

History

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IN THE BEGINNING

About 3.6 million years ago, a party of two or three trekked across the plain at Laetoli near Olduvai Gorge (p226) in northern Tanzania, leaving their footprints in a blanket of volcanic ash. The prints were still there when archaeologist Mary Leakey uncovered them in 1978. She pegged them as the steps of our earliest known ancestors – hominids known as *Australopithecines*, whose remains have been found only in East Africa.

About two million years ago, the human family tree split, giving rise to *homo habilis*, a meat-eating creature with a larger brain who used crude stone tools, the remains of whom have been found around Olduvai Gorge. By 1.8 million years ago, *homo erectus* had evolved, leaving bones and axes for archaeologists to find at ancient lakeside sites throughout East Africa and around the world.

What is today Tanzania was peopled by waves of migration. Rock paintings dating back 10,000 years have been found around Kondoa (p236). These are believed to have been made by clans of nomadic hunter-gatherers who spoke a language similar to that of southern Africa's Khoisan. Between 3000 and 5000 years ago, they were joined by small bands of Cushitic-speaking farmers and cattle-herders moving down from what is today Ethiopia. The Iraqw who live around Lake Manyara trace their ancestry to this group of arrivals. The majority of modern Tanzanians are descendants of Bantu-speaking settlers who began a gradual, centuries-long shift eastward from the Niger delta around 1000 BC, arriving in East Africa in the 1st century AD. The most recent influx of migrants occurred between the 15th and 18th centuries when Nilotic-speaking pastoralists from southern Sudan moved into northern Tanzania and the Rift Valley. The modern Maasai trace their roots to this stream.

By the 1st century AD, the outside world had reached the coast of East Africa, known as 'Rhapta' to ancient mariners. Merchant vessels from southern Arabia and the Red Sea were loaded with ivory and slaves. With the traders came Islam, established along the coast between the 8th and 10th centuries AD. By the early 14th century, Kilwa had been transformed by Yemeni settlers from a fishing village into a major centre of commerce. When Moroccan traveller Ibn Battuta visited in 1331, he found a flourishing town of 10,000-20,000 residents, with a grand palace, mosque, inn and slave market.

The first European to set foot in Tanzania was Portuguese sailor Vasco de Gama, who fumbled his way along the coast in 1498 in search of the Orient. Portuguese traders kept to the coast, and were driven out two centuries

DNA lineages found in Tanzania are among the oldest anywhere on Earth, making the country a strong contender for distinction as the 'cradle of humanity'.

The first travel guide to the Tanzanian coast was the *Periplus of the Erythraean Sea*, written for sailors by a Greek merchant around AD 60.

Portuguese influence is still seen in the architecture, customs (eg bull fighting on Pemba, p147) and language. The Swahili *gereza* (jail), from Portuguese *igreja* (church) dates to the days when Portuguese forts contained both edifices in the same compound.

TIMELINE

c 25 million BC

The vast plain of East Africa buckles as tectonic plates collide. A great tear in the Earth's crust forms the Rift Valley. Volcanoes bubble up, creating Kilimanjaro and other peaks.

3.6 million BC

Our earliest ancestors ambled across the plain at Laetoli in northern Tanzania, leaving their footprints for modern-day archaeologists to find.

10,000–3000 BC

Scattered clans of hunter-gatherers followed by farmers and cattle herders settle the plains of the East African plateau, the well-watered highlands and lakeshores of what is modern-day Tanzania.

Third century AD coins from Persia and North Africa have been found on Zanzibar and along the Tanzanian coast – testaments to a long history of trade links between Africa, Arabia and the Mediterranean.

On 10 November 1871, journalist and adventurer Henry Morton Stanley ‘found’ Dr David Livingstone – at home at his base in the village of Ujiji on the shore of Lake Tanganyika.

later by Omani Arabs. The Omanis took control of Kilwa and Zanzibar and set up governors in coastal towns on the mainland. Traders from the coast plied the caravan routes through the interior to the Great Lakes, flying the blood red banner of the Sultan of Zanzibar. They bought ivory and slaves in exchange for cheap cloth and firearms. The traders carried with them virulent strains of small pox and cholera as well as guns. By the late 19th century, when Europe cast a covetous eye on Africa, East Africa was weakened by disease and violence.

EUROPEAN CONTROL

The romantic reports of early-19th-century European travellers to East Africa such as Richard Burton, John Speke, David Livingstone and Henry Morton Stanley caught the attention of a young German adventurer in the late 19th century. In 1885, not bothering to obtain his government’s endorsement, Carl Peters set up a Company for German Colonization. From Zanzibar, he travelled into the interior on the mainland, shooting his way across the plains and collecting the signatures of African chiefs on a stack of blank treaty forms he had brought with him. In Berlin, Chancellor Bismarck approved the acquisition of African territory after the fact, much to the consternation of the British. They had established informal rule over Zanzibar through control of the Sultan of Zanzibar and had their eye on the rich, fertile lands around Kilimanjaro and the Great Lakes.

In late 1886, East Africa was sliced into ‘spheres of influence’ by agreement between the British and the Germans, formalised in 1890. The frontier ran west from the coast to Lake Victoria along the modern Kenya–Tanzania border. Needless to say, the Africans weren’t consulted on the agreement. Nor was the Sultan of Zanzibar. The Germans parked a gunboat in Zanzibar harbour until he signed over his claim to the mainland.

The colonial economy was constructed to draw wealth out of the region and into the coffers of the colonial occupiers. Little investment was made in improving the quality of life or opportunities for local people. Peasants were compelled to grow cash crops for export and many were forcibly moved onto plantations. The Maji Maji Rebellion (p302) against German rule in 1905 was brutally suppressed – villages burned, crops ruined, cattle and grain stolen.

The British took over the administration of the territory of Tanganyika following WWI under the auspices of first the League of Nations then the Trusteeship Council of the UN. To assist in its own post-war economic recovery effort, Britain maintained compulsory cultivation and enforced settlement policies. The development of a manufacturing sector was actively discouraged by Britain, who wanted to maintain the Tanzanian market for its own goods. Likewise, very few Africans were hired into the civil service.

1st century AD

Monsoon winds push Arab trading ships to the east coast of Africa. They are followed by Islamic settlers who mix with the local population to create the Swahili language and culture.

1498

Searching for a route to the Orient, Portuguese sailors arrive on the coast of East Africa and set up a coastal trade in slaves and ivory that lasted for 200 years.

c 1400–1700

In several waves, small bands of nomadic cattle herders migrate south from the Sudan into the Rift Valley, developing the Maasai culture.

In 1948, a group of young Africans formed the Tanganyika African Association to protest colonial policies. By 1953, the organisation was renamed the Tanganyika African National Union (TANU), led by a young teacher named Julius Nyerere. Its objective became national liberation. In the end, the British decamped from Tanganyika and Zanzibar rather abruptly in 1961 and 1963 respectively. This was due at least as much to a growing European sentiment that empires were too expensive to maintain as to recognition of the fundamental right of Africans to freedom from subjugation.

INDEPENDENCE

Tanganyikans embraced independence with jubilant optimism for the future. However, Tanganyika embarked on the project of nation-building with few of the resources necessary for the task. The national treasury was depleted. The economy was weak and undeveloped, with virtually no industry. The British trustees had made little effort to prepare the territory for statehood. In 1961, there were a total of 120 African university graduates in the country – including two lawyers, two engineers and 12 medical doctors.

Faced with this set of circumstances, the first autonomous government of Tanganyika, led by the 39-year-old Julius Nyerere, chose continuity over radical transformation of the economic or political structure. TANU accepted the Westminster-style parliament proposed by the British. It committed to investing in education and a gradual Africanization of the civil service. In the meantime, expatriates (often former British colonial officers) would be used to staff the government bureaucracy.

As detailed by political scientist Cranford Pratt, the Nyerere government's early plans were drawn up on the assumption that substantial foreign assistance would be forthcoming, particularly from Britain. This was not the case. Britain pled poverty at the negotiating table. Then Tanzania's relations with all three of its major donors – Britain, USA and West Germany – soured over political issues in the 1960s. These issues were, namely, Nyerere's disgust at Britain's acquiescence to the Unilateral Declaration of Independence of white-ruled Rhodesia, the American role in stoking the civil war in Congo, and West German opposition to the East German embassy on Zanzibar. The new country was left scrambling for funds to stay afloat during the first rocky years of liberation. While grappling with fixing roads, running hospitals and educating the country's youth, the government managed to diffuse an army mutiny over wages in 1964. When Zanzibar erupted in violent revolution in January 1964 just weeks after achieving independence from Britain, Nyerere skilfully co-opted its potentially destabilising forces by giving island politicians a prominent role in a newly proclaimed United Republic of Tanzania, created from the union of Tanganyika with Zanzibar in April 1964.

The Maji Maji Rebellion of 1905 is so-called because the Africans who rose against German domination believed – at first – that magic would turn German bullets to water (*maji*).

The World of Swahili by John Middleton is an excellent place to start for anyone wanting to learn more about Swahili life and culture.

19th century

An export slave trade thrived since the 9th century. A thousand years later, notorious Zanzibari slave trader Tippu Tip controlled a commercial empire that stretched from the Congo River to Lake Tanganyika to the coast.

1840

The Sultan of Oman sets up court in a grand palace facing the lagoon on Zanzibar and exerts his authority over coastal mainland Tanganyika.

1840s–60s

The first Christian missionaries arrive from Europe. In 1868 the first mainland mission was established at Bagamoyo as a station for ransomed slaves seeking to buy their own freedom.

Nyerere grew dismayed by what he saw as the development of an elite urban class in Tanzania. In 1966, a group of University of Dar es Salaam students marched to the State House in their academic gowns to protest the compulsory National Service the government had introduced. It required all university graduates to spend two years working in rural areas following their graduation. Nyerere was livid.

‘I shall take nobody – not a single person – into this National Service whose spirit is not in it... So make your choice. “I’m not going, I’m not going” – I’m not going to spend public money to educate anybody who says National Service is a prison... Is this what the citizens of this country worked for?... You are demanding a pound of flesh; everybody is demanding a pound of flesh except the poor peasant. What kind of country are we building?’

He ordered the students home to their rural areas for an indefinite period, which ended up being five months. Before they left, he declared that, as an example to the educated elite, he was going to cut his own salary – and those of all senior government officials – by 20%, which he did.

UJAMA – TANZANIA’S GRAND EXPERIMENT

The events of the first few years following independence – the lack of assistance from abroad, rumblings of civil strife at home and the nascent development of a privileged class amid continuing mass poverty – lead Nyerere to re-evaluate the course his government had charted for the nation.

Since his student days, Nyerere had pondered the meaning of democracy for Africa. In 1962, he published an essay entitled *Ujamaa [familyhood]: The Basis of African Socialism*. In it he set out his belief that the personal accumulation of wealth in the face of widespread poverty was anti-social. Africa should strive to create a society based on mutual assistance and economic as well as political equality, such as he claimed had existed for centuries before European colonisation.

In 1967, the TANU leadership met in the northern town of Arusha, where they approved a radical new plan for Tanzania, drafted by Nyerere. What became known as the *Arusha Declaration* outlined the Tanzanian government’s commitment to a socialist approach to development, further articulated in a series of subsequent policy papers. The government vowed to reduce its dependence on foreign aid and instead foster an ethos of self-reliance in Tanzanian society. Throughout the country, people turned out to help their neighbours build new schools, repair roads and to plant and harvest food to sell for medical supplies. Nyerere and his ministers made a regular practice of grabbing a shovel and pitching in. To prevent government becoming a trough where bureaucrats and party members could amass personal wealth, Nyerere passed a Leadership Code. Among other things, it prohibited government officials from holding shares in a private company, employing domestic staff or buying real estate to rent out for profit.

In his free time, Julius Nyerere translated Shakespeare’s *Merchant of Venice* and *Julius Caesar* into Swahili, along with portions of Plato’s *Republic*.

For a detailed assessment of Nyerere’s policies and leadership, see *Beyond Ujamaa in Tanzania* by Goran Hyden.

1856

British explorers Richard Francis Burton and John Hanning Speke venture inland from Zanzibar, searching for the source of the Nile and finding Lake Tanganyika and Lake Victoria.

1873

Under pressure from the British Consul, the Sultan of Zanzibar agrees to abolish the Zanzibar Slave Market and the mainland trade in human beings.

1885

German adventurer Carl Peters beats Henry Morton Stanley in a race to win the allegiance of the inland Kingdom of Buganda, claiming the territory of Tanganyika for Germany en route.

JULIUS KAMBARAGE NYERERE – BABA WA TAIFA (FATHER OF THE NATION)

Julius Nyerere was born in 1922 in the village of Butiama on the shore of Lake Victoria. He was one of 26 children of the Zanaki tribal chief. The family was aristocratic but poor. Although his formal education did not begin until he was 12, Nyerere proved a natural scholar. He earned a teaching degree from Makerere University in Kampala and a few years later came home from Scotland with an MA in History and Political Economy from the University of Edinburgh. Like many of his generation, Nyerere resented the continuing British occupation of his homeland. In 1953, he joined with a band of like-minded nationalists to form the Tanganyika African National Union (TANU), which he led to the successful liberation of Tanganyika from Britain and through its first two decades of government.

Nyerere was known affectionately as *Mwalimu* ('Teacher'). In a series of speeches and essays, he instructed the nation on the nature of democracy, racial equality and the need for harmony, and their rights and responsibilities as citizens. Throughout his life, he was revered in Tanzania and respected around the world as a person of unassailable moral integrity who put the welfare of his people above all else.

Nyerere stepped down as president in 1985 (one of only nine African leaders between 1960 and 1989 who relinquished power voluntarily, versus 82 who were either deposed by war, a coup or assassination). He retired to a modest bungalow in the suburbs of Dar es Salaam. In his later years, he assumed the role of sage international statesman, serving as the chief mediator in the Burundi conflict of 1996. He died of leukaemia in a London hospital in 1999 at the age of 77 and was buried in his home village of Butiama, where many of his manuscripts, photos and other memorabilia are on display at the Nyerere Museum (p242).

The *Arusha Declaration* also announced the government takeover of industry and banking. It curtailed foreign direct investment and stated that the government would itself invest in manufacturing enterprises that could produce substitutes for imported goods. All land was henceforth to be common property, managed by the state. The government strove to provide free education for every child. School children were taught to identify themselves as proud Tanzanians with a shared language – Swahili – rather than just members of one of over 200 ethnic groups residing within the country's borders.

Nyerere himself was fascinated by Chinese economic development strategies, but dismissed Western fears that Tanzania was toying with doctrinaire Marxism, either Chinese- or Soviet-style. He argued that Tanzanians 'have no more need of being "converted" to socialism than we have of being "taught" democracy. Both are rooted in our own past – in the traditional society that produced us.' Nyerere's vision was heady stuff in the late 1960s and was enthusiastically embraced not only by the Tanzanian public, but by a body of Western academics and by aid donors from both East and West. Several of his policies nonetheless provoked the

Exhorting his compatriots to work hard, Nyerere quoted a Swahili proverb: 'Treat your guest as a guest for two days; on the third day, give him a hoe!'

1890

Britain trades Heligoland – a strategically placed chunk of rock in the North Sea – to Germany for recognition of British control of Zanzibar. Between them, they divide up East Africa, with Tanganyika allocated to Germany.

1905–7

In the Matumbi Hills, a charismatic mystic called Kinjikitile stirs African labourers to rise up against their German overlords in what became known as the Maji Maji Rebellion.

1919

At the end of WWI, Tanganyika is placed under the 'protection' of the British acting on behalf of the League of Nations and then its successor the UN.

Nyerere’s political philosophy is set out in two collections of his major speeches and essays: *Freedom and Unity* (1966) and *Freedom and Socialism* (1968).

consternation of even his most ardent supporters abroad. In 1965, TANU voted to scrap the multiparty model of democracy bequeathed to it by Britain. As a consequence, Tanzania became a one-party state. Nyerere argued that democracy was not synonymous with multiparty politics and that the new country’s challenges were so great that everyone had to work together. He advocated freedom of speech and the discussion of ideas, but banned opposition parties, saying ‘The only socially defensible use of “we” is that which includes the whole society.’ Voters were given a choice of candidates, but they were all TANU party members. Furthermore, Nyerere authorised the detention of some individuals judged to be agitating against the best interests of the state. His defenders say he did his best to hold together a sometimes unruly cabinet and a country at a time when all over Africa newly independent states were succumbing to civil war and dictatorships. Critics say he turned a blind eye to violations of fundamental civil liberties.

Perhaps the most controversial of all government policies adopted post-Arusha was ‘villagisation’. The vast majority of Tanzanians lived in the countryside, and the *Arusha Declaration* envisioned agriculture as the engine of economic growth. A massive increase in production was to be accomplished through communal farming, such as Nyerere argued was the practice in the old days. Beginning in 1967, Tanzanians were encouraged to reorganise themselves into communal villages where they would work the fields together for the good of the nation. Some did, but only a handful of cooperative communities were established voluntarily.

In 1974, the government commenced the forcible relocation of 80% of the population, creating massive disruptions in national agricultural production. The scheme itself, however, suffered from a multiplicity of problems. The new land was often infertile. Necessary equipment was unavailable. People didn’t want to work communally; they wanted to provide for their own families first. Government prices for crops were set too low. To paraphrase analyst Goran Hyden, the peasantry responded by retreating into subsistence farming – just growing their own food. National agricultural production and revenue from cash crop exports plummeted.

Summing up the results of the *Arusha Declaration* policies, Nyerere candidly admitted that the government had made some mistakes. However, he also noted progress towards social equality: the ratio between the highest salaries and the lowest paid narrowed from 50:1 in 1961 to around 9:1 in 1976. Despite a meagre colonial inheritance, Tanzania made great strides in education and healthcare. Under Nyerere’s leadership, it forged a cohesive national identity. With the exception of occasional isolated eruptions of civil strife on Zanzibar, it has also enjoyed internal peace and stability throughout its existence.

1953

A charismatic young school teacher named Julius Nyerere is elected President of the Tanganyika African National Union, an organisation dedicated to the liberation of Tanganyika from colonial rule.

9 Dec 1961

Tanganyika gains independence from British colonial rule with Nyerere elected president. Zanzibar follows suit in December 1963, establishing a constitutional monarchy under the Sultan.

1964

Following a bloody coup on Zanzibar in which several thousand Zanzibaris were killed, Tanganyika and Zanzibar unite to form the United Republic of Tanzania.

AID DARLING TO DELINQUENT & BACK

Post-*Arusha Declaration* Tanzania was the darling of the aid donor community. It was the largest recipient of foreign aid in sub-Saharan Africa throughout the 1970s and was the testing ground for every new-fangled development theory that came along. An army of expatriate advisors oversaw hundreds of development projects.

As the economy spiralled downward in the late 1970s and early '80s, the World Bank, International Monetary Fund (IMF) and a growing chorus of exasperated aid donors called for stringent economic reform – a dramatic structural adjustment of the economic system. Overlooking their own failing projects, they pointed to a bloated civil service and moribund productive sector, preaching that both needed to be exposed to the fresh, cleansing breezes of the open market. Nyerere resisted the IMF cure. As economic conditions continued to deteriorate, dissension grew within the government ranks. In 1985, Nyerere resigned. In 1986, the Tanzanian government submitted to the IMF terms. The grand Tanzanian experiment with African socialism was over.

As elsewhere on the continent, structural adjustment was a shock treatment that left the nation gasping for air. The civil service was gutted – slashed by over a third. Some of the deadwood was gone, but so were thousands of teachers, healthcare workers and the money for textbooks and chalk and teacher training. 'For sale' signs were hung on inefficient government-owned enterprises – bakeries, a cement factory, state-owned farms – as well as vital public services such as the Tanzania Railways Corporation. Many were bought by foreign owners at fire sale prices. Tariffs put up to protect local producers from cheap imports were flattened in accordance with the free trade mantra of the World Bank. The lead on national development policy passed from the Tanzanian government to the donors, with long lists of conditions attached to aid.

The long-term impact of structural adjustment on Tanzania is still hotly debated. Critics argue that many of Tanzania's ills were due to external factors – the lasting legacy of colonialism, sky-rocketing oil prices in the 1970s and an unfair global economic system. They charge that the IMF's one-size-fits-all approach to economic reform devastated the national economy and social services. Advocates of structural adjustment argue that without these drastic measures, Tanzania would have been even worse off. They put the blame for Tanzania's economic decay on flawed domestic policies.

Economic growth rates slipped into the negative around 1974, where they languished for the next 25 years. In 1967, revenue from Tanzania's exports was sufficient to cover the costs of its necessary imports (oil, machinery, consumer goods). By 1985, earnings from exports covered only a third of its import bill. The government was forced to borrow money to cover the rest, and from the end of the 1970s, Tanzania began to accumulate a

For everything you ever wanted to know about the Tanzanian Bunge (Parliament), check out www.parliament.co.tz.

Tanzania is an ancient land, but a young country – 44% of the current population is under the age of 14.

1967

At a gathering of the TANU party faithful in the highland town of Arusha, Julius Nyerere garners enthusiastic support for the *Arusha Declaration*, which sets out Tanzania's path to African socialism.

1978–79

The Ugandan army invades Tanzania, burning and looting border towns. The Tanzanian government responds in force, marching all the way to Kampala to topple Ugandan dictator Idi Amin Dada.

1985

Julius Nyerere voluntarily steps down as president after five terms. This paves the way for a peaceful transition to his elected successor.

Ninety-seven (30%) of Tanzanian members of the National Assembly are women, making the country one of only 17 in the world to meet the UN target for female political representation set in 1995.

crippling burden of debt from which it has yet to escape. Part of this debt is comprised of loans for grand but ultimately unsuccessful development projects it was advised to undertake by its multiplicity of aid donors. In 1997, Tanzania was spending four times as much servicing its external debt than on healthcare, a situation that has improved only slightly in the past decade.

Nyerere's proudest accomplishment was progress towards universal primary education on his watch. In 1980, 93% of children were in school. However, by 2000, enrolment had fallen to 57%. Access to education is again improving with massive aid-supported investments in basic education over the past decade. Swallowing its objections, the Tanzanian government dutifully continues to take the IMF cure, and is held up as a model of aid-recipient behaviour.

Part of the structural adjustment aid program was the re-introduction of Western-style multiparty democracy in 1992. In the most recent elections in December 2005, Jakaya Mrisho Kikwete was elected president with 80% of the popular vote. Five opposition parties took 43 of 319 seats in the National Assembly.

TANZANIA ON THE WORLD STAGE

Throughout the 1960s to 1980s, Nyerere, representing Tanzania, was a voice of moral authority in global forums such as the UN, the Organization of African Unity and the Commonwealth. He asserted the autonomy of 'Third World' states, and pressed for a fairer global economic structure.

Nyerere's government was also a vocal advocate for the liberation of southern Africa from white minority rule. Nyerere told the UN General Assembly in 1961. 'We who are free have absolutely no right to sit comfortably and counsel patience to those who do not yet enjoy their freedom.' From 1963, Tanzania provided a base for the South African, Zimbabwean and Mozambican liberation movements within its territory as well as military support, at great cost – both human and material – to itself.

While gratefully accepting Chinese assistance to build the Tazara Railway from Zambia to Dar es Salaam in the 1970s, throughout the Cold War Tanzania remained staunchly nonaligned, resisting the machinations and blandishments of both East and West.

Tanzania has a long history of internal harmony, but it has troublesome neighbours. In 1978 Ugandan dictator Idi Amin ordered his soldiers to invade Tanzania, looting and burning villages along the Kagera River thought to harbour Ugandan rebels. The Tanzanian government responded with a force of 20,000 Tanzanian soldiers, who joined with Ugandans to topple Amin and restore Milton Obote to power.

Tanzania's lower profile on the world stage in recent years can be attributed to the passing of the charismatic and revered Nyerere as well as

SOME FRIENDS YOU COULD DO WITHOUT...

Idi Amin sent Nyerere a telegram declaring 'I love you very much, and if you had been a woman I would have considered marrying you.' Nyerere did not reply.

1986

After resisting for several years but with the economy in a downward spiral, Tanzania accepts stringent IMF terms for a Structural Adjustment Program loan.

1992

Opposition parties are legalised under pressure from the international donor community. The first multiparty elections are held in Tanzania in 1995 with 13 political parties on the ballot.

7 August 1998

Within a few minutes of one another, Al Qaeda truck bombs explode at the American embassies in Nairobi and Dar es Salaam. Eleven Tanzanians die in the attack, with dozens more injured.

the circumscribed room to manoeuvre afforded the government because of its economic woes and aid dependency. Nevertheless, Tanzania has always opened its doors to civilians fleeing violence in the countries that surrounds it – Uganda, Burundi, Congo and Mozambique. It still hosts more than half a million refugees – more than any other African country. They are mainly from Burundi and the Democratic Republic of Congo Zaïre, living in camps along Tanzania's western borders.

The International Criminal Tribunal for Rwanda was established in 1994, and got to work in Arusha in 1997, employing a local staff of 415. So far, the Tribunal has dealt with 33 cases relating to the 1994 Rwandan genocide – about half of the detainees. It is due to wrap up its work in 2008.

The reported incidence of HIV/AIDS in Tanzania is 6.5%; 1.6 million people are living with HIV/AIDS.

2000

Contentious elections for the Zanzibari Legislature boil over into street violence and 22 people are shot by police during mass demonstrations protesting the results.

2005

Chama Cha Mapinduzi (CCM) – the national party created from the union of TANU and the Zanzibari Afro Shirazi Party in 1977 – maintains its unbroken hold on government by winning a majority.

2007

The snows of Kilimanjaro, which have caught the imagination of writer Ernest Hemingway and countless other visitors since the beginning of time, are estimated to disappear completely by 2020 due to global warming.

The Culture

THE NATIONAL PSYCHE

It takes a lot to ruffle a Tanzanian, and the country is notable for its relatively harmonious and understated demeanour. In contrast to the situation in several neighbouring countries, tribal rivalries are almost nonexistent. It's rare for a Tanzanian to identify themselves at the outset according to tribe; primary identification is almost always as a Tanzanian, and the *ujamaa* (familyhood) ideals of Julius Nyerere permeate society. Religious frictions are also minimal, with Christians and Muslims living side by side in a relatively easy coexistence. Although political differences flare up on occasion, especially on the Zanzibar Archipelago, they rarely come to the forefront in interpersonal dealings.

The workings of society are oiled by a subtle but strong social code. Tanzanians place a premium on politeness and courtesy. Greetings in particular are essential, and you'll probably be given a gentle reminder should you forget this and launch straight into a question without first inquiring as to the wellbeing of your listener and their family. Tanzanian children are trained to greet their elders with a respectful *shikamoo* (literally, 'I hold your feet'), often accompanied in rural areas by a slight curtsy, and strangers are frequently addressed as *dada* (sister) or *mama*, in the case of an older woman; *kaka* (brother); or *ndugu* (relative or comrade).

Much of daily life is shaped by the struggle to make ends meet in an economy that is ranked as one of the world's poorest. Yet, behind these realities is the fact that Tanzania is home, and not a bad place at that. Combined with the inevitably warm reception that you'll receive as a visitor is a dignified reserve, and a quiet resolve that things will be done the Tanzanian way.

LIFESTYLE

At one end of the spectrum, the main diet is *ugali* (a staple made from maize or cassava flour, or both) with sauce; women and children work small *shamba* (farm plots); and school fees (from about Tsh90,000 per year at the secondary level) are a constant worry. Home – often in varying stages of completion, waiting for the finances needed to finish construction – is made of cinderblock or mud brick, with roofing of corrugated tin or thatch, a latrine outside and water drawn from a nearby pump or river. At the other end is a small number of elite, often the families of government ministers, who drive 4WDs and live in Western-style houses in posh residential areas of Dar es Salaam. The remainder of Tanzanians fall somewhere in-between these extremes, although many more are closer to the first scenario than to the latter. Women always work – whether outside the home, or tending to the family and *shamba*. Most students don't have the opportunity to finish secondary school, and many of those who do have unemployment to look forward to, especially in rural areas. Tourism provides opportunities, though there aren't enough good positions to go around.

Family life is central, with weddings, funerals and other events holding centre stage. Celebrations are generally splashed-out affairs aimed at demonstrating status, and frequently go well beyond the means of the host family. It's expected that family members who have jobs will share what they have, and the extended family (which also encompasses the community) forms an essential support network in the absence of a government social security

Especially in rural areas, it's common for a woman to drop her own name, and become known as *Mama* followed by the name of her oldest son (or daughter, if she has no sons).

Tanzania has one of the lowest rates of secondary school enrolment in the world, with less than 7% of suitably aged youth enrolled.

ETIQUETTE TANZANIAN STYLE

Tanzanians are conservative, and while they are likely to be too polite to tell you so directly, they'll be privately shaking their head about travellers doing things such as not wearing enough clothing, sporting tatty clothes, or indulging in public displays of affection. Especially along the Muslim coast, you should cover up the shoulders and legs, and avoid plunging necklines, skin-tight fits and the like. A few other tips:

- Pleasantries count. Even if just asking for directions, take time to greet the other person. Handshake etiquette is also worth learning, and best picked up by observation. Tanzanians often continue to hold hands for several minutes after meeting, or even throughout an entire conversation, and especially in the south, a handshake may be accompanied by touching the left hand to the right elbow as a sign of respect.
- Don't eat or pass things with the left hand.
- Respect authority. Losing your patience or undermining an official's authority is always counterproductive, while deference and a good-natured demeanour will see you through most situations.
- Want to visit a Tanzanian friend? Before entering their house, call out *hodi* (May I enter?) and then wait for the inevitable *karibu* (welcome).
- Avoid criticising the government.
- Receive gifts with both hands, or with the right hand while touching the left hand to your right elbow. Giving a gift? Don't be surprised if the appreciation isn't expressed verbally.

system. Given that the average per capita GDP is only about US\$340 (compared with about US\$37,600 in the UK), the system works remarkably well, with relatively few destitute on the streets.

Invisible social hierarchies lend life a sense of order. In the family, the man rules the roost, with the children at the bottom and women just above them. In the larger community, it's not much different. Child-raising is the expected occupation for women, and breadwinning for men, although a small cadre of professional women is slowly becoming more visible. Village administrators (*shehe* on Zanzibar) oversee things, and make important decisions in consultation with other senior community members. Tribal structures, however, range from weak to nonexistent – a legacy of Nyerere's abolishment of local chieftaincies following independence.

AIDS is not as widespread in Tanzania as in many southern African countries (a 6.5% adult HIV/AIDS infection rate according to Unaid statistics, compared with about 19% in South Africa). However, its spectre looms on the horizon, and has prompted increased efforts at raising public awareness. You'll see AIDS-related billboards throughout major cities, although real public discussion remains limited, and AIDS deaths are still often explained away as 'tuberculosis', or with silence.

See www.tanzania.go.tz/hiv_aids.html for more on Tanzania's national AIDS policy.

ECONOMY

Agriculture, the mainstay of Tanzania's economy, employs about two-thirds of working-age Tanzanians – most of whom are subsistence farmers – and accounts for almost half of the country's gross domestic product. However, tourism is playing an increasingly important role. Over 600,000 visitors arrived in Tanzania in 2006, bringing with them revenues of over US\$800 million. The government is hoping to continue this progress by promoting new investment and improving tourism marketing, especially in the south. Mining is also an important sector; Tanzania is now Africa's fourth largest gold producer, behind South Africa, Ghana and Mali.

BACK TO BASICS?

For a country that was founded by a teacher (Julius Nyerere is still referred to as *Mwalimu*, or 'teacher'), Tanzania ranks near the bottom of the heap when it comes to education. It wasn't always like this. Nyerere was convinced that success for his philosophy of socialism and self-reliance depended on having an educated populace. He made primary education compulsory and offered government assistance to villagers to build their own schools. By the late 1980s, the country's literacy rate had become one of the highest in Africa.

Since then, much of the initial momentum has been lost. Although 85% of children enrol at the primary level (thanks in part to the elimination of primary school fees), about 20% of these drop out before finishing, and barely 5% complete secondary school. The reasons are many, with not enough trained teachers, not enough schools and not enough money topping the list. At the secondary level, school fees are a problem, as is language. Primary school instruction is in Swahili, and many students lack sufficient knowledge of English to carry out their secondary level studies.

Although there is still a long way to go, the situation is beginning to look up: the government is giving increased emphasis to education, especially at the primary level, where enrolment levels have been rising in recent years, and the private secondary school network is slowly expanding to fill gaps in the government system.

With annual economic growth at about 7% and inflation steady on the mainland at just under 5% in recent years, most observers are fairly optimistic about the country's midterm economic prospects.

Yet, daily life for many Tanzanians remains a struggle. In addition to wide income variations between rural and urban areas, there is a growing gap between the poor and the more well-off. Unemployment averages about 15% and underemployment is widespread. In 2006, Tanzania was ranked 162 out of 177 countries on the UNDP Human Development Index.

In Tanzania, it's sometimes hard to know where the family ends and the community begins. Doors are always open, helping out others in the *jamaa* (clan, community) is expected and celebrations involve everyone.

POPULATION

Close to 120 tribal groups rub shoulders in Tanzania, together with relatively small but economically significant numbers of Asians and Arabs, and a small European community. Most tribes are very small, with almost 100 of them combined accounting for only one-third of the total population. As a result, none has succeeded in dominating politically or culturally, although groups such as the Chagga and the Haya, who have a long tradition of education, are disproportionately wellrepresented in government and business circles.

The vast majority of Tanzanians (about 95%) are of Bantu origin. These include the Sukuma (who live around Mwanza and southern Lake Victoria, and constitute about 13% of the overall population), the Nyamwezi (around Tabora), the Makonde (southeastern Tanzania), the Haya (around Bukoba) and the Chagga (around Mt Kilimanjaro). The Maasai and several smaller groups including the Arusha and the Samburu (all in northern Tanzania) are of Nilo-Hamitic or Nilotic origin. The Iraqw, around Karatu and northwest of Lake Manyara, are Cushitic, as are the tiny northern-central tribes of Gorowa and Burungi. The Sandawe and, more distantly, the seminomadic Hadzabe (around Lake Eyasi), belong to the Khoisan ethno-linguistic family.

About 3% of Tanzania's total 37.6 million population live on the Zanzibar Archipelago, with about one-third of these on Pemba. Most African Zanzibaris belong to one of three groups: the Hadimu, the Tumbatu and the Pemba. Members of the non-African population are primarily Shirazi and consider themselves descendants of immigrants from Shiraz in Persia (Iran).

Tanzania is relatively unurbanised, although city dwellers now constitute about 37% of the population, and the urban growth rate is increasing at a

rate of about 6% per year. Average population density is 40 people per sq km, although this varies radically from one area to the next. Among the most densely populated areas are Dar es Salaam and the surrounding coast; the Usambara and Pare mountains; the slopes of Mt Kilimanjaro; the Mwanza region; and the Zanzibar Archipelago (with about 400 people per sq km).

MEDIA

In keeping with its rural roots, Tanzania still gets most of its news via the radio, with about 42 radios per 100 people (versus only about four televisions per 100 people).

A countrywide illiteracy rate of about 25% to 30% and distribution difficulties in rural areas mean that the influence of newspapers is limited to urban centres. While most of the main dailies are aligned in some degree with the governing Chama Cha Mapinduzi (CCM) party, the mainland local press is lively and relatively independent.

RELIGION

The vibrant spirituality that pervades much of the African continent fills Tanzania as well. All but the smallest villages have a mosque, a church or both; religious festivals are generally celebrated with fervour – at least as far as singing, dancing and family gatherings are concerned; and almost every Tanzanian identifies with some religion.

Muslims, who account for about 35% to 40% of the population, have traditionally been concentrated along the coast, as well as in the inland towns that lined the old caravan routes. There are several sects represented, notably the Sunni (Shafi school). The population of the Zanzibar Archipelago is almost exclusively Sunni Muslim.

About 45% to 50% of Tanzanians are Christians. Major denominations include Roman Catholic, Lutheran and Anglican, with a small percentage of Tanzanians adherents of other Christian denominations, including Baptist and Pentecostal. One of the areas of highest Christian concentration is in the northeast around Moshi, which has been a centre of missionary activity since the mid-19th century.

The remainder of the population follows traditional religions centred on ancestor worship, the land and various ritual objects. There are also small but active communities of Hindus, Sikhs and Islamis.

Historically, the main area of friction has been between Tanzania's Muslim and Christian populations. Today, tensions – while still simmering – are at a relatively low level, and religion is not a major factor in contemporary Tanzanian politics.

WOMEN IN TANZANIA

Tanzania's stellar rankings for tourism and safaris fade when it comes to women in government and high profile positions. Although women form the backbone of the economy – with most juggling child-rearing plus work on the family *shamba*, or in an office – they are near the bottom of the social hierarchy, and are frequently marginalised. This is especially so when it comes to education and politics. Only about 5% of girls complete secondary school, and of these, only a handful goes on to complete university. While secondary school enrolment levels are low across the board, girls in particular are frequently kept home due to a lack of finances, to help with chores, or because of pregnancy. It's still rare to find politically prominent women, and women's literacy rates (62% countrywide) lag behind those of men (78%).

On the positive side, the situation is slowly improving. Since 1996 the government has guaranteed 20% of parliamentary seats for women, and there

Tanzania is ranked 88th worldwide, well ahead of all of its East African neighbours, in press freedom by Reporters Without Borders (www.rsf.org).

Tanzania is the only African country boasting indigenous inhabitants from all of the continent's main ethnolinguistic families (Bantu, Nilo-Hamitic, Cushitic, Khoisan). They live in closest proximity around lakes Eyasi and Babati.

are currently seven female cabinet ministers (of 29 ministers, total, and up from four in the previous government). In education, the 'gender gap' has been essentially eliminated at the primary level.

About 55% of Tanzania's AIDS sufferers are women.

ARTS Cinema

Tanzania's tiny and long languishing film industry received a major boost with the opening of the first annual Zanzibar International Film Festival (ZIFF; see p338) in 1998. Today, this festival is one of the best measures of the country's artistic pulse, and one of the region's premier cultural events. The festival, which is held annually on Zanzibar, serves as a venue for artists from the Indian Ocean basin and beyond. Tanzanian prize winners have included *Maangamizi – The Ancient One*, shot in Tanzania and co-directed by Martin M'handu, who is also known for his film, *Mama Tumaini* (Women of Hope); and *Makaburi Yataseema* (Only the Stones Are Talking), about AIDS and directed by Chande Omar Omar. In 2005, Tanzania's Beatrix Mugishawe won acclaim (and two prizes) for *Tumaini*, which focuses on AIDS orphans. Another up-and-coming director is Josiah Kabira, whose first film, *Bongoland* (2003) focuses on the realities of life for immigrants to the USA from the fictionalised Bongoland (Tanzania). Kabira followed this with *Tusamehe* (2005), focusing on the impact of AIDS on a family who has emigrated from Tanzania (Bongoland in the film) to the USA. Not locally directed (although the co-director is transplanted-Zanzibari Yusuf Mahmoud), but with great entrée into local life, is *As Old As My Tongue*, a documentary about Zanzibari music legend Bi Kidude.

For an English-language introduction to Tanzania's national poet, watch for *The Poetry of Shaaban Robert*, translated by Clement Ndulute.

Literature

Tanzania's literary scene is dominated by renowned poet and writer, Shaaban Robert (1909–62). Robert, who was born near Tanga, is considered the country's national poet, and was almost single-handedly responsible for the development of a modern Swahili prose style. Among his best-known works are the autobiographical *Maiisha yangu* (My Life), the poem *Utenzi wa Vita vya Uhuru* (An Epic in the War for Freedom) and several collections of folk tales.

Almost as well-known as Robert is Zanzibari Muhammed Said Abdulla, who gained fame with his *Mzimu wa watu wa kale* (Graveyard of the Ancestors) and other detective stories, and is considered the founder of Swahili popular literature. Other notable authors of Swahili-language works include Zanzibari novelist Shafi Adam Shafi, Joseph Mbele (known for his short stories) and Ebrahim Hussein (known primarily for his dramas and theatre pieces).

One of Tanzania's most widely acclaimed contemporary writers is Abdulrazak Gurnah, who was born on Zanzibar in 1948. Among his best known works are the novel *Paradise*, which is set in East Africa during WWI, and made the short list for the UK's Booker Prize in 1994, *By the Sea* (2001) and *Desertion*, short-listed for the Commonwealth Writers Prize in 2006.

Joining Gurnah among the ranks of English-language writers are Peter Palangyo, William Kamera and Tolowa Marti Mollel. Palangyo's novel *Dying in the Sun* tells the story of a young Tanzanian who, after questioning his existence, comes to terms with his family and his heritage in rural Tanzania. Kamera penned several collections of poetry, as well as *Tales of the Wairagw of Tanzania*. The prolific Mollel has authored numerous short stories, and is particularly known for his folk tales, including the collection *Waters of the Vultures and Other Stories*.

Mr Myombekere and His Wife Bugonoka, Their Son Ntulanalwo and Daughter Bulihwali – The Story of an Ancient African Community by Aniceti Kitereza (see p251) is a lengthy but fascinating look into traditional life on Ukerewe island.

Complementing this formal literary tradition are proverbs, for which Tanzanians are famous. They're used for everything from instructing children to letting one's spouse know that you are annoyed with them. For a sampling see www.mwambao.com/methali.htm (featuring Swahili proverbs) or look for *Folk Tales from Buhaya* by R Mwombeki & G Kamanzi (Haya proverbs and stories).

Music & Dance

TRADITIONAL

Subtle rhythms and smooth dynamism in movement characterise Tanzanian traditional dance, or *ngoma*, as it's known locally. By creating a living picture and encompassing the entire community in its message, it serves as a channel for expressing sentiments such as thanks and praise, and of communicating with the ancestors. Institutions at the forefront of promoting and preserving Tanzanian dance include the College of Arts (Chuo cha Sanaa; p157) in Bagamoyo, and Bujora Cultural Centre (p250) near Mwanza.

While *marimbas* (percussion instruments with metal strips of varying lengths that are plucked with the thumb) and other instruments are sometimes used to accompany dancing, the drum is the most essential element. The same word (*ngoma*) is used for both dance and drumming, illustrating the intimate relationship between the two, and many dances can only be performed to the beat of a particular type of drum. Some dances, notably those of the Sukuma, also make use of other accessories, including live snakes and other animals. The Maasai leave everything behind in their famous dancing, which is accompanied only by chants and often also by vigorous leaping.

Other traditional musical instruments include the *kayamba* (shakers made with grain kernels); rattles and bells made of wood or iron; xylophones (also sometimes referred to as *marimbas*); *siwa* (horns); and *tari* (tambourines).

The main place for masked dance is in the southeast, where it plays an important role in the initiation ceremonies of the Makonde (who are famous for their *mapiko* masks) and the Makua.

MODERN

The greatest influence on Tanzania's modern music scene has been the Congolese bands that began playing in Dar es Salaam in the early 1960s, which brought the styles of rumba and soukous (*lingala* music) into the East African context. Among the best known is Orchestre Super Matimila, which was propelled to fame by the renowned Dar es Salaam-based Remmy Ongala ('Dr Remmy'), who was born in the Democratic Republic of Congo (Zaire). Many of his songs (most are in Swahili) are commentaries on contemporary themes such as AIDS, poverty and hunger, and Ongala has been a major force in popularising music from the region beyond Africa's borders. Other groups to watch for – primarily in Dar es Salaam – include Mlimani Park Orchestra and Vijana Jazz.

In the shadow of the dance bands, but thriving nevertheless, are Swahili rap artists (Kwanza Unit, now disbanded, was the pioneering group), a vibrant hip-hop scene and the hip-hop influenced and hugely popular Bongo Flava. Names to watch for include X Plastaz, Sista P, Professor Jay and Juma Nature ('Sir'). The easiest cassettes to find – watch for vendors pushing around small street carts with blaring speakers – are of church choir music (*kwaya*).

During the colonial days, German and British military brass bands spurred the development of *beni ngoma* (brass *ngoma*) – dance and music societies combining Western-style brass instruments with African drums and other traditional instruments. Variants of these are still *de rigueur* at weddings. Stand at the junction of Moshi and Old Moshi Rds in Arusha on any weekend afternoon, and watch the wedding processions

Swahili prose got a relatively late start, but Swahili oral poetry traditions have long roots. See www.humnet.ucla.edu/humnet/aflang/swahili/SwahiliPoetry/index.htm for an excellent overview and anthology.

Want to let someone know how you feel? Tanzanians say it with *kangas* – the writings around the edges of these wraparound skirts range from amorous outpourings to pointed humour. For a sampling of what's being said around you, see www.glcom.com/hassan/kanga.html.

Two good places to get acquainted with Tanzania's contemporary music scene are www.afropop.org and www.bongoflava.com.

MWALIMU'S LEGACY

Although over two decades have passed since Julius Nyerere stepped down from the helm, his portrait still graces the walls of office buildings throughout the mainland. If anything, the late leader is now held in even higher regard on the Tanzanian mainland than during his time in office. Impelled by an egalitarian social vision, the fatherly Nyerere introduced Swahili as a unifying national language, managed to instil ideals of *ujamaa* (familyhood) among the majority of his people and initiated a long and respected tradition of regional political engagement. Thanks to this vision, Tanzania today is one of Africa's most stable countries, and religious and ethnic conflicts are close to nonexistent.

On the economic front, the situation is less rosy, although Nyerere himself would have been one of the first to acknowledge this. When Nyerere left office, the country was close to bankruptcy, with a moribund socialist economy and a network of ailing parastatals. Today Tanzania continues to be ranked near the bottom worldwide in development rankings, and illiteracy and infant mortality rates are high. Yet, the outlook is not all grim: privatisation is proceeding apace, the economy is steadily strengthening – helped along in part by a booming tourism industry – and the country is routinely lauded for its progress by the international donor community.

Corruption – which the upstanding Nyerere managed to rise above completely – is another problem, and entrenched. However, efforts are being made to combat it, and there are signs in banks, immigration offices and elsewhere advertising that you're in a corruption-free zone.

While an amicable path for coexistence has been found, keeping family ties happy between the mainland and proudly independent Zanzibar also requires ongoing attention. The task is made more challenging by the continued overwhelming dominance of Nyerere's Chama Cha Mapinduzi (CCM) party in the national government.

As Tanzania moves into its second half-century and addresses these issues, it will need to hold another element of Nyerere's vision firmly in sight: education. Although Nyerere's goal of universal primary education still hasn't been realised, it is slowly coming closer to fulfilment. The key over the coming decades will be finding a way to ensure that more than 5% of youth (the current figure) can finish secondary school, and go on to university or find employment. If Tanzania manages to do this, it's something that would have been likely to cause *Mwalimu* (or 'Teacher', as Nyerere is universally known) to beam.

come by, all accompanied by a small band riding in the back of a pick-up truck. For a comprehensive overview of Tanzanian music, check out <http://members.aol.com/dpaterson/index.htm>.

On Zanzibar, the music scene has long been dominated by *taarab* (see p126), which has experienced a major resurgence in recent years. Rivalling *taarab* for attention, especially among younger generations is the similar *kidumbak*, distinguished by its defined rhythms and drumming, and its often hard-hitting lyrics. For more on music on the Zanzibar Archipelago contact the **Dhow Countries Music Academy** (www.zanzibarmusic.org).

Visual Arts

PAINTING

In comparison with woodworking, painting has a fairly low profile in Tanzania. The most popular style by far is Tingatinga, which takes its name from painter Edward Saidi Tingatinga, who began it in the 1960s in response to demands from the European market. Tingatinga paintings are traditionally composed in a square, with brightly coloured animal motifs set against a monochrome background, and use diluted and often unmixed enamel paints for a characteristic glossy appearance.

The best place to buy Tingatinga paintings is at the Tingatinga Centre near Morogoro Stores in Dar es Salaam (p97). Other good spots include Msasani Slipway (p97), and the vendors along Hurumzi St in Zanzibar's Stone Town.

Stop by Mawazo Gallery (www.mawazo-gallery.com) in Dar es Salaam (p97) or check out its website for an introduction to contemporary Tanzanian art and artists.

Wasanii Art Centre, at the Msasani Slipway, is one of the best first stops for paintings and artwork in general. Also try Dar es Salaam's cultural centres and Nyumba ya Sanaa (p97), all of which host occasional painting exhibitions by contemporary Tanzanian artists.

SCULPTURE & WOODCARVING

Tanzania's Makonde, together with their Mozambican cousins, are renowned throughout East Africa for their original and highly fanciful carvings. Although originally from the southeast around the Makonde Plateau, commercial realities lured many Makonde north. Today, the country's main carving centre is at Mwenge in Dar es Salaam (p98), where blocks of hard African blackwood (*Dalbergia melanoxylon* or, in Swahili, *mpingo*) come to life under the hands of skilled artists.

Among the most common carvings are those with *ujamaa* motifs, and those known as *shetani*, which embody images from the spirit world. *Ujamaa* carvings are designed as a totem pole or 'tree of life' containing interlaced human and animal figures around a common ancestor. Each generation is connected to those that preceded it, and gives support to those that follow. Tree of life carvings often reach several metres in height, and are almost always made from a single piece of wood. *Shetani* carvings are more abstract, and even grotesque, with the emphasis on challenging viewers to new interpretations while giving the carver's imagination free reign.

Safaris

Watching wildlife is at the top of almost everyone's 'must do' list in Tanzania, and little wonder. With its showpiece attractions – Serengeti National Park and Ngorongoro Crater – complemented by a stellar array of other parks and protected areas, the country offers some of the most diverse and rewarding wildlife watching to be found anywhere.

Thanks in part to the number, variety and accessibility of its wildlife, Tanzania's safari industry has become highly competitive. At the budget end there's often only a fine line between operators running no-frills but reliable safaris, and those that are either dishonest, or have cut things so close that problems are bound to arise. At the higher end of the price spectrum, ambience, safari style and the operator's overall focus are important considerations. This chapter provides an overview of factors to consider when planning a safari.

PLANNING A SAFARI

Booking

The best place to organise a visit to the northern parks is in Arusha. For the southern parks, there's no comparable hub, although most southern-focused operators are based in Dar es Salaam. For the far west (Gombe and Mahale Mountains), Kigoma is the main base for independent and budget travellers, while almost all upper-end safaris to these parks, and to Katavi, are organised out of Arusha as fly-in packages or – for Mahale, as well as Katavi – as fly-in add-ons to a Ruaha safari. Mwanza is the best place to organise visits to Rubondo Island National Park, and there is a handful of Mwanza-based operators who also organise safaris into the western Serengeti.

Booking (and paying for) a safari before arriving in Tanzania is common, and is also advisable, especially if you'll be travelling in popular areas during high seasons, when lodges tend to fill up completely months in advance. However, only book with operators that you have thoroughly checked out, and are sure are reputable, and take particular care at the budget level. Confirm that the operator you're considering is registered with TATO (see p45 – its website has an updated list, or you can contact the Tanzania Tourist Board [TTB] in Arusha), and try to get as much feedback on the operators you're considering as possible. While overall costs are likely to be about 5% to 10% higher at the budget level for pre-booked safaris, booking in advance will enable you to minimise dealings with safari touts. They're not all bad guys, but many are quite aggressive and the whole experience can be somewhat intimidating. It will also enable you to minimise the amount of cash or travellers cheques that you'll need to carry.

If you wait to book a safari once in Tanzania, allow at least a day to shop around, don't rush into any deals, and steer clear of any attempts of

ResponsibleTravel.com (www.responsibletravel.com) is a good place to start planning a culturally and environmentally responsible safari.

POLE POLE (SLOWLY, SLOWLY)

When planning your safari, don't be tempted to try to fit too much in to your itinerary. Distances in Tanzania are long, and hopping too quickly from park to park is likely to leave you at the end tired, unsatisfied and feeling that you haven't even scratched the surface. Try instead to plan longer periods at just one or two parks – exploring in depth what each has to offer, and taking advantage of cultural and walking opportunities in park border areas.

PRICE CHANGES

As this book was being researched, significant increases in park and reserve concession fees were being discussed. If implemented, the actual amount will vary (from zero to US\$50 per person per night in some cases), depending on the particular park and particular lodge in question. So don't be surprised if you receive price quotes from some lodges reflecting this new change.

intimidation by touts or dodgy operators to get you to pay immediately or risk losing your seat. In addition to being a reasonably reliable resource for checking on blacklisted operators, the TTB in Arusha also has a bulletin board that's a good spot to find safari companions if you're looking to form a group.

Costs

Most safari operator quotes include park entrance fees, the costs of accommodation or tent rental, transport costs from the starting base to the park, and the costs of fuel plus a driver/guide for wildlife drives. However, this varies enough that it's essential to clarify before paying. Drinks (whether alcoholic or not) are generally excluded (although many operators do provide one bottle of bottled water per day), and budget camping safari prices usually exclude sleeping bag rental (which costs anywhere from US\$5 per day to US\$10 per trip). Prices quoted by agencies or operators usually assume shared (double) room/tent occupancy, with supplements for single occupancy ranging from 20% to 50% of the shared-occupancy rate.

If you are dealing directly with lodges and tented camps rather than going through a safari operator, you may be quoted 'all-inclusive' prices. In addition to accommodation, full board and sometimes park fees, these usually include two 'activities' (usually wildlife drives, or sometimes one wildlife drive and one walk) per day, each lasting about two to three hours. They generally exclude transport costs to the park. Whenever accommodation-only prices apply, you'll need to pay extra to actually go out looking for wildlife. Costs for this vary considerably, and can range from about US\$30 per person per day per 'activity' to US\$200 per day per vehicle for a wildlife drive.

There isn't necessarily a relationship between the price paid and the likelihood of the local community benefiting from your visit. Find out as much as you can about an operators' social and cultural commitment before booking, and check out our Greendex (p389), which highlights operators and establishments with positive community links.

Although obvious, it's worth noting that while booking through an agency abroad may be convenient, it will always be more expensive, as the actual in-country itinerary will be subcontracted to a Tanzania-based operator.

BUDGET SAFARIS

Most safaris at the lower end of the price range are camping safaris. In order to keep costs to a minimum, groups often camp outside national park areas (thereby saving park admission and camping fees) or, alternatively, stay in budget guesthouses outside the park. Budget operators also save costs by working with larger groups to minimise per-person transport costs, and by keeping to a no-frills setup with basic meals and a minimum number of staff. For most safaris at the budget level, as well as for many midrange safaris, daily kilometre limits are placed on the vehicles.

Check out Tanapa's website – www.tanzaniaparks.com – for help in deciding which parks to visit.

Tsetse flies are present in almost all of Tanzania's parks to varying degrees, depending on location and time of year. With their painful bites they can be unwelcome safari companions. To minimise the nuisance, wear thick, long-sleeved shirts and trousers in khaki or other drab shades, and avoid bright, contrasting and very dark clothing.

For any budget safari, the bare minimum cost for a registered company is about US\$90 per person per day (camping), but most reliable operators charge closer to US\$100 or US\$110. Be wary of anyone offering you prices much below this, as there are bound to be problems. To save money, bring drinks with you, especially bottled water, as it's expensive in and near the parks. During the low season, it's often possible to find a lodge safari for close to the price of a camping safari.

MIDRANGE SAFARIS

Most midrange safaris use lodges, where you'll have a comfortable room and eat in a restaurant. Overall, safaris in this category are comfortable, reliable and reasonably good value. A disadvantage is that they may have somewhat of a packaged-tour or production line feel, although this can be minimised by selecting a safari company and accommodation carefully, by giving attention to who and how many other people you travel with, and by avoiding the large, popular lodges during the high season. Expect to pay from about US\$120 to US\$200 per person per day for a midrange lodge safari.

TOP-END SAFARIS

Private lodges, luxury tented camps and sometimes private fly camps are used in top-end safaris, all with the aim of providing guests with as authentic and personal a bush experience as possible, while not foregoing the comforts. For the price you pay (from US\$200 up to US\$600 or more per person per day), expect a full range of amenities, as well as top-quality guiding. Even in remote settings without running water you will be able to enjoy hot, bush-style showers, comfortable beds and fine dining. Also expect a high level of personalised attention, and an often intimate atmosphere (many places at this level have fewer than 20 beds).

When to Go

When you choose to go on safari depends in part on what your interests are. For birding, any time of year is good, with the rainy season months from November/December through to April being particularly rewarding. For walking in wildlife areas, the dry season is generally best. For general wildlife viewing, it's also worth tailoring your choice of park destination according to the season. Large sections of Katavi, for example, are only accessible during the dry season, when vast herds of buffaloes, elephants and others jostle for space at scarce water sources, and almost all of the camps close during the rains. Tarangire National Park, although accessible year-round, is another park best visited during the dry season, when wildlife concentrations are significantly higher than at other times of the

The Serengeti is Tanzania's largest park (14,763 sq km) and home to the greatest concentration of large mammals in the world.

See www.tourismconcern.org.uk for more on fair trade in tourism, travellers' guidelines and the Kilimanjaro porters' rights campaign.

TIPPING

Assuming service has been satisfactory, tipping is an important part of the safari experience (especially to the driver/guides, cooks and others whose livelihoods depend on tips), and this will always be in addition to the price quoted by the operator. Many operators have tipping guidelines; in general expect to tip about US\$10 to US\$15 per group per day to the driver and/or guide, and about US\$8 to US\$10 per group per day to the cook – more for top-end safaris groups with more people or if an especially good job has been done. It's never a mistake to err on the side of generosity while tipping those who have worked to make your safari experience memorable. Whenever possible, give your tips directly to the staff you want to thank.

SAFARI STYLE

While price can be a major determining factor in safari planning, there are other considerations that are just as important:

- **Ambience** Will you be staying in or near the park? (If you stay well outside the park, you'll miss the good early morning and evening wildlife-viewing hours.) Are the surroundings atmospheric? Will you be in a large lodge or an intimate private camp?
- **Equipment** Mediocre vehicles and equipment can significantly detract from the overall experience, and in remote areas, lack of quality equipment or vehicles and appropriate back-up arrangements can be a safety risk.
- **Access and activities** If you don't relish the idea of hours in a 4WD on bumpy roads, consider parks and lodges where you can fly in. Areas offering walking and boat safaris are best for getting out of the vehicle and into the bush.
- **Guides** A good driver/guide can make or break your safari. Staff at reputable companies are usually knowledgeable and competent. With operators trying to cut corners, chances are that staff are unfairly paid, and are not likely to be knowledgeable or motivated.
- **Community commitment** Look for operators that do more than just give lip-service to 'ecotourism' principles, and that have a genuine, long-standing commitment to the communities where they work. In addition to being more culturally responsible, they'll also be able to give you a more authentic and enjoyable experience.
- **Setting the agenda** Some drivers feel that they have to whisk you from one good 'sighting' to the next. If you prefer to stay in one strategic place for a while to experience the environment and see what comes by, discuss this with your driver. Going off in wild pursuit of the 'Big Five' means you'll miss the more subtle aspects of your surroundings.
- **Extracurriculars** On the northern circuit, it's common for drivers to stop at souvenir shops en route. While this gives the driver an often much-needed break from the wheel, most shops pay drivers commissions to bring clients, which means you may find yourself spending more time souvenir shopping than you'd bargained for. If you're not interested, discuss this with your driver at the outset, ideally while still at the operator's offices.
- **Less is more** If you'll be teaming up with others to make a group, find out how many people will be in your vehicle, and try to meet your travelling companions before setting off.
- **Special interests** If bird-watching or other special interests are important, arrange a private safari with a specialised operator.

year. In the Serengeti, by contrast, wildlife concentrations are comparatively low during the dry season; it's during the wet season that you'll see the enormous herds of wildebeests in the park's southeastern section, although the dry season is best for lions and other predators. If you are timing your safari around specific events such as the Serengeti wildebeest migration, remember that seasons vary from year to year and are difficult to accurately predict in advance. See the individual park sections for more details on when to visit.

Other general considerations to keep in mind are that getting around is easier throughout the country in the dry season (late June to October), and in many parks this is when animals are easier to find around water holes and rivers. Foliage is also less dense, making it easier to spot wildlife. However, as the dry season corresponds in part with the high-travel season, lodges and camps become crowded and accommodation prices are at a premium. Also note that a number of lodges and camps, mainly in Selous Game Reserve and in the western parks, close for a month or so around April and May.

Tarangire National Park is home to northern Tanzania's largest elephant population. For more see www.wcs.org/tarangire.

WHAT TO BRING

Useful items to bring along:

- binoculars
- field guides
- good-quality sleeping bag (for camping safaris)
- mosquito repellent
- rain gear and waterproofs for wet-season travel – especially for camping safaris
- sunglasses
- camera (and film or large memory card)
- extra contact lens solution and your prescription glasses (as the dust can be irritating)
- mosquito net (top-end lodges and tented camps usually have nets, but it doesn't hurt to bring one along, and you'll often need one for budget guesthouses)

Additional items for walking safaris include lightweight, long-sleeved/-legged clothing in subdued colours, a head covering and sturdy, comfortable shoes.

For budget safaris, it's a good idea to bring extra food and snacks and a roll of toilet paper. In and near the parks, there's little available, except hotel meals and perhaps a few basics, so if you're on a tight budget, stock up on bottled water and supplies in the nearest major centre.

ACCESS

Most of the northern circuit is readily accessible by road, and there is now a tarmac access road all the way to Ngorongoro Crater. However, distances are long, especially if you head beyond Ngorongoro to explore the Serengeti, so it's worth considering flying at least one way. This is particularly true if you're averse to bumping around on dusty (or muddy) roads. Alternatively, consider planning routes that avoid straight out-and-back drives (such as Arusha–Ngorongoro–Serengeti–Mwanza). For road access, travelling in a group (three to four is optimal) can help you save significantly by splitting vehicle costs.

In the south of Tanzania, Ruaha and Mikumi National Parks are readily accessed via road (here, too, being in a group will save costs) or flight, while most visitors to the Selous Game Reserve arrive via small plane, although road access is perfectly feasible, including by public bus. Unless you happen to be travelling around Sumbawanga, Mpanda or elsewhere in the region, reaching Katavi National Park via road is rough and time-consuming although eminently doable. For those with enough cash, there are also regular charter flights – most from either Arusha or Ruaha. Mahale Mountains National Park is reached via charter flight from Arusha or Ruaha via Katavi, or a long and rather adventurous ferry ride down Lake Tanganyika, while Gombe Stream National Park is accessed via boat from Kigoma. Both Mahale and Gombe are good bets for folk travelling solo, as neither requires vehicles for getting around once in the park (thus there's no need to hunt up a group to minimise transport costs). The same applies also to Kitulo and Udzungwa Mountains National Parks. If you're travelling independently, it's always worth checking for spare seats on charter flights if you're trying to get yourself somewhere, or simply asking the lodge where you'll be staying if it happens to have transport heading your way.

Although weighty, *The Safari Companion – A Guide to Watching African Mammals*, by Richard Estes, is an excellent and indispensable guide to many of the animals you'll see on safari.

TYPES OF SAFARIS

Traditionally, the main and often the only way to visit most of Tanzania's wildlife-viewing parks has been in a vehicle. Fortunately, this is changing, with walking, cycling and cultural activities in park border areas increasingly available.

Vehicle Safaris

Vehicle safaris are by far the most common type of safari in Tanzania, and, in many parks, due to park regulations, they are still the only option. In the northern parks, vehicle safaris must be done in a 'closed' vehicle, which means a vehicle with closed sides, although there is almost always an opening in the roof, which allows you to stand up, get a better view and take photographs. These openings are sometimes just a simple hatch that flips open or comes off, or (better, as it affords some shade) a pop-up style roof. In wildlife reserves such as Selous and Mkomazi Game Reserves, some of the southern parks and Katavi National Park, safaris in open vehicles are permitted. These are usually high vehicles with two or three seats at staggered levels and a covering over the roof, but completely open on the sides and back. If you have the choice, open vehicles are far better as they are roomier, give you a full viewing range and minimise barriers. The least-preferable option is minibuses, which are sometimes used, especially in the north. They accommodate too many people for a good experience, the rooftop opening is usually only large enough for a few passengers to use at a time and at least some passengers will get stuck in middle seats with poor views.

Whatever type of vehicle you are in, try to avoid overcrowding. Sitting uncomfortably scrunched together for several hours over bumpy roads puts a definite damper on the safari experience. Most safari quotes are based on groups of three to four passengers, which is about the maximum for comfort in most vehicles. Some companies put five or six passengers in a standard 4WD, but the minimal savings don't compensate for the extra discomfort. Also helpful to maximising a good experience on a vehicle safari is abandoning at least to some extent a 'Big Five' mentality, and instead of chasing around from sighting to sighting, staying put for a while in one location, turning the motor off and letting the surrounding environment begin to settle in to your senses. A quality driver/guide will have a good sense of balance between knowing when to do some driving around and searching and when to turn the motor off and sit for a while.

Night drives are currently not permitted in any of Tanzania's parks and reserves except for Lake Manyara, although they're possible in adjacent wildlife areas.

Walking Safaris

Most parks with large wildlife place tight limits on the amount of walking that can be done within their boundaries, and most walking safaris offered are for relatively short walks of two to three hours, usually done in the early morning or late afternoon. At the end of the walk, you'll then return to the main camp or lodge or alternatively to a fly camp, although sometimes it's possible to organise longer walks. Not much distance is covered in comparison to a straight walk for the same time period; the pace is measured and there will be stops en route for observation, or for your guide to pick up an animal's track. Some walking safaris are done within the park and reserve boundaries, while others are in adjacent areas that are part of the park or reserve ecosystem, with similar habitats and wildlife, where longer walks are also possible.

For more about ongoing studies of lions in Serengeti and Ngorongoro Crater, see www.lionresearch.org.

The Kingdon Field Guide to African Mammals by Jonathan Kingdon makes a fine safari companion, with a wealth of information on Tanzania's wildlife.

In the widely acclaimed *Sand Rivers*, Peter Matthiessen takes you on a hauntingly beautiful safari into the heart of Selous Game Reserve – essential reading for anyone planning a visit.

In addition to the 'Big Five' (elephants, lions, leopards, buffaloes and rhinos), there's also the 'Little Five' (elephant shrews, ant lions, leopard tortoises, buffalo weavers and rhino beetles).

Whatever the length and location, if you have the chance and inclination to do a walking safari, it's highly worthwhile. Although you may not see the numbers of animals that you would in a vehicle (since you won't cover as much ground), you'll experience the bush at a completely different level. There's nothing that quite conveys the vastness of the African plains, or the power and rawness of nature, as having your feet on the ground with nothing between you and the sounds, the breeze, the smells and the grasses. Places where you can walk in 'big game' areas include Selous Game Reserve, Ruaha, Mikumi, Katavi and Arusha National Parks, and in wildlife areas bordering Tarangire National Park. There are also several parks – notably the Kilimanjaro, Udzungwa Mountains and Kitulo parks – that can only be explored on foot. You'll be on foot in Gombe Stream and Mahale Mountains National Parks, and walks are easily arranged in Rubondo Island National Park.

Walks are always accompanied by a guide, who is usually armed, and with whom you will need to walk in close proximity.

Boat & Canoe Safaris

Like walking safaris, boat safaris are an excellent way to experience the East African wilderness, and a welcome break from dusty, bumpy roads. They are also the only way to fully explore riverine environments and they'll give you a new perspective on the terrestrial scene as you approach hippos or crocodiles at close range, float by a sandbank covered with birds or observe animals on shore from a river vantage point. With a few possible exceptions along the Rufiji River, where several operators can organise upmarket multiday journeys exploring the delta area, boat safaris are almost always limited to a few hours' duration, and a similarly priced alternative to a vehicle safari for the same period.

The best place by far for boat safaris is along the Rufiji River in Selous Game Reserve (p311), where it is one of the reserve's main draws. They're also possible on the Wami River bordering Saadani National Park (p158), although neither the scenery, the wildlife nor the river can compare with those in the Selous. In Arusha National Park, you can take short (two-hour) canoe safaris on the Momela Lakes (p207).

ITINERARIES

For safaris, the general rule is the longer spent in one park, the better, particularly in large areas such as the Serengeti, Ruaha National Park and Selous Game Reserve. Much of the safari market focusing on the northern circuit has degenerated into quick in-and-out trips that – apart from the deleterious environmental effects – often wind up as rather unsatisfying, with a disproportionate amount of time spent travelling to and from the parks. While it is possible to see plenty of wildlife on a day trip or an overnight excursion, the more time you take, the better you'll be able to experience the more subtle attractions of Tanzania's magnificent wilderness areas.

If you're serious about a safari, allow a minimum of five days from Arusha to get off the main roads and explore. In the south and west, or anywhere if you fly in and out, a minimum of three to four days, focused on one park or reserve, is recommended. Several suggestions for itineraries are outlined following.

Northern Parks

Arusha National Park is the best bet for a day trip, while Tarangire and Lake Manyara parks are each easily accessed as overnight trips from Arusha, although all these parks deserve more time to do them justice. For a half-week itinerary, try any of the northern parks alone (although for the Serengeti, it's worth flying at least one way, since it's a full day's drive from Arusha), or Ngorongoro Crater together with either Lake Manyara or Tarangire. With

Lake Manyara has been declared a Unesco Biosphere Reserve in recognition of its habitat and species diversity, including almost 400 types of birds.

KEEPING THINGS GREEN

Organisations working for environmental conservation include the following:

Lawyers Environmental Action Team (www.lead.or.tz) An environmental law team working to ensure equitable natural resource management.

Sea Sense (www.seasense.org) A local NGO collaborating with local communities to protect dugong (sea cow) and marine turtle populations and their habitats.

Wildlife Conservation Society of Tanzania (WCST; Map p90; ☎ 022-211 2518; www.wcstonline.org; Garden Ave, Dar es Salaam) The best local contact for information on environmental issues; also publishes the informative environmental newsletter *Miombo*.

World Wide Fund for Nature (www.panda.org) Various initiatives in Tanzania, including in the Udzungwa Mountains.

a week, you will have just enough time for the classic combination of Lake Manyara, Tarangire, Ngorongoro and the Serengeti, but it's better to focus on just two or three of these. And the Serengeti alone, or in combination with Ngorongoro Crater, could easily keep you happy for a week. Many operators offer a standard three-day tour of Lake Manyara, Tarangire and Ngorongoro (or a four- to five-day version including the Serengeti). However, distances to Ngorongoro and the Serengeti are long, and the trip is likely to leave you feeling that you've spent too much time rushing from park to park and not enough time settling in and experiencing the actual environments.

In addition to these more conventional itineraries, there are countless other possibilities combining wildlife viewing with visits to other areas. For example, you might begin with a vehicle safari in the Ngorongoro Crater followed by a climb of Ol Doinyo Lengai, trekking elsewhere in Ngorongoro Conservation Area, relaxing at one of the lodges around Karatu or visiting Lake Eyasi, or alternatively, combine travel around Lake Victoria and a visit to Rubondo Island National Park with the Serengeti.

Southern Parks

Mikumi and Saadani National Parks are good destinations from Dar es Salaam if you only have a couple of nights. Three to four days would be ideal for Selous Game Reserve, or for Ruaha National Park, if you fly. Saadani and Selous also make a possible four- to five-day option, although with Saadani more intended as a beach holiday following Selous, rather than for the wildlife, and Mikumi and Udzungwa Mountains National Parks make a potential safari-hiking combination. Recommended week-long combination itineraries include Selous and Ruaha, and Ruaha and Katavi, in the west, both of which allow you to sample markedly different terrain and wildlife populations. The Ruaha-Katavi combination is increasingly popular given the availability of flights between the two parks. The expanded flight network linking the southern and western parks with the coast has opened up the possibility for longer itineraries combining time on the coast or islands with safaris in Ruaha, Mahale and/or Katavi. Selous and Mafia or Zanzibar is also a recommended safari-beach combination.

Western Parks

Katavi, Mahale Mountains and Gombe Stream can be visited adventurously and rewardingly via public transport (combining train, bus and ferry), but you will need plenty of time, and most upmarket itineraries use flights. For Katavi alone, however you arrive, plan on a minimum of three days in the park. For a six- to seven-day itinerary, Katavi and Mahale make a fine combination, and many fly-in safari schedules are built around this itinerary. Katavi is also easily and rewardingly combined with Ruaha, and a

Bernhard Grzimek's 1959 film *The Serengeti Shall Not Die* was one of the most influential wildlife films ever made, drawing world attention to the Serengeti and conservation in Africa.

Friends of Ruaha Society (www.friendsof ruaha.org) is working for the conservation of the Ruaha ecosystem, and ensuring that tourism benefits from wildlife also reach local communities.

Ruaha–Katavi–Mahale grouping is also quite feasible, although at least nine or 10 days should be allotted. At the top end, consider rounding out the Mahale–Katavi combination with a few days relaxing on Lake Tanganyika at the high-end Lupita Island Resort. For Gombe Stream, budget two to three days.

Other Areas

Mkomazi Game Reserve is an intriguing, off-beat stop on any itinerary linking Dar es Salaam or the northeastern coast with Arusha and the northern circuit, or even as a stand-alone bush experience in combination with coastal destinations or hiking in the Usambara Mountains. Kitulo National Park can be worked in to itineraries in the Mbeya-Tukuyu area, while Lukwika-Lumesule Game Reserve is only really feasible for travellers already in the Masasi area. Also in the southeast is Mnazi Bay-Ruvuma Estuary National Marine Park, which is best done as a stand-alone excursion from either Mtwara or Mikindani. Diving in Mafia Island Marine Park is easily incorporated into a stay – whether budget or upmarket – on Mafia island.

OPERATORS

A good operator is the single most important variable for your safari, and it's worth spending time thoroughly researching those you're considering. The following are recommended companies, although the lists are by no means exclusive. Many northern circuit operators also organise trekking, and vice versa; see p54 for trekking operators. An increasing number of private (ie non-chain) lodges also have in-house operators and if you'll be combining several parks in the same area, this is a good alternative. If you plan on organising your safari through your hotel or lodge, confirm in advance that it will have a vehicle and guide available for wildlife drives.

Arusha

Also see the Trekking operators listed on p54, most of whom also organise safaris.

Access2Tanzania (☎ 027-250 4715; www.access2tanzania.com; budget & midrange) A small operator focusing on customised, community-focused itineraries in various areas of the country.

Africa Travel Resource (ATR) (☎ in UK 44-01306-880770; www.africatravelsrouce.com; midrange to top end) A web-based safari broker that matches your safari ideas with an operator, and helps you plan and book customised itineraries. Its website contains heaps of background information on Tanzania, the safari circuits and lodges, and its quotes are extremely detailed, including full descriptions and line-by-line pricing.

Duma Explorer (☎ 0787-079127; www.dumaexplorer.com; Njiro Hill; budget to midrange) Northern Tanzania safaris, Kilimanjaro and Meru treks, northern Tanzania cultural tours and safari-coast combinations.

Firelight Expeditions (☎ 027-250 8773; www.firelightexpeditions.com; top end) A high-end outfit with a handful of luxury and mobile camps, including in the Serengeti, Katavi and on Lake Tanganyika. Superb if you have the money and are interested in nontraditional itineraries and locations.

George Mavroudis Safaris (☎ 027-254 8840; www.gmsafaris.com; top end) An upmarket operator, highly respected in industry circles and specialising in exclusive, customised mobile safaris in the northern circuit done in vintage style. It also runs a wonderful, classic bush camp in Mkomazi Game Reserve, and a getaway on Lukuba Island in Lake Victoria – the latter is a fine combination with a Serengeti safari.

Hoopoe Safaris (Map pp196-7; ☎ 027-250 7011; www.hoopoe.com; India St; upper midrange) An excellent, culturally responsible company offering personalised luxury camping and lodge safaris in the northern circuit with an emphasis on individualised itineraries and service. Hoopoe has its own tented camps in the Lake Manyara and West Kilimanjaro areas, and mobile camps in the Serengeti, and in other parts of the northern circuit, where it has formed partnerships with and made investments in the surrounding communities. Staff and guides are highly professional and prices, while not inexpensive, are good value. Combination itineraries with Kenya, Uganda, Rwanda

Birds of Kenya and Northern Tanzania, by Dale Zimmerman, Donald Turner & David Pearson, is an essential field guide for birders.

In the Shadow of Man, by Jane Goodall, details the author's early years in Gombe Stream National Park, and is excellent background reading for anyone planning a visit.

CHOOSING AN OPERATOR

Following are some things to keep in mind when choosing a safari or trekking operator, particularly if you're planning to book a budget safari on arrival in Tanzania.

- Get personal recommendations, and talk with as many people as you can who have recently returned from a safari or trek and who have used the company you're considering.
- Be sceptical of quotes that sound too good to be true, and don't rush into any deals, no matter how good they sound.
- Don't fall for it if a tout tries to convince you that a safari or trek is leaving 'tomorrow' and that you can be the final person in the group. Take the time to shop around at reliable outfits to get a feel for what's on offer and, if others have supposedly registered, ask to speak with them.
- Check the blacklist of the **Tanzania Tourist Board's Tourist Information Centre** (TTB; ☎ 027-250 3843; www.tanzania-web.com) in Arusha – although keep in mind that this isn't necessarily the final word. The TTB, as well as the **Tanzanian Association of Tour Operators** (TATO; ☎ 027-250 4188; www.tatotz.org) also maintains lists of licenced operators. While TATO isn't the most powerful of entities, going on safari with one of its members will at least give you some recourse to appeal in case of problems. Legitimate operators should also be able to show you their valid original TALA (Tourist Agents Licensing Authority) licence – a government-issued document without which a company isn't authorised to bring tourists into national parks. (For wildlife parks, a tour or safari operator designation on the licence suffices; for Kilimanjaro treks, a TALA mountaineering licence is required.) Be sceptical of claims that the original is with the 'head office' in Dar es Salaam or elsewhere in the country.
- Don't give money to anyone who doesn't work out of an office, and don't arrange any safari deals at the bus stand or with touts who follow you to your hotel room.
- Go with a company that has its own vehicles and equipment. If you have any doubts, don't pay a deposit until you've seen the vehicle that you'll be using. Be aware that it's not unknown for an operator to show you one vehicle, but then arrive in an inferior one on the day.
- Unless you speak Swahili, be sure your driver-guide can speak English.
- Go through the itinerary in detail and confirm what is expected and planned for each stage of the trip. Check that the number of wildlife drives per day and all other specifics appear in the contract, as well as the starting and ending dates, and approximate times, and keep in mind that while two competing safari company itineraries may look the same, service can be very different. Normally, major problems such as vehicle breakdown are compensated for by adding additional time to your safari. If this isn't possible (eg if you have an onward flight), reliable operators may compensate you for a portion of the time lost. However, don't expect a refund for 'minor' problems such as punctured tyres and so on. Also note that park fees are non-refundable.
- If you have any doubts about an operator, only organise local bookings with them. For example, don't book a Kilimanjaro trek from Dar es Salaam; if something goes wrong you'll be far away and without recourse.
- Beware of client swapping between companies; you can end up in the hands of a company you were trying to avoid.

and Sudan are also possible. Several years ago, distinguished as Best Eco-Tourism Operator in the World by *Condé Nast Traveler*.

IntoAfrica (☎ in UK 44-114-255 5610; www.intoafrica.co.uk; midrange) A small operator specialising in fair-traded cultural safaris and treks in northern Tanzania. It directly supports local communities in the areas where it works, consistently garners positive reviews from travellers and is an ideal choice if your interest is more in gaining insight into local life and culture, than in experiencing the luxury lodge atmosphere. One of its most popular itineraries is a seven-day wildlife-cultural safari in Maasai areas.

SAFARI SCAMS & SCHEMES

When it comes to booking safaris and treks, especially at the budget level, the need for caution can't be overemphasised. If you stick with reliable safari or trekking operators, including the ones recommended in this chapter, you shouldn't have major problems. Most difficulties arise when trying to book budget safaris on arrival. Remember that once your money is paid, it's as good as gone. Also, watch out for the following:

- Touts who promise you a bargain safari or trek deal, but in order to seal it, payment must be made on the spot – of course with a receipt. The next day, the promised transport doesn't show up, the receipt turns out to be for a bogus company, and the tout is never seen again.
- Sham operators trading under the same names as companies listed in this or other guidebooks. Don't let business cards fool you; they're easy to print up, and are no proof of legitimacy.

If you do get taken for a ride, the main avenue of recourse is to file a complaint with both the TTB and TATO. The police will be of little help, and it's unlikely that you will see your money again.

Kahembe's Trekking & Cultural Safaris (☎ 027-253 1088, 0784-397477; kahembeculture@hotmail.com, kahembeculture@yahoo.com; budget) A small operator offering Mt Hanang treks and a range of no-frills cultural safaris around Babati. A good choice if you want to experience Tanzania from a local perspective. It can sometimes help arrange volunteer opportunities around Babati, and also can be booked through Responsible Travel (p36).

Maasai Wanderings (☎ 0755-984925; www.maasaiwanderings.com; midrange) A small company offering northern Tanzania safaris and treks, including safaris for families and seniors, plus Zanzibar packages; profits are channelled into various community projects.

Nature Beauties (Map pp196-7; ☎ 027-254 8224, 0732-971859; www.naturebeauties.com; Old Moshi Rd; budget) A low-key outfit offering Kilimanjaro treks and northern circuit safaris, and Tanzania-Kenya combination itineraries.

Nature Discovery (☎ 0732-971859; www.naturediscovery.com; midrange) Individualised, environmentally responsible northern-circuit safaris, and treks on Kilimanjaro, Meru and in the Crater Highlands.

Roy Safaris (Map pp196-7; ☎ 027-250 2115; www.roysafaris.com; Serengeti Rd; all budgets) A highly regarded company offering budget and semiluxury camping safaris in the northern circuit, as well as competitively priced luxury lodge safaris and Kilimanjaro and Meru treks. Known for its high-quality vehicles and value for money.

Safari Makers (☎ 027-254 4446; www.safarimakers.com; budget) A reliable outfit running no-frills northern circuit camping and lodge safaris and treks at surprisingly reasonable prices; some safaris and treks also incorporate Cultural Tourism Program tours.

SOK (☎ 0784-694624; www.sokadventures.com; upper midrange & top end) A small, environmentally responsible operator based in Usa River, and offering tailor-made northern circuit safaris with the chance for cultural interaction.

Sunny Safaris (Map pp196-7; ☎ 027-250 8184, 027-250 7145; www.sunnysafaris.com; Colonel Middleton Rd; budget) A reliable budget operator with a range of no-frills camping and lodge safaris, as well as Kilimanjaro and Meru treks and day walks in the area around Arusha.

Tropical Trails (off Map pp196-7; ☎ 027-250 0358, 027-250 5578; www.tropicaltrails.com; Masai Camp, Old Moshi Rd; upper midrange) In addition to trekking (see listing on p55), this recommended operator also offers northern circuit camping and lodge safaris, and several cultural tours in the Arusha area.

Wild Spirit Safari (☎ 027-254 8961; www.wild-spirit-safari.com) Safaris and treks in northern Tanzania, including trekking in the Crater Highlands, as well as extensions to Zanzibar, Mafia and Pemba.

Dar es Salaam

The following agencies can help you book southern-circuit safaris, or combination itineraries involving Mikumi, Ruaha and Katavi National Parks, Selous Game Reserve, and Zanzibar and Mafia islands.

Iain and Oría Douglas-Hamilton put Lake Manyara on the map with *Life Among the Elephants*.

Afriroots (☎ 0732-926350; www.afriroots.co.tz; budget) This laid-back group has garnered positive feedback doing backpacker-oriented village-based biking, hiking and other tours around Dar es Salaam, in the Uluguru, Usambara and Udzungwa Mountains and in the southern highlands, plus itineraries to the Selous Game Reserve and other areas.

Authentic Tanzania (☎ 022-276 2093; www.authentic-tanzania.com; midrange) A flexible, knowledgeable operator offering a variety of good-value itineraries throughout the south and along the coast, as well as to Katavi. Set departure destinations from Dar es Salaam include Udzungwa Mountains, Mikumi, Selous, Kilwa and Ruaha, and customised itineraries are also available. It's also recommended if you're interested in an adventurous Katavi road trip, taking in Ruaha and other stops en route.

Coastal Travels (Map p90; ☎ 022-211 7959, 022-211 7960; safari@coastal.cc; Upanga Rd; midrange) A long-established and recommended outfit with its own fleet of planes, and safari camps and lodges in Ruaha park, the Selous and on Mafia island. It has frequent 'last-minute' flight-and-accommodation deals, and is a good contact for putting together itineraries taking in different parts of the country, or combining safaris with nonsafari touring. Offerings include competitively priced Ruaha packages, day trips to Zanzibar and Selous-Mafia combinations.

Foxes African Safaris (☎ in UK 44-01452-862288, in Tanzania 0744-237422; www.tanzania-safaris.info; midrange to top end) A highly regarded family-run company with lodges and camps in Mikumi, Ruaha and Katavi National Parks, on the coast near Bagamoyo and in the Southern Highlands. It's a good choice for personalised combination itineraries to these destinations using plane and road.

Hippotours & Safaris (Map p90; ☎ 022-212 8662/3; www.hippotours.com; Nyumba ya Sanaa, Ohio St; midrange to top end) A specialist agency focusing on itineraries in the south and west and along the coast, including Selous Game Reserve and Mafia island.

Tent with a View (☎ 022-211 0507, 0741-323318; www.saadani.com; upper midrange) This helpful, reliable and recommended group runs lovely lodges in Selous Game Reserve and Saadani National Park and organises good-value midrange and upmarket combination itineraries involving these and other areas, including special honeymoon packages.

Mwanza

For Mwanza-based safari operators, see p246.

Kigoma

For Kigoma-based operators, see p263.

Elsewhere in Tanzania

Gazelle Safaris (Mbeya) – see p292.

Hatari! (1962, John Wayne/Hardy Kruger) was filmed in Arusha National Park and Ngorongoro Crater. While it has little to do with safaris (the stars are capturing animals for zoos), it has great footage of local wildlife and scenery.

TIPS FOR WILDLIFE WATCHING *David Lukas*

- Your best bet for seeing black rhino is Ngorongoro Crater, where about 20 remain. Here they are used to vehicles, while elsewhere in Tanzania they are secretive and occur in remote locations.
- Let the vervet monkeys tell you if there's a predator in the neighbourhood. Listen for their screeching alarm calls and look in the direction they're facing.
- During the July to October dry season, Tarangire National Park provides the best wildlife viewing in Tanzania. Over 3000 elephants and many other migratory animals come here to drink from the Tarangire River.
- Hundreds of thousands of flamingos may be seen at Lake Manyara National Park, though they move from lake to lake as water levels change and their presence is never predictable.
- Without a doubt your best wildlife viewing tool will be a high-quality pair of binoculars. Practise using them at home before departing because some animals, especially birds, don't wait around for you to learn how to aim and focus in the field.

DO-IT-YOURSELF SAFARIS

It is quite possible to visit the parks with your own vehicle, without going through a safari operator, though it's much less commonly done than in some southern African safari destinations. Unless you're already based in Tanzania or are familiar with the country, experienced at driving in the bush and self-sufficient as far as repairs and mechanical issues go, the modest (if any) cost savings are generally offset by the comparative ease of having someone else handle the logistics for you.

For almost all parks and reserves, you'll need a 4WD. In addition to park admission fees, there's a US\$40 per day vehicle fee for foreign-registered vehicles (Tsh10,000 for locally registered vehicles). Guides are not required for most of the main parks, except as noted in the individual park entries. However, it's recommended to take one along to help you find your way through the bush, as well as for showing you the best wildlife areas. Guide fees are given on p77.

You'll also need to carry extra petrol, as it's not available in any of the parks, except at Seronera in the Serengeti and at Ngorongoro Crater, where it's expensive; the lodges and hotels will not be able to provide you with petrol. It's also essential to carry spares, and have good mechanical knowledge.

You can rent safari vehicles in Dar es Salaam, Arusha, Mwanza, Karatu and Mto wa Mbu, as well as at Ngorongoro Crater (where you can hire a park vehicle with driver from the NCAA headquarters; advance notice required). It's also sometimes possible to arrange vehicle hire at park headquarters in Katavi National Park. Otherwise, there's no vehicle rental at any of the parks or reserves. Unless you are in a group, renting a car specifically for safari is usually at least as expensive as going through a tour operator, especially for the northern parks.

Camping will give you the most flexibility, as you can always find a spot. If you plan on staying in lodges, book well in advance, especially during the high season.

Cultural Tourism Programs also make a possible DIY safari alternative; see p205.

Trekking

Tanzania is gaining increasing popularity as a trekking destination, offering rugged, varied terrain and a fine collection of peaks and rolling mountain ranges. Landscapes range from the lushly forested slopes of the eastern Udzungwa Mountains to the sheer volcanic cliffs of the inner wall of Mt Meru's crater and the final scree-slope ascent of Mt Kilimanjaro, and the types of treks range from village-to-village walks to isolated wilderness hikes. With the possible exception of Kilimanjaro, trekking and hiking here is generally done as part of a larger itinerary. Throughout the country, almost all trekking can be done without technical equipment, by anyone who is reasonably fit. However, any trekking or hiking in national parks and wildlife areas requires being accompanied by a guide or ranger, which usually also entails adhering to set daily stages. Mt Kilimanjaro and the Ngorongoro Conservation Area are expensive. Otherwise, most trekking can be done at reasonable cost.

PLANNING

Booking

General booking considerations for treks are similar to those for safaris; see p36. Kilimanjaro treks should be organised through a trekking company (see p54) or through a safari company that also has a TALA mountaineering licence (see p45 for more on TALA licences). Treks in the Ngorongoro Conservation Area should also be organised through a trekking company, while treks on Mt Meru can be organised through a company or independently with park staff. Treks in other destinations are best arranged locally and on the spot, working with local guide associations, cultural tourism programmes or (in the case of national parks) park staff.

The best places for booking Kilimanjaro treks are Moshi and Marangu, followed by Arusha. Meru treks are best booked in Arusha if you'll be going through a trekking operator, as are treks in the Crater Highlands and climbs up Ol Doinyo Lengai.

Costs

Trekking in Tanzania has the well-deserved reputation of being expensive, especially for treks on Kilimanjaro and in the Crater Highlands, which are among the most expensive trekking destinations in East Africa. Yet, most other treks can be done on a reasonable budget with a bit of effort, and a few are cheap. Among the least expensive trekking areas – all of which are easily accessed via public transport – are Udzungwa Mountains National Park, where your main costs will be for entry fees and a guide; the Usambara, Pare and Uluguru Mountains, all of which can be done independently (although a guide is recommended) or as part of local cultural tourism programmes; Mt Hanang and Mt Longido (near Arusha), both of which also can be climbed

Liz de Leyser's excellent *A Guide to the Southern Highlands of Tanzania* is an essential read for anyone planning on hiking in this region. For more about the Southern Highlands region, see www.southernhighlandstz.org.

The 3 Peaks 3 Weeks Challenge (www.3peaks3weeks.org): 10 women trekked Kili, Meru and Mt Kenya to raise money and awareness for education, HIV/AIDS and environmental issues in Africa.

TREKKING SAFETY GUIDELINES

- Pay all fees required by local authorities.
- Be sure you are healthy and prepared for local weather conditions.
- Inform yourself about conditions along your route and about local wildlife regulations.
- Know your own limits.

The Wildlife Conservation Society's Tanzania page (www.wcs.org/inter-national/Africa/Tanzania) has excellent links detailing conservation projects in trekking and wildlife areas.

The Shadow of Kilimanjaro: On Foot Across East Africa by Rick Ridgeway is ideal reading before setting off to explore Tanzania on foot.

as part of local cultural tourism programmes; and Kitulo National Park, which can be hiked independently by well-equipped experienced hikers or with a guide.

To minimise costs, trek or hike outside national parks, carry your own camping equipment (to cut down on rental costs), avoid treks that necessitate vehicle rentals for access and consider trekking out of season when you may be able to negotiate discounted rates. However, it's not worth cutting corners where reliability is essential, such as on Kilimanjaro.

When to Go

Throughout most of the country, the best times for trekking are during the dry, warmer season from mid-December to February, and the dry, cooler season from June to October. The least favourable time is from mid-March to mid-May, when the heaviest rains fall. That said, trekking is possible in most areas year-round, with the exception of the Udzungwa, Usambara, Pare and Uluguru Mountains, where conditions become extremely muddy during the March to May rains.

ACCESS

Almost all trekking areas can be accessed via public transport. Exceptions to this include the Crater Highlands, which are generally only trekked as part of a package including transport, and Kilimanjaro, where transport to the trailhead is almost always included in trekking operator quotes (although major trailheads are also readily accessible via public transport).

TYPES OF TREKS

Stage-by-stage fully-equipped trekking accompanied by guides and porters is the norm for treks on Mt Kilimanjaro and Mt Meru (although climbing Meru doesn't require porters), while the Usambaras, and to a lesser extent the Pares, involve easy village-to-village walks where you can stock up on basic food items as you go along. Ol Doinyo Lengai is also a relatively structured and generally fully-equipped venture, given the rugged conditions and difficulties of access, as is most trekking in the Crater Highlands. Most other areas are somewhere in between, requiring that you stock up in advance on basics and have a guide (or a GPS and some basic Swahili), but with flexibility as to routes and guiding.

GUIDES & PORTERS

Guides are required for treks on Mt Kilimanjaro, Mt Meru, in the Crater Highlands and in Udzungwa Mountains National Park. Elsewhere, although not strictly essential, a local guide is recommended to show you the way, to provide introductions in remote places and to guard against occasional instances of hassling and robberies in some areas. If you decide to hike without a guide, you'll need to know some basic Swahili. Wherever you trek, always

TIPPING

Tipping guidelines for guides and porters on Mt Kilimanjaro and Mt Meru are covered separately in the Trekking Mt Kilimanjaro (p191) and Trekking Mt Meru (p209) sections. In other areas, and assuming service has been satisfactory, guides will expect a modest but fair tip for their services. In the case of national parks (such as Udzungwa Mountains National Park), daily rates are pre-determined by the park, and noted in the relevant sections of this book. Elsewhere, check with the local Cultural Tourism Program to get an idea of the going rates - which are generally well below those on Mts Kilimanjaro and Meru.

WHAT TO BRING

The list of what to bring varies depending on where you'll be trekking. Some things to consider:

- Good-quality sleeping bag (essential for Mt Kilimanjaro and Mt Meru treks, and available to rent through trekking operators)
- Birding guides and checklists
- Mosquito repellent
- Rain gear and waterproofs
- Sunglasses and sunscreen
- Camera (and film or adequate memory)
- Extra contact-lens solution and prescription glasses
- Mosquito net
- Tent
- Extra water bottles

For Mt Kilimanjaro and Mt Meru, you'll need a full range of waterproof cold-weather clothing and gear. In all of Tanzania's mountain areas, expect rain at any time of year and considerably cooler weather than along the coast. Nights especially can be very chilly, and a water- and wind-proof jacket and warm pullover are essential. Particularly on Kilimanjaro, waterproof everything, especially your sleeping bag, as things rarely dry on the mountain.

be sure your guide is accredited. On Kilimanjaro, this should be taken care of by your trekking company, and on Mt Meru and in Udzungwa Mountains National Park, guides are park rangers. The Ngorongoro Conservation Area also has its own guides. In other areas, check with the local tourist office or guide association before finalising your arrangements.

Porters are commonly used on Mt Kilimanjaro, and sometimes on Mt Meru, though not elsewhere. In some areas, notably the Crater Highlands, donkeys may be used to carry gear.

TREKKING AREAS

The following are pocket summaries of Tanzania's main trekking and hiking areas. For more on each, see the destination chapters. For more information on treks, see Lonely Planet's *Trekking in East Africa*.

Mt Kilimanjaro

This is Africa's highest mountain (5869m) and Tanzania's most famous trek, with a choice of routes, all making their way from the forested lower slopes to moorland and alpine zones to the snow- and glacier-covered summit. There are also many walks on Kilimanjaro's lower slopes, of interest for their lush vegetation, waterfalls and cultural opportunities centred on local Chagga villages. Marangu and Machame make good bases. See p191.

Mt Meru

Although languishing in the shadow of nearby Kilimanjaro, Mt Meru (4566m) is a fine destination in its own right, and considerably less costly than its famous neighbour. It's also worth considering as a preparatory trek for the higher peak and, as part of Arusha National Park, is well suited for safari-trek combination itineraries. The climbing is nontechnical and straightforward, although there's a challenging ridge walk as you approach the summit. See p209.

Kilimanjaro: To the Roof of Africa by Audrey Salkeld is a dramatic recounting of the climb up Africa's highest mountain – highly inspirational if you're planning a trek.

An essential pre-trek read: the porter guidelines at www.hec.org/club/properporter.htm#guidelines.

Mt Hanang is the southernmost of Tanzania's Rift Valley volcanoes. The surrounding area is home to the seminomadic Barabaig. For insights into Barabaig culture, read George Klima's dated but intriguing *The Barabaig: East African Cattle Herders*.

Mt Hanang

Tanzania's fourth-highest peak (3417m) offers a rewarding and comparatively easy trek along well-worn footpaths to the summit. It's also relatively inexpensive to organise, and makes an intriguing destination if you're interested in combining trekking with an introduction to local cultures. See p236.

Crater Highlands & Ngorongoro Conservation Area

Together with adjoining parts of the Ngorongoro Conservation Area, the Crater Highlands offer rugged and rewarding and generally expensive trekking, best organised through a specialist operator. The terrain includes steep escarpments, crater lakes, dense forests and grassy ridges, streams and waterfalls, plus the still-active volcano of Ol Doinyo Lengai, just north of the Ngorongoro Conservation Area boundaries and best accessed from Lake Natron. Apart from the Maasai people who live here, you'll likely have most areas to yourself. See p221.

Usambara Mountains

The western Usambaras offer village-to-village walks along well-worn local footpaths, ranging from a few hours to a week or more. There are enough local guesthouses to make carrying a tent necessary. The main centre for hikes in the eastern Usambaras is Amani Nature Reserve, where there is a network of short forest footpaths – ideal for a weekend ramble or for anyone interested in botany. Hikes combining the two regions (allow five to six days) are best organised in Lushoto. See p168.

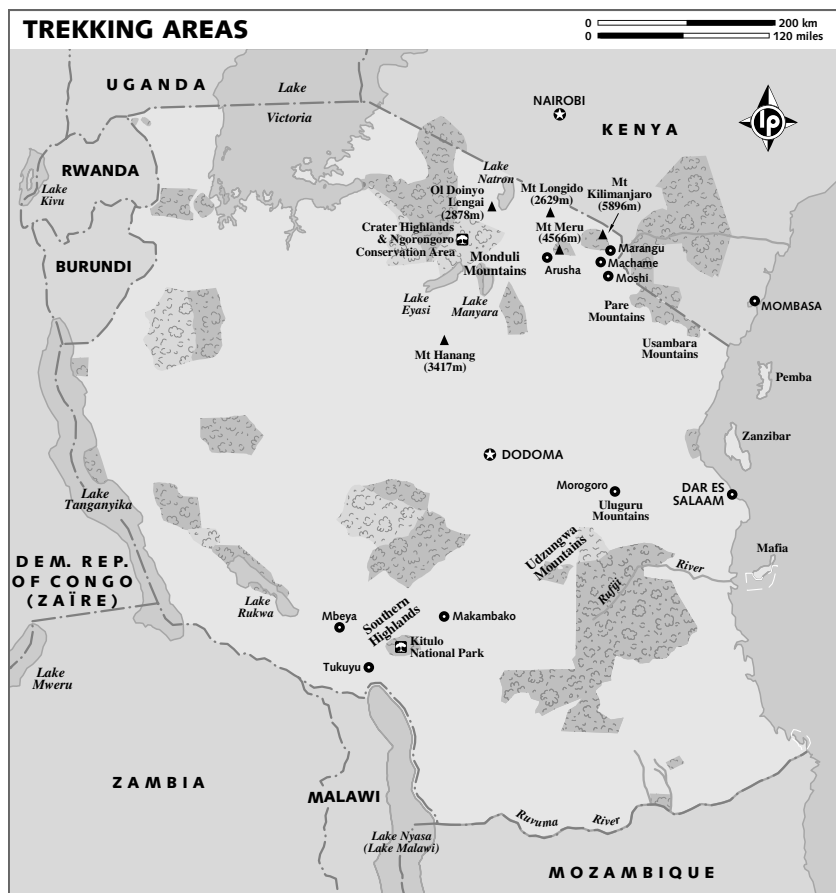
Pare Mountains

Hiking in the Pares is comparable to hiking in the Usambaras, along a network of well-trodden mountain footpaths. However, the Pares are much less developed for tourism and walks tend to be shorter – generally undertaken as part of the local cultural tourism programme – with accommodation in local guesthouses. See p176.

Ol Doinyo Lengai is the only active volcano in the world that spews natrocarbonatite lava.

RESPONSIBLE TREKKING

- Carry out all your rubbish, including sanitary napkins, tampons, condoms and toilet paper (these burn and decompose poorly).
- Take minimal packaging and reusable containers or stuff sacks.
- Use toilets where available. Otherwise, bury your waste in a small hole 15cm (6in) deep and at least 100m (320ft) from any watercourse, and cover the waste with soil and a rock.
- Don't use detergents or toothpaste in or near watercourses, even if they are biodegradable.
- For washing, use biodegradable soap and a water container at least 50m (160ft) away from the watercourse. Disperse the waste water widely to allow the soil to filter it fully.
- Wash cooking utensils 50m (160ft) from watercourses using a scourer instead of detergent.
- Stick to existing trails and avoid short cuts, and avoid removing the plant life that keeps topsoils in place.
- Don't depend on open fires for cooking. Cutting firewood in popular trekking areas can cause rapid deforestation. Cook on a lightweight kerosene, alcohol or Shellite (white gas) stove and avoid those powered by disposable butane gas canisters.
- If trekking with a guide and porters, supply stoves for the whole team. In cold areas, see that all members have sufficient clothing so that fires aren't necessary for warmth.
- Don't buy items made from endangered species.



Udzungwa Mountains

The lush Udzungwas lack the ease and picturesque scenery of the Usambaras and the cultural tourism of the Pares, but they are fascinating from a botanical perspective, with more unique plant species than almost anywhere else in the region. They are also a prime destination for birders and – with their appealingly wild feel – anyone seeking something well off the main track. There is only a handful of fully established trails, ranging from a half-hour walk to multiday mountain hikes (for which you'll need a tent and will have to be self-sufficient with food). See p280.

Uluguru Mountains

If you happen to be in Morogoro, it's worth setting aside some time for hiking in the densely populated Ulugurus – of interest both culturally and botanically. Hikes (most half-day or day) range from easy to moderately stiff excursions. Guides are easily organised in Morogoro, and costs are very reasonable. See p277.

Check out www.africanconservation.com/uluguru for information on the Uluguru Mountains.

Eastern Arc Mountains Information Source (www.easternarc.org) is an information clearinghouse for the many environmental projects being undertaken in the Usambaras, Udzungwas and other Eastern Arc ranges.

Southern Highlands & Kitulo National Park

Until recently, the beautiful rolling hill country in southwestern Tanzania, stretching southwards roughly between Makambako and Mbeya, had essentially no tourist infrastructure. With the recent gazettement of Kitulo National Park and a slowly expanding network of basic accommodation, this is beginning to change. Short day hikes and excursions can be organised from Mbeya or, better, Tukuyu. For anything longer and for overnight hiking in Kitulo, you'll still need to be self-sufficient and carry a tent and all your supplies. See p290.

Other Areas

The Monduli Mountains (p207), northwest of Arusha, offer some walks and views down into the Rift Valley from their northern side. Northeast of Arusha, and just east of the Arusha–Namanga road, is Mt Longido (2629m), which can be climbed as part of a local cultural tourism programme (see p204).

OPERATORS

When organising a Kilimanjaro trek, look for companies that have their own mountain-climbing licence (as opposed to the tour-operator licence required for safaris). Many of the safari operators listed on p44 also organise treks. For trekking companies abroad, see p355.

KILIMANJARO'S PORTERS

Mt Kilimanjaro guides and porters have a reputation for being aggressive and demanding when it comes to tips, and higher tips are expected here than elsewhere in the region. But there's another side too, with porter abuse and exploitation a serious concern.

Most of the porters who work on the slopes of Mt Kilimanjaro are local residents who work freelance, usually with no guarantees of a salary beyond the present job. The work is physically hard, rates are low and it's safe to say that even the best-paid porters earn only a pittance in comparison with the salaries of many of the trekkers whose bags they are carrying. Because of the stiff job competition, it's common for porters to agree to back-to-back treks without sufficient rest in between. It's also common for porters to work without proper shoes or equipment, and without adequate protection at night from the mountain's often cold and wet conditions. Equally concerning are cases where unscrupulous guides – perhaps interested in keeping an extra porter's salary for themselves – bribe the rangers who weigh porters' loads. This leaves the porter with the unenviable choice of carrying an overly heavy load or not getting the job at all.

Porters depend on tourism on the mountain for their livelihood, but as a trekker you can help ensure that they aren't exploited and that working conditions are fair. When selecting a trekking operator, tell them this is a concern. Be aware of what goes on around you during your trek. If you see exploitative treatment, tell the tour operator when you get back. Also get in touch with the UK-based **Tourism Concern** (www.tourismconcern.org.uk), which has mounted a worldwide campaign to improve the conditions of porters. Another clued-up group is the **International Mountain Explorers Connection** (IMEC; www.mountainexplorers.org), which runs the **Kilimanjaro Porter Assistance Project** (KPAP; Map p183; ☎ 0754-817615; www.kiliporters.org; Kilimanjaro Backpackers Hotel, Mawenzi Rd, Moshi), a not-for-profit group that's channelling trekking-clothing donations to porters (trekkers coming from the USA are invited to ferry bags of surplus clothes – contact IMEC directly about this), arranging informal English-language training opportunities and lobbying local tour operators to establish a code of conduct on porter pay and conditions. IMEC has guidelines at www.hec.org/club/properporter.htm#guidelines. Both KPAP and Tourism Concern keep lists of trek operators who promote fair treatment of their staff.

KILI'S TOPOGRAPHY

The Kilimanjaro massif has an oval base about 40km to 60km across, and rises almost 5000m above the surrounding plains. The two main peak areas are Kibo, the dome at the centre of the massif, which dips inwards to form a crater that can't be seen from below, and Mawenzi, a group of jagged pinnacles on the eastern side. A third peak, Shira, on the western end of the massif, is lower and less distinct than Kibo and Mawenzi. The highest point on Kibo is Uhuru Peak (5896m), the goal for most trekkers. The highest point on Mawenzi, Hans Meyer Point (5149m), cannot be reached by trekkers and is only rarely visited by mountaineers.

Kilimanjaro is considered an extinct volcano, although it still releases steam and sulphur from vents in the crater centre.

Arusha

If you're organising a Kilimanjaro trek in Arusha, look for operators that organise treks themselves rather than subcontracting to a Moshi- or Marangu-based operator. Arusha-based safari operators that are also recommended for trekking on Kilimanjaro, Meru and in the Crater Highlands include Duma Explorer, Hoopoe Safaris, IntoAfrica, Nature Discovery, Roy Safaris, SOK and Wild Spirit Safari. For Mt Hanang treks, the best contact is Kahembe's Trekking & Cultural Safaris. Contacts for all of these are listed on p44.

Dorobo Safaris (☎ 027-250 9685, ☎/fax 027-254 8336; dorobo@habari.co.tz; midrange) A down-to-earth outfit that's highly knowledgeable for customised culturally oriented treks in and around the Ngorongoro Conservation Area. It also organises wilderness treks in the areas bordering Ruaha and Serengeti National Parks. All work is done in partnership with local communities, with the emphasis on exploring remote areas in a way that sustainably benefits these communities and the environment.

Kiliwarrior Expeditions (www.kiliwarriors.com; top end) Ethical, upmarket Kilimanjaro climbs, treks in the Ngorongoro Conservation Area, a full range of safaris and a great website.

Summits Africa (www.summits-africa.com; upper midrange & top end) A dynamic, ethical and experienced company offering upmarket adventure safaris with expert guiding, including treks in the Ngorongoro Conservation Area and to Lake Natron with the option to climb Ol Doinyo Lengai, West Kilimanjaro walking safaris, multiday fully-equipped bike safaris and combination bike-safari trips, plus any sort of mountain trekking and trekking-safari combinations that you'd like. Also organises the 3 Peaks 3 Weeks challenge.

Tropical Trails (off Map pp196-7; ☎ 027-250 0358/5578; www.tropicaltrails.com; Maasai Camp, Old Moshi Rd; midrange) A long-standing company offering high-quality treks and walking safaris on Kilimanjaro, Meru, in the Crater Highlands and in the Monduli Mountains. Kosher treks, photographic camping safaris and other special interest tours can be arranged, and a portion of the company's profits goes towards supporting education projects in Maasai schools.

Marangu

Almost all Marangu hotels organise Kilimanjaro treks; see p189. Also worth noting is Marangu Hotel's 'hard way' option that's one of the cheapest deals available for a reliable trek. For about US\$200 plus park fees for a five-day Marangu climb, the hotel will take care of hut reservations and provide a guide with porter, while you provide all food and equipment.

Moshi

The following Moshi-based companies focus on Kilimanjaro treks, although most can also organise day hikes on the mountain's lower slopes.

Akaro Tours Tanzania (Map p183; ☎ 027-275 2986; www.akarotours.com; ground fl, NSFF Bldg, Old Moshi Rd; budget) A small outfit offering good, no-frills Kilimanjaro treks, day hikes on Kilimanjaro's lower slopes and a range of other tours, including to the Usambaras.

Since they were first measured in the early 20th century, Kilimanjaro's glaciers have lost over 80% of their ice and they may disappear completely by 2020. For more see p192.

The Highland Mangabey, Africa's first new monkey species in over two decades, was recently discovered around Kitulo National Park and in the Udzungwa Mountains.

CHOOSING A TREKKING OPERATOR

Organised-trek costs vary considerably and depend on the length of the trek, the size of the group, the standard of accommodation before and after the trek, the quality of bunkhouses or tents, plus the knowledge and experience of guides and trek leaders. Many of the points mentioned in the Choosing An Operator boxed text in the Safaris chapter (p45) apply in equal measure to treks. Some other things to consider when choosing a trekking company:

- Choose operators treating local communities and employees as equal partners and who have conscientious environmental attitudes. Always comment on bad practice and if the goals of ecotourism are not being met as promised.
- Before you sign up ask for an itinerary in writing and double-check the number of days spent actually trekking and how many nights accommodation are included. Check confirmed hut and bunkhouse reservations.
- Make sure there are enough porters, a cook and an assistant guide or two (in case the group splits or somebody has to return due to illness).
- Beware of unscrupulous budget companies charging you for, say, a five-day trek but only paying mountain and hut fees for four days.
- Be wary of tales about 'running out of money' as promises of refunds are usually forgotten or denied when you get back to base.

Mt Meru's most recent eruption was in 1910. Its famous crater was formed about 7800 years ago when the volcano's summit collapsed.

Key's Hotel (off Map p183; ☎ 027-275 2250; www.keys-hotels.com; Uru Rd; midrange) A long-established place offering standard Kilimanjaro packages.

Moshi Expeditions & Mountaineering (Map p183; ☎ 027-275 4234; www.memtours.com; Kaunda St; budget to midrange) Kilimanjaro treks at competitive prices.

Shah Tours (Map p183; ☎ 027-275 2370/2998; www.kilimanjaro-shah.com; Sekou Toure Rd; midrange) A reliable and long-established operator offering quality Kilimanjaro and Meru treks at reasonable prices, as well as treks in the Ngorongoro highlands and on Ol Doinyo Lengai.

Zara Tanzania Adventures (Map p183; www.zaratravel.com; budget to midrange) Kilimanjaro treks.

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Environment

THE LAND

At over 943,000 sq km (almost four times the size of the UK), Tanzania is East Africa's largest country. To the east it's bordered by the Indian Ocean and to the west by the deep lakes of the Western Rift Valley. The narrow coastline consists of long, sandy stretches punctuated by dense stands of mangroves, especially around river deltas.

Inland, the terrain rises abruptly into mountains, before levelling out onto an arid highland plateau averaging 900m to 1800m in altitude and nestled between the eastern and western branches of the Great Rift Valley.

Tanzania's mountain ranges are grouped into a sharply rising northeastern section (the Eastern Arc) and an open, rolling central and southern section (the Southern Highlands or Southern Arc). There is also a range of volcanoes, known as the Crater Highlands, rising from the side of the Great Rift Valley in northern Tanzania.

The largest river is the Rufiji, which drains the Southern Highlands en route to the coast. Other major rivers include the Ruvu, Wami, Pangani and Ruvuma (the border with Mozambique).

About 6% (59,000 sq km) of mainland Tanzania is covered by inland lakes.

WILDLIFE

Animals

Tanzania's fauna is notable both for sheer numbers and variety, with representatives of 430 species and subspecies among the country's more than four million wild animals. These include zebras, elephants, wildebeests, buffaloes, hippos, giraffes, antelopes, dik-diks, gazelles, elands and kudus. Tanzania is also known for its predators, with Serengeti National Park one of the best places for spotting lions, cheetahs and leopards. There are also populations of hyenas and wild dogs and, in Gombe Stream and Mahale Mountains National Parks, bands of chimpanzees.

In Battle for the Elephants, Ian and Oria Douglas-Hamilton describe the ongoing political battles over the ivory trade in Africa.

THE GREAT RIFT VALLEY

The Great Rift Valley is part of the East African rift system – a massive geological fault stretching 6500km across the African continent, from the Dead Sea in the north to Beira (Mozambique) in the south. The rift system was formed over 30 million years ago when the tectonic plates comprising the African and Eurasian landmasses collided and then diverged. As the plates separated, large chunks of the earth's crust dropped down between them, resulting over millennia in the escarpments, ravines, flatlands and lakes that characterise East Africa's topography today.

The rift system is notable for its calderas and volcanoes (including Mt Kilimanjaro, Mt Meru and the calderas of the Crater Highlands) and for its lakes, which are often very deep, with floors well below sea level although their surfaces may be several hundred metres above sea level.

The Tanzanian Rift Valley consists of two branches formed where the main rift system divides north of Kenya's Lake Turkana. The Western Rift Valley extends past Lake Albert (Uganda) through Rwanda and Burundi to Lakes Tanganyika and Nyasa, while the eastern branch (Eastern or Gregory Rift) runs south from Lake Turkana, past Lakes Natron and Manyara, before joining again with the Western Rift by Lake Nyasa. The lakes of the Eastern Rift are smaller than those in the western branch, with some only waterless salt beds. The largest are Lakes Natron and Manyara. Lake Eyasi is in a side branch off the main rift.

The escarpments of Tanzania's portion of the Rift Valley are most impressive in and around the Ngorongoro Conservation Area and Lake Manyara National Park.

THE EASTERN ARC MOUNTAINS

The ancient Eastern Arc mountains – which include the Usambara, Pare, Udzungwa and Uluguru ranges – stretch in a broken crescent from southern Kenya's Taita Hills down to Morogoro and the Southern Highlands. They are estimated to be at least 100 million years old, with the stones forming them as much as 600 million years old. Their climatic isolation and stability has offered plant species a chance to develop, and today these mountains are highly biodiverse and home to an exceptional assortment of plants and birds. Plant and bird numbers in the mountain ranges total about one-third of Tanzania's flora and fauna species, and include many unique species plus a wealth of medicinal plants.

In the late 19th century, population growth and expansion of the local logging industry began to cause depletion of the Eastern Arc's original forest cover, and erosion became a serious problem. It became so bad in parts of the western Usambaras that in the early 1990s entire villages had to be shifted to lower areas. It has now somewhat stabilised.

See the Wildlife Guide (p57) for descriptions of some of these animals. In addition, Tanzania has over 60,000 insect species, about 25 types of reptiles or amphibians, 100 species of snakes and numerous fish species.

Complementing this are over 1000 species of birds, including various types of kingfisher, hornbills (around Amani in the eastern Usambaras), bee-eaters (along the Rufiji and Wami Rivers), fish eagles (Lake Victoria) and flamingos (Lakes Manyara and Natron, among other places). There are also many birds that are unique to Tanzania, including the Udzungwa forest partridge, the Pemba green pigeon, the Usambara weaver and the Usambara eagle owl.

Birders: watch for a copy of *Field Guide to the Birds of East Africa* by Terry Stevenson and John Fanshawe.

ENDANGERED SPECIES

Endangered species include the black rhino (best spotted in Ngorongoro Crater, p223); Uluguru bush shrikes (spotted in Uluguru Mountains, p277, southeast of Morogoro); hawksbill, green, olive ridley and leatherback turtles; red colobus monkeys (in Zanzibar's Jozani Forest, p139); wild dogs (most likely spotted in Selous Game Reserve, p311, followed by Ruaha National Park, p286); and Pemba flying foxes (best seen in Pemba's Ngezi Forest, p151).

Plants

Small patches of tropical rainforest in Tanzania's Eastern Arc range provide home to a rich assortment of plants, many of which are found nowhere else in the world. These include the Usambara or African violet (*Saintpaulia*) and *Impatiens*, which are sold as house plants in grocery stores throughout the West. Similar forest patches – remnants of the much larger tropical forest that once extended across the continent – are also found in the Udzungwas, Ulugurus and several other areas. South and west of the Eastern Arc range are stands of baobab, with some particularly striking baobab-studded landscapes in Tarangire National Park (p214).

Away from the mountain ranges, much of the country is covered by miombo ('moist' woodland), where the main vegetation is various types of *Brachystegia* tree. Much of the dry central plateau is covered with savanna, bushland and thickets, while grasslands cover the Serengeti plain and other areas that lack good drainage.

Amani Nature Reserve (p169) and Kitulo National Park (p290) are among the country's botanical highlights, and Kitulo is one of the few parks in Africa with wildflowers as its focal point.

Tanzania's montane forests contain 7% of Africa's endemic plant species on only 0.05% of the continent's total area.

MAJOR NATIONAL PARKS & RESERVES				
Park	Features	Activities	Best time to visit	Page
Arusha NP	Mt Meru, lakes, crater: zebras, giraffes, elephants	trekking, canoe & vehicle safaris; cultural activities nearby	year-round	p207
Gombe Stream NP	lake shore, forest: chimpanzees	chimp-tracking	year-round	p265
Katavi NP	flood plains, lakes, woodland: buffaloes, hippos, antelopes	vehicle & walking safaris	Jun-Oct	p270
Kilimanjaro NP	Mt Kilimanjaro	trekking; cultural activities on lower slopes	Jun-Oct, Dec-Feb	p191
Kitulo NP	highland plateau: wildflowers, wilderness	hiking	Dec-Apr (for wildflowers), Sep-Nov (for hiking)	p290
Lake Manyara NP	Lake Manyara: hippos, water birds, elephants	vehicle safaris, walking, cycling; cultural activities in border areas	Jun-Feb (Dec-Apr for birding)	p212
Mahale Mountains NP	remote lake shore, mountains: chimpanzees	chimp-tracking	Jun-Oct, Dec-Feb	p267
Mikumi NP	Mkata flood plains: lions, buffaloes, giraffes, elephants	vehicle safaris, short walks	year-round	p278
Mkomazi GR	dry savanna bushlands: rhinos, wild dogs	vehicle & walking safaris	year-round	p179
Ngorongoro CA	Ngorongoro Crater: black rhinos, lions, elephants, zebras, flamingos	vehicle safaris, hiking	Jun-Feb	p221
Ruaha NP	Ruaha River, sand rivers: elephants, hippos, kudus, antelopes, birds	vehicle & walking safaris	year-round	p286
Rubondo Island NP	Lake Victoria: birds, sitatungas, chimps	short walks, chimp-tracking, boating, fishing	Jun-Feb	p252
Saadani NP	Wami River, beach: birds, hippos, crocodiles, elephants	vehicle safaris, short boat trips, short walks	Jun-Feb	p158
Selous GR	Rufiji River, lakes, woodland: elephants, hippos, wild dogs, black rhinos, birds	boat, walking, vehicle & balloon safaris	Jun-Oct, Jan & Feb	p311
Serengeti NP	plains, grasslands, Grumeti River: wildebeests, zebras, lions, cheetahs, giraffes	vehicle & balloon safaris; walks & cultural activities in border areas	year-round	p216
Tarangire NP	Tarangire River, woodland, baobabs: elephants, zebras, wildebeests, birds	vehicle safaris; walks & cultural activities in border areas	Jun-Oct	p214
Udzungwa Mountains NP	Udzungwa Mountains, forest: primates, birds	hiking	Jun-Oct	p280

road. The wildlife, however, is just as impressive, although it's often spread out over larger areas.

In the far west are Mahale Mountains and Gombe Stream National Parks, where the main draws are the chimpanzees and – for Mahale – the remoteness. Katavi is also remote, and probably the closest you can come to experiencing the pristine face of the wild. Rubondo Island National Park is set on its own in Lake Victoria, and is of particular interest to bird-watchers. Saadani National Park, just north of Dar es Salaam, is the only national park along the coast.

TANZANIA'S UNESCO WORLD HERITAGE SITES

- Kilimanjaro National Park (p191)
- Kolo-Kondoa Rock Art Sites (p236)
- Ngorongoro Conservation Area (p221)
- Ruins of Kilwa Kisiwani (p318) and Songo Mnara (p319)
- Serengeti National Park (p216)
- Selous Game Reserve (p311)
- Zanzibar's Stone Town (p109)

National Parks

Tanzania's national parks are managed by the **Tanzania National Parks Authority** (Tanapa; off Map pp196-7; ☎ 027-250 3471/4082/8216; www.tanzaniaparks.com; Dodoma road, Arusha). Entry fees must be paid in hard currency, preferably US dollars cash, although a 'smart card' system is scheduled to be introduced imminently, starting in the northern circuit. For information on national park accommodation and guide fees, see the table following; for park entry fees see the individual listings. Note that all park fees are scheduled to increase again during 2008. For general information on park accommodation, see p331.

NATIONAL PARK FEES

Accommodation	US\$ (16yr +)	US\$ (5-15yr)
Public camp site	30 (Mt Kilimanjaro 50)	5
Special camp site	50	10
Hostel	10	-
Resthouse (Serengeti, Arusha, Ruaha, Katavi)	30 (Gombe Stream 20)	-
Banda or hut	20 (Mt Kilimanjaro 50)	-

Note: not all national parks have a separate price structure for children.

Other costs include guide fees of US\$10/15/20 per group per day/overnight/walking safari, plus vehicle fees (US\$40/Tsh10,000 per foreign-/Tanzanian-registered car). Park concession fees – fees per visitor paid to Tanapa by hotels and lodges within the parks – have been recently increased, and now many operators are also passing these on to clients; the average is US\$30 per person per day, although this figure is currently under review.

Wildlife Reserves

Wildlife reserves are administered by the **Wildlife Division of the Ministry of Natural Resources & Tourism** (off Map p86; ☎ 022-286 6064/6376; scp@africaonline.co.tz; cnr Nyerere & Changombe Rds, Dar es Salaam). Fees should be paid in US dollars cash. Selous and Mkomazi are the only reserves with tourist infrastructure. Large areas of most others have been leased as hunting concessions, as have the southerly parts of the Selous.

Marine Parks & Reserves

Mafia Island Marine Park (p309) and Mnazi Bay-Ruvuma Estuary Marine Park (p327) – together with Maziwe Marine Reserve (p162) and the Dar es Salaam Marine Reserves (Mbudya, Bongoyo, Pangavini and Fungu Yasini islands; p101) – are under the jurisdiction of the Ministry of Natural Resources

Jane Goodall's pioneering chimpanzee research at Gombe Stream National Park has grown into a worldwide organisation for promoting environmental conservation. See www.janegoodall.org and www.rootsandshoots.org.

Check www.sailvega.com/NGO%20projects/pdf/guide.pdf for a downloadable guide to Zanzibar's Menai Bay Conservation Area.

RESPONSIBLE TRAVEL

Tourism is big business in Tanzania. Here are a few guidelines for minimising strain on the local environment:

- Support local enterprise.
- Buy souvenirs directly from those who make them.
- Choose safari or trek operators that treat local communities as equal partners and that are committed to protecting local ecosystems.
- For cultural attractions, try to pay fees directly to the locals involved, rather than to tour-company guides or other intermediaries.
- Ask permission before photographing people.
- Avoid indiscriminate gift-giving; donations to recognised projects are more sustainable and have a better chance of reaching those who need them most.
- Don't buy items made from ivory, skin, shells etc.
- Save natural resources.
- Respect local culture and customs.

The Mpingo Conservation Project (www.mpingoconservation.org) and the African Blackwood Conservation Project (www.blackwoodconservation.org) are working to conserve *mpingo* (East African Blackwood) – Tanzania's national tree, and one of the main woods used in carvings.

The African Conservation Foundation's website (www.africanconservation.org) has a wealth of links to conservation projects in Tanzania.

& Tourism's **Marine Parks & Reserves Unit** (Map p90; ☎ 022-215 0420/0621; www.marineparktz.com; Olympio St, Upanga, Dar es Salaam).

Ngorongoro Conservation Area

The Ngorongoro Conservation Area was established as a multiple-use area to protect both wildlife and the pastoralist lifestyle of the Maasai, who had lost other large areas of their traditional territory with the formation of Serengeti National Park. It is administered by the **Ngorongoro Conservation Area Authority** (www.ngorongorocrater.org). For information and fees, see p221.

ENVIRONMENTAL ISSUES

Although Tanzania has one of the highest proportions of protected land of any African country (about 39% is protected in some form), limited resources hamper conservation efforts, and erosion, soil degradation, desertification and deforestation whittle away at the natural wealth. According to some estimates, Tanzania loses 3500 sq km of forest land annually as a result of agricultural and commercial clearing. In the national parks, poaching and inappropriate visitor use – especially in the northern circuit – threaten wildlife and ecosystems. Deforestation is also a problem on the offshore islands, with about 95% of the tropical high forest that once covered Zanzibar and Pemba now gone. Both on the archipelago and in mainland coastal areas, dynamite fishing has been a serious threat, although significant progress has been made in halting this practice.

On the positive side, great progress has been made in recent years to involve communities directly in conservation, and local communities are now stakeholders in several lodges and other tourist developments. 000

Food & Drink

It's easy to travel through Tanzania thinking that the country subsists on *ugali* – the main staple made from maize or cassava flour, or both – and sauce. But if you hunt around, there are some treats to be found. Enjoy freshly grilled fish in the shade of a palm tree. Let the scents of coriander and coconut transport you to the days when the East African coast was a port of call on the spice route from the Orient. Or, relish five-star cuisine cooked at a luxury safari camp, surrounded by the sounds of the bush.

The Zanzibar Archipelago is one of East Africa's culinary highlights. Elsewhere, lively local atmosphere and Tanzanian hospitality compensate for what can otherwise be a rather bland diet.

One of Zanzibar's great early morning sights is the coffee vendors who carry around a stack of coffee cups and a piping hot kettle on a long handle with coals fastened underneath.

STAPLES & SPECIALITIES

Ugali is the Tanzanian national dish. This thick, dough-like mass – which is somewhat of an acquired taste for many foreigners – varies in flavour and consistency depending on the flours used and the cooking. In general, good *ugali* should be neither too dry nor too sticky. It's usually served with a sauce containing meat, fish, beans or greens. Rice and *matoke* (cooked plantains) are other staples, and chips are ubiquitous.

Mishikaki (marinated, grilled meat kebabs) and *nyama choma* (seasoned roasted meat) are widely available. Along the coast and near lakes, there's plenty of seafood, often grilled or (along the coast) cooked in coconut milk or curry-style.

Check out www.zanzinet.org/recipes/index.html for a sampling of recipes from Zanzibar.

THE GOURMET TRAIL

Staying at upmarket safari camps and hotels, you'll dine well. But for independent travellers or those on a limited budget, a diet of *ugali* (a staple made from maize or cassava flour, or both) and sauce quickly gets tiresome. Following are places to break your trip if you're craving something tasty and wholesome:

- Lushoto – Homemade jam, wholegrain bread and cheese from Irente Farm (p171) and the Montessori sisters at St Eugene's Hostel (p173)
- Njombe – Delicious homemade cheeses at the Duka la Maziwa (p290)
- Iringa to Makambako – Well-prepared farm-fresh cuisine, plus a farm produce shop at Kisolanza – The Old Farmhouse (p288)
- Iringa – Banana milkshakes, pancakes, homemade yogurt and other treats at Hasty Tasty Too (p284)
- Moshi – Wholegrain breads and cheeses from Lushoto's Irente Farm, plus salads, homemade cakes and cookies at The Coffee Shop (p186)
- Pangani – Clarence, the Canadian owner at Capricorn Beach Cottages (p162), prepares smoked fish, dill butter, freshly baked bread and other gourmet delicacies, sometimes available for sale at the small shop
- Arusha – Quality meat and imported items at Meat King (Goliondoi Rd), and well-prepared local and Western cuisine and baked goods at Via Via (p201)
- Pemba – Fresh, warm bread loaves from street vendors mornings and evenings in Chake Chake (p143), plus Pemba honey (*asali*) from the market to spread on top
- Tanga – Fresh yogurt and cheeses at Tanga Fresh (p166)
- Tanzanian coast – Excellent fish everywhere

GREAT CUPS OF COFFEE

Despite Tanzania's many coffee plantations, it can be difficult to find a cup of the real stuff. Here are our picks for some of the best cups of locally produced *kahawa*, or coffee; let us know of others.

- Jambo's Coffee House, Arusha (p201)
- Stone Town Café, Zanzibar Town (p125)
- Msumbi, Zanzibar Town (p125); branches at Seacliff Village in Dar es Salaam and at the TFA/Shoprite Centre in Arusha)
- Utengule Country Hotel, Mbeya (p293)
- Zanzibar Coffee House, Zanzibar Town (p125)
- Coffee Shop, Moshi (p186)
- Tanzania Coffee Lounge, Moshi (p186)

Tap water is best avoided. Bottled water is widely available, except in remote areas, where you should carry a filter or purification tablets. Always boil or purify water and be wary of ice and fruit juices diluted with unpurified water. With fruits and vegetables, it's best to follow the adage: 'Cook it, peel it, boil it or forget it.'

Some Tanzanians start their day with *uji*, a thin, sweet porridge made from bean, millet or other flour. Watch for ladies stirring bubbling pots of it on street corners in the early morning. *Vitambua* – small rice cakes resembling tiny, thick pancakes – are another morning treat, especially in the southeast. On Zanzibar, try *mkate wa kumimina*, a bread made from a batter similar to that used for making *vitambua*.

Three meals a day is usual, although breakfast is frequently nothing more than *kahawa* (coffee) or chai (tea) and *mkate* (bread). The main meal is eaten at midday.

DRINKS

Apart from the ubiquitous Fanta and Coca-Cola, the main soft drink is Tangawizi, a local version of ginger ale. Fresh juices are widely available, although check first to see whether they have been mixed with unsafe water.

In the Tanga area and around Lake Victoria watch for *mtindi* and *mgando*, cultured milk products similar to yogurt, and usually drunk with a straw out of plastic bags

Tanzania's array of beers includes the local Safari and Kilimanjaro labels, plus Castle Lager and various Kenyan and German beers. Finding a beer is usually no problem, but finding a cold one can be a challenge.

Local brews fall under the catch-all term *konyagi*. Around Kilimanjaro, watch for *mbege* (banana beer). *Gongo* (also called *nipa*) is an illegal distilled cashew drink, but the brewed version, *uraka*, is legal. Local brews made from papaw are also common.

Tanzania has a small wine industry based in Dodoma (p231), although it's unlikely to give other vintners much competition.

WHERE TO EAT & DRINK

For dining local style, sit down in a small *hoteli* – a small, informal restaurant – and watch life pass by. Many have the day's menu written on a blackboard, and a TV in the corner. Rivalling *hoteli* for local atmosphere are the bustling night markets found in many towns, where vendors set up grills along the road side and sell *nyama choma*, grilled *pweza* (octopus) and other street food.

For Western-style meals, stick to cities or main towns, where there's a reasonable to good array of restaurants, most moderately priced compared with their European equivalents.

In restaurants catering to tourists, tip about 10%, assuming service warrants it. Tipping isn't expected in small, local establishments, though rounding up the bill is always appreciated.

Lunch is served between about noon and 2.30pm, and dinner from about 7pm to 10pm. The smaller the town, the earlier its restaurants are likely to close; after about 7pm in rural areas it can be difficult to find anything other than street food.

Most main towns have at least one supermarket selling various imported products such as canned meat, fish and cheese (but not speciality items such as trail food or energy bars). In coastal areas, you can always find a fresh catch of fish and someone to prepare it for you; the best time to look is early morning.

Quick Eats

Fast food Tanzanian-style is whatever the dish of the day is at the local *hoteli* – rice or *ugali* with chicken, fish or beans. At lunch time, you'll be served a plate of local fare within a few minutes for about Tsh1000. Outside of regular meal times, ask what is ready, as it can take hours if the cook needs to start from scratch.

VEGETARIANS & VEGANS

There isn't much in Tanzania that is specifically billed as 'vegetarian', but there are many veggie options and you can find *wali* (cooked rice) and *maharagwe* (beans) everywhere. The main challenges are keeping variety and balance in your diet, and getting enough protein, especially if you don't eat eggs or seafood. In larger towns, Indian restaurants are the best places to try for vegetarian meals. Elsewhere, ask Indian shop owners if they have any suggestions; many will also be able to help you find fresh yogurt. Peanuts (*karanga*) and cashews (*korosho*) are widely available, as are fresh fruits and vegetables.

Most tour operators are willing to cater to special dietary requests, such as vegetarian, kosher or halal, with advance notice.

EATING WITH KIDS

Tanzanians are family-friendly, and dining out with children is no problem. Hotel restaurants occasionally have high chairs, and while special children's meals aren't common, it's easy enough to find items that are suitable for young diners. Avoid curries and other spicy dishes, uncooked, underpeeled fruits and vegetables, meat from street vendors (as it's sometimes undercooked) and unpurified water. Supermarkets stock child-size boxes of fresh juice, and fresh fruits (tangerines, bananas and more) are widely available. Also see p334.

A Taste of Zanzibar – Chakula Kizuri, by Zarina Jafferji, is a mouth-watering introduction to cuisine on the island while *Modern Zanzibar Cuisine*, by Benn Haidari, is a good book of Zanzibari recipes, together with intriguing historical information.

The best fast food is at night markets, such as Zanzibar's Forodhani Gardens (p117), where you can wander around filling up on *mishikaki*, grilled *pweza* and other tidbits for less than Tsh2000.

DOS & DON'TS

For Tanzanians, a shared meal and eating out of a communal dish are expressions of solidarity between hosts and guests.

- If you're invited to eat and aren't hungry, it's OK to say that you've just eaten, but try to share a few bites of the meal in recognition of the bond with your hosts.
- Leave a small amount on your plate to show your hosts that you've been satisfied.
- Don't take the last bit of food from the communal bowl, as your hosts may worry that they haven't provided enough.
- Never handle food with the left hand.
- If others are eating with their hands, do the same, even if cutlery is provided.
- Defer to your host for customs that you aren't sure about.

Meals connected with any sort of social occasion are usually drawn-out affairs for which the women of the household will have spent several days preparing.

HABITS & CUSTOMS

Tanzanian style is to eat with the hand from communal dishes in the centre of the table. There will always be somewhere to wash your hands – either a bowl and jug of water that are passed around, or a sink in the corner. Although food is shared, it's not customary to share drinks. Sodas are the usual accompaniment, and there will also usually be a pitcher of water, though this may be unpurified. Children generally eat separately. If there's a toast, the common salutation is *afya!* – (to your) health!

Street snacks and meals on the run are common. European-style restaurant dining, while readily available in major cities, is not part of local culture. More common are large gatherings at home, or at a rented hall, to celebrate special occasions, with the meal as the focal point.

EAT YOUR WORDS

For pronunciation guidelines, see p371.

Useful Phrases

I'm a vegetarian.

Mimi ni mlaji wa mboga za majani tu.

I don't eat meat.

Mimi sili nyama.

Do you serve food here?

Mnauza chakula hapa?

I'd like...

Ninaomba...

Without chilli pepper, please.

Bila pilipili, tafadhali.

Please bring the bill.

Lete bili tafadhali.

Menu Decoder

mchuzi – sauce, sometimes with bits of beef and vegetables

mishikaki – marinated, grilled meat kebabs

nyama choma – seasoned roasted meat

pilau – spiced rice cooked in broth with seafood or meat and vegetables

supu – soup; usually somewhat greasy, and served with a piece of beef, pork or meat fat in it

ugali – thick, porridge-like maize- or cassava-based staple

wali na kuku/samaki/nyama/maharagwe – cooked white rice with chicken/fish/meat/beans

Food Glossary

BASICS

cold

baridi

cup

kikombe

fork

uma

hot

joto

knife

kisu

plate

sahani

spoon

kijiko

STAPLES

beans

maharagwe

bread

mkate

chips

chipsi

plantains

ndizi ya kupika or (when cooked and mashed) *matoke*

potatoes

viazi

rice (cooked)

wali

OTHER DISHES & CONDIMENTS

eggs (boiled)

mayai (yaliyochemshwa)

salt

chumvi

sugar

sukari

KARIBU CHAKULA

If you're invited to join in a meal – *karibu chakula* – the first step is hand washing. Your host will bring around a bowl and water jug; hold your hands over the bowl while your host pours water over them. Sometimes soap is provided, and a towel for drying off.

The meal itself inevitably centres around *ugali*. Take some with the right hand from the communal pot, roll it into a small ball with the fingers, making an indentation with your thumb, and dip it into the accompanying sauce. Eating with your hand is a bit of an art, but after a few tries starts to feel natural. Don't soak the *ugali* too long (to avoid it breaking up in the sauce), and keep your hand lower than your elbow (except when actually eating) so the sauce doesn't drip down your forearm.

Except for fruit, desserts are rarely served; meals conclude with another round of hand washing. Thank your host by saying *chakula kizuri* or *chakula kitamu*.

MEAT & SEAFOOD

beef	<i>nyama ng'ombe</i>
chicken	<i>kuku</i>
fish	<i>samaki</i>
goat	<i>nyama mbuzi</i>
pork	<i>nyama nguruwe</i>
octopus	<i>pweza</i>

FRUITS & VEGETABLES

banana	<i>ndizi</i>
coconut (green)	<i>dafu</i>
coconut (ripe)	<i>nazi</i>
fruit	<i>matunda</i>
mango	<i>embe</i>
orange	<i>chungwa</i>
papaya	<i>papai</i>
pineapple	<i>nanasi</i>
potatoes	<i>viazisukuma wiki</i>
spinach (boiled)	<i>sukuma wiki</i>
tomatoes	<i>nyanya</i>
vegetables	<i>mboga</i>

DRINKS

beer (cold/warm)	<i>bia (baridi/yamoto)</i>
orange juice	<i>maji ya machungwa</i>
soda	<i>soda</i>
water (boiled/drinking/mineral)	<i>maji (ya kuchemsha/ya kunywa/ya madini)</i>

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