

ON THE
ROAD

YOUR COMPLETE DESTINATION GUIDE
In-depth reviews, detailed listings
and insider tips



SURVIVAL
GUIDE

VITAL PRACTICAL INFORMATION TO
HELP YOU HAVE A SMOOTH TRIP

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THIS EDITION WRITTEN AND RESEARCHED BY

Mary Fitzpatrick
Tim Bower

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Rubondo Island NP (p222)

Rubondo Island NP (p222)

Experience stunning wilderness
and amazing wildlife (p195)

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and amazing wildlife (p195)

Take a classic East African safari (p183)

Take a classic East African safari (p183)

Trek to the top of
Africa (p157)

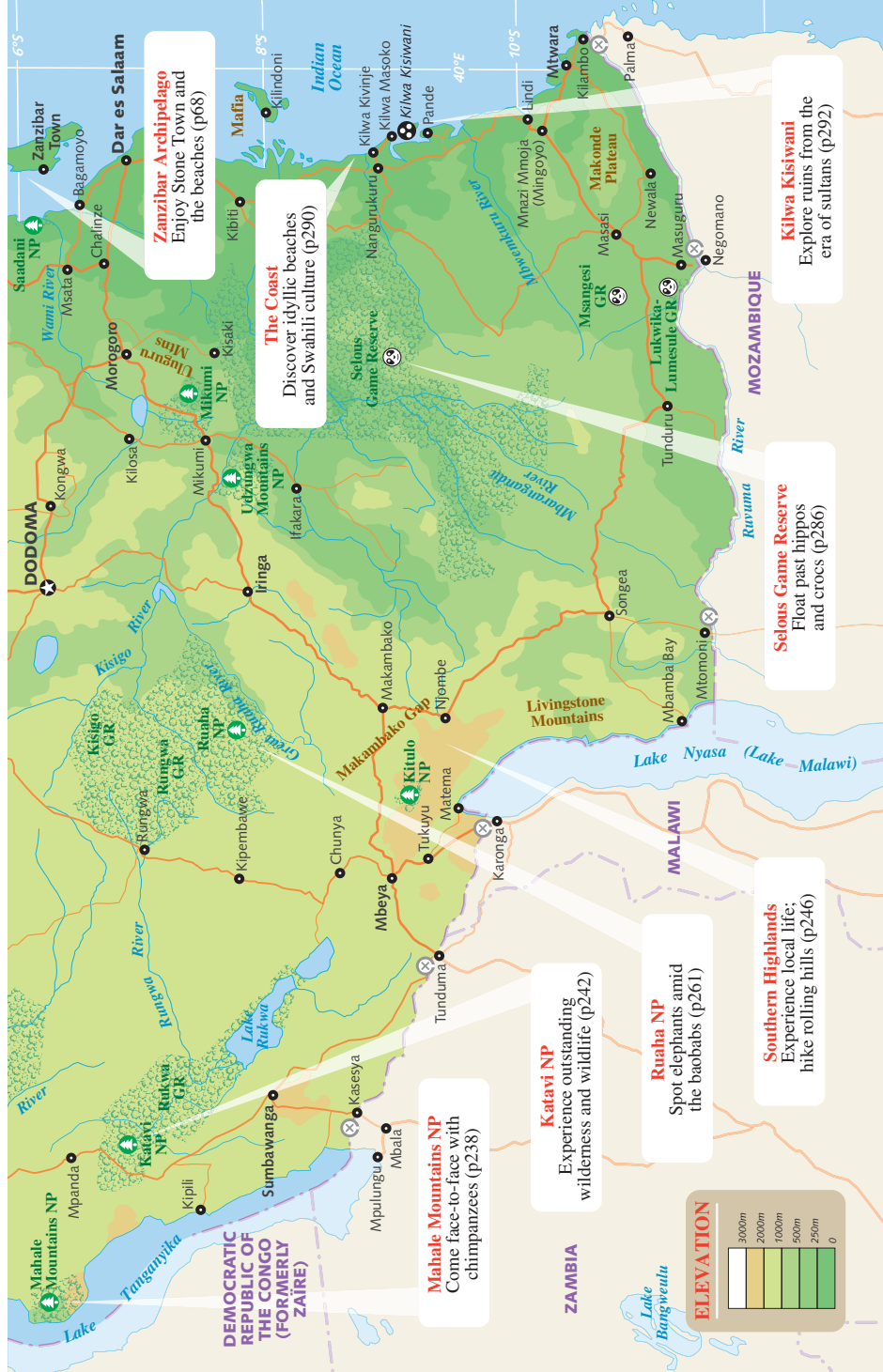
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Marvel at these enigmatic paintings (p208)

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local life (p133 and p141)

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local life (p133 and p141)



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Discover idyllic beaches and Swahili culture (p290)

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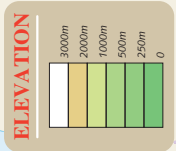
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Experience local life; hike rolling hills (p246)

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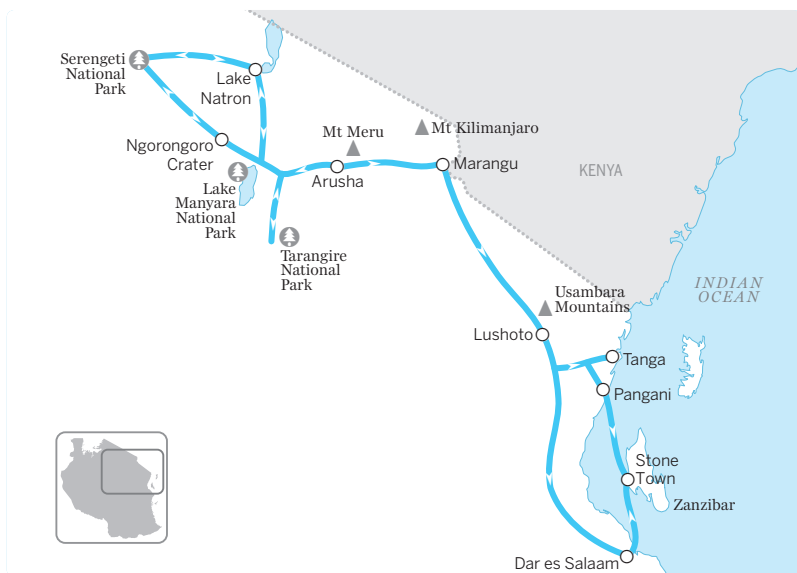
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Experience outstanding wilderness and wildlife (p242)

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Come face-to-face with chimpanzees (p238)



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 Northern Circuit & Zanzibar

This route combines wildlife watching with beaches and the alluring 'Spice Islands', with the chance for detours in between. It's a heavily travelled route, with plenty of accommodation and dining choices at all stops.

Starting at **Arusha**, explore one or two of the northern parks. Good wildlife-watching combinations include **Serengeti National Park** and **Ngorongoro Crater** (with a **Lake Natron** detour) or Ngorongoro plus **Lake Manyara National Park** and **Tarangire National Park**. Alternatively, go trekking in the north on **Mt Meru** or **Mt Kilimanjaro**, and do some hiking and cultural interaction **around Arusha** or in **Marangu**.

Next, head southeast towards the coast. Detour to **Lushoto** and the **Usambara Mountains** for hiking and a taste of village life. Continue to **Dar es Salaam** and catch the ferry or plane to **Zanzibar**. Fly directly from Arusha to Zanzibar, or travel from the Usambaras to **Tanga** and the **Pangani** beaches, from where you can take a boat to Zanzibar.

Once on Zanzibar, explore **Stone Town** before relaxing on the **beaches** along the east coast or in the north.



One Month

The Southern Highlands & Western Tanzania

Heading southwest from **Dar es Salaam**, you'll quickly find yourself in the scenic Southern Highlands. A good first stop for a night or two en route to the highlands is **Mikumi National Park**, with its easily spotted wildlife.

From Mikumi, it's a straightforward detour to **Udzungwa Mountains National Park**, where backpackers and adventure travellers can enjoy several days hiking up the steep, moist, lushly vegetated slopes. Alternatively, continue from Mikumi straight on to **Iringa**, which makes a relaxing base. Once in Iringa, a two- or three-night detour to **Ruaha National Park** is easily arranged and well worth the effort.

From Iringa, it's a straight shot down the highway to **Mbeya**, with stops en route at the lovely **Kisolanza**, just off the main highway, or at scenic **Mufindi**, with its tea plantations. Both merit at least several days for relaxing and exploring.

While Mbeya town is not as amenable as Iringa, there is plenty to do in the surrounding area, including hiking around **Tukuyu** or canoeing, exploring and hiking around **Matema**, with its picturesque beach.

Taking your time, and exploring the various detours en route, 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 time left over at the end for a short stay on **Zanzibar** or **Mafia** islands.

If you've kept a brisker pace, omitting detours, you should have time to continue northwest from Mbeya via **Sumbawanga** to **Katavi National Park**. This park deserves at least three days, especially in the dry season, when wildlife watching is at its best, although even a day trip in season can be very rewarding. 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**. Kigoma is an amenable stop for several days, and **Gombe National Park** is close by for an overnight. From Kigoma, take the train, bus or fly back to Dar es Salaam. Alternatively (and with more than one month), continue overland from Kigoma to **Mwanza** and **Lake Victoria**, from where you could proceed into the **Serengeti** and on to **Arusha**.

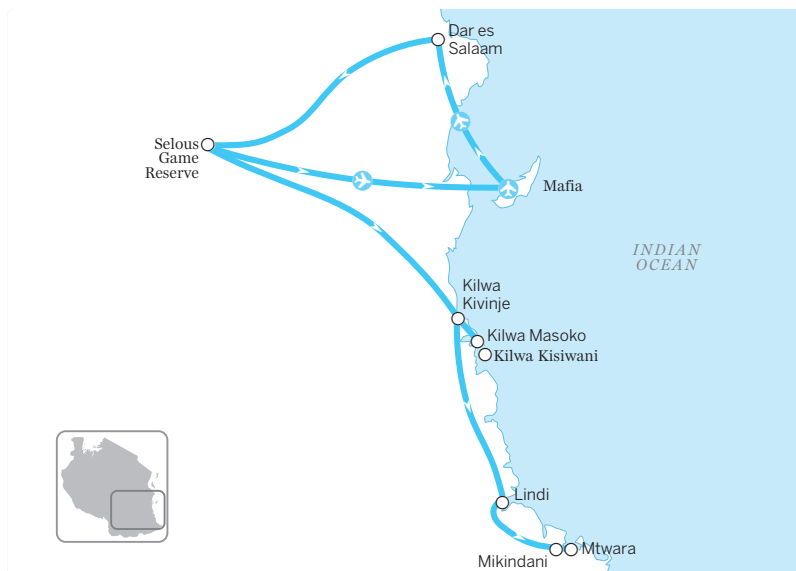


Two Weeks Northeastern Tanzania

First week: after several days in **Dar es Salaam**, including a visit to historical **Bagamoyo**, travel northwards to explore the **Pangani** area with its beaches and long history, and to enjoy **Tanga**, with its amenable ambience and excursions. A good detour en route is to **Saadani National Park**, with its beach and its wildlife.

Second week: buses leave Tanga daily for **Lushoto** and the western **Usambaras**. Botanists and birders can detour en route to **Amani Nature Reserve** in the Eastern Usambaras, with its cool forest walks and traditional medicinal display. In the rains, the road up to Amani becomes muddy, but the symphony of birds and insects in the surrounding forest is unbeatable.

After exploring the Usambaras (plan on at least four to five days) continue north and fly out of Kilimanjaro airport, or return to Dar es Salaam. If time permits en route north, you could stop at **Mkomazi National Park**. While you likely won't see Mkomazi's rhinos, the park is a complete topographical contrast to the lushness of the Usambaras, and a rewarding stop, especially for birding. Another possible detour is to the **Pare Mountains**, for more hiking and getting to know local Pare culture.



One Week Selous & Mafia

This itinerary is suited for those wanting to get a quick glimpse of Tanzania's wildlife and beaches away from the standard northern circuit–Zanzibar combination described on p19.

Starting in **Dar es Salaam**, spend a couple of days enjoying the city's restaurants and craft shopping, perhaps together with a museum visit or a cultural tourism tour.

There are daily bus connections on to **Selous Game Reserve**, but it's a rough ride. There's also a train and there are daily flights. Once in the Selous, spend several days enjoying the 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. Spend the remaining few days of your stay here in one of the lodges, diving and snorkelling, or sailing to some of the smaller islands to get a glimpse into the archipelago's Swahili culture and long history before flying back to Dar es Salaam. Backpackers with more time could continue from Selous down the coast to **Kilwa, Lindi, Mikindani** and **Mtwara**.

➤ 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

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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 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, Dar es Salaam, Zanzibar Archipelago, Southeastern Tanzania, Northeastern Tanzania, Southern Highlands Mary's first foray into Tanzania was almost two decades ago, when she travelled up from Mozambique to climb Mt Kilimanjaro. Since then – lured by the mountains, the beaches, the people and the culture – she has returned countless times, has studied Swahili, and has visited (almost) every inch of the country. Highlights researching for this edition included getting to spend so much time along the coast, and exploring Tanzania's far south. A travel writer for over 15 years, Mary has authored numerous Lonely Planet titles, including *Tanzania* and *East Africa*. She is currently based in Tanzania.

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



Tim Bower

Northern Tanzania, Central Tanzania, Lake Victoria, Western Tanzania, Pemba Island While growing up, Tim didn't travel much except for the obligatory pilgrimage to Disney World and an annual summer week at the lake. He's spent most of his adult life making up for this, and has since visited nearly 80 countries. After university he worked as a legislative assistant before quitting capitol life to backpack around West Africa. During this trip the idea of becoming a travel writer/

photographer was hatched, and he's been at it ever since, returning to Africa eight times. When he isn't shouldering a backpack somewhere for work or pleasure he lives in Khon Kaen, Thailand, where he runs the Isan Explorer (www.isanexplorer.com) tour company.

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OVER MORE
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