

Index

- A**
Abushiri revolt 161
accommodation 331-3, *see also individual locations*
national parks 77
activities, *see also individual activities* 333-4
acute mountain sickness (AMS) 368
Ader's duikers 140
African buffaloes, *see* buffaloes
African elephants, *see* elephants
African fish eagle, *see* fish eagles
African violet 74
Aga Khan Mosque 115
AIDS 29, 365
air travel 346-9, 356
altitude sickness 368
Amani Nature Reserve 169-70
Amboni Caves 167
amoebic dysentery 368
Anglican Cathedral (Zanzibar) 115
animals 73-4, *see also individual animals*, wildlife
books 46
endangered species 74
internet resources 43, 77
archaeological sites
Engaruka 226-7
Isimila Stone Age site 285
Olduvai Gorge 226
architecture 115
arts 32-5, *see also individual arts*
Kolo-Kondoa paintings 237
Tingatinga painting 34, 97
woodcarvings 35, 329, 342
Arusha 195-204, **196-7**
Arusha Declaration Museum 198
Arusha National Park 207-9, **208**
Arusha Natural History Museum 198
Askari monument 93
ATMs 340
augur buzzards 69, **69**
Azania Front Lutheran Church 93
- B**
Babati 235-6
baboons 61, 207, 266, **60**
Bagamoyo 154-8
balloon safaris 218
bargaining 342-3
basketry 342
bataleurs 69
bathrooms 343
Bawi 141
beaches 128-39
best beaches 129
Bububu (Fuji Beach) 128
Bwejuu 136, **8**
Jakobsen's (Mwamahunga) Beach 263
Jambiani 137
Jimbizi 316
Kanga 308
Kendwa 132
Kigamboni 104
Kiwegwa 134
Kizimkazi 138
Maganga Beach 246
Makunduchi 138
Mangapwani 129
Masoko Pwani 316
Matemwe 133
Mbuyuni beach 146, 152
Michamvi Peninsula 137
north of Dar es Salaam 102-4, **102**
Nungwi 129
Paje 135
Panga ya Watoro Beach 151
Pongwe 135
Ras Kisimani 308
south of Dar es Salaam 104-5
Uroa 135
Vumawimbi beach 151
Zanzibar Archipelago 128-40
bee-eaters 158
Beit el-Ajaib (House of Wonders) 112
Beit el-Amani (Peace Memorial Museum) 116
Beit el-Sahel (Palace Museum) 112-14
Bendera cave 146
bicycle travel, *see* cycling
bilharzia 367
birds 68-71, *see also individual birds*
books 44, 74
bird-watching
Dar es Salaam 89
Lake Victoria 252
northeastern Tanzania 158
northern Tanzania 214, 217, 228
southeastern Tanzania 311
Southern Highlands 286
western Tanzania 270
Bismarck Rock 247
black rhinoceros 47, 65, 179, 311
boat safaris 42
boat travel
to/from Tanzania 353-5
within Tanzania 357-8
boating 333
Bongoyo 102
books
animals 46
birds 44, 74
conservation 44, 159
culture 32, 52, 104, 177
food 81
health 363
history 107, 164, 226
literature 32
national parks 177, 293, 312
trekking 49, 50, 51
border crossings
to/from Burundi 349
to/from Kenya 350-1
to/from Malawi 351
to/from Mozambique 351
to/from Rwanda 352
to/from Uganda 352-3
to/from Zambia 353
Botanical Gardens (Dar es Salaam) 92
brachiosaurus brancai 322
Bububu (Fuji Beach) 128
buffaloes 63, 207, 223, 286, 311, **62**
Bujora Cultural Centre 250
Bukoba 253-6, **254**
Bunda 244
Bunge 232
bus travel, *see also* local transport, *dalla-dallas*
to/from Tanzania 349, 350, 351, 352, 353
within Tanzania 358-9

- business hours 334
butterflies 140, 252
Bwejuu 136-7, 8
- C**
camping 331-2
canoe safaris 42
car travel
 driving licence 359
 insurance 360
 permits 349
 rental 359
 road rules 360
 to/from Tanzania 351, 352, 353
caracals 59
cathedrals
 Anglican Cathedral 115
 St Joseph's Cathedral (Dar es Salaam) 93
 St Joseph's Cathedral (Zanzibar) 115
caves
 Amboni Caves 167
 Bendera cave 146
 Mangapwani caves 129
 Mpapaini caves 146
cell phones 343
Chagga peoples 191
Chake Chake 143-6, **145**
Changuu 140-1
Chapwani 141
cheetahs 59, 217, 286, **58**
Chief Kimweri 172
Chief Mkwawa 286
children, travel with 81, 334
chimpanzee tracking 333
chimpanzees 61, 73, 76, 252, 259, 265, 266, 267, 333, **61**
Chole island 307
cholera 364
Christianity 31
Chumbe 141
Chumbe Island Coral Park 141
Chunya 296
churches, *see also* cathedrals
 Azania Front Lutheran Church 93
 St Paul's Church 324
cinema 32, 43, 47
climate 12, 335
climate change 347
coffee 80, 184
College of Arts (Bagamoyo) 157
colobus monkeys 61, 118, 140, 207, 266, 280, **61**
colonialism 19-21
colonisation 19-20
Commonwealth War Graves Cemetery 283
conservation
 animals 43, 74, 77
 internet resources 43, 53, 54, 75, 77, 78, 179
 Maasai people 216
 Mt Kilimanjaro 55, 192
conservation areas
 Menai Bay Conservation Area 140
 Misali Island Marine Conservation Area 146
 Ngorongoro Conservation Area 78, 221-4, **222**
consulates 336-8
coral reefs 128, 141, 142, 146
costs 12, 341
 trekking Mt Kilimanjaro 192
 trekking Mt Meru 209
courses
 coral reef ecology course 308
 dancing 116, 157
 diving 102, 308
 drumming 116, 157
 language 335-6
cranes 71
Crater Highlands, the 221-3
Crater Lake 297
craters
 Meru Crater 211
 Ngorongoro Crater 223-4, 6
 Ngurdoto Crater 207
credit cards 341
crocodiles 42, 158, 161, 252, 270, 278, 280, 286, 311, 314, 330
Cultural Tourism Programs 205
 around Arusha 204
 Babati 235
 Engaruka 226
 Ilkidin'ga 205
 Longido 204-5
 Machame Cultural Tourism Program 187
 Mkuru 205
 Mto wa Mbu 213
 Mulala 205
 Ng'iresi 204
 Ol Doinyo Sambu 205
 Pangani 161
 Tengeru 206
culture 28-35
 books 32, 52, 104, 177
 etiquette 28, 29, 81, 111
 customs regulations 82, 83, 336
 cycling 172, 356-7
- D**
dalla-dallas 360
dancing 33, 157, 250
dangers 336, 369-70, *see also* health, safe travel
Dar es Salaam 84-100, **86-7, 90-1**
 accommodation 90-5
 attractions 89, 92-3
 beaches 102-5, **102**
 children, attractions for 89-90, 103
 cultural centres 85
 dangers & annoyances 88
 drinking 96
 emergency services 85
 entertainment 97
 food 95-6
 history 85
 internet access 87
 maps 85
 medical services 87
 money 87
 safe travel 88-9
 shopping 85, 97
 telephone services 88
 tourist information 88
 travel agencies 88
 travel to/from 98-100
 travel within 100
Dar es Salaam Marine Reserve 101
Daraja la Mungu 297
Darajani market 117
deep vein thrombosis (DVT) 363
departure tax 348, 356
dhow building 129
Dhow Countries Music Academy 116
dhows 354, 357, 8
dik-diks 179, 207
dinosaurs 322
diphtheria 364
disabilities, travellers with 344
diving 333
 Dar es Salaam 102
 Mafia 308
 Mnemba 142
 Nungwi 130
 Pemba 146
 responsible diving 121
 safety 120
 Zanzibar Archipelago 117, 118-19
Dodoma 231-5, **233**
dolphins 139, 162
drinks 80, *see also* coffee, wine
driving licence 359
duikers 63

- E**
 East African Groundnut Scheme 322
 Eastern Arc mountains 74
 economy 29-30
 Eid al-Fitr 120, 339
 elands 179, 214, 217
 electricity 331
 elephants 39, 65, 64
 Arusha National Park 207
 Mkomazi Game Reserve 179
 Ngorongoro Crater 223
 Ruaha National Park 286
 Saadani National Park 158
 Selous Game reserve 311
 Tarangire National Park 214
 embassies 336-8
 emergencies, *see inside front cover*
 Engaruka 226-7
 environmental issues 78, 192, *see also*
 conservation
 etiquette 28, 29, 81, 111, *see also*
 culture, responsible travel
 European explorers 19
 exchange rates, *see inside front cover*
 exchanging money 341
- F**
 ferry travel 354, 357-8
 festivals 338
 Festival of the Dhow Countries
 120, 338
 Mwaka Kogwa 138
 Zanzibar International Film Festival
 120
 filariasis 364
 films 32, 47
 fish eagles 69, 158, 68
 fishing 252, 308, 333
 flamingos 47, 61, 74, 70
 Arusha National Park 207
 Lake Eyasi 228
 Lake Manyara National Park 212
 Lake Natron 227
 Ngorongoro Crater 223
 Saadani National Park 158
 food 79-80, 338
 etiquette 81, 82
 internet resources 79
 vegetarian travellers 81
 vocabulary 82-3
 Forodhani Gardens 117
- fossils 226, 322
 fruit bat sanctuary 307
 Fumba 140
- G**
 Galanos Sulphur Springs 167
 Gama, Vasco da 19
 game reserves, *see* national parks &
 reserves
 Ganglonga Rock 283
 gay travellers 338
 gazelles 73, 214, 217, 223, 279, 286
 geography 73
 geology 73
 gerenuks 63, 179, 63
 German East Africa 154, 302
 German East Africa Company 161
 Gezaulole 105
 giant tortoises 140
 giardiasis 368
 giraffes 65, 158, 207, 214, 217, 57
 glaciers 55, 192, 6
 golden jackal 67, 217, 67
 Gombe Stream National Park 265-7
 Goodall, Jane 44, 77, 265
 government
 independence 21-2
 nationalism 21
 Nyerere, Julius 21-2, 242
 socialism 22-3
 ujamaa (familyhood) 22
 Grant's gazelles 217, 286
 Great Rift Valley, the 73
 greater galagos 61
 Grumeti River 218
 guesthouses 332
 guides & porters
 Mt Kilimanjaro 38, 54, 193
 Mt Meru 210
- H**
 habitats 72
 Hadzabe people 30, 228
 Hamamni Persian Baths 115
 hamerkops 158
 Hamisi 151
 handicrafts
 basketry 342
 painting 34, 97
 woodcarving 342
 hartebeests 214
 hawksbill turtles 74, 118, 130, 141, 306
 Haya people 255
 health 362-70
 heat exhaustion 369
 heatstroke 369
 hepatitis A 364-5
 hepatitis B 365
 hiking, *see* trekking
 hippos 65, 158, 207, 270, 286, 311, 65
 history 19-27, 161
 Arabic traders 19
 books 19, 21, 22, 24
 colonialism 20-1
 democracy 25
 independence 21-2
 nationalism 21
 Portuguese colonialism 19
 slave trade 130, 156, 261
 socialism 22-4
 Stone Age 19
 hitching 360
 HIV 365
 holidays 338-9
 Holy Ghost Catholic Mission 156
homo sapiens 226
 honey badgers, *see* ratsels
 honeymoons 133
 horse riding 334
 hotels 81
 hunting dogs 67, 66
 Husuni Kubwa 319
 Husuni Ndogo 319
 hyenas 207, 217
 hypothermia 369
- I**
 ibis 252
 Ijumaa Mosque 115
 Ikombe 300
 immigration 346
 impalas 214, 217
 independent travellers 343
 insect bites & stings 369
 insurance
 car insurance 360
 health 362
 medical 339
 travel 339
 internet access 339
 internet resources 25, 29, 31
 air tickets 347-50
 bird-watching 333
 conservation 43, 53, 54, 75, 77,
 78, 179
 culture 33
 food 79
 health 336
 responsible travel 36, 38, 363
 trekking 49, 50

- Irangi people 237
 Iraqw people 19, 30, 226, 228
 Irente Farm 171
 Iringa 282-5, **283**
 Isimila Stone Age Site 285
 Islam 31
 itineraries 15-18
 surf & safari 15, **15**
 Swahili 18, **18**
 trekking 18, **18**
- J**
- jackals 67, 217, **67**
 Jakobsen's (Mwamahunga) Beach 263
 Jambiani 137-8
 Jibondo 307
 Jimbizi Beach 316
 Jozani Forest 139-40
 Juani 307
- K**
- Kagera Museum 254
 Kalambo Falls 272
 Kalenga 285
 Kanga Beach 308
 Kaole ruins 156
 Karatu 224-6
 Karimjee Hall 92
 Kasanga 272
 Katavi National Park 270-1
 kayaking 333
 Kendwa 132-3
 Kidichi Persian Baths 117
 Kigamboni 104
 Kigoma 262-5, **262**
 Kigomasha peninsula 151-2
 Kijungu 297
 Kilwa Kisiwani 318-19
 Kilwa Kivinje 319-20
 Kilwa Masoko 316-18, **316**
 Kimweri 172
 kingfishers 158, 252
 Kitereza, Aniceti 251
 Kitulo National Park 290-1
 Kitulo Plateau 290
 Kiwengwa 134-5
 Kiweni 147
 Kizimkazi 138-40
 klipspringers 217
 Kojani 152
 Kolo-Kondoa Rock Art Sites 236-7
 Kondoa 237-8
 Korogwe 168
 kudus 63, 179, 286, **62**
 Kunduchi ruins 103
- Kwa Mungu hill 172
 Kyela 298-9
- L**
- Laetoli 19, 226
 Lake Babati 235
 Lake Duluti 206
 Lake Eyasi 228-9
 Lake Magadi 223
 Lake Malawi, *see* Lake Nyasa
 Lake Manyara National Park 212-4
 Lake Natron 227-8
 Lake Nyasa 298-300
 boat travel 358
 Lake Rukwa 296-7
 Lake Tanganyika 268
 boat travel 358
 Lake Victoria 240-56, **241**
 boat travel 358
 language 371-5
 courses 335-6
 food 82-3
 Leakey, Mary 226
 legal matters 339-40
 leopards 59, 217, **58**
 lesbian travellers 338
 Likonde, Henry 324
 lesser kudus 214
 Lindi 320-2, **321**
 Lion Rock 232
 lions 41, 59, 212, 217, 223, 7, **58**
 literature 32
 Little Meru 211
 Liuli 300
 Livingstone, David 156, 259, 265
 Livingstone House 116
 Livingstone's tembe 259
 local transport 357, 358-9, 360, **8**
 Loleza Peak 295
 Luhombero Peak 281
 Lukuba Island 243-4
 Lukwika-Lumesule Game Reserve 330
 Lumemo Trail 281
 Lupanga Peak 277
 Lushoto 170-4, **171**
- M**
- Maasai people 216
 Machame 187-8
 Machame Route 194
 Mafia 306-11, **306**
 Mafia Island Marine Park 309
 Mafinga 289
 Maganga Beach 246
 magazines 331
- Mahale Mountains National Park 267-9
 Maji Maji rebellion 302
 Makambako 289
 Makonde carvings 342
 Makonde people 329
 Makonde Plateau 328-30
 Makunduchi 138
 malaria 365-6
 Mangapwani 129
 Mange 308
 maps 340
 Marangu 189-91
 Marangu Route 194
 marine parks & reserves 77
 Dar es Salaam Marine Reserve 101
 Mafia Island Marine Park 309
 Maziwe Marine Reserve 162
 Mnazi Bay-Ruvuma Estuary Marine
 Park 327-8
 markets 168, *see also* *mnadas*
 Dar es Salaam 98
 Darajani market 117
 Katesh 236
 Matema pottery market 299
 Masani Slipway Weekend Craft
 Market 97
 Mtwara market 323
 Mwenge Carvers' Market 98
 Maruhubi Palace ruins 116
 Masasi 328-9
 Masoko Pwani 316
 Matema 299-300
 Matemwe 133-4
 Mazinde Juu 174
 Maziwe Marine Reserve 162
 Mbaga 177
 Mbamba Bay 300
 Mbegani lagoon 157
 Mbeya 291-5, **292**
 Mbeya Peak 295-6
 Mbeya 300-1
 Mbozi meteorite 296
 Mbudya 102
 Mbuyuni beach 146, 152
 Mbweni ruins 116
 measures 331
 media 31
 medical services 364, *see also* health
 Menai Bay 140
 meningococcal meningitis 366
 Mercury, Freddie 119-20
 Meru Crater 211
 metric conversions, *see inside front cover*
 Michamvi Peninsula 137
 Mikindani 326-7

- Mikumi 279-80
 Mikumi National Park 278-9
 Misali 146, 147
 Misali Island Marine Conservation Area 146
 Mkata floodplains 278
 Mkoani 147-8
 Mkomazi Game Reserve 179
 Mkuru camel camp 205
 Malalo 175
mnadas 224, 228, 236
 Mnarani Aquarium 130
 Mnazi Bay-Ruvuma Estuary Marine Park 327-8
 Mnemba 142
 mobile phones 343
 Mombo 176
 Momela Lakes 207
 Momela Route 210-2
 Monduli Mountains 207
 money 12, 336, 340-2, *see also inside front cover*
 ATMs 340
 black market 340
 cash 341
 credit cards 341
 taxes 348, 356
 tipping 38, 50, 341-2
 travellers cheques 342
 mongooses 67, 207, 67
 Morogoro 274-8, **276**
 Moshi 182-7, **183**
 mosques
 Aga Khan Mosque 115
 Jumaa Mosque 115
 Kizimkazi 138-9
 motion sickness 363
 motorcycle travel 349, 359-60
 Mt Hanang 236
 Mt Kilimanjaro 55, 192, 6
 guides & porters 193
 tekking routes 194-5
 Mt Kilimanjaro National Park 191
 Mt Meru 51, 56, 209
 guides & porters 210
 tekking routes 51, 209-12
 Mt Rungwe 297
 Mpanda 269-70
 Mpapaini caves 146
 Msangamkuu Peninsula 327
 Msangesi Game Reserve 330
- Msikiti wa Balnara 115
 Msimbati Peninsula 327
 Mtae 174-5
 Mtera Dam 285-6
 Mto wa Mbu 213-14
 Mtoni Palace ruins 116
 Mtwara 322-6, **323**
 Muheza 168
 museums
 Arusha Declaration Museum 198
 Arusha Natural History Museum 198
 Beit el-Ajaib (House of Wonders) 112
 Beit el-Amani (Peace Memorial Museum) 116
 Beit el-Sahel (Palace Museum) 112-14
 Bujora Cultural Centre 250
 Holy Ghost Catholic Mission museum 156
 Kagera Museum 254
 Kalenga Historical Museum 285
 Museum of Geosciences 232
 Mwalimu Julius K Nyerere Museum 242
 National Museum 89
 Natural History Museum 198
 Olduvai Gorge Museum
 Sukuma Museum 250
 Ujiji museum 265
 Village Museum 89
 Zanzibar National Museum of History & Culture 112
 music 33
 taarab 126
 Musoma 241-3
 MV *Liemba* 354
 MV *Songea* 354
 MV *Victoria* 358
 Mwakipembo Gate 291
 Mwalimu Julius K Nyerere Museum 242
 Mwambakuni sand bar 157
 Mwanga 178
 Mwanihana Peak 281
 Mwanza 244-9, **245**
 Mweka Route 194
 Mwenge Carvers' Market 98
- N**
 National Museum 98
 national parks & reserves 75, **75**
 Arusha National Park 207-9, **208**
 costs 77
 Gombe Stream National Park 265-7
- Katavi National Park 270-1
 Kitulo National Park 290-1
 Lake Manyara National Park 212-14
 Lukwika-Lumesule Game Reserve 330
 Mahale Mountains National Park 267-9
 Mikumi National Park 278-9
 Mkomazi Game Reserve 179
 Mt Kilimanjaro National Park 191
 Msangesi Game Reserve 330
 Ngezi Vumawimbi Forest Reserve 151
 Ngorongoro Conservation Area 78, 221-4, **222**
 Ruaha National Park 286-8
 Rubondo Island National Park 252-3
 Saa Nane Game Reserve 246
 Saadani National Park 158-60
 Selous Game Reserve 311-16, **312**
 Serengeti National Park 216-21, **217**
 Tarangire National Park 214-6
 Udzungwa Mountains National Park 280-2
- nationalism 21
 Natural History Museum 198
 Ndanda 329-30
 Newala 328
 newspapers 331
 Ngezi 151
 Ngezi Vumawimbi Forest Reserve 151
 Ngoni people 301
 Ngorongoro Conservation Area 78, 221-4, **222**
 Ngorongoro Crater 223-4, 7
 Ngozi Peak 297
 Ngurdoto Crater 207
 Njombe 289-90
 Nungwi 129-32
 Nyerere, Julius K 21-2, 242
 books 22, 24
 Nzega 239
- O**
 Ol Doinyo Lengai 227
 Old Boma 93
 Old Dispensary 116
 Old Fort 114-15
 Old Slave Market 115
 Olduvai Gorge 226
 onchocerciasis 366
 oryx 179
 ostriches 7, 286

- P**
- painting 34-5, 97
 - Paje 135-6
 - Pangani 160-4
 - papasi 109
 - Pare Mountains 176-9
 - Pare people 177
 - passports 346
 - pelicans 228, 239
 - Pemba 142-6, **143**
 - Pemba Essential Oil Distillery 144
 - Pemba flying fox 151
 - photography 342
 - planning 12-14, 51, 336, 341, 363, 365, *see also* itineraries
 - trekking 49-50
 - plants 74
 - poliomyelitis 366-7
 - Polycarp, Father 324
 - Pongwe 135
 - population 11, 30
 - postal services 342
 - Princess Salme 114
 - Pugu Hills 100-1
 - Pujini Ruins 148-9
- R**
- rabies 367
 - radio 331
 - Ras Kiuyu 152
 - Ras Kutani 105
 - Ras Mkumbi 308
 - Ras Mkumbuu 146
 - ratels 67
 - red colobus monkeys 140
 - reedbucks 207, 223
 - religion 31
 - responsible travel 11, 29, 52, 78, 121, 343
 - internet resources 36
 - Rhino Point 211
 - rhinoceros 47, 65, 179, 311
 - rivers
 - Great Ruaha River 286
 - Grumeti River 218
 - Kilwa Kisiwani 318-19
 - Pangani River 161
 - Rufiji River 311
 - Wami River 159
 - roan antelope 286
 - rock hyraxes 65
 - Rongai Route 194
 - Royal Drum Pavilion 250
 - Ruaha National Park 286-8, 6
 - Rubondo Island National Park 252-3
- Rufiji River 311
- ruins
 - Kaole ruins 156
 - Kidichi Persian Baths 117
 - Kilwa Kisiwani 318-19
 - Kunduchi 103
 - Maruhubi Palace 116
 - Mbweni 116
 - Mtoni Palace 116-17
 - Pujini 148-9
 - Tongoni ruins 167-9
- Ruvu River delta 157
- Ruvula 327
- S**
- Saa Nane Game Reserve 246
 - Saadani National Park 158-60
 - sable antelopes 286
 - safaris 36-48
 - balloon safaris 218
 - boat & canoe safaris 42
 - books 40, 41
 - costs 37
 - internet resources 37
 - itineraries 42
 - operators 44
 - planning 36, 39, 40, 48
 - scams 46
 - vehicle safaris 41
 - walking safaris 41
 - safe travel 336, 343
 - hitching 360
 - road safety 359-60
 - trekking 49
 - sailing 333
 - St Joseph's Cathedral (Dar es Salaam) 93
 - St Joseph's Cathedral (Zanzibar) 115
 - St Mary's Secondary School (Mazinde Juu) 174
 - St Paul's Church 324
 - salt factory 269
 - Same 176-7
 - Samje ya Kati 319
 - Sanje Falls 175
 - Sanje Majoma 319
 - scams 340, 350
 - schistosomiasis 367
 - School of St Jude 198
 - sculpture 35
 - secretary birds 69, 217
 - Selous Game Reserve 311-16, **312**
 - Serengeti National Park 216-21, **217**, 5
 - servals 59, 59
- Shinyanga 238-9
- shopping 97, 98, 342-3
 - sitatungas 252
 - Singida 239
 - slave trade 130, 156, 261
 - sleeping sickness 367
 - snake bites 369
 - snorkelling
 - around Dar es Salaam 101, 102
 - Bawi 141
 - Changuu 140
 - Kiweni 147
 - Lake Tanganyika 268
 - Mafia 308
 - Matemwe 133
 - Mnazi Bay-Ruvuma Estuary Marine Park 327
 - Mnemba 142
 - Zanzibar 117
 - Songea 301-3
 - Songo Mnara 319
 - Songo Songo 320
 - Soni 175
 - Soni Falls 175
 - spice tours 117-18
 - Stanley, Henry Morton 265
 - Stiegler's Gorge 311
 - Stone Town, *see* Zanzibar Town
 - storks 71, 252
 - street food 80, 81
 - street touts 109
 - Sukuma Museum 250
 - Sukuma people 250
 - Sumbawanga 271-2
 - superb starlings 71, 70
 - sustainable travel 13, *see also* GreenDex
 - Swahili 371-5
 - swimming, *see also* beaches
 - Dar es Salaam 90
 - Dodoma 232
 - Moshi 184
 - Mtwara 323
 - Musoma 242
 - Tanga 165
- T**
- taarab* music 126
 - Tabora 259-62, **260**
 - Tanga 164-7, **165**
 - Tarangire National Park 214-16, **215**
 - taxi travel 360
 - Tazara train 361

telephone codes 343, *see also inside front cover*
 telephone services 343
 textiles 342
 Thomson's gazelles 217, 223, 63
 time 343
 Tingatinga, Edward Saidi, *see also painting*
 tipping 341-2
 guides & porters 38, 50
 Tippu Tib 261
 toilets 343
 Tongoni ruins 167-9
 topis 252
 Tosamaganga 285
 Toten island 165
 tour operators 44-7
 tourist information 344
 tours 117-20, 355-6, 360
 touts 336
 traditional medicine 370
 train travel 353, 360-1
 Central Line train 361
 travel to/from Tanzania 346-56
 travel within Tanzania 356-61
 travellers cheques 342
 tree-climbing lions 212
 trekking 49-56, 170-2, 334
 Crater Highlands 52, 222
 guides & porters 50, 54
 Monduli Mountains 54
 Mt Hanang 52
 Mt Kilimanjaro 51, 191-4, 6
 Mt Meru 51, 209-12
 Ngorongoro Conservation Area 52
 operators 54
 Pare Mountains 52
 planning 51
 responsible trekking 49, 52, 368
 Southern Highlands 54
 Udzungwa Mountains 53
 Uluguru Mountains 53, 277
 Usambara Mountains 52
 trypanosomiasis 367
 tsetse flies 37
 tuberculosis (TB) 367
 Tukuyu 297-8
 Tumbatu 141-2
 Tumbatu people 141
 Tumbe 151
 Tunduru 303
 typhoid 367

U

Udzungwa Mountains 281
 Udzungwa Mountains National Park 280-2
 Ujiji 265
 Ukerewe 250-2
 Uluguru Mountains 277
 UN International Criminal Tribunal for Rwanda 198
 Unesco World Heritage sites 77
 Unguja 108
 Unguja Ukuu 140
 Uroa 135
 Usa River 206-7
 Usambara Mountains 168-76
 Usangi 178-9
 Usubi 151
 Uvinza 269

V

vaccinations 362
 vegetarian travellers 81
 vehicle safaris 41
 vervets 61, 207, 266, 61
 Victoria Hall 116
 video 342
 Village Museum 89
 visas 344, *see also passports*
 volcanoes
 Mt Hanang 52, 236
 Mt Meru 49
 Mt Rungwe 297
 Ngozi Peak 297
 Ol Doinyo Lengai 52
 volunteering 344-5
 voodoo 142
 vultures 69, 219, 69
 Vumawimbi beach 151

W

walking, *see trekking*
 Wambaa 148
 warthogs 65, 207, 217
 water 80, 370
 water parks 103
 waterbucks 63, 207, 214
 waterfalls
 Kalambo Falls 272
 Sanje Falls 175
 Soni Falls 175
 weather 12, 335
 websites, *see internet resources*
 weights & measures 331, *see also inside front cover*
 western Rift Valley 76

Wete 149-51, 150

White Fathers' Mission House 93
 wild dogs 179, 286, 311
 wildcats 59
 wildebeests 63, 214, 217, 223, 62
 wildlife
 birds 68-71
 carnivores 66-7
 cats 58-9
 cud-chewing mammals 62-3
 hoofed mammals 64-5
 primates 60-1
 wildlife reserves 77, *see also national parks*
 wildlife watching 47, 252, 334
 wine 80, 149, 175, 232
 women in Tanzania 31
 women travellers 343, 345
 woodcarving 35, 329, 342
 work 345
 World's End Viewpoint 296

Y

yellow fever 367
 Yohani Kinyala Lauwo 190

Z

Zanzibar 108-42, 110, 7
 Zanzibar Archipelago 106-52, 107
 Zanzibar Cultural Centre 114-15
 Zanzibar National Museum of History & Culture 112
 Zanzibar Town 109-28, 113, 7
 accommodation 120-4
 activities 117
 attractions 112, 116
 dangers & annoyances 109
 drinking 125
 entertainment 125-6
 festivals 120
 food 124-5
 internet access 111
 medical services 111
 money 111
 postal services 111
 shopping 126
 telephone services 112
 tourist information 112
 travel agencies 112
 travel to/from 127
 travel within 127-39
 Zaramo people 104
 Zawose, Hukwe 235
 zebras 207, 214, 217, 223, 65, 64
 zinjanthropus 89, 226

GreenDex

It seems like everyone's going green these days, but how can you know which businesses are actually eco-friendly and which are simply jumping on the sustainable-travel bandwagon?

The following attractions, tours and accommodation choices have been selected by the author because they demonstrate an active sustainable-tourism policy. Some are involved in environmental or wildlife protection, and many are community-owned or make a point of employing local people, thereby maintaining and preserving local identity and culture, and alleviating poverty.

We want to keep developing our sustainable-tourism content. If you think we've omitted someone who should be listed here, or if you disagree with our choices, email us at talk2us@lonelyplanet.com.au and set us straight for next time. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

DAR ES SALAAM

accommodation

Pugu Hills 101

activities

Afirroots 47

eating

Melela Bustani 96

shopping

Makutano – The Centre for
Tanzanian Art 98

Mawazo Gallery & Art Café 97

Wasanii Art Gallery 97

MWANZA

accommodation

Treehouse 247

activities

Kiroyeru Tours 256

attractions

Sukuma Museum & Bujora Cultural
Centre 250

eating

Kivulini Kitchen 248

shopping

Rafiki Women's Centre 248

NORTHEASTERN TANZANIA

accommodation

Hemingway's Camp (West
Kilimanjaro) 195

Hostel Hoff (Moshi) 185

Karama Lodge (Arusha) 201

Kigogoni (Arusha) 201

Kirurumu Luxury Tented Camp (Lake
Manyara National Park) 213

Ol Mesera Tented Camp (Lake
Manyara NP) 212

activities

Dorobo Safaris (Arusha) 55

Hoopoe Safaris (Arusha) 44

attractions

Kahawa Shamba 189

Longido 204

Mkuru 205

Mulala 205

Ng'iresi village 204

St Mary's Secondary School
(Lushoto) 174

Tengeru 206

eating

Coffee Shop (Moshi) 186

shopping

Shah Industries (Moshi) 186

Tahea Kili Crafts (Moshi) 186

SOUTHEASTERN TANZANIA

accommodation

Chole Mjini (Mafia) 310

Jukumu Society Scout Station

Campsite (Selous Game
Reserve) 313

Old Boma at Mikindani 326-7

Southern Cross Hotel (Mtwara) 324

SOUTHERN HIGHLANDS

accommodation

Bongo Camping (Tukuyu) 298

activities

Chilunga Cultural Tourism
(Morogoro) 275

Kyela Envirocare (Kyela) 298

Rungwe Tea & Tours (Tukuyu)
297

shopping

Neema Crafts (Iringa) 284

WESTERN TANZANIA

accommodation

Bateleur Tented Camp (Katavi
National Park) 271

Ntanga Island 268

ZANZIBAR

accommodation

Chumbe Island 141

Kumi na Mbili Centre
(Kizimkazi) 139

attractions

Chumbe Island 141

Dhow Countries Music Academy 116

shopping

Dhow Countries Music

Academy 126

Moto Handicrafts 126

ORGANISATIONS

The 3 Peaks 3 Weeks Challenge 56

Lawyers Environmental Action
Team 43

Sea Sense 43

Wildlife Conservation Society of
Tanzania 43

World Wildlife Fund 43

WEBSITES

ResponsibleTravel.com 355

© Lonely Planet Publications. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'

