanda, Burundi Stuart Butler grew up listening to stories of his father's childhood in East Africa and his grandparents' tales of working on the earliest English editions of Kenya's *Daily Nation* newspaper. When Stuart finally stepped foot in Africa it was East Africa he chose. It didn't disappoint. His travels have taken him across Africa and beyond, from the colours of Asia to the Arctic tundra. He now lives with his wife and two small children on the beaches of

southwest France. His website is www.stuartbutlerjournalist.com. Stuart also wrote the Travel with Children chapter.

Read more about Stuart at:
lonelyplanet.com/members/stuartbutler



Mary Fitzpatrick

Tanzania Mary first visited Tanzania two decades ago when she travelled up from Mozambique to climb Mt Kilimanjaro. Since then, she has returned countless times – to live, to study Swahili and to travel – and has visited (almost) every inch of the country. She especially enjoys Tanzania's Swahili coast and its highland areas. Mary writes about Africa for various publications, and has authored and contributed to many Lonely Planet titles, including Lonely Planet's *Tanzania* guidebook.

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



Trent Holden

Uganda As a regular visitor to Africa, Trent rates Uganda right up there with the very best. Its incredible diversity – wildlife encounters, adventure travel and ever-changing landscapes – keep him coming back for something new each trip. A Melbourne writer based in London, Trent has worked on more than 20 books for Lonely Planet, covering destinations such as Zimbabwe, India and the Philippines. It's his second time on Uganda. You can catch him on Twitter @hombreholden.

OVER MORE
PAGE WRITERS

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

10th edition – Jul 2015

ISBN 978 1 74220 781 0

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10 9 8 7 6 5 4 3 2 1

Printed in China

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