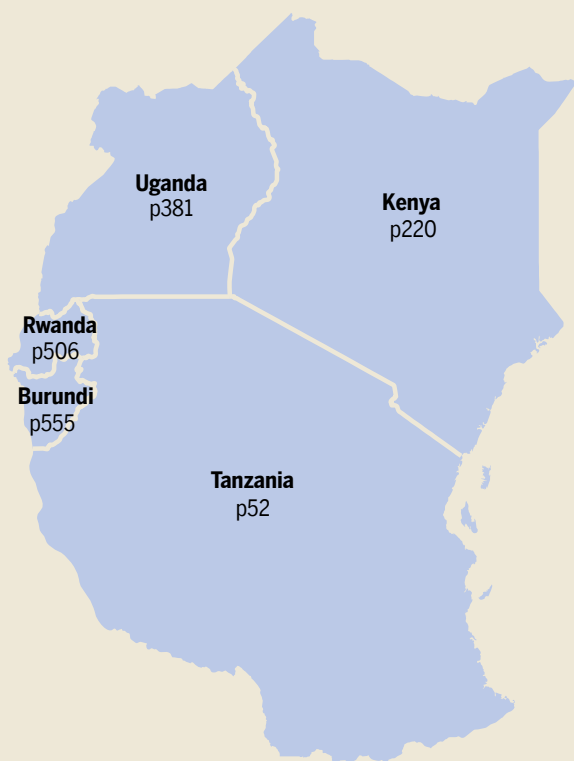




# East Africa



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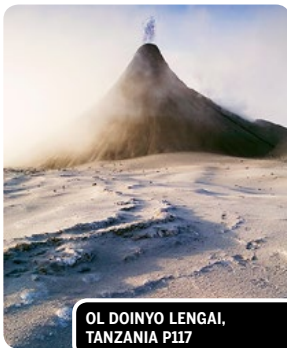
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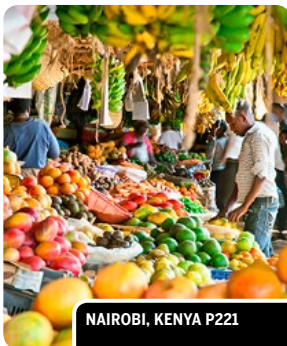
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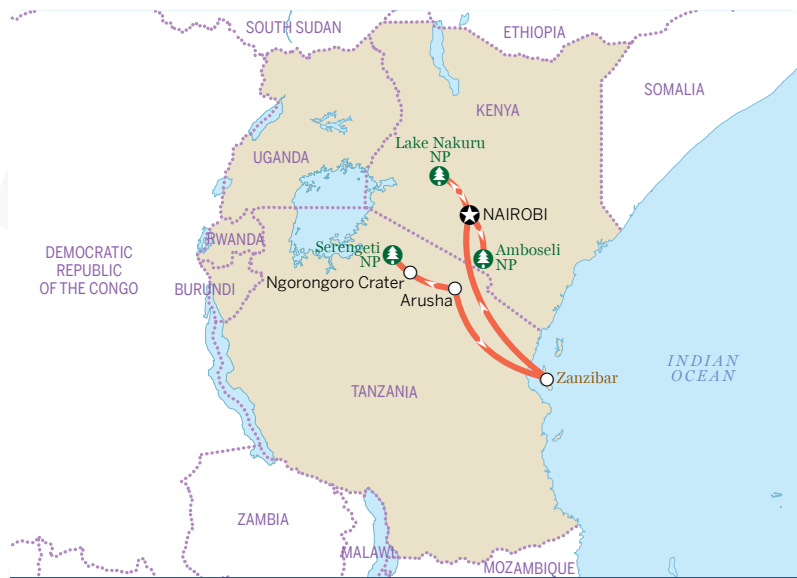
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# Itineraries



**2**  
WEEKS

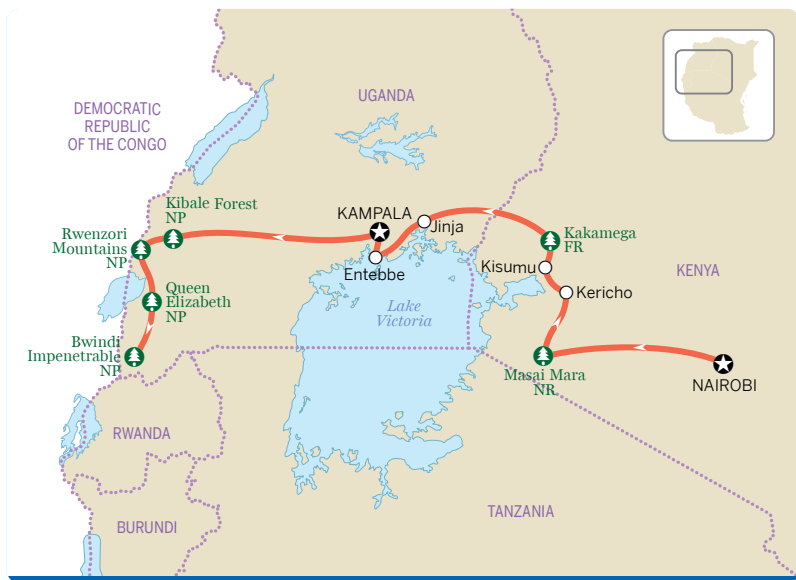
## Classic East Africa

Here's what we'd do if we only had two weeks and wanted to see the best East Africa has to offer. This itinerary combines some of Africa's best wildlife watching with beaches and the Swahili coast; to manage it in two weeks, you'll need to travel some legs by air.

After arriving at Tanzania's Kilimanjaro International Airport, visit **Arusha** for a day or two, then head to **Ngorongoro Crater** and **Serengeti National Park** for a combination of fabulous wildlife-watching and iconic East African landscapes; allow at least four days between the two. Catch a flight from the Serengeti to Arusha and then on to the **Zanzibar Archipelago** for diving, snorkelling and relaxing. While you're there, take in the charm and historical attractions of Stone Town in **Zanzibar Town**.

Fly from Zanzibar to **Nairobi**, spend a couple of days enjoying its diverse attractions and restaurants, then head 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

## Kenya–Uganda Journey

This itinerary takes you through the full range of East African landscapes inhabited by some of the continent's most sought-after species. To complete this itinerary in three weeks, you'll need your own wheels – preferably a 4WD with a local driver.

Fly into **Nairobi**, getting an introduction to the East African safari by searching for rhinos in Nairobi National Park, then hit the road out west to the peerless **Masai Mara National Reserve** for at least three days, or even more if you base yourself in one of the nearby conservancies. Next head to the tea plantations around **Kericho**, pass through the regional capital of **Kisumu**, then delve into Kenya's last stand of central African rainforest in the **Kakamega Forest Reserve** in search of birdlife 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 of the Nile. From here, it's a short hop to **Entebbe**, with its Lake Victoria beaches, and on to **Kampala**, one of Africa's more agreeable capital cities; it's worth spending a couple of days here. Tracking west, explore the rainforests of **Kibale Forest National Park**, with 13 primate species and some of East Africa's best chimpanzee tracking; two days is a minimum here. From here it's a short hop to the mist-shrouded **Rwenzori Mountains National Park**, a soaring range rich in unusual wildlife and equally wonderful for its hiking trails that take you up into the clouds. Three days is a minimum in the Rwenzori.

Away to the south, **Queen Elizabeth National Park** has extraordinarily rich birdlife and tree-climbing lions; take a boat trip on the Kazinga Channel and hike along beautiful Kyambura (Chambura) Gorge in search of chimpanzees and other primates. At journey's end, **Bwindi Impenetrable National Park** is a wonderful place to immerse yourself one last time in the African wilderness. It's also one of the best places in the world to see mountain gorillas, as well as 350 bird species, African golden cats and 10 other species of primate.



### 3 WEEKS Best of the Rift

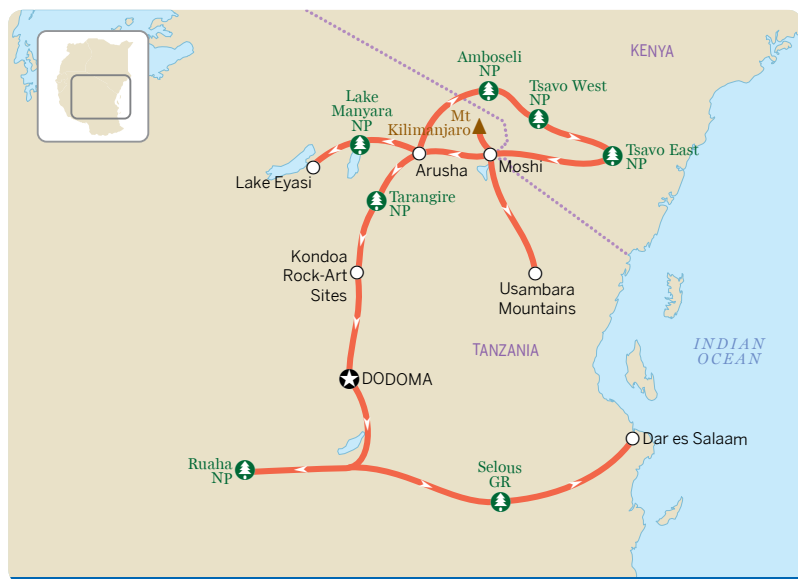
The dramatic uplands of the Great Rift Valley have a gravitas all their own – this itinerary is all about some of the region’s most spectacular scenery. This trip *could* be accomplished with public transport, supplemented with day or longer tours, and could take a week more or a week less, depending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

Begin in **Nairobi**, and track northwest to **Mt Longonot**, a shapely volcano and one of few Rift Valley crater rims that can be reached and returned from in a day. If you’ve 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 east, where **Mt Kenya National Park**, home to Africa’s second-highest peak, is a week-long undertaking if you trek 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 NP is also the place to begin a trip out into the Crater Highlands, where the Rift’s fractures and otherworldly landscapes come alive like nowhere else in Africa. Start by heading across to **West Kilimanjaro** for stunning views of Africa’s highest mountain. From there, flamingo-rich and deliciously remote **Lake Natron** is utterly unforgettable, as is **Ol Doiyo 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

## Tanzanian Trails

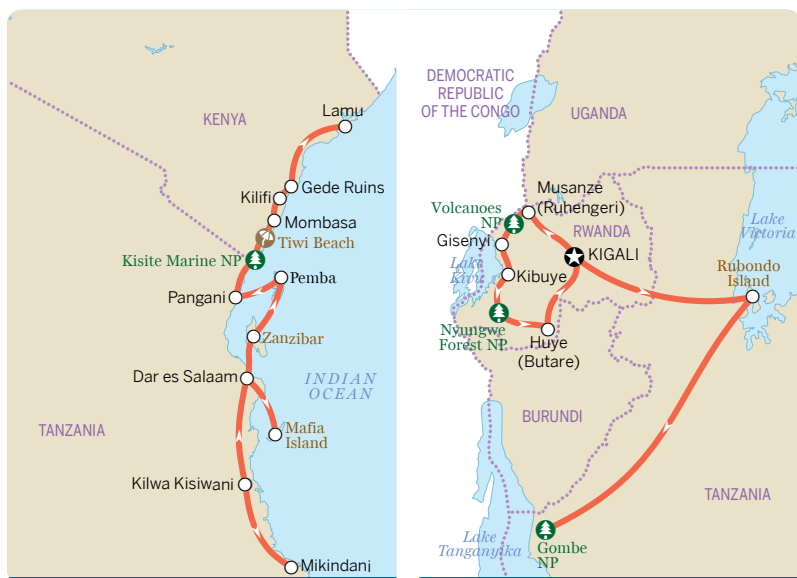
This predominantly Tanzanian odyssey could link up with all manner of other itineraries. Three weeks is doable at a leisurely pace in your own vehicle, or in a rush on public transport. Add an extra week if you plan on climbing Mt Kilimanjaro.

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 your own wheels, take the dusty trails that lead into **Amboseli National Park** from Namanga. After a minimum two days with the elephants in Kili's shadow, go east into **Tsavo West National Park** for red soils, man-eating lions, black rhinos and utterly beguiling views. East again, and you're 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, 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 of peoples. Back on the main roads, **Tarangire National Park** is a wonderful park, rich in elephants, baobabs and so much more. 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 or onwards.

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 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 Town**, 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 Out West

Although this itinerary focuses on Rwanda 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 east to **Huye (Butare)** before returning to Kigali en route to the shores of lovely Lake Victoria; **Rubondo Island**, with its unlikely populations of chimpanzees and elephants, is a wonderful place to rest from the rigours of the road. But to really understand our primate cousins, make your way to **Gombe National Park**, former home park of legendary conservationist Jane Goodall and one of the best places on earth to view chimpanzees.

# Behind the Scenes

## SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

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## THIS BOOK

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Lonely Planet

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- Shinto
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- Snorkelling
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- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping
- Hut/Shelter

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



### Shawn Duthie

**Central Highlands & Laikipia, Northern Kenya** Originally from Canada, Shawn has been travelling, studying and working around the world for the past 13 years. A love of travel merged with an interest in international politics, which led to several years of lecturing at the University of Cape Town and, now, a stint as a freelance political risk consultant specialising in African countries. Shawn lives in South Africa and takes any excuse to travel around this amazing continent.



### David Else

**Zanzibar Archipelago (Tanzania)** David Else is a professional freelance writer specialising in travel, trekking, cycling, walking and outdoor adventure activities. Since the 1980s he's been writing guidebooks for Lonely Planet and other publishers, and on a wide range of travel topics for magazines, newspapers and websites. In three decades of covering Africa, David has written for many Lonely Planet guidebooks, including *West Africa*, *Southern Africa*, *Malawi*, *Zambia*,

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### Mary Fitzpatrick

**Dar es Salaam, Northeastern Tanzania, Southeastern Tanzania** Originally from the USA, Mary spent her early years dreaming of how to get across an ocean or two to more exotic locales. Following graduate studies, she set off for Europe. Her fascination with languages and cultures soon led her further south to Africa, where she has spent the past two decades living and working as a professional travel writer all around the continent. She focuses particularly on East and Southern Africa, including Mozambique and Tanzania.

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### Anna Kaminski

**South Coast, North Coast (Kenya)** Originally from the Soviet Union, Anna grew up in Cambridge, UK. She graduated from the University of Warwick with a degree in Comparative American Studies, a background in the history, culture and literature of the Americas and the Caribbean, and an enduring love of Latin America. Her restless wanderings led her to settle briefly in Oaxaca and Bangkok, and her flirtation with criminal law saw her volunteering as a lawyer's assistant in the courts, ghettos and prisons of Kingston, Jamaica. Anna has contributed to almost 30 Lonely Planet titles. She calls London home.

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### Tom Masters

**Democratic Republic of the Congo** Dreaming since he could walk of going to the most obscure places on earth, Tom has always had a taste for the unknown. This has led to a writing career that has taken him all over the world, including North Korea, the Arctic, Congo and Siberia. Despite a childhood spent in the English countryside, as an adult Tom has always called London, Paris and Berlin home. He currently lives in Berlin and can be found online at [www.tommasters.net](http://www.tommasters.net).

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### Carolyn McCarthy

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### Helena Smith

**Central Tanzania, Southern Highlands** Helena is an award-winning writer and photographer covering travel, outdoors and food. She has written guidebooks on destinations from Fiji to northern Norway. Helena is from Scotland but was partly brought up in Malawi, so Africa always feels like home. She also enjoys global travel in her multicultural home area of Hackney and wrote, photographed and published *Inside Hackney*, the first guide to the borough (<https://insidehackney.com>). Her 1000-word autobiography won *Vogue's* annual writing contest, and she's a winner of the *Independent on Sunday's* travel writing competition.

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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, Dublin, 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

**Nairobi, Southeastern Kenya, Southern Rift Valley, Western Kenya, Northern Tanzania** Anthony is a freelance writer and photographer who specialises in Spain, East and Southern Africa, the Arctic and the Middle East. When he's not writing for Lonely Planet, Anthony writes about and photographs Spain, Africa and the Middle East for newspapers and magazines in Australia, the UK and US. Anthony also wrote the Plan Your Trip, Understand and Survival Guide sections.

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### Ray Bartlett

**Lake Victoria, Western Tanzania** Ray Bartlett has been travel writing for nearly two decades, bringing Japan, Korea, Mexico, and many parts of the United States to life in rich detail for top-industry publishers, newspapers and magazines. His acclaimed debut novel *Sunsets of Tulum*, set in Yucatán, was a Midwest Book Review 2016 Fiction pick. Among other pursuits, he surfs regularly and is an accomplished Argentine tango dancer. Follow him on Facebook,

Twitter or Instagram, or contact him for questions or motivational speaking opportunities via [www.kaisora.com](http://www.kaisora.com), his website.



### Jean-Bernard Carillet

**Rwanda** Jean-Bernard is a Paris-based freelance writer and photographer who specialises in Africa, France, Turkey, the Indian Ocean, the Caribbean and the Pacific. He loves adventure, remote places, islands, outdoors, archaeological sites and food. His insatiable wanderlust has taken him to 114 countries across six continents, and it shows no sign of waning. It has inspired lots of articles and photos for travel magazines and some 70 Lonely Planet guidebooks, both in

English and in French.

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### Stuart Butler

**Burundi** Stuart has been writing for Lonely Planet for a decade and during this time he's come eye to eye with gorillas in the Congolese jungles, met a man with horns on his head who could lie in fire, huffed and puffed over snow-bound Himalayan mountain passes, interviewed a king who could turn into a tree, and had his fortune told by a parrot. Oh, and he's met more than his fair share of self-proclaimed gods. When not on the road for Lonely Planet, he lives on the

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