

Dar es Salaam



With a population of almost three million and East Africa's second-largest port, Dar es Salaam is Tanzania's major centre and capital in everything but name (Dodoma is the parliamentary capital). Yet under its veneer of urban bustle, the city remains a down-to-earth, manageable place, with a picturesque seaport, a fascinating mixture of African, Arabic and Indian influences and close ties to its Swahili roots. While there aren't many 'sights' as such, there are craft markets, shops and restaurants enough to keep most visitors busy. The streets, too, are full of colour and activity, as men weave through traffic on large Chinese-made single-speed bicycles, while women clad in brightly hued *kangas* (printed cotton wraparounds worn by many Tanzanian women) stand in the shade of government office blocks balancing trays of bananas and mangoes on their heads. Along the waterfront, colonial-era buildings with their red-tiled roofs jostle for space with sleek, modern high-rises, massive ocean liners chug into the harbour and peacocks stroll across the leafy, manicured State House grounds.

An increasing number of travellers bypass 'Dar' completely, by taking advantage of one of the many international flights into Kilimanjaro International Airport (between Arusha and Moshi). Yet the city merits a visit in its own right as Tanzania's political and economic hub. It's also an agreeable place to break your travels elsewhere in the country, with an array of services and well-stocked shops. For a break from the bustle, there are easily accessed beaches and islands just north and south of town, and Zanzibar is only a short ferry or plane ride away.

HIGHLIGHTS

- Strolling through the **city centre** (p89), taking in the beat on the street
- Shopping for crafts at **Msasani Slipway** or **Mwenge Carvers' Market** (p97)
- Relaxing at the **beaches** (p102 and p104) north or south of the city
- Snorkelling around the **offshore islands** (p101)
- Immersing yourself in life local style – everything from enjoying the weekend scene at **Coco Beach** (p97) to attending a church service at **St Joseph's Cathedral** (p92)



■ TELEPHONE CODE: ☎ 022

■ POPULATION: APPROX 3 MILLION

HISTORY

Until the mid-19th century, what is now Dar es Salaam was just one of many small fishing villages along the East African coast. In the 1860s Sultan Seyyid Majid of Zanzibar decided to develop the area's inland harbour into a port and trading centre, and named the site Dar es Salaam ('Haven of Peace'). No sooner had development of the harbour begun, however, than the sultan died and the town again sank into anonymity, overshadowed by Bagamoyo, an important dhow port to the north. It wasn't until the 1880s that Dar es Salaam assumed new significance, first as a way-station for Christian missionaries making their way from Zanzibar to the interior, and then as a seat for the German colonial government, which viewed Dar es Salaam's protected harbour as a better alternative for steamships than the dhow port in Bagamoyo. In 1891 the colonial administration was moved from Bagamoyo to Dar es Salaam. Since then the city has remained Tanzania's undisputed political and economic capital, even though the legislature and official seat of government were transferred to Dodoma in 1973.

ORIENTATION

The city centre runs along Samora Ave from the clock tower to the Askari monument, with banks, foreign-exchange bureaux, vendors and shops. Northwest of Samora Ave, around India and Jamhuri Sts, is the Asian quarter, with its warren of narrow streets lined with Indian merchants and traders.

On the other side of town, northeast of Askari monument, is a quiet area of tree-lined streets with the National Museum, Botanical Gardens and State House. Proceeding north from here along the coast are, first, the upper-middle class area of Upanga and then, after crossing Selander Bridge, the fast-developing diplomatic and upmarket residential areas of Oyster Bay and Msasani. The city's only real stretch of sand is at Coco Beach, near Oyster Bay, but better beaches to the north (p102) and south (p104) are only a short ride away.

Maps

The tourist information centre has free photocopied city maps. The unwieldy *Dar es Salaam City Map & Guide* (1:20,000; Tsh5000) is available from the **Surveys & Mapping Division Map Sales Office** (Map p90; cnr Kivukoni Front & Luthuli St; ☎ 8am-2pm Mon-Fri).

Otherwise, there's a good selection of smaller city maps for sale at hotel bookshops.

INFORMATION

Bookshops

A Novel Idea Msasani Slipway (Map p86; ☎ 022-260 1088; Msasani Slipway, Msasani Peninsula); Sea Cliff Village (Map p86; Sea Cliff Village, Toure Dr); Steers (Map p90; cnr Ohio St & Samora Ave) Dar es Salaam's best bookshop, with classics, modern fiction, travel guides, Africa titles, maps and more.

Second-hand Bookstalls (Map p90; Sokoine Dr) Between Pamba Rd and Ohio St. A good bet for older books, especially on colonial-era history; bargaining is required.

Cultural Centres

Alliance Française (Map p86; ☎ 022-213 1406/2; afdar@africaonline.co.tz; Ali Hassan Mwinyi Rd)

British Council (Map p90; ☎ 022-211 6574/5/6; info@britishcouncil.or.tz; cnr Ohio St & Samora Ave)

Nyumba ya Sanaa (Map p90; Mwalimu Julius K Nyerere Cultural Centre, Ohio St)

Russian Cultural Centre (Map p86; ☎ 022-213 6578; cnr Ufukoni & Ocean Rds)

Emergency

Central police station (Map p90; ☎ 022-211 5507; Sokoine Dr) Near the Central Line Train Station.

First Air Responder (☎ 022-276 0087, 0754-777100, 0754-777073; www.knightsupport.com) For emergency evacuations; see p339 for membership details.

Flying Doctors & Amref (Map p90; ☎ in Nairobi emergency 254-20-315454/5, 254-20-600090; www.amref.org; Ali Hassan Mwinyi Rd) For emergency evacuations; see p339 for membership details.

IST Clinic (Map p86; ☎ 022-260 1307/8, 0784-783393, 24hr emergency 0754-783393; www.istclinic.com; Ruvu Rd; ☎ 8am-6pm Mon-Fri, to noon Sat) A Western-run fully equipped clinic. It's the best bet for travellers, with a doctor on call 24 hours. From Chole Rd, look for the small Ruvu Rd signpost just south of and diagonally opposite the Slipway turn-off.

Oyster Bay police station (Map p86; ☎ 022-266 7332; Toure Dr) North of Coco Beach.

Premier Care Clinic (Map p86; ☎ 022-266 8385, 022-266 8320; pcc@ihu.edu; New Bagamoyo Rd) Western standards and facilities; next to Big Bite restaurant.

Traffic police headquarters (Map p90; ☎ 022-211 1747; Sokoine Dr) Near the Central Line Train Station.

Immigration Office

Wizara ya mambo ya ndani (Map p90; ☎ 022-211 8640/3; www.tanzania.go.tz/immigrationf.html; cnr Ghana Ave & Ohio St; ☎ visa applications 8am-noon Mon-Fri, visa collections until 2pm)



INFORMATION		SLEEPING 🛏		Terrace Restaurant.....(see 38)
A Novel Idea.....(see 38)		Akana Lodge.....20 A3		Village Supermarket.....(see 39)
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Barclay's Bank.....(see 38)		Msasani Slipway Apartments.....(see 38)		Coco Beach.....(see 19)
Belgian Embassy.....2 C5		Msimbazi Centre Hostel.....23 B6		Garden Bistro.....35 C1
Burundian Embassy.....(see 9)		Palm Beach Hotel.....24 C5		Msumbi Coffee House.....(see 39)
CCBRT Disability Hospital.....3 B2		Palms Seaview Hotel.....25 B2		O'Willie's Irish Whiskey Tavern.....(see 25)
CSS Internet Café.....(see 39)		Portea Courtyard.....26 C5		Q-Bar.....(see 28)
Congo (Zaire)		Portea Dar es Salaam Apartments.....27 B4		Slipway Pub.....(see 38)
Embassy.....4 C5		Q Bar & Guest House.....28 C2		
French Embassy.....5 C4		Riki Hill Hotel.....29 C6		ENTERTAINMENT 🎬
Indian High Commission.....6 C4		Sea Cliff Hotel.....30 C1		Msasani Slipway.....(see 38)
Irish Embassy.....7 C2		Sea Cliff Village.....(see 39)		
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Kenyan High Commission.....10 C4		EATING 🍴		Kariakoo Market.....37 B6
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Premier Care Clinic.....13 A3		Azuma.....(see 38)		Sea Cliff Village.....39 C1
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Standard Chartered ATM.....(see 40)		Karambezi Café.....(see 30)		
Travel Mate.....16 C2		La Trattoria Jan.....33 B3		TRANSPORT
Ugandan High Commission.....17 C3		Masani Slipway.....(see 38)		Dalla-Dalla Junction & Taxi Stands.....42 C3
US Embassy.....18 B3		Mashua Waterfront Bar & Grill.....(see 38)		Dalla-Dallas to Kisarawe.....43 B6
		Melela Bustani.....(see 38)		Green Car Rentals.....44 C6
SIGHTS & ACTIVITIES		Sea Cliff Village.....(see 39)		Hertz.....45 C6
Coco Beach.....19 C3		Shoprite.....(see 38)		Scandinavian Express Bus Terminal.....46 B6
Golden Tulip Swimming Pool.....(see 22)		Sweet Eazy Restaurant & Lounge.....34 C3		Travel Mate.....(see 16)

Internet Access

Alpha Internet Café (Map p90; Garden Ave; per hr Tsh1000; ☎ 8.30am-6pm Mon-Fri, to 2pm Sat)

CSS Internet Café (Map p86; 1st fl, Sea Cliff Village; per hr Tsh5000; ☎ 7am-9pm Mon-Fri, 9am-6pm Sat, 2-6pm Sun)

Cyberspot (Map p90; Jamhuri St; per hr Tsh1000; ☎ 9am-10pm Mon-Sat, 10am-9pm Sun)

Mealz Internet Café (Map p90; cnr Pamba Rd & Sokoine Dr; per hr Tsh1000; ☎ 8am-8pm Mon-Sat, 10am-2pm Sun)

Post Office Internet Café (Map p90; Main Post Office, Maktaba St; per hr Tsh1200; ☎ 8am-7pm Mon-Fri, 9am-3pm Sat)

Royal Palm Business Centre (Map p90; Mövenpick Royal Palm, Ohio St; per 10min Tsh1000; ☎ 7am-8pm Mon-Fri, 8.30am-4pm Sat, 9am-1pm Sun)

Media

Advertising Dar (www.advertisingdar.com) Free weekly with restaurant, club and event listings.

Dar es Salaam Guide Free monthly with restaurant and club listings, embassy listings, airline schedules etc; available from hotels, travel agencies and the tourist information centre.

What's Happening in Dar es Salaam Similar to Dar es Salaam Guide.

Medical Services

CCBRT Disability Hospital (Map p86; ☎ 022-260 1543, 022-260 2192; www.ccbtr.or.tz; off Haile Selassie Rd)

IST Clinic (Map p86; ☎ 022-260 1307/8, 0784-783393,

24hr emergency 0754-783393; istclinic@istclinic.com; Ruvi Rd; ☎ 8am-6pm Mon-Fri, to noon Sat) See listing under Emergency (p85).

Muhimbili Medical Centre (Map p86; ☎ 022-215 1351; United Nations Rd) Tanzania's main teaching hospital, with well-qualified staff, but often lacking medicines and supplies.

Money

Forex bureaux give faster service and marginally better exchange rates. There are many scattered around the city centre on or near Samora Ave (all open standard business hours), or try the following:

American Express (Map p90; ☎ 022-211 0960, 022-211 4094; www.rickshawtz.com; Upanga Rd) At Rickshaw Travels, next to Citibank; no cash advances, but sometimes offers (slow) help with replacing stolen cheques. Also issues US-dollar travellers cheques up to US\$1500 against an Amex card.

Forex Bureau (International Arrivals Area, Julius Nyerere International Airport; ☎ for all flights) Straight ahead when exiting customs; cash only.

Galaxy Forex Bureau (International Arrivals Area, Julius Nyerere International Airport; ☎ 6am-11pm) Cash and travellers cheques; to the right as you exit customs.

Mövenpick Royal Palm Forex Bureau (Map p90; Mövenpick Royal Palm, Ohio St; ☎ 8am-8pm Mon-Sat, 10am-1pm Sun & public holidays) Cash and travellers cheques (receipts required).

NBC (Map p90; cnr Azikiwe St & Sokoine Dr) Changes cash and travellers cheques.

Sea Cliff Forex Bureau (Map p86; Sea Cliff Village, Toure Dr; ☎ 11am-7pm) Cash only.

ATMs are available at the following locations:

Barclays Bank Mövenpick Royal Palm (Map p90; opposite Mövenpick Royal Palm, Ohio St); Msasani Slipway (Map p86; Msasani Slipway Apartments) Accepts Visa and MasterCard.

FBME TanPay/SpeedCash (Map p90; Samora Ave) Just west of Askari Monument, with another ATM diagonally across the intersection; accepts MasterCard.

Kilimanjaro Kempinski (Kilimanjaro Kempinski hotel, Kivukoni Front) Accepts Visa, MasterCard, Cirrus and Maestro.

National Bank of Commerce (Map p90; cnr Azikiwe St & Sokoine Dr) Has an ATM at its headquarters, as well as at all branches; accepts Visa only.

Stanbic Bank (Map p90; Sukari House, cnr Ohio St & Sokoine Dr) Accepts Visa, MasterCard, Cirrus and Maestro.

Standard Chartered Holiday Inn (Map p90; Garden Ave); JM Mall (Map p90; Samora Ave); NIC Life House (Map p90; cnr Ohio St & Sokoine Dr); Shopper's Plaza (Map p86) Accepts Visa only.

Post

Main post office (Map p90; Maktaba St; ☎ 8am-4.30pm Mon-Fri, 9am-noon Sat)

Telephone

Card phones are scattered around town, including in front of Extelcoms House and the main post office. For operator-placed international calls (from US\$1.50 per minute), try the **Telecom Office** (cnr Bridge St & Samora Ave; ☎ 7.30am-6pm Mon-Fri, 9am-3pm Sat) behind the Extelcoms House.

Tourist Information

Tanzania Tourist Board Information Centre (Map p90; ☎ 022-212 0373, 022-213 1555; www.tanzania.touristboard.com; Samora Ave; ☎ 8am-4pm Mon-Fri,

8.30am-12.30pm Sat) Just west of Zanaki St, with free tourist maps and brochures and city information. See also the listings under Media (p87).

Travel Agencies

For safari and trek operators, also see p44 and p54. For flight and hotel bookings, try the following:

Coastal Travels (Map p90; ☎ 022-211 7959/60; www.coastal.cc; Upanga Rd) A long-established and recommended agency with its own airline. It offers flights to many areas of the country; especially good for travel to Zanzibar, and for flights linking northern and southern safari circuit destinations. Also offers reasonably priced city tours, day trips to Zanzibar and Mikumi park excursions.

Lions of Tanzania Tours & Safari (Map p90; ☎ 022-212 8161; www.lions.co.tz; Upanga Rd) City tours from US\$25 per person. Next to Citibank.

Kearsley Travel (www.kearsleys.com) Holiday Inn (Map p90; ☎ 022-213 1652/3; Garden Ave); Sea Cliff Village (Map p86; ☎ 022-260 0467; Toure Dr)

Rickshaw Travels Mövenpick Royal Palm (Map p90; Ohio St); Upanga Rd (Map p90; ☎ 022-211 0960, 022-211 4094; www.rickshawtz.com; Upagna Rd) Amex agent.

Skylink (☎ 022-211 5381, 022-211 2786; www.skylink.tanzania.com) Next to Barclay's Bank (Map p90; opposite Mövenpick Royal Palm, Ohio St); Kilimanjaro Kempinski (Map p90; Kilimanjaro Kempinski hotel, Kivukoni Front)

Travel Mate (Map p86; ☎ 022-260 0573; info@travel.mate.co.tz; Chole Rd) Near the Slipway turn-off.

DANGERS & ANNOYANCES

Dar es Salaam is safer than many other big cities in the region, notably Nairobi, though it has its share of muggings and thefts and the usual urban-area precautions need to be taken. Watch out for pickpocketing, particularly at crowded markets and bus and train stations, and for bag snatching through

DAR ES SALAAM IN THE LATE 1930S

This was my first glimpse of Dar es Salaam...a vast rippling blue-black lagoon and all around the rim of the lagoon there were pale-yellow sandy beaches, almost white, and breakers were running up on to the sand, and coconut palms with their little green leafy hats were growing on the beaches, and there were casuarina trees, immensely tall and breathtakingly beautiful... And then behind the casuarinas was what seemed to me like a jungle, a great tangle of tremendous dark-green trees that were full of shadows and almost certainly teeming...with rhinos and lions and all manner of vicious beasts. Over to one side lay the tiny town of Dar es Salaam, the houses white and yellow and pink, and among the houses I could see a narrow church steeple and a domed mosque and along the waterfront there was a line of acacia trees splashed with scarlet flowers...

Ronald Dahl, Going Solo

THE MANY FACES OF DAR

Dar es Salaam is at its most exotic around Mosque St in the busy central area. Here, vendors hawk their wares along narrow, congested streets lined with colonial-era buildings, small *dukas* (shops) sell everything from lighting fixtures to textiles, and Indian-style tea rooms serve up spicy *samosas* and other snacks for a pittance.

Stretching west and southwest of the city is a jumble of vibrant, earthy neighbourhoods, including Kariakoo, Temeke and Ilala. In these areas – seldom reached by travellers – sandy streets wind past small, square, densely packed houses with corrugated roofs, and bustling night markets do business to the light of dozens of small kerosene lanterns. For something more placid, head out to Msasani Peninsula, following Ocean Rd and Toure Dr along the coast, past the clipped lawns and stately residences of various foreign dignitaries to the peninsula's tip. Here – especially at Msasani Slipway and the nearby Sea Cliff Village – you can enjoy fresh sea breezes and air scented with frangipani blossoms, and immerse yourself in things Western. Southeast of town is Kigamboni Ferry, which takes you five minutes across the bay to laid-back villages and a string of relaxing beaches.

vehicle windows. Stay aware of your surroundings, minimise carrying conspicuous bags or cameras and, if possible, leave your valuables in a reliable hotel safe. At night take a taxi rather than taking a *dalla-dalla* (minibus) or walking, and avoid walking alone along the path paralleling Ocean Rd, and on Coco Beach (which is only safe on weekend afternoons, when it's packed with people).

SIGHTS & ACTIVITIES

Sampling the city's vibrant markets and its craft shops is a fine way to while away a morning. For more options, see Shopping (p97).

National Museum

The **National Museum** (Map p90; ☎ 022-211 7508; www.houseofculture.or.tz; Shaaban Robert St; adult/student US\$5/2; ☎ 9.30am-6pm) houses the famous fossil discoveries of *zinjanthropus* (nutcracker man) from Olduvai Gorge (see p223), plus some scattered but intriguing displays on numerous other topics, including the Shirazi civilisation of Kilwa, the Zanzibar slave trade, and the German and British colonial periods. For aficionados of vintage autos, there's a small special collection in the plaza between the main buildings, including the Rolls Royce used first by the British colonial government and later by Julius Nyerere, and the original East African Community Mercedes Benz. In the back building are a couple of old wooden bicycles – one of which uses no metal at all. The museum is near the Botanical Gardens, between Samora Ave and Sokoine Dr.

Village Museum

The centrepiece of the open-air **Village Museum** (Map p102; ☎ 022-270 0437; www.museum.or.tz; cnr New Bagamoyo Rd & Makaburi St; adult/child/student US\$3/1/2, camera/video US\$3/20; ☎ 9.30am-6pm) is a collection of authentically constructed dwellings illustrating traditional life in various parts of Tanzania. There are sometimes traditional music and dance performances held on afternoons.

The museum is 10km north of the city centre – the Mwenge *dalla-dalla* runs there from New Posta transport stand (Tsh200, 30 minutes).

Msasani Peninsula

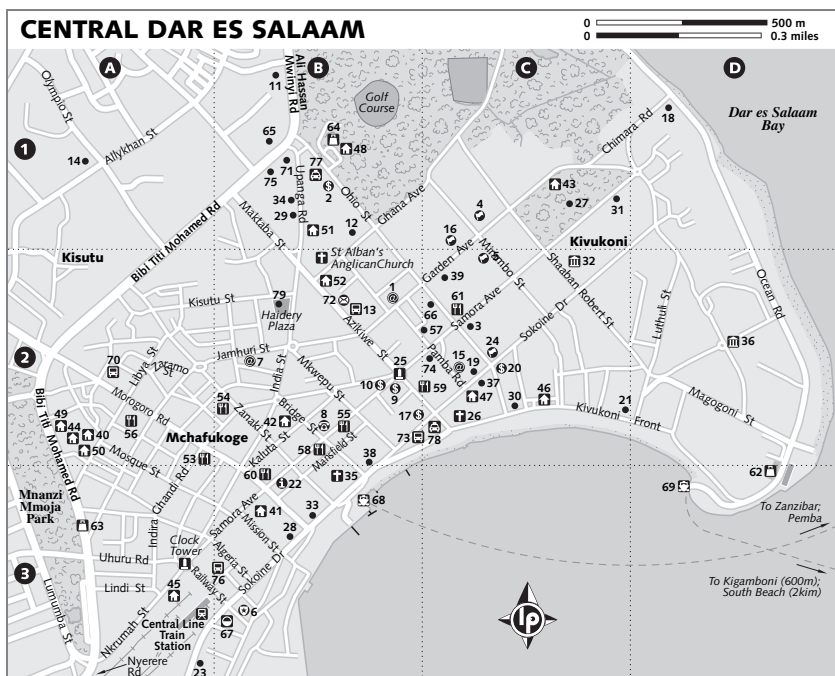
At **Golden Tulip** (Map p86; Tour Dr; adult/child Tsh10,000/5000; ☎ 7am-6pm) hotel just south of Sea Cliff Village you can **swim** at the large, beautiful pool – one of the few hotel pools in the city open to nonguests.

Bird Walks

The **Wildlife Conservation Society of Tanzania** (WCST; Map p90; ☎ 022-211 2518; www.wcstonline.org; Garden Ave) has twice-monthly bird walks (admission free, two to three hours), departing from its office at 7.15am on the first and last Saturday of each month. See also the boxed text, p43.

DAR ES SALAAM FOR CHILDREN

Diversions include the **beaches** and **water parks** north of the city (p102); the supervised **play area** at Sea Cliff Village (p95), next to Sea Cliff Hotel, where you can leave your child with a nanny while you go shopping;



Masani Slipway (p96), with ice-cream cones, movies and a small playground; and the **swimming pool** (p89) at Golden Tulip hotel. On Sunday there's a family brunch at Kilimanjaro Kempinski hotel (per person Tsh29,000; p94), with a children's corner. The Russian Cultural Centre (p85) sponsors frequent cultural activities for children, and there are **children's reading corners** at the Novel Idea bookshop branches (p85) at Msasani Peninsula and Sea Cliff Village.

SLEEPING

If you're relying on public transport, it's cheaper and more convenient to stay in the city centre, which is also where most budget lodging is located. If you don't mind paying for taxis, or travelling the distance from the airport (about 20km), the hotels on Msasani Peninsula can be a break from the urban scene. To avoid the city entirely, head for the beaches north (p102) or south (p104) of Dar es Salaam. The closest places for camping are at Pugu Hills (p100), and at the beaches north and south of town.

All top-end hotels accept credit cards.

City Centre BUDGET

Most budget lodging is in the busy, central area around the main post office, or the equally busy Kisutu area, within easy walking distance of the Kisutu bus stand.

YMCA (Map p90; ☎ 022-213 5457; Upanga Rd; s/d with-out bathroom US\$10/13) Around the corner from the YWCA, and marginally quieter (though the step up in price from the YWCA isn't justified). Rooms have mosquito nets, and there's a canteen. Men and women are accepted.

Safari Inn (Map p90; ☎ 022-213 8101; safari-inn@lycos.com; s/d US\$10/20, d with air-con US\$25; 🚽 📺) A popular travellers haunt in Kisutu, on the western edge of the city centre. Rooms are fan cooled and are sprayed with insect repellent each evening.

Kibodya Hotel (Map p90; ☎ 022-211 7856; cnr Nkrumah & Lindi Sts; tw with fan from Tsh12,000, d with air-con Tsh24,000; 🚽 📺) Large, no-frills rooms with fans, and some with local TV. It's in a busy area off the southwestern end of Samora Ave near the clock tower, and about 10 minutes' walk from the Kisutu St bus stand. Meals aren't available.

INFORMATION			
A Novel Idea.....(see 61)	City Hall.....	28	B3
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British Council.....	Karimjee Hall.....	31	C1
British High Commission.....	Lions of Tanzania Tours & Safari.....(see 34)		
Canadian High Commission.....	National Museum.....	32	C2
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Cyberspot.....	Rickshaw Travels.....(see 48)		
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FBME TanPay/Speed Cash.....	State House.....	36	D2
FBME TanPay/Speed Cash.....	Sukari House.....	37	C2
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	Kisutu Bus Stand.....	70	A2
	KLM.....	71	B1
	Linhas Aéreas de Moçambique.....(see 41)		
	New Posta Transport Stand.....	72	B2
	Old Posta Transport Stand.....	73	B2
	Precision Air.....	74	C2
	Royal Coach.....(see 70)		
	South African Airways.....	75	B1
	Stesheni Transport Stand.....	76	B3
	Swiss International Airlines.....(see 47)		
	Taxi Stand.....	77	B1
	Taxi Stand.....	78	C2
	Yemenia Yemen Airways.....(see 2)		
	Zambian Airways.....	79	B2

YWCA (Map p90; ☎ 0713-622707; ywca.tanzania@afrioonline.co.tz; Maktaba St; d Tsh20,000, s/d without bathroom Tsh10,000/15,000) Just up from the post office, this is a good budget deal. Rooms have mosquito net, fan and sink, the clean shared bathrooms smell of disinfectant, and the convenient location makes up for the street noise. Rooms around the inner courtyard are quieter. Men and women are accepted, and the attached restaurant serves inexpensive local-style meals.

Econolodge (Map p90; ☎ 022-211-6048/9; econolodge@raha.com; s/d/tr US\$18/24/30, with air-con US\$30/35/40; 🗿) Clean, good, no-frills rooms hidden away in an aesthetically unappealing high-rise near the Kisutu bus stand booking offices and around the corner from Safari Inn and Jambo Inn. Continental breakfast is included; otherwise there's no food available.

Jambo Inn (Map p90; ☎ 022-211 4293; jamboinnhotel@yahoo.com; Libya St; s/d US\$20/25) Around the

DISCOVERING DAR ES SALAAM'S HIDDEN SIGHTS

Central Dar es Salaam may be lacking in 'sights', but it's full of historical buildings, interesting architecture and atmosphere, and is easily manageable on foot. Leave your daypack, valuables and camera at your hotel, wear low-key clothing that lets you blend in and set off.

As you walk, watch the street names for a mini-overview of Tanzanian history. Luthuli St, for example, is named after Albert Luthuli, the former South African-born African National Congress (ANC) president. Shaaban Robert St honours one of Tanzania's most famous writers, while Sokoine Dr is named after Edward Moringe Sokoine, one-time prime minister and Julius Nyerere's most likely successor until he was killed in a car crash in 1984. *Dar es Salaam: A Dozen Drives Around the City* by Laura Sykes and Uma Waide includes walking tours of the city with extensive historical background.

For views over the harbour and the city centre, or to cool off with a cold drink, head to the outside terrace of the rooftop bar at Kilimanjaro Kempinski hotel (p94). Alternatively, treat yourself to a taxi ride along the coastal Toure Dr, and then head west over to Msasani Slipway (p96) or O'Willie's (p97) for sundowners overlooking Msasani Bay.

Some highlights are described following.

- **Karimjee Hall** (Map p90; Samora Ave, north of Shaaban Robert St) Now closed to the public, this stately white building was the former house of parliament before the legislature was relocated to Dodoma, and is where Julius Nyerere was sworn in as president. Today it is used for parliamentary committee meetings and political functions.
- **Botanical gardens** (Map p90; Samora Ave) Opposite Karimjee Hall, Dar es Salaam's languishing botanical gardens date from the German colonial era. They are now just a fraction of their original size.
- **Ocean Rd Hospital** (Map p90; Ocean Rd) Built in 1897 and no longer operational, but appealing architecturally, with its Moorish influences. The small, white, domed building just before the hospital is where Robert Koch carried out his pioneering research on malaria and tuberculosis around the turn of the 20th century.
- **State House** (Map p90; Luthuli St) An imposing complex set amid large grounds, the State House was originally built by the Germans and rebuilt after WWI by the British.

corner from Safari Inn, and also popular, with a mix of twin and double-bedded rooms with fan, flyscreens in the windows, erratic hot-water supplies, and a good, cheap restaurant with Indian dishes, plus burgers and other standards.

Luther House Centre Hostel (Map p90; ☎ 022-212 6247, 022-212 0734; luther@simbanet.net; Sokoine Dr; s/tw US\$25/30; 🚻) Centrally located, about two blocks southeast of the post office and just back from the waterfront. Rooms have fan, mosquito nets and air-con, and breakfast is available (at extra charge) at the restaurant downstairs.

Riki Hill Hotel (Map p86; ☎ 022-218 1820; www.rikihotel.com; Kleist Sykes St; s with fan US\$36, s/d/tw with air-con US\$48/54/66; 🚻) This upper-budget/lower-midrange place offers decent value, with clean rooms with TV, as well as a restaurant, local ambience and a bar. It's near the junction of Uhuru and Livingstone Sts.

Out of the city centre are several church-affiliated places – most decent value if you're looking for something clean, quiet and reasonably priced.

Msimbazi Centre Hostel (Map p86; ☎ 022-286 3508, 022-286 3204; Kawawa Rd; s/d/tw Tsh10,000/20,000/50,000) Tiny, stuffy rooms with fan and mosquito net, breezier twins with two rooms sharing bathroom facilities, and an inexpensive canteen. It's noisy, especially on weekends, but otherwise is reasonable value. Take the Buguruni *dalla-dalla* from the Old Posta transport stand (Tsh4000 by taxi) and ask to be dropped off here.

TEC Kurasini Training & Conference Centre (off Map p86; ☎ 022-285 1077; tec@cats-net.com; Nelson Mandela Rd; s/d/tr Tsh12,000/24,000/36,000, s in new wing Tsh15,000) Simple, quiet rooms with fan and mosquito nets, and a canteen for meals. A taxi ride from the city centre costs from Tsh3000.

CEFA (off Map p86; ☎ 022-278 0425, 022-278 0685; cefahotel@gmail.com; Old Bagamoyo Rd, Mikoicheni B; s/d/tr

- **Kivukoni Front** (Map p90) The city's waterfront, sometimes also called Azania Front, is lined with government buildings, all dating to the German era. Opposite is a colourful assortment of street-side vendors and ageing boats.
- **Forodhani Hotel Training Institute building** (Map p90; Kivukoni Front) Just up from the old Kilimanjaro Hotel (now the Kilimanjaro Kempinski) is the old Forodhani Hotel Training Institute building. It currently houses the Appeals Court, but enjoyed its heyday during the British era as the Dar es Salaam Club, when Evelyn Waugh would stop in on occasion for a drink.
- **Askari monument** (Map p90; cnr Samora Ave & Azikiwe St) This bronze statue, dedicated to Africans killed in WWI, is now a favourite haunt of street touts and dubious moneychangers.
- **Azania Front Lutheran Church** (Map p90; cnr Sokoine Dr & Azikiwe St) A striking edifice, with a red-roofed belfry overlooking the water and a rather stern Gothic interior, this is one of the city's major landmarks. The church was built at the turn of the 20th century by German missionaries and is still in active use for services and for choir rehearsals (beautiful – you can sometimes hear the singing from the street).
- **St Joseph's Cathedral** (Map p90; cnr Sokoine Dr & Bridge St) Just down the road from the Azania Front Lutheran Church is another landmark. The spired cathedral, which is still in use – stop by any Sunday morning to see the standing-room only overflow from the services and hear the singing – was built at the same time as the Lutheran church, also by German missionaries. In addition to the striking stained-glass windows behind the main altar (best viewed late in the afternoon), it still contains many of the original German inscriptions and artwork, including the carved relief above the main altar.
- **White Fathers' Mission House** (Map p90; Sokoine Dr) Just northeast of St Joseph's Cathedral, this is one of the oldest buildings in the city, reportedly originally used to house Sultan Majid's harem.
- **Old Boma** (Map p90; Sokoine Dr) Dating to the era of Sultan Majid, and later expanded by the Germans, the Old Boma now houses various offices.
- **City Hall** (Map p90; Sokoine Dr) Opposite the Old Boma is the German-built City Hall.

Tsh30,000/40,000/50,000) Simple, clean rooms in a private guesthouse, with meals available; popular with volunteers.

MIDRANGE

Heritage Motel (Map p90; ☎ 022-211 7471; www.heritage-motel.co.tz; cnr Kaluta & Bridge Sts; s/d from US\$60/72; 🏠) This place in the Asian quarter of town has various-sized rooms – the doubles come with either one double bed, or one double plus one single and most are reasonably spacious, while the single rooms are very small. All have mini-fridge and mosquito netting in the windows. While it's rather overpriced compared with other centrally located options, and not set up for business travellers, it's worth a look if you're looking for something more upmarket than the budget listings in the city centre. There's also a restaurant.

Peacock Hotel (Map p90; ☎ 022-211 4126; www.peacock-hotel.co.tz; Bibi Titi Mohamed Rd; s/d/tr US\$75/85/110; 🏠) A busy, central location, rooms with

TV, a good restaurant and a bar. Caters primarily to a local business clientele, and is often full.

Harbour View Suites (Map p90; ☎ 022-212 4040; www.harbourview-ste.com; Samora Ave; s US\$110-200, d US\$120-210, breakfast US\$7; 🏠) Well-equipped, centrally located business travellers' studio apartments with views over the city or the harbour. Some rooms have mosquito nets, and all have modern furnishings, wi-fi and a kitchenette. A pool and fitness centre are planned, and there's a business centre. Definitely the best value and most upmarket choice in this category. Underneath is JM Mall shopping centre, with an ATM, supermarket and forex bureau.

TOP END

All top-end listings have wi-fi access.

Holiday Inn (Map p90; ☎ 022-213 7575; www.holiday-inn.com/daressalaam; Garden Ave; r from US\$210; 🏠) This is a pleasant, popular and solid-value place, with modern rooms and the standard amenities,

including TV, telephone and a business centre that's open until 10pm. It's on a quiet, leafy side street near the National Museum and next to Standard Chartered Bank.

Mövenpick Royal Palm (Map p90; ☎ 022-211 2416; www.movenpick-daressalaam.com; Ohio St; r from US\$235; 📶 📺 📺) Spacious, recently refurbished rooms, plus a beautiful pool (25m at its longest expanse) and a fitness centre (both for hotel guests only). Executive level guests have their own business centre and breakfast area. It's in lush gardens overlooking the Gymkhana Club golf greens.

Kilimanjaro Kempinski (Map p90; ☎ 022-213 1111; www.kempinski-daressalaam.com; Kivukoni Front; r from US\$250; 📶 📺 📺) This once-classic waterfront hotel has been completely refurbished by the Kempinski chain. The ultramodern rooms are arguably the best in the city – especially those with views over the harbour – with sleek, modern bathrooms and attractive décor. The lobby is rather lacking in character, but the Level 8 rooftop bar is an ideal spot to appreciate the city's port and harbour setting.

Masani Peninsula & Upanga

BUDGET & MIDRANGE

Q Bar & Guest House (Map p86; ☎ 022-260 2150, 0754-282474; qbar@cats-net.com; cnr Haile Selassie & Masani Rds; dm US\$12, s/d US\$45/55, d without bathroom US\$45, executive s/d from US\$50/65; 📶 📺) Spotless, good-value rooms – the executive rooms on the upper floors are huge – all with satellite TV, minifridge and bathroom, plus a four-bed backpackers' dorm room and a standard double, both sharing bathrooms. Laundry service is included in room prices, and breakfast is included with all rooms except the dorm. Food is served downstairs, and there's also a bar with live music on Friday evenings.

Akana Lodge (Map p86; ☎ 022-270 0122, 022-277 5261; www.akanalodge.com; s/d US\$50/70; 📶) Rooms are in a private house, with a few smaller rooms next door in an annex. Local-style meals are available. It's about 7km north of the city centre: take Old Bagamoyo Rd north past Shoppers' Plaza, and watch for a tiny bridge, after which the lodge is signposted to the left.

Swiss Garden Hotel (Map p86; ☎ 022-215 3219; www.swisshostel.net; Mindu St; s/d from US\$60/80; 📶 📺) A cosy B&B in a quiet, leafy neighbourhood, with helpful hosts and small, spotless rooms with internet connections. Breakfast is included; other meals can be arranged. It's in Upanga, just off United Nations Rd.

Palm Beach Hotel (Map p86; ☎ 022-212 2931, 022-213 0985; www.pbhtz.com; Ali Hassan Mwinyi Rd; s/d/tr US\$65/90/100; 📶 📺) This Dar es Salaam institution has been completely renovated – look for the bright-blue Art Deco architecture – with spartan but spacious and good-value rooms with TV, wi-fi and a restaurant.

Masani Slipway Apartments (Map p86; ☎ 022-260 0893; slipway@coastal.cc; Msani Slipway; r/apt US\$70/90; 📶) Furnished, modern apartments in a good location at the Msani Slipway (reception is just next to Barclays Bank). All have a hot-plate, sink and refrigerator, and some have views over the bay. Discounted weekly and monthly rates are available.

Souk (Map p86; ☎ 022-260 0893; slipway@coastal.cc; r US\$80, day r US\$60; 📶) In the centre of the Msani shopping area, with simple but pleasant double-bedded hotel-style rooms, including some with views over the water. For meals, you have all the Slipway restaurants at your doorstep. The reception office is near Barclays Bank (to the right before entering the shopping area).

Protea Courtyard (Map p86; ☎ 022-213 0130; www.proteahotels.com/courtyard; Ocean Rd; s/d from US\$120/140; 📶 📺 📺) Comfortable, modern rooms around a small courtyard, with the better (brighter) ones on the upper level. There's a restaurant, a business centre, wi-fi and efficient staff. It's 1km south of Selander Bridge. If you don't like air-con, note that the windows don't have flyscreens.

Protea Dar es Salaam Apartments (Map p86; ☎ 022-266 6665; www.proteahotels.com/oysterbay; cnr Haile Selassie & Ali Hassan Mwinyi Rds; apt from US\$145; 📶 📺 📺) Modern fully serviced apartments in a secure compound just north of Selander Bridge. All come with kitchenette, TV and access to the fitness and business centres.

TOP END

Peninsula Seaview Hotel (Map p86; ☎ 022-260 1273; www.peninsulaseaviewhotel.com; Chui Bay Rd; r without/wi-fi view from US\$90/145; 📶 📺) A 10-room business travellers' hotel on the water, with well-appointed rooms with wi-fi and O'Willie's pub (p97) downstairs. Airport pick-ups are included in the room prices.

Golden Tulip (Map p86; ☎ 022-260 0288; www.goldentuliptanzania.com; Toure Dr; s/d from US\$135/150; 📶 📺 📺) Overlooking the ocean in a beautiful setting on a low cliff, this laid-back place – a favourite with conference groups – is just south of Sea Cliff Hotel. Rooms don't quite

live up to potential, but the grounds go a long way to compensate, with a beautiful seaside pool and a usually deserted restaurant-bar area. All rooms have small balconies, and suites have full sea views.

Coral Beach (Map p86; ☎ 022-260 1928, 0784-783858; www.coralbeach-tz.com; s/d/f US\$135/155/175, 🏠 📺 🚰) A quiet, often overlooked boutique hotel catering to business travellers, with large and comfortable rooms – though many don't have views – in a secluded location near the northern end of Msasani Peninsula. The family rooms have two large beds, and there's a restaurant.

Retreat (off Map p86; ☎ 022-261 7496; www.retreatsafaris.co.tz; d about US\$170; 🏠 📺 🚰) A lovely, intimate six-room place on the beach about 10km north of town off New Bagamoyo Rd, set in tropical gardens and notable also for its cuisine. Very good value.

Sea Cliff Hotel (Map p86; ☎ 022-260 0380/7; www.hotelseacliff.com; Toure Dr; s/d without/with sea view from US\$190/220; 🏠 📺 🚰) Sea Cliff has an excellent, breezy setting overlooking the ocean at the northern tip of Msasani Peninsula, although the standard rooms don't always live up to expectations. On the grounds are a small fitness centre, a resident masseur and a restaurant. Avoid the less expensive but less appealing and viewless rooms in an annexe next door.

EATING

Most restaurants in the city centre are closed on Sunday.

City Centre

BUDGET

For street food, try the stalls near the corner of Garden Ave and Pamba Rd, and along Kivukoni Front, all busiest around midday, dishing up plates of rice or *ugali* (a staple made from maize or cassava flour, or both) with sauce. For inexpensive Indian food and takeaways, head to the area around Zanaki and Jamhuri Sts.

Al-Qayam (Map p90; Zanaki St; snacks from Tsh200; 🕒 8am–8pm Mon–Fri, to 2pm Sat) A tiny Indian place oozing local flavour.

Chef's Pride (Map p90; Chagga St; meals from Tsh1500; 🕒 lunch & dinner, closed during Ramadan) This long-standing and popular local eatery is within easy walking distance of the Kisutu budget hotels, and a Dar es Salaam classic, offering a slice of local life. The large menu fea-

tures standard fare, plus pizza, Indian and vegetarian dishes, and even some Chinese cuisine.

Épi d'Or (Map p90; ☎ 022-213 6006; Samora Ave; light meals from Tsh1500; 🕒 7am–7pm Mon–Sat) A French-run bakery-café with a mouth-watering selection of freshly baked breads (supplies usually run out by midday), pastries and light lunches, plus hummus and other Middle Eastern dishes.

Al Basha (Map p90; ☎ 022-212 6888, 0787-909000; Indira Gandhi St; snacks from Tsh1500, meals Tsh6000; 🕒 breakfast, lunch & dinner) A no-frills eatery with hummus and other Lebanese dishes, plus burgers and subs. It's just off Morogoro Rd, and a few blocks northwest of Samora Ave.

Nyumba ya Sanaa (Map p90; Mwalimu Julius K Nyerere Cultural Centre, Ohio St; meals from Tsh2000; 🕒 lunch & dinner) A small, informal eatery located in the Nyumba ya Sanaa crafts centre, serving plates of chicken and chips and other local fare.

City Garden (Map p90; cnr Pamba Rd & Garden St; meals from Tsh4000; 🕒 lunch & dinner) A lunch buffet (Tsh8500; Monday to Friday) and à la carte dining, featuring standards such as grilled fish/chicken and rice. There's a shady outdoor seating area, and it's one of the few places in the city centre open on Sunday.

Alcove (Map p90; ☎ 022-213 7444; Samora Ave; meals from Tsh4500; 🕒 lunch & dinner, closed lunch Sun) Dark, heavy décor and tasty Indian and Chinese cuisine, including vegetarian dishes.

Also recommended:

Steers (Map p90; cnr Samora Ave & Ohio St; meals from Tsh2000; 🕒 8am–11pm) Burgers and fast food.

Rendezvous Restaurant (Map p90; Samora Ave; meals Tsh4000) Local fare in the central business district.

Debonairs Pizza (Map p90; cnr Samora Ave & Ohio St; pizzas from Tsh5500; 🕒 8am–11pm) Fast-food pizzas, and indoor or outdoor seating.

City Supermarket (Map p90; JM Mall, cnr Samora Ave & Mission St) For self-catering.

MIDRANGE & TOP END

Tausi (Map p90; ☎ 022-211 4126; Peacock Hotel, Bibi Titi Mohamed Rd; meals from Tsh7000; 🕒 lunch & dinner) This restaurant has a mix of local and Western fare, and is as good a place as any to try *ugali* and sauce, if you haven't already.

Baraza (Map p90; ☎ 022-213 7575; Holiday Inn, Garden Ave; meals from Tsh8000; 🕒 breakfast, lunch & dinner) Good à la carte dining featuring seafood grills and Swahili cuisine.

Kibo Bar (Map p90; ☎ 022-211 2416; Mövenpick Royal Palm, Ohio St; meals Tsh11,000-15,000; 🍷 lunch-11.30pm) Design-your-own pasta, sandwich, omelette and salad stations at lunchtime on weekdays, and pub fare at all hours.

L'Oliveto (Map p90; Mövenpick Royal Palm, Ohio St; meals from Tsh15,000; 🍷 lunch & dinner Tue-Fri, dinner Sat & Sun) Next door to Kibo Bar is this ultramodern eatery, with delicious Italian cuisine on the plates and a constantly changing colour scheme on the walls.

Oriental (☎ 022-213 1111; www.kempinski-dares.salaam.com; Kilimanjaro Kempinski Hotel, Kivukoni Front; meals from US\$20; 🍷 lunch & dinner Tue-Sun) Considered by some connoisseurs to be the best restaurant in town, with excellent sushi and Asian fusion cuisine, and an ambience that's as optimal for business lunches as it is for a romantic evening out.

BUFFETS

Lunchtime buffet fans have a choice, including those at the **Mövenpick Royal Palm** (Map p90; ☎ 022-211 2416; Ohio St; buffet Tsh 21,000), **Kilimanjaro Kempinski** (Map p90; ☎ 022-213 1111; Kivukoni Front; buffet Tsh25,000), **Holiday Inn** (Map p90; ☎ 022-213 7575; Garden Ave; buffet Tsh16,000), **New Africa Hotel's Bandari Grill** (Map p90; Azikiwe St; buffet Tsh15,000) and (the budget winner) **Heritage Motel** (Map p90; ☎ 022-211 7471; www.heritagemotel.co.tz; cnr Kaluta & Bridge Sts; buffet Tsh5000). All are Monday to Friday only. The Kilimanjaro Kempinski also has a Sunday brunch family buffet (Tsh29,000), and all of these places except Heritage Motel also have evening buffets most nights.

Msasani Peninsula

Sea Cliff Village (Map p86; Toure Dr; 🍷 all day) A small and frequently changing selection of eateries, including Épi d'Or bakery, a pizzeria, a juice bar and Msumbi Coffee House (opposite), with great coffees.

Addis in Dar (Map p86; ☎ 0713-266299; 35 Ursino St; meals from Tsh5000; 🍷 lunch & dinner Mon-Sat) Offers a mouth-watering selection of Ethiopian dishes, including a range of vegetarian selections. It's signposted off Mgombani St.

La Trattoria Jan (Map p86; ☎ 022-255 7640; Kimweri Ave; meals from Tsh5500; 🍷 lunch & dinner) A homy, long-standing place that attracts a loyal group of regulars with its good pizza and Italian dishes.

Sweet Eazy Restaurant & Lounge (Map p86; ☎ 0755-754074; Oyster Bay Shopping Centre; meals from Tsh7000)

Thai and seafood specialities, and live music Thursday and Saturday.

Chongqing Chinese Restaurant (Map p86; ☎ 022-260 0678; Toure Dr; meals from Tsh8000; 🍷 11am-11pm Fri-Wed, 3-11pm Thu) Well-prepared Chinese food next door to Golden Tulip hotel, with views over the water.

81 Steps (Map p86; ☎ 022-260 1273; Peninsula Seaview Hotel, Chui Bay Rd; set menu US\$25; 🍷 dinner) A new rooftop place at the Peninsula Seaview Hotel with sunset views over the water, cushions and throw pillows on the floor, and a set five-course menu (for maximum 16 guests) featuring Tanzanian-Arabian-Moroccan fusion cuisine (no forks – everything's eaten African or Middle Eastern style). Advance bookings are highly recommended. Seating and traditional-style hand washing starts at 7.30pm and the meal itself commences at 8pm.

The eateries at **Msasani Slipway** (Map p86; ☎ 022-260 0893; Msasani Slipway; 🍷 all day) serve everything from burgers to sushi. Eating places include **Fairy Delights Ice Cream Shop** (cones from Tsh2000), **Melela Bustani** (breads from Tsh1000) for sustainably produced bakery and gourmet cheese and sausage products, and the good **Terrace Restaurant** (meals Tsh8500-30,000; 🍷 dinner Mon-Fri, lunch & dinner Sat), with terrace seating, including some tables overlooking the water, and a selection of well-prepared Italian and seafood dishes. Located upstairs is **Azuma** (meals from Tsh9000), with Japanese cuisine and discounted meals on Wednesday night for ladies dining with ladies, while directly on the water is the **Mashua Waterfront Bar & Grill** (meals from Tsh6500), with grilled fish and pub-style fare. **Garden Bistro** (Map p86; ☎ 022-260 0800; Haile Selassie Rd) is a relaxed restaurant-nightclub featuring Indian dishes and grills downstairs, continental cuisine upstairs, a *sheesha* (water-pipe) lounge and sports bar.

For self-catering:

Shoprite (Map p86; Msasani Slipway)

Village Supermarket (Map p86; Sea Cliff Village, Toure Dr) Pricey but wide selection of Western foods and imported products.

DRINKING

Neither the café nor the pub scene have made their way into local Dar es Salaam life with the intensity they have in other cities, but there are a few good spots.

Slipway Pub (Map p86; ☎ 022-260 0893; Msasani Slipway; ☎ noon-11pm) A cosy British pub near the water, with drinks and meals, and sports TV.

Garden Bistro (Map p86; ☎ 022-260 0800; Haile Selassie Rd) Happy hours Sunday through to Thursday and live music on weekends.

Q Bar (Map p86; ☎ 022-260 2150, 0754-282474; cnr Haile Selassie & Msasani Rds) Happy hours (5pm to 7pm Monday to Friday), live music on Fridays and big-screen sports TV.

Level 8 (Map p90; 8th fl, Kilimanjaro Kempinski, Kivukoni Front) A rooftop bar with views over the harbour, lounge seating and live music some evenings.

O'Willie's Irish Whiskey Tavern (Map p86; www.owillies.com; Peninsula Seaview Hotel, Chui Bay Rd) A classic Irish pub, and popular with the expat crowd, with live music (check its website for the programme), pub food, pizza and seafood grills.

Also recommended:

Épi d'Or (Map p90; ☎ 213 6006; Samora Ave; ☎ 7am-7pm Mon-Sat) Good coffee and juices.

Msumbi Coffee House (Map p86; Sea Cliff Village) A range of good coffees, and roasted beans for sale. **Kibo Bar** (Map p90; ☎ 022-211 2416; Mövenpick Royal Palm, Ohio St; ☎ noon to 11.30pm) Upmarket sports bar at the Mövenpick Royal Palm hotel.

Coco Beach (Map p86; ☎ Sat & Sun) Packed with locals on weekends, and an amenable seaside setting for an inexpensive beer.

ENTERTAINMENT

For the latest on what's on around town, check the listings magazines (p87), the bulletin board at Nyumba ya Sanaa (right) and www.naomba.com.

Cinemas

The **British Council** (Map p90; ☎ 022-211 6574/5/6; info@britishcouncil.or.tz; cnr Ohio St & Samora Ave) shows occasional free cultural films. Movies are also shown at the **Msasani Slipway** (Map p86; ☎ 022-260 0893; Msasani Slipway) on Friday, Saturday and Sunday evenings.

Traditional Music & Dance

Mwalimu Julius K Nyerere Cultural Centre (Map p90; Nyumba ya Sanaa, Ohio St) Traditional dance performances at 7pm on Friday, and the best place to find out about traditional dance events around the city.

Village Museum (Map p102; ☎ 022-270 0437; www.museum.or.tz; cnr New Bagamoyo Rd & Makaburi St) *Ngoma* (drumming and dancing) performances from 4pm to 6pm on Saturday and

Sunday, plus occasional special afternoon programmes highlighting the dances of individual tribes.

SHOPPING

Handicrafts & Paintings

Nyumba ya Sanaa (Map p90; Mwalimu Julius K Nyerere Cultural Centre, Ohio St) This local artists cooperative sells textiles and crafts daily from around the country; you can also watch some of the artists at work.

Msasani Slipway Weekend Craft Market (Map p86; Msasani Slipway, Msasani Peninsula; ☎ Sat & Sun) Prices are slightly higher here than elsewhere in town, but quality is good and the atmosphere calm. In addition to crafts, there's a large selection of Tingatinga-style paintings.

Mawazo Gallery & Art Café (Map p90; ☎ 0784-782770; Upanga Rd; ☎ 10am-5.30pm Mon-Fri, to 2pm Sat) High-quality paintings, woodcarvings and crafts.

Tingatinga Centre (Map p86; Morogoro Stores, Haile Selassie Rd, Oyster Bay; ☎ 8.30am-5pm) This centre is at the spot where Edward Saidi Tingatinga (p34) originally marketed his designs, and it's still one of the best places to buy Tingatinga paintings and watch the artists at work.

Wasanii Art Gallery (Map p86; wasaniicentre@yahoo.co.uk; Msasani Slipway, Msasani Peninsula; ☎ 1-8pm Mon-Fri, to 6pm Sat) A showcase for up-and-coming Tanzanian artists.

For last-minute craft shopping, **Out of Africa** (Julius Nyerere International Airport) and several other shops in the airport departure lounge have good selections.

Curio shops with batiks, woodcarvings and other crafts are scattered throughout the city centre around Samora Ave near the

COMMUNITY TOURISM SPOTLIGHT: MAWAZO GALLERY

Together with friends and colleagues, Mawazo Gallery founder Rachel Kessi has made a significant step in revitalising the local Dar es Salaam art scene. Mawazo (meaning 'ideas' or 'thoughts') was established in 2003 to give local artists a forum for exhibiting their work and promote artistic development. Since then it has quietly established a foothold in the local cultural scene as an artist's meeting point, and as the force behind the semi-annual Makutano arts and crafts fair (see p98).

DAR'S MARKETS

For a gentle initiation into Dar es Salaam's markets, head to the **fish market** (Map p90; Ocean Rd), near Kivukoni Front. It's fairly calm as urban markets go, and you can watch fish auctions. For more excitement, get a reliable taxi driver or Tanzanian friend to take you to **Ilala Market** (Map p86; Uhuru St), near Shaurimoyo Rd, or to the huge, sprawling **Kariakoo Market** (Map p86; Msimbazi & Mkunguni Sts), Tanzania's largest; don't bring valuables and watch out for pickpockets. For Western-style shopping, try **Masani Slipway** (Map p86; Msasani Peninsula) or **Sea Cliff Village** (Map p86; Toure Dr), both at the northern end of Msasani Peninsula, and the less glitzy **Shoppers' Plaza** (Map p86; Old Bagamoyo Rd). For *kangas* (printed cotton wraparounds worn by many Tanzanian women) and other textiles, try the vendors and wholesale shops at **Mnazi Mmoja** (Map p90; Bibi Titi Mohamed Rd).

Askari monument. Most top-end hotels have boutiques with high-quality crafts. Also watch for the semi-annual arts and crafts fair held at the Police Officers' Mess on Toure Dr and organised each May and November by **Makutano – The Centre for Tanzanian Art** (makutanotz@yahoo.com).

Woodcarvings

Mwenge Carvers' Market (Map p102; Sam Nujoma Rd; ☎ 8am-6pm) This market, opposite the Village Museum, and just off New Bagamoyo Rd, is packed with vendors, and you can watch carvers at work. Take the Mwenge *dalla-dalla* from New Posta transport stand to the end of the route, from where it's five minutes on foot down the small street to the left.

GETTING THERE & AWAY

Air

Julius Nyerere International Airport is the major arrival point for overseas flights and the hub for domestic services. For more information, including international flight connections, see p346. For flights to Zanzibar, the best contacts are Coastal Aviation and ZanAir (see p127). Airline offices in Dar es Salaam include the following:

Air India (Map p90; ☎ 022-215 2642; cnr Ali Hassan Mwinyi & Bibi Titi Mohamed Rds)

Air Tanzania (Map p90; ☎ 022-211 7500, 022-284 4239; Ohio St) Also at Terminal Two, Julius Nyerere International Airport (open 4am to 9pm).

British Airways (Map p90; ☎ 022-211 3820, 022-284 4082; Mövenpick Royal Palm, Ohio St)

Coastal Aviation (Map p90; ☎ 022-211 7959/60, 022-284 3293; aviation@coastal.cc; Upanga Rd) Also at Terminal One, Julius Nyerere International Airport.

Emirates Airlines (Map p90; ☎ 022-211 6100; Haidery Plaza, cnr Kisutu & India Sts)

Ethiopian Airlines (Map p90; ☎ 022-211 7063; Ohio St) Opposite Mövenpick Royal Palm hotel.

Jet Airways (Map p90; ☎ 022-212 7734; jetairway stz@akshar.co.ke; Kilimanjaro Kempinski Hotel, Kivukoni Front)

Kenya Airways (Map p90; ☎ 022-211 9376/7; Upanga Rd) Located with KLM.

KLM (Map p90; ☎ 022-213 9790/1; Upanga Rd) Located with Kenya Airways.

Linhas Aéreas de Moçambique (Map p90; ☎ 022-213 4600; 1st fl, JM Mall, Samora Ave) At Fast-Track Travel (www.fasttracktanzania.com).

Precision Air (Map p90; ☎ 022-216 8000, 022-284 3547, 0787-888407; cnr Samora Ave & Pamba Rd) Also at Terminal Two, Julius Nyerere International Airport (open 5am to 10pm).

South African Airways (SAA; Map p90; ☎ 022-211 7044; Raha Towers, cnr Bibi Titi Mohamed & Ali Hassan Mwinyi Rds)

Swiss International Airlines (Map p90; ☎ 022-211 8870; Luther House Centre Hostel, Sokoine Dr)

Yemenia Yemen Airways (Map p90; ☎ 022-212 6036; Ohio St) Opposite Mövenpick Royal Palm hotel.

Zambian Airways (Map p90; ☎ 022-212 8885/6; Ground fl, Haidery Plaza, cnr Kisutu & India Sts)

ZanAir (☎ 022-284 3297; Terminal One, Julius Nyerere International Airport)

The airport has two terminals. Most regularly scheduled domestic flights and all international flights depart from Terminal Two (the 'new' terminal, and the first one you reach coming from town), while many flights on small planes and most charters depart from Terminal One (the 'old' terminal), about 700m further down the road. Verify the departure terminal when purchasing your ticket.

Boat

The main passenger routes are between Dar es Salaam, Zanzibar and Pemba.

TO/FROM ZANZIBAR & PEMBA

There are several 'fast' ferry trips (on *Sea Star*, *Sea Express* or *Seabus*) daily between Dar es Salaam and Zanzibar, departing at 7.30am (*Sea Express*), 10.30am (*Sea Star*), 2pm (*Seabus*) and 4pm (*Seabus*). All take 1½ hours and cost US\$35/40 regular/VIP (VIP gets you a seat in the air-con hold). There are also several slow ferries. The main one is *Flying Horse*, which departs daily at 12.30pm (one way US\$25) and takes almost four hours. *New Happy* and *Aziza* each depart several times weekly at noon (one way US\$25, three hours).

Ferry departures from Zanzibar (Map p86) are daily at 7am (*Sea Star*), 10am (*Seabus*), 1pm (*Seabus*), 4pm (*Sea Express*) and 10pm (*Flying Horse*, arriving before dawn the next day).

The MS *Sepideh* also runs daily between Dar and Zanzibar, departing from Dar at 7.30am and Zanzibar at 4pm (one way US\$35). Vehicles can be transported on the *New Happy*.

Only buy your tickets at the ticket windows – each company has its own, all lined up on Kivukoni Front opposite St Joseph's Cathedral – and don't fall for touts at the harbour trying to collect extra fees for 'doctors' certificates', departure taxes and the like. The only fee is the ticket price (which includes the US\$5 port tax). Also, avoid touts who want to take you into town to buy 'cheaper' ferry tickets, or who offer to purchase ferry tickets for you at less expensive resident rates; although it's easy enough to get resident-rate tickets and get on the boat with them, you're likely to have problems later when the tout or his buddies come around to collect payment for the favour.

For ferry connections to Pemba, see p148.

TO/FROM MTWARA

There are currently no boats running between Dar es Salaam and Mtwara.

Bus

Except as noted following, all buses depart from and arrive at the main bus station at Ubungo, about 8km west of the city centre on Morogoro Rd. It's a sprawling place with the usual assortment of bus station hustle and touts. Keep an eye on your luggage and your wallet and try to avoid arriving at night. *Dalla-dallas* to Ubungo (Tsh200) leave from the local New Posta and Old Posta transport stands (Map p90), as well as from various

other spots in town. Taxis from the city centre cost from about Tsh8000. If you're coming into Dar es Salaam on Scandinavian Express, Dar Express and Royal Coach bus lines, you can usually stay on the bus past Ubungo until the bus line's town office – which is worth doing as it will be less chaotic and you'll have a cheaper taxi fare to your hotel. Except for Scandinavian Express buses (which you can also board at its terminal), it doesn't work out leaving the city, since departures are directly from Ubungo. To book tickets, head to the bus line offices (listed following). As usual, only buy tickets inside the bus office itself.

Dar Express (Map p90; Libya St, Kisutu) Daily buses to Arusha (Tsh17,000) departing at 6am, 7am, 8am, 9am and 10am from Ubungo bus station.

Royal Coach (Map p90; ☎ 022-212 4073; Libya St, Kisutu) Daily departures to Arusha (Tsh22,000) at 9am from Ubungo bus station (7am from its Kisutu office).

Scandinavian Express (Map p86; ☎ 022-218 4833/4; www.scandinaviagroup.com; cnr Msimbazi St & Nyerere Rd) Has its own bus terminal for arrivals and departures (which is also where you book tickets). It's calmer than Ubungo, and closer to the city centre, though all Scandinavian Express buses also pass by Ubungo. There's at least one bus daily to Iringa and Mbeya, another via Iringa to Njombe and Songea, two daily to Dodoma and several daily to Arusha, but many routes were in flux at the time of publication, so contact Scandinavian Express for an update.

The following table lists price and frequency for bus travel from Dar es Salaam to various locations:

Destination	Price (Tsh)	Frequency
Arusha	18,000-24,000	3 daily
Dodoma	10,000-13,000	2 daily
Iringa	15,000	1 daily
Kampala	62,000	1 daily
Mbeya	25,000	1 daily
Mwanza	50,000	1 daily
Nairobi	39,000	1 daily
Songea	27,000	1 daily

Minibuses to Kilwa Masoko depart from Temeke bus stand, located about 5km southwest of the city centre, just off Nelson Mandela Rd.

For information about buses between Dar es Salaam and Kenya, Uganda, Zambia and Malawi, see p349.

Car & Motorcycle

See p100 for car-rental agencies.

Train

For information about the Tazara line between Dar es Salaam, Mbeya and Kapiri Mposhi (Zambia), see p361. The **Tazara train station** (off Map p86; ☎ 022-286 5187, 0713-225292; www.tazara.co.tz; cnr Nyerere & Nelson Mandela Rds; 🕒 ticket office 7.30am-12.30pm & 2-4.30pm Mon-Fri, 9am-12.30pm Sat) is about 6km southwest of the city centre (Tsh6000 in a taxi). *Dalla-dallas* to the train station leave from either New or Old Posta transport stands, and are marked Vigunguti, U/Ndege or Buguruni.

For more on Central Line trains between Dodoma, Kigoma and Mwanza (the Dar to Dodoma section is currently closed), see p361. **Tanzanian Railways Corporation (Central Line) train station** (Map p90; ☎ 022-211 7833; www.trctz.com; cnr Railway St & Sokoine Dr) is in the city centre southwest of the ferry terminal.

GETTING AROUND To/From the Airport

Julius Nyerere International Airport is about 12km from the city centre. *Dalla-dallas* (marked U/Ndege) go to the airport from New Posta transport stand. In heavy traffic the trip can take over an hour, and there's generally no room for luggage. Taxis to central Dar es Salaam cost Tsh10,000 (to Mwanza Peninsula Tsh20,000 to Tsh25,000).

Car & Motorcycle

See p359 for general information. Most rental agencies offer self-drive options in town; none offer unlimited kilometres. Rental agencies include the following:

Avis (☎ 022-211 5381, 022-212 1061/2; www.avisworld.com) Airport (Julius Nyerere International Airport); Kilimanjaro Kempinski (Map p90; Kivukoni Front); Skylink Travel & Tours (Map p90; Ohio St)

Green Car Rentals (Map p86; ☎ 022-218 2022, 022-218 2107; www.greencars.co.tz; Nyerere Rd) A recommended place, with competitive rates. It's near MD Motors in the Gerezani area.

Hertz (Map p86; ☎ 022-218 2612; hertz@cats-net.com; cnr Nyerere Rd & Swahili St) A Hertz franchise, a block away from Green Car Rentals.

Travel Mate (Map p86; ☎ 022-260 0573; info@travelmate.co.tz; Chole Rd) Near the Slipway turn-off.

Public Transport

Dalla-dallas (minibuses) go almost everywhere in the city for Tsh200. They are invariably packed to overflowing, and are difficult to board with luggage. First and last stops are

shown in the front window, but routes vary, so confirm that the driver is going to your destination. Terminals include the following:

New Posta transport stand (Map p90; Maktaba St) At the main post office.

Old Posta transport stand (Map p90; Sokoine Dr) Down from the Azania Front Lutheran Church.

Stesheni transport stand (Map p90; Algeria St) Off Samora Ave near the Central Line Train Station; *Dalla-dallas* to Temeke bus stand also leave from here; ask for 'Temeke mwisho'.

Taxi

Taxis don't have meters. Short rides within the city centre cost Tsh2000. Fares from the city centre to Mwanza Peninsula start at Tsh5000 (Tsh8000 to Sea Cliff Village).

Taxi stands include those opposite the Mövenpick Royal Palm hotel (Map p90), on the corner of Azikiwe St and Sokoine Dr (Map p90) and on the Mwanza Peninsula on the corner of Mwanza and Haile Selassie Rds (Map p86).

Reliable taxi drivers, recommended also for airport pick-ups, include **Jumanne Mastoke** (☎ 0784-339735; mjumanne@yahoo.com), based opposite the Mövenpick Royal Palm hotel, and **Godwin Muganga** (☎ 0713-252459, 0757-080659; godwin.muganga@yahoo.com).

AROUND DAR ES SALAAM

PUGU HILLS

Pugu Hills, which begins about 15km southwest of Dar es Salaam and extends past Kisarawe, is lightly wooded, with several small forest reserves, and offers a change of pace from the urban scene. Despite its proximity to the city, the Pugu area is not urbanised at all, and many communities have remained quite traditional and conservative. Pugu is also interesting from a historical perspective: several mission stations were established here, and it's the site of Pugu Secondary School, where Julius Nyerere taught before entering into politics full-time.

Pugu's roads (most of which are unsealed) are only lightly travelled, and good for biking. There are two short WCST hiking trails, which require a permit (Tsh5000) from the Mali Asili (Natural Resources) office in Kisarawe, just south of the main roundabout. The trailheads



are 15 minutes from the office on foot; each trail takes about 30 minutes. There's a military base in Pugu, so don't take pictures anywhere unless you're sure that you're nowhere in its vicinity.

Pugu Hills (☎ 0754-565498, 0754-394875; www.puguhills.com; entry Tsh2000, camping per person Tsh6000, 4-6 person bandas US\$50) is a good, breezy place on a hillside backing onto a forest reserve with four spacious, en suite *bandas* (thatched-roof huts with wooden or earthen walls). There's also an area to pitch your tent, along with shower facilities and a restaurant serving vegetarian and other meals. Large groups and overland trucks cannot be accommodated. Nearby are some hiking paths, including a short walk to a lookout with views over Dar es Salaam. Call or SMS in advance, whether for overnight or day visits.

Getting There & Away

Dalla-dallas to Kisarawe leave from Msimbazi St in Kariakoo. You can also get them on Nyerere Rd at the airport turn-off. For Pugu Hills camp site and restaurant, ask the driver to drop you at the old Agip station (about 7km before Kisarawe, and about 7km past the

airport). Continue straight along the unsealed Kisarawe road for about 200m, to the end of a tiny group of shops on your left, where there's a dirt path leading up to Pugu Hills (about 15 minutes further on foot); ask for Bwana Kiki's place. By vehicle, from the old Agip station, follow the sealed road to the left, continue about 1.2km, then turn right at an unmarked dirt path running past a chicken warehouse (the turn-off is about 50m before the railroad tracks). Continue 2km uphill, along a rough road, to Pugu Hills.

OFFSHORE ISLANDS

The uninhabited islands of Bongoyo, Mbudya, Pangavini and Fungu Yasini, just off the coastline north of Dar es Salaam, were gazetted in 1975 as part of the Dar es Salaam Marine Reserve system. Bongoyo and Mbudya – the two most visited islands – offer attractive beaches backed by dense vegetation, snorkelling and short walking trails, and make an enjoyable getaway from the city. Swimming is possible at any time, unlike the situation on the mainland beaches, where swimming is tide-dependent. Although both attract many visitors on weekends and holidays, there's enough space, especially on Mbudya's long beach, so you can usually find a peaceful spot. The islands are home to populations of coconut crabs, and dolphins can sometimes be spotted in the surrounding waters. There are several nearby dive sites, most off the islands' eastern sides. Fungu Yasini is a large sandbank without vegetation, while Pangavini has only a tiny beach area. Much of its perimeter is low coral outcrops making docking difficult, and it's

COMMUNITY TOURISM SPOTLIGHT: PUGU HILLS

Pugu Hills makes an ideal destination for anyone interested in local environmental and conservation issues. Walks can be arranged to a nearby charcoal production site to see the rate at which Pugu Forest is disappearing, and ideas and collaboration are welcomed to halt the destruction of the forest. Before going, check out www.puguhills.com/forests for background on the ancient Pugu Forest and on the conservation activities of the Pugu Hills Nature Centre.

seldom visited. There's a Tsh6000/4000 per adult/child entry fee to enter the reserve area, including visiting any of the islands. It's usually included in the price of excursions, and collected before departure.

Bongoyo

Bongoyo, about 7km north of Dar es Salaam, is the most popular of the islands, with a small and relatively quiet (except on holiday weekends) stretch of beach offering snorkelling and swimming and some short walking trails. Basic grilled fish meals (about Tsh6000) and sodas are available, and snorkelling equipment can be rented.

A boat goes to the island daily (except during the long rains) from Msasani Slipway at Msasani Peninsula, departing at 9.30am, 11.30am, 1.30pm and 3.30pm, and returning at 10.30am, 12.30pm, 2.30pm and 5pm (Tsh16,000 return, including marine reserve entry fees; minimum four people). The departure and ticketing point is Mashua Waterfront Bar & Grill. It's also possible to organise visits from Sea Breeze Marine (right) and from most of the northern beach hotels (see opposite), although the distance from there to Bongoyo is longer.

Mbudya

Pretty Mbudya, north of Bongoyo, and directly offshore from Kunduchi Beach Hotel & Resort, has several beaches (the best and longest one runs along the island's western edge), short walking trails and snorkelling. Near the island's northern end is an old graveyard. Grilled fish and chips are available for about Tsh6000, as are drinks, and snorkelling equipment can be rented for Tsh10,000 per day. There are thatched *bandas* for shade and **camping** (per person with own tent or under open-sided banda Tsh20,000, per person incl tent rental Tsh30,000). The island is best reached from the beaches north of Dar es Salaam, and all the hotels there, plus Sea Breeze Marine (right) arrange excursions (about Tsh10,000 per person, minimum two people, including entry fees).

NORTHERN BEACHES

The coastline about 25km north of Dar es Salaam and east of New Bagamoyo Rd is lined with resorts and is a popular weekend getaway. While lacking the exotic tropical island ambience of Zanzibar's coastline, the beaches here make a relaxing break from the city and – with a selection of swimming pools



and two water parks – are a good destination for families. They are close enough to Dar es Salaam that you can visit for the day, or base yourself here. The southern section of coast – Jangwani Beach – is broken by frequent stone jetties, although it offers a wider range of facilities than the more attractive coastline running from Kunduchi north.

Sights & Activities

DIVING & SNORKELLING

Diving around the coral gardens near Bongoyo and Mbudya islands, and diving certification courses (PADI), can be arranged year-round at the long-standing **Sea Breeze Marine** (☎ 0754-783241; www.seabreezemarine.org) next to White Sands Hotel.

RUINS

Just north of Kunduchi Wet 'n' Wild are the overgrown **Kunduchi ruins**, which include the remnants of a late-15th-century mosque as well as Arabic graves from the 18th or 19th centuries, with some well-preserved pillar tombs. Fragments of Chinese pottery found here testify to ancient trading links between this part of Africa and the Orient. Arrange a guide with your hotel – it's not safe to walk on your own to the ruins, as there have been muggings.

WATER PARKS

Kunduchi Wet 'n' Wild (☎ 022-265 0326, 022-265 0332; wetnwild@raha.com; adult/child Tsh4950/4500; 🕒 9am-6pm, women only Tue) This large and crowded place next to Kunduchi Beach Hotel & Resort has several pools, water slides, video arcades, a small playground, an adjoining go-kart track and a restaurant. Although the complex opens at 9am, the slides and pools usually don't get going until closer to 10am. To get here, see *Getting There & Away* (p104).

Water World (☎ 022-264 7627, 022-264 7620; adult /child Tsh4000/3000; 🕒 10am-5.30pm Tue-Sun, women only Wed) Similar to Kunduchi Wet 'n' Wild, but somewhat smaller and quieter. It's run by White Sands Hotel, and is next door, between White Sands and Beachcomber hotels.

Sleeping & Eating

At all the hotels, it's worth asking about weekend discounts on accommodation. All hotels also charge an entry fee for day visitors on weekends and holidays, averaging Tsh3000 to Tsh5000 per person.

BUDGET

Silver Sands Beach Hotel (☎ 022-265 0428, 0754-850001; www.silversands.netfirms.com; camping per person /vehicle Tsh3000/2000, s/d standard Tsh30,000/32,000, s/d deluxe Tsh45,000/46,000; 🕒) This place is set on a quiet stretch of beach and has seen better days, but remains a respectable budget choice. The camping facilities have hot water (usually), and there are basic but adequate rooms set around a grassy square just in from the beach, all with mosquito nets. Meals cost from Tsh4500.

Bahari Beach Hotel (☎ 022-265 0352; baharibeachhotel@yahoo.com; camping per person US\$5, d US\$65; 🕒) The former government hotel, north of Silver Sands, has an attractive beachside setting, although the 1970s-style rooms are well

past their prime. A better-value option – and popular with overlanders – is camping on the surrounding lawns.

MIDRANGE

Jangwani Sea Breeze Lodge (☎ 022-264 7215; www.jangwani.org; s/d US\$70/85; 🕒 📺 📺) This tidy formerly German-run establishment has changed hands and is now part of the Eclipse Hotels group. The 34 rooms are comfortable and some are spacious, although most are on the inland side of the road and without beach views. Just opposite is a bougainvillea-draped beachside courtyard, and a restaurant with weekend barbecues and buffets (per adult /child about Tsh12,500/6500; open Saturday evening and Sunday lunch).

Beachcomber (☎ 022-264 7772/3; www.beachcomber.co.tz; s/d from US\$85/100; 🕒 📺 📺) Although in need of a facelift, new paint and lighting in the hallways, rooms are adequate and all have small balconies, though most don't have full beach-facing views. There's also a gym and a pool. Despite the waterside location, the beach in front of the hotel is dirty and unsuitable for swimming – you'll need to use the pool, or go to neighbouring White Sands, about 500m to the south.

White Sands Hotel (☎ 022-264 7620/1; www.hotelwhitesands.com; s/d Mon-Fri US\$115/132, Sat & Sun US\$85/95, deluxe apt from US\$140; 🕒 📺 📺) This large, somewhat hectic and often full place (with 88 rooms, 28 self-catering apartments and conference facilities) is on the beach between Jangwani Sea Breeze Lodge and Beachcomber. The well-kept rooms are in two-storey rondavels lined up along the waterfront, all with TV, minifridge and sea views. At the northern end of the complex are newer self-catering apartments – some directly overlooking the beach, and the others just behind overlooking a well-tended lawn. There's also a gym and a business centre, and the restaurant has weekend buffets (per adult/child about Tsh16,000/8000). Waterskiing, laser sailing and wind surfing can be arranged. Room prices include free airport transfers (with two days' advance notice) and free entry to Water World. There's a nightclub on most Friday and Saturday nights.

Kunduchi Beach Hotel & Resort (☎ 022-265 0050; www.kunduchiresort.com; s/d US\$150/174; 🕒 📺 📺) After being closed for many years, this former government hotel has recently reopened. It's set on the best stretch of beach – a large expanse of clean white

THE ZARAMO WORLD VIEW

The original inhabitants of the area around Dar es Salaam are the Zaramo, known for their skilled woodworking and for their creation beliefs. In the beginning, according to the Zaramo, was Nyalutanga, the common mother from whom springs forth all life and knowledge. Nyalutanga herself had no creator and no husband, but rather emerged from the female earth, later bringing forth a line of daughters, from whom all Zaramo are descended. Men fit into the picture as nourishers of the female creative power, and as the source of the cultural qualities that complement women's biological contribution. Thus, while family lines are continued through the mother, Zaramo children take the name of their father's mother's clan and are considered to inherit the cultural qualities of their father.

The Zaramo believe that all life arises from death. Death is seen as part of the natural continuum of life, as a transition rather than a transformation. The rituals marking this transition extend into many areas. For example, Zaramo traditional healers often place newly procured medicinal plants on compost heaps for several days to gain potency. As the plants wither, they take on new powers, and a place connected with death and decay (the compost heap) assumes the symbolism of a place of regeneration.

For more, look for a copy of *Blood, Milk and Death: Body Symbols and the Power of Regeneration Among the Zaramo of Tanzania* by Marja-Liisa Swantz with Salome Mjema and Zenya Wild, on which this text is based.

sand, with no jetties to mar the view – with a long row of attractive beach-facing rooms, expansive green grounds and a generally quiet ambience. All the rooms have floor to ceiling windows with balconies and wonderfully firm mattresses, and once the decidedly mediocre restaurant is injected with some life and the occasional hiccups with services sorted out, it promises to be a good option for those seeking a quieter ambience than that found at the hotels along Jangwani Beach to the south. It also has a business centre and a gym.

Getting There & Away

The Jangwani Beach hotels – Jangwani Sea Breeze Lodge, White Sands Hotel and Beachcomber – are all reached via the same signposted turn-off from New Bagamoyo Rd. About 3km further north along New Bagamoyo Rd is the signposted turn-off for Kunduchi Beach, Silver Sands Beach and Bahari Beach hotels.

Via public transport, take a *dalla-dalla* from New Posta transport stand in Dar es Salaam to Mwenge (Tsh200). Once at Mwenge, if you're heading to one of the Jangwani Beach hotels, take a 'Tegeta' *dalla-dalla* to Africana Junction (Tsh200), from where you'll need to take a bicycle taxi (Tsh500), *majaji* (tuk-tuk; Tsh1000) or taxi (Tsh2000) the remaining couple of kilometres to the hotels. It's also possible to get a direct *dalla-dalla* from

Kariakoo to Tegeta (Tsh250). For Kunduchi Beach, Silver Sands and Bahari Beach hotels, stay on the Tegeta *dalla-dalla* until Mtongani (near the Kunduchi junction; Tsh250), where you'll need to take a taxi for the remaining distance (Tsh2500 to Silver Sands Beach Hotel). Don't walk, as there have been several muggings along this stretch of road.

Taxis direct from Dar es Salaam cost Tsh10,000 to Tsh15,000 one way (Tsh20,000 to Tsh25,000 from the airport), depending on your bargaining abilities. All hotels arrange airport pick-ups. If you're driving, the fastest route is via Namanga and Kawe (and not via Mwenge).

SOUTHERN BEACHES

The coastline south of Dar es Salaam gets more attractive, tropical and rural the further south you go, and makes an easily accessible getaway, far removed – in ambience, if not in distance – from the city. The beach begins just south of Kigamboni, which is opposite Kivukoni Front and reached in a few minutes by ferry. About 25km further south are two lovely, exclusive resorts.

Kigamboni

The long, white-sand beach south of Kigamboni, around Mjimwema village, is the closest spot to Dar es Salaam for camping and chilling. It's also an easy and enjoyable day trip if you're staying in the city and want some sand and surf.

SLEEPING & EATING

Sunrise Beach Resort (Map p101; ☎ 022-282 0222; www.sunrisebeachresort.co.tz; camping US\$4, 2-person 'safari' tent US\$12, standard r US\$25, s/d with sea view US\$50/60, s/d executive US\$65/75) A good place with straight-forward standard and 'sea view' rooms clustered together in the central hotel area on a long, good stretch of beach just up from Kipepeo, plus nicer air-con 'executive' rooms in two-storey brick rondavels several hundred metres back. Adjoining the main hotel area in an uncluttered spot on the sand is a row of clean canvas tents – all with a double mattress on the sand and small windows, and hot-water showers close by. There's a per person day use fee on weekends of Tsh5000, of which Tsh3000 can be redeemed at the restaurant.

Kipepeo Beach & Village (Map p101; ☎ 0754-276178; www.kipepeovillage.com; camping per person US\$8, s/d/tr beach banda US\$13/20/28, s/d/tr cottage US\$50/65/95) Raised cottages lined up about 300m back from a long stretch of beach, all with balconies and mosquito nets. Closer to the water, but enclosed behind a fence and a long way from the nearest bathroom, are makeshift thatched *bandas* with mosquito nets but no windows, and – on the other side of the compound, also near the beach and also fenced in – a shadeless camping area. Breakfast is included in cottage rates. There's a large beachside restaurant-bar. The place is very popular, especially on weekends, when there's a Tsh3000 fee for day use of the beach and facilities (the price can be redeemed at the bar or restaurant). Kipepeo is 8km south of the ferry dock.

The midrange South Beach Resort (Map p101), just south of Kipepeo Beach & Village, is set to open shortly, with a pool, play area for children and shaded *bandas* on the beach.

GETTING THERE & AWAY

Making a good excursion in itself – it's a slice of local life – the Kigamboni (Magogoni) ferry (per person/vehicle Tsh100/800, five minutes) runs throughout the day between the eastern end of Kivukoni Front in Dar es Salaam and Kigamboni village. Once on the other side, catch a *dalla-dalla* heading south and ask the driver to drop you off. Taxis from Kigamboni charge about Tsh3000 to Kipepeo Beach & Village and Sunrise Beach Resort.

With your own car, an alternative route back to the city is to turn right along the tarmac road just south of Kipepeo, and follow it past stands

of coconut palms and scattered villages to Dar es Salaam via Kongowe (at the junction with Kilwa Rd), Mbagala and Mtoni-Mtongani.

Gezaulole

About 13km south of Kigamboni on the beach, Gezaulole village was previously the site of a cultural tourism programme focusing on local Zaramo life (see the boxed text, opposite) and on excursions to nearby Sinda island. The starting point – Akida's Garden – is currently closed, as is the affiliated Kim Beach & Campsite on a palm-lined stretch of sand nearby, but it's worth asking around to see if it's started up again. Alternatively, contact Afriroots (p47), which may be able to help arrange a visit.

Dalla-dallas to Gezaulole leave from the Kigamboni ferry dock when full.

Ras Kutani

This secluded cape, about 30km south of Dar es Salaam, offers tranquil surroundings, water sports (there's snorkelling but no diving), fishing, beach walking and the chance for a tropical island-style getaway without actually leaving the mainland. There are two places to stay, both accessed via the same sign-posted turn-off, and both requiring advance bookings. Nearby is an airstrip for charter flights. Nesting sea turtles favour this section of coast, and both resorts are involved in local conservation projects.

The exclusive **Ras Kutani** (Map p101; www.selous.com; per person all inclusive US\$305, ste per person full board US\$390; ☎ Jun–mid-Mar; 📞), set between the sea and a small lagoon, has nine lovely, spacious bungalows made from natural materials, and all with beach-facing verandas. On a rise away from the main lodge are four more upmarket suites, each with their own plunge pool. Bird-watching, forest walks, horse riding, canoeing in the lagoon and snorkelling can be arranged.

Just south and around the bend is the wonderfully peaceful and aptly named **Amani Beach Hotel** (Map p101; ☎ 0754-410033; www.amanibeach.com; s/d full board US\$220/380; 📞 ☎ 📞), with 10 spacious and well-spaced cottages set on a low cliff directly above the beach and backed by extensive flowering gardens. There's also a beachside swimming pool and delicious, well-prepared cuisine available, as well as bird-watching, forest and beach walks, horse riding and windsurfing opportunities.

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