

# Tanzania Cultural Tourism

Issue No. 6



**Authentic Cultural Experiences**  
Unforgettable Tanzania



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**Tanzania Tourist Board**

Utalii House - Laibon street/Ali Hassan Mwinyi Road  
Opposite French Embassy  
P.O.Box 2485, Dar es Salaam,  
Tanzania.

Email: [md@tanzaniatourism.go.tz](mailto:md@tanzaniatourism.go.tz)

Email: [info@tanzaniatourism.go.tz](mailto:info@tanzaniatourism.go.tz)

Web: [www.tanzaniatourism.go.tz](http://www.tanzaniatourism.go.tz)

General +255 2664878

**For enquiries:**

**Cultural Tourism Programme**

Boma Road, P.O.Box 2348, Arusha, Tanzania

Tel: +255 27 2050025, Fax: +255 27 2507515, Mobile: +255 786 703 010

E-mail: [culturaltourism@habari.co.tz](mailto:culturaltourism@habari.co.tz) / [ematur@tanzaniatourism.go.tz](mailto:ematur@tanzaniatourism.go.tz)

Website: [www.tanzaniaculturaltourism.com](http://www.tanzaniaculturaltourism.com)

or

**Tanzania Tourist Board**

Boma Road, P.O.Box 2348, Arusha, Tanzania

Tel: +255 27 2503842-3

E-mail: [ttb-info@habari.co.tz](mailto:ttb-info@habari.co.tz)

**CULTURAL TOURISM PROGRAMME**

We are in:



[culturaltourismtanzania](https://www.facebook.com/culturaltourismtanzania)



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@culturaltourismtz



[tanzaniaculturaltourismprogramme](https://plus.google.com/tanzaniaculturaltourismprogramme)

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## FOREWORD

*Welcome, To Tanzania, The Soul of Africa!*



Tanzania is one of Africa's Top Destinations, home to Africa's highest peak, Mt.Kilimanjaro; Serengeti, where the world's most spectacular annual wildlife migration takes place; Selous, Africa's largest Game Reserve; the mystical and enchanting spice islands of Zanzibar; blended with a unique and divers culture and rich history to mention a few .All these give the traveler incredible experiences and unforgettable memories of Tanzania.

Besides all these attractions, it goes without saying that another attraction which stands equally tall is the Tanzanian people –considered as one of the most friendly and hospitable people on the African continent. A stay with the Tanzanian people is definitely one of the most rewarding experiences one can get while on holiday in Tanzania.

This 6th Edition of the Tanzania Cultural Tourism Booklet will give you an insight into the daily lives of Tanzanian's; With over 120 ethnic tribes, Tanzania is endowed with a diverse and rich cultural heritage. Through the Cultural Tourism Programme, visitors will get the opportunity to encounter authentic culture and get to experience the real daily lives of the Tanzanians.

By visiting the locally owned cultural tourism enterprises, visitors will explore landscapes, scale heights, take a part in local dances and rituals, listen to traditional music and tales, taste the local cuisines and beverages, make handcrafts and get an insight of the Tanzanians way of life.

It is my hope that through this 6th edition you will see the beauty of Tanzania through its people and their activities and will find yourself at 'home away from home.'

*Come see and enjoy a cultural experience, you will find nowhere else in this world.*

Karibu Tanzania!



**Ms. Devota Mdachi**  
**Managing Director**  
**Tanzania Tourist Board**



**[www.tanzaniatourism.com](http://www.tanzaniatourism.com)**



# TANZANIA CULTURAL TOURISM PROGRAMME



## JAMBO!

***Cultural Tourism is beneficial to everyone; the tourists get unforgettable and authentic experience while the local people generate income that***

***builds their sustainable livelihoods.***

It's a rewarding experience to leave your 4X4 safari vehicle and hike with local guides born and raised in the area, you will discover how many steps it takes to grow, pick, dry, roast, pound and brew fresh aromatic coffee. Participate in the process personally before enjoying the taste and taking home a very personal packet of Tanzanian finest coffee. A plus is a sense of personal control of the adventure that one gets when cycling in rural villages visiting cultivated local farms with spice, tea, coffee, rice, banana, cotton and cocoa nestled on scenic mountains and valleys.

Be part of authentic cultural festivals held in townships and rural areas that gives visitors a quick round up of the rich cultural heritage this country is famous for. Follow the famous drum beats and rhythm of the Nilotes, Cushites, Hadza and Bantu people in one of our annual cultural celebrations and sample the diverse cuisines and finest local wines prepared and served by the local people. Take time to taste the mouth watering local cuisines with all it's diversity ranging from Ugali-Mlenda, Machalari, Makande, Nyama Choma, Spiced Rice-'Pilau', Chapati-Maharage with Lemon grass and ginger tea to Wali wa Nazi.

Sense the culture and history of the Swahili coast people and explore the Savannah's on a camel back. Boat down a river or row on one of crater lakes and listen to hair-raising legendary tales. Sail with fishermen to one of pristine untouched white sand islands for local fishing, scuba diving and snorkeling. Hike through scenic hills and

highlands of the South through plateaus and mountain ranges with stunning views of the rift valley, spotted plateaus with beautiful endemic flowers, lakes and local village settlements. Meet the friendly inhabitants of the Usambara Mountains, the Tanzania's "Switzerland" on your multiple days hiking experience. Be in awe of the age old irrigation and agricultural systems –or today's diagnostic skills of local medicine men and women. Obtain the correct remedial prescription on your visit to a traditional healer.

### **Come and Visit the people!**

Your visit creates mutual understanding and friendship between tourists and local people, offering you a wonderful opportunity to experience Tanzania's cultural diversity and providing local people opportunity to build sustainable livelihoods.

**Elirehema N. Maturo**  
**Coordinator,**  
**Tanzania Cultural Tourism Programme**  
**Tanzania Tourist Board**



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# Babati & Hanang Cultural Tourism

Babati and Hanang cultural tourism is located in Babati district along the Arusha-Dodoma road. Its geographical location in the Rift Valley, South of Lake Manyara National Park and West of Tarangire National Park makes it an ideal place to stop for a cultural hike. Visitors are offered with an exclusive chance of interacting with the local community and learn more about real African rural life. The area is inhabited with people who follow strictly their tribal culture and traditions.

## The highlights of the tours to the area are:

- An exclusive Mount Hanang trekking
- Managhat Village tour
- Fishing adventure on Lake Babati on a local canoe
- Local beer brewing experience
- Cycling expedition through remote areas
- Visits to development projects like cattle and dairy farming, piped water and bio-gas energy projects
- Special Barbaig tour
- Six Days rural life adventure
- Community project volunteering

Itineraries can be arranged from half day to seven days tours depending on visitors' interest and budget

## HALF DAY TOUR Managhat village

Take a visit to Managhat village which is an original home of the Gorowa tribe. You will see dairy farming activities, farming with ox ploughs, a bio-gas system, local Gorowa huts and optionally a Killer Bee-keeping project at the bottom of Mount Kwaraa.

## One Full day tours: Managhat Village tour

A full day tour will take you for a walk to Managhat village and climb Bambaay Hill. From here you will see the beautiful Rift Valley landscape with Lake Babati, Lake Manyara and the Maasai Steppe to the east. Later, visit a respected Gorowa tribesman 'story teller', Mzee Kwaraa; for an insight on Gorowa culture, marriage ceremonies, rain prayers, burial, religious and circumcision rituals. One can also combine this tour with fishing and viewing hippos on Lake Babati using local canoes.

## Gorowa story teller/Lake Babati hippos

After breakfast walk to Maisaka Village where you will visit a Gorowa Tribe Elder Story Teller. He will narrate on how they arrange their marriages' how they treat a girl who gets pregnancy before marriage, prayer rituals and their origin. Walk back to our office area for hot lunch. In the afternoon, explore Lake Babati with local canoe rowing while viewing floating hippos.

## Malangi barbaig cycling expedition

After breakfast with picnic lunch, cycle 30 km to Malangi Village home of the Barbaig tribe for a Cultural insights/contrasts. Experience the daily life of Barbaig; learn how they do cattle rearing, their traditional animal skin dressing style and ceremonies. Cycle back to Babati for dinner and overnight

## Two days tours

Babati and Hanang can arrange for two days excursions depending on visitor's interests. There are several options for two days tour

## Package A:

Maisaka & Managhat Cultural Village Tour

**Day One:** Spend your day in Maisaka cultural village; visit a family of a Gorowa elder for storytelling and experiencing the daily home chores of the host family. After local lunch walk to Lake Babati for canoeing to view hippos and fish with locals. Walk back for dinner and overnight.

**Day Two:** After breakfast with your packed lunch boxes walk/ride 10km to Managhat village; visit dairy farming, local brick making and bio-gas projects. In the afternoon climb Baambay Hill where you will enjoy your lunch with a fantastic view of the Rift Valley Escarpment and cultivated valleys. Take an afternoon walk/cycle back to Babati for dinner and overnight.

## Package B:

### Mount Hanang Trekking - 2 days

**Day One:** Depart from Arusha to Babati where you will arrive in the afternoon. Have lunch and then proceed to Hanang and register in relevant authorities. Do a site seeing around the village near Mount Hanang then proceed for dinner and overnight

# Babati & Hanang Cultural Tourism

**Day Two:** Take early breakfast and start the ascent of Mount Hanang at 6.30 am. Mount Hanang stands 3,417m above sea level and it takes you 5-6 hours to the top and 3-4 hours to the bottom. Mount Hanang boasts a panoramic view of an exceptionally beautiful Rift Valley landscape full of small craters and basins, with Lake Balangida and the Rift Valley escarpment at the north west. Descend for dinner and overnight at Katesh or Babati Other options are Gorowa-Malangi Barbaig Village Cultural Tour, God's bridge walking tours, Bird watching experience and exclusive safaris. A combination of national park and cultural safari in our area is always organized. There are multiple day tours offered by our cultural tourism enterprise based on visitors interest.

All tours can be organized on request.

## **Where to stay:**

There are various guest houses in the town of Babati and Hanang/Katesh area. Babati & Hanang Cultural Tourism Office can help arrange for accommodation in a local hotels/guest houses or a camping adventure within Babati and in various local villages

## **Getting there:**

A regular bus service operates between Arusha and Babati starting at 7:30 am. It takes about 2 hours to reach Babati centre. Income from tourist visits is used to rehabilitate primary schools and furnish other needed development projects for local community.

For further information & booking, please contact:

**The Coordinator,**

**Tel: + 255 784 397 477 / 767 393 477**

**E-mail: [kahembeculture@yahoo.com](mailto:kahembeculture@yahoo.com)**

**Website: [www.kehembeculturalsafaris.com](http://www.kehembeculturalsafaris.com)**



# Bujora Cultural Tourism

## ***Come and experience authentic Sukuma culture!***

Located in Mwanza, Tanzania, Bujora Cultural Center is an ideal place for relaxation and learning the Sukuma cultural life. The center is under the arch-diosease of Mwanza, committed to promote, celebrate and integrate traditional life and cotemporary life of the Sukuma people.

On your visit to Bujora cultural center you will explore the following areas:

- Bujora church with unique architectural design
- Sukuma royal pavilion
- Sukuma traditional homestead
- Sukuma archives
- Medicine man's pavilion
- Botanic garden
- Recreational and camping site
- African traditional clinic
- Vocational training center
- Sukuma Traditional Dancers pavilion

## **Bujora church**

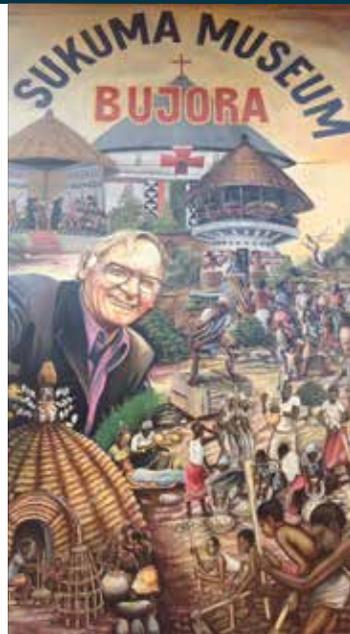
Explore the Bujora church which reflects Sukuma traditional architecture. The church was built in 1958, in a shape of a Sukuma royal house. Its interior contains cultural symbols and articles, where liturgical services are integrated with Sukuma way of life and Christian Rites.

## **Sukuma Royal Pavilion**

Get a chance to visit the Sukuma royal pavilion to get an insight into Sukuma royal history. The pavillion is symbol of the Sukuma chiefs' reign and chiefdom. It is built in the shape of the royal throne which is a typical traditional architecture. Get enchanted with families' history, royal thrones stories and exhibitions of artifacts, drums, and chiefdoms.

## **Traditional Dance Pavilion**

It exhibits several Sukuma dances, artifacts and history. Photos of great Sukuma dancers of all ages together with their original tools are on display. You will have a chance of observing and even participate in traditional dances upon arrangements.





### **Sukuma Traditional Homestead**

Explore the Sukuma traditional Homestead to experience the local lifestyle. The Sukuma traditional Homestead exhibits typical Sukuma traditional dwellings, compound and objects of daily life such as cooking utensils, religious articles, shepherds' and agricultural implements.

### **Vocational Training Center**

You will also have a chance to visit our vocational training center which conducts training courses to the youth. Among the courses offered are carving, pottery, blacksmith, carpentry, masonry, tailoring and welding. A curio shop is in place and offers visitors a wide range of traditional gifts to take back home. Casual and liturgical vestments sown with African touch are available at reasonable price. Buying one of these locally made authentic hand-made products supports local families' livelihoods directly.

### **Medicine man's Pavilion**

Visit the medicine man who is a traditional healer in the Sukuma land. Learn how you can cure different problems traditionally. This pavilion displays the traditional healers' dwellings and compound. Different photos of renowned Sukuma healers are on display to-date. You can extend your visit to African clinic which Offers traditional medicine as alternative treatment and conducts research on traditional medicines in Sukuma land-Tanzania and beyond.

### **Botanic garden**

The garden is constituted with more than one hundred species of local plants marked with traditional and botanical names. This is a garden of medicinal plants planted with assistance of Anamed Tanzania in connection with the African clinic. Come and learn how powerful and efficient Botanical Medicines are!  
Recreational and accommodation facilities

The center has two canteens for drinks, traditional foods and a camping site. While at Bujora you may request the thrilling Sukuma traditional dances performed by the Sukuma dance troupe. In mid June the center organizes a two week dancing competitions where traditional artists from all over Sukuma land are converted for Bulabo festival during the Corpus Christ.

### **How to get there:**

Bujora is located about 18 km East of Mwanza off Musoma/Serengeti Ndadaka gate road. Take a daladala (mini-bus) from the central bus stand in Mwanza to Kisesa. Once in Kisesa, take a short walk along the main road until you see the sign for Bujora Primary school. Turn left at the sign and follow the gravel road for about 2 km to the cultural centre.

Visit us today and enjoy the living traditional hospitality of the Sukuma people in its natural and cultural setting!

For further reservations, please contact:

**Centre Manager,**  
**Bujora Cultural center (Sukuma Museum)**  
**Cell: +255 766 667661 or +255 786 603766**  
**wfnyegezi@africaonline.co.tz**  
**mhojafabi@yahoo.com**  
**www.sukumamuseum.org**



# Butiama Museum & Cultural Tour

On the north-western side of Serengeti National Park, 60 kilometres from Ndabaka Gate (Western gate to the Serengeti National Park) one will meet great people named Wazanaki ethnic group. Butiama is the birthplace and burial location of the 'Father of the Nation', Mwalimu Julius Kambarage Nyerere, the founding president of Tanzania who began his political career in the early 1950s, led Tanzanians to independence in 1961, and remained in politics until his voluntary retirement in 1985.

Get an insight of the life history and the way of life of the Zanki people. Appreciate beautiful landscapes with hills, mountains and learn about their kinship leadership system.

The following tours are on offer:

- A welcome to the 'Father of the Nation's' home
- A visit to Chief Edward Wanzagi's homestead
- A visit to The Mwalimu J.K. Nyerere Museum

- A visit to the mausoleum of Mwalimu Julius K. Nyerere
- Trekking up the Chamuriyo hill, visit German soldiers hiding caves, graveyards and get a panoramic view of Lake Victoria, Serengeti plains and surrounding human settlements
- Visit community development projects, local schools and health centres found in the area
- Cotton Farm tour: see how people practice cotton farming
- A home stay with Wazanaki family to enjoy traditional food and their unique lifestyle.

It's a great way to learn the culture of the people

There are various options for the tours:

### **Half day tour:**

Option 1:

Butiama village tour: A welcome to Mwalimu Nyerere homestead. Get a guided tour around the home and the Mwalimu Nyerere's mausoleum then proceed to the Mwalimu J.K. Nyerere Museum and then to the village area where cassava farms are found. Get a glimpse of cassava farming. Visit a traditional healer famous for treating infertility together with other diseases since the ancient times.

Option 2:

Visit Nyerere's homestead and then proceed to the Butiama Museum before walking to Mtuzu hill, a short

hike of just over an hour. Get a panoramic view of the Butiama village the farms and people's settlement, Lake Victoria, and the Mara River valley.

### **Full day tour:**

Take a round guided walk around Father of the Nation's homestead and then walk down through a village to visit traditional Wazanaki homestead, to explore the culture and then proceed to visit Kyarano dam, and the farms of Mwalimu Nyerere.

- Visitors with a full day may opt to visit the German soldiers hiding caves, a place used as armoury for military weapon and German graves that exists since colonial times on Chamuriyo hill.

- Tailor-made tours and excursions can be organized where mountain bikes can be used as a means of transport.

### **Traditional Ceremonies & Events:**

The energetic Wazanaki traditional dancers will give you an insight into their culture by their captivating songs and dances. You can watch, experience and even participate in a variety of dances symbolising various occasions and traditional events such as traditional marriage & bride-price giving ceremonies at home.

Kilimanjaro Climbing-Fund raising for Nyerere Education & Health Fund, Butiama Cultural Tourism Enterprise welcomes all interested people around the globe to participate in this

memorable Kili trekking tour which is organized every September to raise money for charitable ends.

### **Ngoreme Hotspring Tour**

Our visitors will have an opportunity to explore a hot spring found in the area while enjoying magnificent iconic kopjes dotting the land and finally get a cultural insight of Wangoreme inhabitants of the area. Listen to folklore and nice stories about their culture as its explained to you by Wangoreme elders.

### **Serengeti National Park**

We can link you to Serengeti National Park, the home of the great wildebeest migration a most spectacular rut of wild animals.

Other activities on offer are: Participate in daily African life activities, volunteer in primary, secondary and/or nursery schools teaching various subjects, You can also have a wonderful volunteering experience in health projects within and around Mara region

Getting there: Butiama Museum

& Cultural Tourism Enterprise is located in Western Serengeti about 60 kilometres from Ndabaka gate off Serengeti National Park. One can board the commuter buses, daladala, that ply the route between Butiama and Musoma throughout the day. Butiama is located only 40 kilometres from Musoma. Alternatively, visitors arriving from Arusha can travel on one of the passenger buses that travel daily between Arusha and Musoma, and get off at Butiama.

### **Where to stay:**

A number of options exist.

JKN Hotel offers decent accommodation services with 14 rooms that can accommodate up to 20 visitors. There are special rates for students visiting us. Homestay and camping options are available.

Our rates are affordable.

The Butiama mosque hostel offers modest accommodation with 8 rooms capable of accommodating 12 visitors. Couples are required to show proof of marriage.



For Further information contact;

Tel: +255 (0) 755 570 795

E-mail: [madaraka.nyerere@gmail.com](mailto:madaraka.nyerere@gmail.com) | [info@butiamatourism.co.tz](mailto:info@butiamatourism.co.tz)

Website: <http://www.butiamatourism.co.tz>

Find us on:  [www.facebook.com/bctebutiama](https://www.facebook.com/bctebutiama)

# CHILUNGA



Morogoro 195km west of Dar es Salaam, is a beautiful region with Uluguru Mountains, natural forests and endemic bird species. Apart from these attractions, visitors can enjoy mountain hikes, historical sites, waterfalls, panoramic viewpoints and glimpses of the local culture.

The following tours can be organized:

### **Morning Side tour**

Through Towelo and Ruvuma Village to the Morning side which is an old German settlement built in 1911 at 1500m on the slants of the Uluguru Mountains. On the way back enjoy the beautiful scenery over the farming land and the town view.

### **Bird Watching**

Enjoy bird watching from 450 to 2000 meter above sea level Uluguru Mountains which is rich in different bird species. Tegetero mountains famous to spot Uluguru bush shrike bird. Come with all the necessary equipment to enjoy the tour.

### **Cycling Tour**

Enjoy a cycling tour of about 130 km towards Selous Game Reserve via Matombo village. Cyclists can appreciate the good scenery on this route and meet local people along the way.

### **Choma Traditional Village 1200m**

Experience the traditional way of life of Waluguru people in their village. Take part in traditional dances, enjoy the local food pot making, weaving. You can stay overnight with a local family to experience the true Waluguru life and daily chores.

### **Madola Tour**

Visit Madola village to meet a traditional healer.

### **Usolo Tour**

Drive through Mikuyuni centre to Usolo where you can enjoy watching, fishing, and meeting the locals.

### **Nugutu Traditional Village Tour**

Participate in village life of the Walugulu people-try traditional food and drink, dance with them and learn to make handicrafts.

### **Kinole Village Tour**

There are three options available under this tour:

1. Start from Kinole village and come down the Uluguru Mountains to Morogoro, passing a historical site on the way.
2. Start from Kinole village towards Morogoro through a forest reserve, where you can watch the antics of blue monkeys and black and white colobus monkeys.



3. Start from Kinole village towards Morogoro through Tegetero and Bangilo villages and forest reserves. Here too, you have the opportunity of seeing blue monkeys, black and white colobus monkeys and birds.

#### **Lupanga tour**

Start from Morogoro and pass through lush farmlands before you go uphill to the second highest peak of the Uluguru. Enjoy the waterfalls, rainforest, endemic species of birds, insects and monkeys.

#### **Bunduki tour**

Swim and camp at the Hululu waterfall site.

#### **Lukwangulu Plateau tour**

A panoramic view is on offer from the only plateau in the Ulugurus. There is the option of staying overnight with the villagers.

#### **Maasai village tour**

Stay overnight in a Maasai village with the colourful tribe and partake in their traditional meals and markets.

#### **Town tour**

Take a tour of Morogoro town-walk, drive or ride. This can be arranged by the tourist office.

#### **Kibwe waterfall tour**

Walk to the seasonal Kibwe waterfall and view Morogoro town from the peaks of the Uluguru Mountains.

#### **Kigurunyembe tour**

Feel the cool waters of a rock stream and take a dip. Or just camp beside it and refresh yourself.

**Getting there:** Morogoro can be easily reached from Dar es Salaam. Buses are regularly available.

(Income from tourist visits will be used to improve conservation of natural resources and cultural sustainability in the region.)

For further information contact:

Tel: +255 23 2613323, +255 754 477582 / 713 663993

E-mail: [info@chilunga.or.tz](mailto:info@chilunga.or.tz) | Website: [www.chilunga.or.tz](http://www.chilunga.or.tz)

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# CHOME ECO & CULTURAL TOURISM

## *'Explore the Eastern Arc Mountains' paradise'*

The Southern Pare Mountains are part of an ancient range of the Eastern Arc Mountains family located in the northeastern part of Tanzania. The Mountains rise from the lowlands in which forested expanse of sprawling villages, river streams, valleys; simple rural houses surround the areas. Chome is a place of wonders inhabited by Pare people of Kilimanjaro region. The forest has incredible biodiversity where a number of endemic plants and animals live. It's a great place for hiking and acclimatization for those who are planning to climb Kilimanjaro and go on Safari.



A Community Based Organization made up of a network of local tour guides was established and are wholehearted to help visitors get the best experience while on these mountains.

We the people of Chome offer the following tours;

- Shengena peak trekking
- Nature walk in Chome Nature Reserve
- Chome village walking tour
- A visit to magnificent view points
- A hike to the Thomson waterfalls
- A visit to a traditional healer
- A visit to weekly local market-on Tuesdays
- A visit to local ginger farms
- A view of local irrigation systems
- Pare traditional dance
- Homestay and camping experience
- A trek through butterfly trails
- A view into butterfly farming
- A view of beekeeping projects
- A visit to Old churches
- A visit to local schools



### **Shengena peak trekking (Full day tour)**

A walking tour starts from the village then lead into the Chome Forest Nature Reserve, one of a famous hiking destination in the area that hikers walk through unspoiled natural forest. This trail takes hikers through areas with waterfalls, families of colobus monkeys, numerous forest birds, colourful butterflies and endemic species of amphibians, reptiles and plants. Visitors will proceed uphill to the Shengena peak which is the highest in the Pare and Usambara Mountains perched at 2, 463m. The peak with its watch tower provide magical views of valleys below, fresh springs, magnificent views over Same, Mkomazi National Park and the Usambaras in addition to Mount Kilimanjaro.

### **Chome Village Hike (Half day/Full day tour)**

A walking tour will take visitors alongside the Chome Nature Reserve. The local guides and farmers of the village will share their indigenous knowledge regarding their fields with different crops such as maize, yams, potatoes, bananas, vegetables, ginger and coffee. Visitors have a chance to see how the villagers store and preserve maize and other produces. Visitors will also learn how villagers breed tree nurseries for replanting on their farms. A tour ends with visiting historical sites, King's stone used for making various sacrifices to Wapare gods, magnificent view points and local schools found in the village. The traditional Pare culture is much in evidence in Chome village, and some of the locals still practice traditional agriculture

### **Chome Forest Nature Reserve Hike (2-5 hours)**

Spend part of your glorious time hiking in a green natural forest to explore the waterfalls, hills and valleys, magnificent views of the forest and villages nestled on this part of Eastern Arc Mountains. The forest is rich in primates, bird life, amphibians and endemic species of flowers.

### **A visit to a traditional healer (30 min.-1 hour)**

A tour to a traditional healer's home is magical. Visitors witness doctorial practices and learn how they use different traditional medicines to cure various diseases. Spend part of your glorious time at the home of the traditional healer, listen to stories and learn where they get their healing powers. This tour can be combine in either your half or full day Chome Village tours.

### **Multiple Days Tours**

The local guides of Chome Eco & Cultural Tourism and Tour Operators can craft several days hiking itineraries depending on visitors' interest, time available and budget.

### **Four Days Itinerary:**

#### **Day One: 4-6 hrs**

Drive from Same to the village of Chome, then trek from Chome to the View points of Flat Rock locally known as 'Ibwe la Kiindi' and Namoche Valley through farm lands, traditional villages, to either Chome Forest for camping or Chome village for homestay and overnight in local guest houses. On the way you can get a chance to see animals like monkeys, chameleons and endemic bird species

#### **Day two: 5-8 hrs**

Spend your day hiking to the Shengena peak with your packed lunch for picnic. This trail takes hikers through areas with waterfalls, families of colobus monkeys, numerous forest birds, colourful butterflies and endemic species of amphibians, plants and reptiles

#### **Day three: 5-8 hrs**

A full day tour in the village will take visitors through fields with different crops such as maize, yams, potatoes, bananas, vegetables, ginger and coffee. A tour will also proceed to historical sites and visit to local schools and old churches

#### **Day Four: 5-8 hrs**

After breakfast visitors will take a walk through the villages then visit beekeeping project, community development projects, butterfly project and the tree nursery where visitors will get an opportunity to be

part of Chome Forest Nature Reserve-Carbon Off-setting Program by planting your own tree. Leave to Same in the Afternoon

### **Value of your visit**

Your visit to Chome does support conservation of the Chome Forest Nature Reserve directly through the conservation fees charged and local families with water, food, employment, personal income, medical treatments and education.

**Eco-Tour Guides:** Our Eco-tour guides are from the local communities surrounding the ChomeForest Nature Reserve who knows well the area, their culture, history and speaks fairly good English.

### **Getting there**

There are two ways to reach Chome village from Same town: One, drive from Same town through Mwembe village takes nearly 1.5 hours (42 kms away) or take a round loop through Makanya and drive for 2 hours from Same (56 kms). The buses leave around 2 pm daily to the village and it takes 2 hours. Private visitors are asked to use a 4WD. Same town can be accessed by daily buses that ply the way between Dar-es-salaam-Arusha, Dar-es-salaam-Nairobi, Tanga-Arusha, Mbeya-Arusha and Lushoto/Mtae-Arusha then get out at Same bust stand.

### **Accommodation**

The main facilities in the area are two guest houses with basic facilities. There are camping grounds with limited facilities, one inside the reserve and the other one near the entrance gate. Camps are installed with toilet facilities only. The local guides can arrange for homestay experience in a number of identified families that can accommodate over 60 pax. Homestay facilities can provide fine dining with the host family and hot water shower. The other option is to stay on the three local guest houses available in the village of Chome

**For more information and booking:**

**Contact the Tanzania Tourist Board-Arusha Branch or Chome Nature Reserve through: Call: +255 (0) 272974105**

**E-mail: [chomeforestnaturereserve@gmail.com](mailto:chomeforestnaturereserve@gmail.com)**

**Contact the Tour Coordinator through:**

**E-mail: [chomeecotourism@gmail.com](mailto:chomeecotourism@gmail.com)**

**Mob: +255 786703010**

**Find us on:**

**[www.facebook.com/chomeservetz/?fref=ts](http://www.facebook.com/chomeservetz/?fref=ts)**



# ee-yeiyo Museum & Cultural Tours



*ee-Yeiyo Cultural Tourism Enterprise (CTE)* is located about 25km north-east of Arusha town, off Arusha-Moshi highway on Momella road, next door to The Arusha National Park, with a breathtaking view of Mount Meru (14,980ft /4,566m), home to Varwa (WaMeru ), a Bantu speaking group who live around the revered Mountain. Varwa were skilled farmers and livestock keepers. They made use of domestic animal manure to increase crop yields, practiced terrace farming in hilly terrain to minimize soil erosion and used cover crops such as cowpeas, pumpkins, beans, and peas to control weeds and add nutrients to the soil. They also grew bananas, finger millet, yams, sweet potatoes, maize, and arrowroots.



## *Few facts about Varwa*

- NRWA – One who walks up (the mountain). VARWA (plural), KIRWA (their dialect).
- Population – 250,000 (2012).
- The Merus were buried in cow skins within the homestead.
- They enjoyed more than thirty four various types of food dishes.

## *The Museum*

ee-Yeiyo Museum, an epitome of eco-architecture and natural beauty, houses a collection of artefacts from the past that reflect Cultural Identity of Varwa, the Meru



people of Northern Tanzania.

The Museum plays the role of preserving and documenting the traditions, customs and culture of the mountain dwellers, and serves as an educational platform for schools and the Tanzanian community in general.

## *Guided Cultural Tours:*

### **ee-Yeiyo tour – 3 to 4 hours**

The tour will take you inside the traditional domed houses where you will learn the History and Cultural Heritage of Varwa. Participate in various activities, experience their hospitality, share their food and language.

- Meet the traditional folk singers in their handicraft workshop, indulge yourself and exercise your creative abilities. Join in their song and dance. A therapeutic experience.
- Take a walk around ee-Yeiyo farm, pick and enjoy seasonal organic fruits, learn about medicinal plants, shrubs and trees that help the small (harmless) bees make delicious healing honey. Visit the apiary. A chance to sample the unique flavour.
- Take part in the preparation of biodegradable tree seedling holders in preparation for planting day.
- Help prepare a traditional BBQ lunch.



### **Usa River tour – 3 to 4 hours.**

A fifteen minutes nature walk to the water catchment forest reserve, a magical ecosystem with its

many rivers, this tour will take you past hills and valleys into the life preserving forest in Nkoanekoli village.

• Walk through a maze of streams and rivers, listen to the tranquil sounds of water, birds and insects, meet the shy colobus monkeys hiding in the forest canopy. The source is renowned for its life giving water for hundreds of people who live in its vicinity.

- Visit the local secondary school where we will Talk about environmental concerns and our role in making sure the catchment area is not threatened.
- Lunch with a local family.

### **Nringaringa Tour - half day.**

This tour will take you to Poli Barazani, Poli village, the headquarters of traditions and customs of Varwa. Nringaringa is a Historical place, with an old court house from colonial era. And the Nringaringa tree that serve as a meeting place for more than twenty Varwa clan leaders.

The Meru's are known for their heroic stand against unjust eviction out of their land by the British colonial administration, forcing them to make a landmark decision at Nringaringa to send a representative, in 1952, to present their case before the United Nations Organisation (UNO) General Assembly Trusteeship Council. This became famously known as “**THE MERU LAND CASE**”

- A curator will take you through different sections, bringing the past to the present.
- Meet the people. Indulge in a cultural conversation over a cup of well brewed tea.
- Take a short walk to the Mara

waterfall. A steep but enjoyable undertaking.

- Share a picnic lunch with the Nringaringa traditional dance group.
- Dance away and have fun with the group.
- Support their handicraft business. Choose from their Colourful traditional dresses and jewellery.

### **Village Tour - 3 hours**

Get to know the neighbours in the village.

- Visit the snake farm in the neighbourhood, if you don't mind.
- Interact with local people. Including the vendors.
- Meet the village chairperson in the village office. Learn its function and the role it plays to efficiently serve the people.
- Visit the local Primary School. Interact with students and teachers.
- Visit the health center. See how health services are delivered.
- Take a hike along The Arusha National Park. Observe flora and fauna. Enjoy your picnic lunch and the fresh air.



***Tours start in the morning between 9 and 11am.***

***Comfortable attire is recommended, including comfortable shoes, sun cream, insect repellent, binoculars and a hat.***

### **A tour with a difference: A traditional wedding (just for fun) - 1 day**

ee-Yeiyo offers Varwa traditional wedding, with all its frills, for those who wish to extend their love story to Meru. The Bride and Groom are guaranteed a day to remember at an affordable package. You won't need a wedding gown or suit. All will be provided, to your satisfaction. Let us have a list of your guests. Reserve your day, at least one month before the wedding.

### **ee-Yeiyo for Community Development**

We support and uplift communities by providing employment opportunities,



financial and material contributions to:

- health centers,
- housing for teachers', new classrooms,
- village water project,
- support various women groups.

***50% of our total earnings go to ee-Yeiyo Fund for Cultural Preservation. Through the Fund great strides have been made towards Language revitalisation, including a successful awareness campaign.***

ee-Yeiyo is a Patron of three Folk Music groups, well known in the media, for their work towards "Kirwa" (language)

revival.

## Celebrating our Cultural Diversity

When visitors visit our community they don't only learn from us, we learn from them too. A rewarding and enriching cultural exchange experience.

**PLEASE, COME AND VISIT US.  
KARIBUNI SANA.**

### Where to stay:

- Stay at ee-Yeiyo. Sleep in traditional huts on traditional beds, or
- Camp outside within the compound.
- There are also a number of lodges a walking distance away.

***We have both modern and traditional bathroom facilities.***

### How to get there:

ee-Yeiyo CTE is on Momella road, about 5km from the Arusha – Moshi junction. Look out for the road sign on the left hand side.

### For more information contact:

Tel: +255 712566070 / +255 754751446 /  
+255 786027248

E-mail: [eeyeiyoboma@gmail.com](mailto:eeyeiyoboma@gmail.com)

Website: [www.ee-yeiyoboma.com](http://www.ee-yeiyoboma.com)



# ENGARASERO CULTURAL TOURISM

*'A village where cultural and natural heritage are in harmony'*

Engarasero village is located on the southern side of the famous Lake Natron. Lake Natron is a salt lake located in Northern Tanzania, close to the Kenyan border, in the eastern branch of the East African Rift. The lake falls within the Lake Natron Basin Wetlands of International Importance Ramsar Site. It forms a major breeding ground for lesser flamingos worldwide. Its beauty with thousands of flamingo flocks is astonishing. On the Southern side it borders the majestic and beautiful scenery of the Ngorongoro highlands. It is in this village where Oldonyo Lengai (the Maasai name meaning 'the Mountain of God') is located. This cone shaped mountain is the only active volcano in the world that produces natro-carbonatite lava, a unique occurrence of volcanic carbonatite. The temperature of its lava as it emerges is only around 510 °C (950 °F). A few older extinct carbonatite volcanoes are located nearby waiting you to explore.

Engarasero is also rich in Maasai cultural heritage. The Maasai community in Engarasero continues

to practice its age old pastoral ways of keeping livestock, moving their herds in harmony with nature's patterns. The time-tested ways of the Maasai are environmentally sustainable and beneficial to wildlife. The Food and Agriculture Organization of the United Nations has therefore designated Engarasero as a Globally Important Agricultural Heritage Systems (GIAHS) site.

The following tours are organized for you by the Engarasero Community Based Organization;

- Village tour
- Hot spring visit
- Visit to the waterfalls
- Biking tour to Orpur caves
- Visit to the footprints
- Visit rift valley escarpment, Embululu crater and Leparakash plains
- Oldonyo Lengai trekking
- Maasai Ethno-Botanic/herbal tour
- Herding tour

## **HOT SPRING TOUR (3Hours)**

The tour starts from the village tourism office at Engarasero then proceeds to the baboon caves. From

baboon caves one drives to the second stop point at the lake shore for bird watching. Drive further down through acacia woodland and on the side of rift valley escarpment to the last point on a major hot spring through other numerous small hot springs.

**WATERFALLS TOUR (2 Hours)**

The tour starts from the CBO office at Engaresero then takes its way to the rift valley escarpment where vehicles stop. Tourists get off the vehicle after travelling 3kms, then start walking along the Engaresero river gorges towards the waterfalls. The walking tour to & from the waterfalls takes two hours (but it does depend on the time spent enjoying the falls and water at the destination) .

**BIKING TOUR TO THE BABOON CAVES, ORPUR CAMPS, LAKE SHORE AND TO THE FOOT PRINTS (3 hours)**

The tour takes three hours. One starts at the CBO office then proceed to the baboon caves. Enjoy the ride within the gorges of a small river for a couple of minutes. After exploring the Orpur then take a short bike ride down to the lake shore for a bird watching experience. Enjoy the lake scenery and proceed with a ride to the petrified historic footprints of our ancestors (120.000 years old) where the tour ends for the picnic lunch at the lake shore/hot lunch at your lodge/camp.

Rift valley escarpment tour-Embalulu Crater-Leparakash Plains (From the floor to the roof then back) (3-4 hours)



The tour starts from the CBO office then walk up the rift valley escarpment. The slope of the escarpment is challenging but people do manage. At the Embalulu point Enjoy a panoramic breathtaking view of the Lake Natron, Engaresero Maasai village, Oldonyo Lengai and other volcanic features found in this active volcanic area. Astonishing view of Embalulu crater will print a memory in your mind by its beauty. Proceed to Leparakash plains where one will get to know the Maasai's livestock keeping activities undertaken on these pastures.

**LEPARAKASH PLAINS TO ENGARESERO VILLAGE TOUR (FROM THE ROOF TO THE FLOOR) (2 hours)**

The tour starts at the top of rift valley escarpment where one leaves back 4X4 safari vehicle and enjoys the plains of the wet season pastures for Maasai livestock and wildlife. Get a breathtaking view of the Lake Natron and other volcanic features found down in the rift valley. Walk down to the valley through a walking trail developed during colonial times. Explore various medicinal plants found on the rift valley wall as you descend to Engaresero village.

**EXTENDED BIKING TOUR (3-5 hours)**

Bikers coming from Serengeti Klein's gate/Ngorongoro conservation area have an opportunity to leave back their 4X4 safari vehicle and start biking from Masusu where our professional biking guides will meet

them and ride down the beautiful valleys and gorges of the rift valley to Engaresero village/Lake Natron. It's your time to exercise after seating on safari vehicle for a couple of days/ hours

**OLDONYO LENGAI TREKKING (10-12 hours Ascending & Descending)**

Trekking this volcanic active mountain takes place at night. Ascending starts at 00:00 then conquer the summit around 6:00a.m, start descending before it gets hot and so reflective on the volcanic ash. Enjoy a nice breath taking and hair raising view of the gorges and surrounding volcanic features of the mountain. Get to know the ritual sites along the mountain trekking route used by Maasai as they believe this is the Mountain of God. Local tour guides will assist you in this challenging climb.

**ETHNO-BOTANIC TOUR (2 hours)**

The tour starts at the CBO office then takes a round walk in the Bush where various herbs will be identified and its medicinal content explained by the Maasai warriors. Get to know various herbs that treat various diseases such as fever, malaria, pneumonia, chest complications, sterility and their use. Learn how to prepare various herbal plants ready to consume.

**HERDING TOUR (2 hours)**

The tour is conducted in different areas at different seasons of the year due to livestock pasture rotation. One will get to visit the Maasai herding cattle & goats where an opportunity to learn about livestock keeping and ways to look for nice pastures around

is guaranteed. Visitors will get to see and appreciate division of labor amongst family members in taking care of the livestock, which is the main Maasai economic activity and the centre of their culture. The tour is done in the evening as the livestock are about to get back into a boma where milking activities and heading cattle and goats in their respective kraals takes place

**Where to stay**

A number of lodges and campsites are available within and around Engaresero village. Camping grounds are available where one could bring own equipments. Mountain bikes are available at the CBO office. The Coordination office and CBO's local

tour guides can make arrangements for overnights in the village land.

**Tour Guides:-** The guides of the Engaresero CBO are from the Engaresero community who are well trained and speaks English. They offer good service and share nice stories that will print a memory in your life

Bookings for various excursions and tours can be made at Tanzania Tourist Board-Tourist Information Office in Arusha or tour operator/travel agent/ lodge or hotel operators

**Getting there:**

Engaresero lies about 220 kms North-Western of Arusha town on the lower slopes of Oldonyo Lengai on the Southern edge of Lake Natron.

For further information:  
Please contact the Tour Co-ordinator:

 + 255 688 568 245

Email: [engareserotourism@gmail.com](mailto:engareserotourism@gmail.com) | Website: <http://engaresero.org/maasai.htm>

Find us on: [www.facebook.com/www.engaresero.org](http://www.facebook.com/www.engaresero.org)



# ENGARUKA



Engaruka, situated 63 km north of Mto wa Mbu, on the road to Oldonyo Lengai and Lake Natron lies at the foot of the Rift Valley escarpment. It is an important historic site as some 500 years ago, a farming community of several thousand people chose to develop an indigenous irrigation and cultivation system here. For unknown reasons, the farmers left Engaruka around 1700, but the ruins talk volumes about the highly specialized agricultural economy.

The people of Engaruka offer visitors the following attractions:

- A guided visit to one of the oldest African irrigation systems
- A visit to the Maasai cattle market
- A visit to a Maasai Boma
- Walking safaris in an area of outstanding beauty
- A look at the local community life.

There are various guided tour options:

### Half day tours

#### 1. Visit to the ruined city

You can see the remnants of the ruined city of Engaruka. The guide will help you to identify old graves, house walls, irrigation canals and terraces, and explain the various theories about the rise and fall of the farming community. Enjoy enroute, the colourful birds and butterflies, remnants of the German era, and also visit an 'orpu' or Maasai slaughter-house.

#### 2. Engaruka farming tour

From the ruins, walk to the village of Engaruka, Enroute, visit several farms and learn about various farming and irrigation methods. The guide will throw light on the tribal background of the village. On the way back, visit the market area located in the shade of an Africa tulip tree and a huge mkuyu tree.

#### 3. Rift Valley escarpment tour

From the ruined city, narrow footpaths wind up the Rift Valley escarpment. climb the escarpment guided by a Maasai warrior, who will help you spot many colourful birds and show you trees and plants that the Maasai use for making food and medicines.

### One day tour

#### Kerimasi mountain climb

North of Engaruka is the green mountain of Kerimasi. The climb takes three to four hours from the foot to the summit. From the top, you see impressive views of Oldoinyo

Lengai, Lake Natron, the Ngorongoro highlands and the mountains of Kitumbeine and Gelai. The descent takes about two hours.

### Two day tour

#### Hike to Oldoinyo Lengai

Conquer Oldoinyo Lengai or 'the mountain of God' in Maasai parlance. On the first day, you climb Kerimasi mountain and descend on the north side to camp at the foot of Oldoinyo Lengai, the only active volcano in Tanzania. On the morning of the second day, start the 4-5 hour climb to the top, where you an even enter the crater to watch the volcanic activity. The descent takes about 2 1/2 hours.

Getting there: From Arusha, take a bus to Mto wa Mbu, In the late afternoon, 4 x 4 cars drive you down the 63km to Engaruka takes roughly 4 hours. (Income from tourist visits will be used to improve the local primary school and for conservation of the ruined city).

For further information contact:  
Tel: +255 787 228653 / 754 507939  
E-mail: [engaruka@yahoo.com](mailto:engaruka@yahoo.com)

Find us on:



# FOUR CORNERS CULTURAL PROGRAMME

## ***We have a story to tell***

*.....We have a story to tell you about Africa. It is a story being lived as we speak. It is a story the world seldom hears because of all the other tales of wars and famine from our continent. It's a story full of hope and beauty, of peace and coexistence, of culture and values. We don't know when the story started, neither do we know when it will end. We only know when it started involving us. We, telling you this story, are the elders of Africa. We represent the four corners of Africa, the four main language groups of our continent. We are the Niger-Congo Language family represented by the Bantu speaking Nyisanzu and Iramba tribes, the Khoisan language family represented by the Hadzabe tribe, the Nilo-Saharan language group represented by the Nilotic Datooga tribe, and the Afro-Asiatic Language Family represented by the Cushitic speaking Iraqw tribe....*

We people of Haydom, graciously welcome you to explore, learn and know how we live in Haydom, the history of the four ethno-linguistic groups of African tribes, local royalty from the ancient to the Germany and British colonial era. You will come to know how and when Haydom was born and its hair raising adventurous history.

The following tours are offered;

- A tour of the Haydom Cultural Centre
- Murkuchida rock art paints
- Hadzabe hunting experience
- Lake Bassotu canoeing

- A visit to crater lake
- Bird watching
- Harar hill hiking
- Mulbadow wheat farm experience
- A visit to blacksmith
- Mount Hanang trekking
- Cycling tours

## **Haydom Cultural Centre tour (1-3 hours)**

You will embark on a guided tour around the centre. Visit the Museum with cultural artifacts collected from five different tribes: Datoga, Hadzabe, Iraqw, Nyisanzu and Nyiramba tribes. Explore traditional houses of the representing groups built within the centre and listen to stories about the culture of represented communities and get to know where they came from and when they met. Participate on various traditional sports like archery and later enjoy a Barbeque prepared on request.

## **Murkuchida Rock paints tour (4-6 hours)**

You will drive to Murkuchida village and walk for 40 minutes through various rock outcrops until you get to the painted rocks. Spend your glorious time with your local guide and explore the rock art paints while listening to well narrated stories and facts about rock art paints of Africa. Proceed to Iraqw family in the village where you will meet the local people and share stories and get to know how they coexist with other tribes living around. After a picnic lunch on one of the rock outcrops, visit Tsangwali rock art paints and then drive back to Haydom in the evening.



# FOUR CORNERS CULTURAL PROGRAMME

## ***Hadzabe expeditions (6-8 hours/Full day tour)***

Beginning at Haydom, drive down the steep slopes of the Rift Valley Escarpment toward the rising savannah heat of Yaeda valley and Kipamba area, sweet home of Hadzabe community. Around rock outcrops trace a Hadza family where your life skills adventure will begin looking for food in traditional ways as your hosts do. You will spend your day hunting with Hadza, collecting fruits, debarking edible plants, collecting roots, looking for honey and sharing stories and life experiences. An opportunity to learn the entire culture of these people with the oldest remaining culture of hunting & gathering is guaranteed.

## ***Crater lakes tour (1-2 hours)***

Explore Gidamunyoda and Ghama crater lakes, paradise of birds formed by falling asteroids in the area. Listen to well narrated stories of the history and myth about the lakes and explore its plants and birdlife.

***Combination:*** This tour can be combined with Bassotu canoeing tour, Mulbadaw wheat farm tour and visit to nearby hippo pool

## ***Bassotu canoeing tour (1-2 hours)***

Explore Lake Bassotu and learn about its rich history. View the town's typical structures; learn about local people's cultures and their fishing practice around the lake. Enjoy bird watching and plant life of the area

(Bassotu can also be accessed by biking (1-1.5hours biking) or driving for 30 minutes from Haydom)

## ***Mulbadaw wheat Farm tour (2-8hours)***

Walk through the fertile farmlands of Mulbadaw wheat farm which is part of the former Hanang Wheat Complex. Get to know the process it takes to grow, harvest and process wheat. Listen to the history of wheat farming in Tanzania and other projects operated to support the farm. Extend the visit to tree nursery and become part of environmental restoration campaign of the Mulbadaw farm community. Enjoy a view of Mount Hanang and the rest of rolling landscapes of the Farm at the view point in the midst of the 14,000 acres' farm. On request Barbeque sundowner can be organized for you while enjoying a nice sunset and sometimes moonrise behind Mount Hanang Combined Trip— On your request the tour can be extended to include Bassotu Canoeing Tour, crater lakes tour and Mount Hanang trekking

## ***Visit to Blacksmith family (2-4 hours)***

A short biking or walking tour from from Haydom, through beautifully villages in the land of Datoga tribes men. Learn about their blacksmith skills as demonstrated and buy their locally made bracelet and other types of products.

## ***Harar Hill Hiking (2-3 hours)***

From Haydom, walk through the villages of Ng'wandakw, Basonyagwe and Harar to the foot of Harar hill famous for its spectacular 360 degrees view and views of Yaeda valley (Home of Hadza), Mount Hanang, Dominic Onion pads, Ngorongoro highland, Lake Eyasi, Haydom hill, Mount Hanang and surrounding villages with various crop farms.

(The tour is ideal for those acclimatizing for Kilimanjaro and Mount Meru climbs)



# MULTI-DAY TOURS FROM HAYDOM:



## **Bassotu tour (2-3 days)**

Bike through traditional villages, and farmland; and experience the traditional life of the Datoga people. Explore Lake Bassotu by canoeing, fishing with local fishermen, bird watching and visiting nearby crater lakes of Ghama and Gidamunyoda. Proceed to Hippo pool and Mulbadaw wheat farm where you will learn about wheat production, tree planting and animal husbandry. Enjoy scenic view of rolling landscapes with escarpments, salt lakes and Mount Hanang, sunset and moonrise. This trip includes many opportunities to visit and learn about the development projects supported by our program and several short walks. Return to Haydom by bike or car.

## **Bassotu tour & Mount Hanang trekking (2-3 days)**

From Haydom drive down to Bassotu, walk through the village, interact with local people, explore lake Bassotu, Crater lakes and Hippo pool. Learn about wheat production in Mulbadaw wheat



farm, visit a view point of the farm and Mount Hanang before proceeding for Mount Hanang climb that takes 10 hours (6hours ascending, 4 hours descending).

## **Hadzabe trekking-Yaeda valley or Kipamba (2-3 days)**

Drive down to Yaeda valley, home of Hadzabe trace a family of Hadza and start life skills expedition tour. Trek through the wilderness hunting/collecting fruits/roots/ honey and medicinal plants with Hadzabe. Overnight in a camping ground and get an opportunity to share stories with Hadza people. Wake up early in the morning for early morning home chores. After lunch drive to Datoga family and learn about their daily life, pastoralist heritage and how they coexist with their neighbors; Hadzabe, Iraqw and Bantu tribes around. Overnight in a camp and after morning home chore experience, drive back to Haydom before/after lunch.

## **Kilimanjaro Acclimatization (3-5 Days)**

Lets acclimatize together by walking to the Roof of Mount Hanang and other higher altitude villages/hills like Harar and have what you deserve to conquer the roof of Africa

## **Mount Hanang trekking (2 days)**

From Haydom in the morning, you will drive to Hanang and start trekking in the afternoon. Trek for 6 hours to the peak of Mount Hanang through spectacular views of an exceptionally beautiful Rift Valley landscape full of small craters, Rift Valley escarpment, Lake Balangida and Balang'dalalu, surrounding farmlands and villages. Camp at the roof for your overnight and climb down next morning after sunrise for 4 hours to the foot of the mountain. Proceed to Mulbadaw wheat farm for breakfast and short farm tour. Drive back to Haydom after lunch through crater lakes and the hippo pool.



## Homestay programme

You will stay with a family in Haydom to learn more about the life of the local people. An opportunity to participate on daily home chores as per local culture is guaranteed.

## 4 Corners Cultural Festival (4CCF)-every September

Be part of an annual cultural celebration 'Four Corners Cultural Festival' every September. This event is staged at Haydom Cultural Centre; bringing together the four main languages groups. Hosted in the rural Tanzania, the event provides rural population and visitors with an opportunity to integrate with various exhibitors while celebrating their cultural values including traditional artifacts shows, traditional dance performances and competitions, cultural film shows and various traditional sports of Datoga, Hadzabe, Iraqw, Nyiramba and Nyisanzu tribes.

## Where to stay:

There are several guest houses within and around Haydom town and one Hostel within the Haydom Lutheran Hospital compound. Camping at Haydom Cultural Centre and in villages during multi-days safaris can be organized on request. Homestay programme is also one of interesting experience in Haydom where a local family will host you for a number of days.

## Getting there:

Haydom is accessible by hired charter to Haydom airstrip and road transport. One can catch daily local buses/land cruisers from Arusha (290km), Karatu (150km), Babati (120 km), Singida (96 km) and Mbulu (90km).

## For further information & bookings, please contact:

Programme Co-ordinator,

P. O. Box 9002,

Haydom - Manyara

Tel: + 255 784238225 / + 255 762395424

E-mail: [programs@4ccp.org](mailto:programs@4ccp.org) or [tamasha@4ccp.org](mailto:tamasha@4ccp.org)

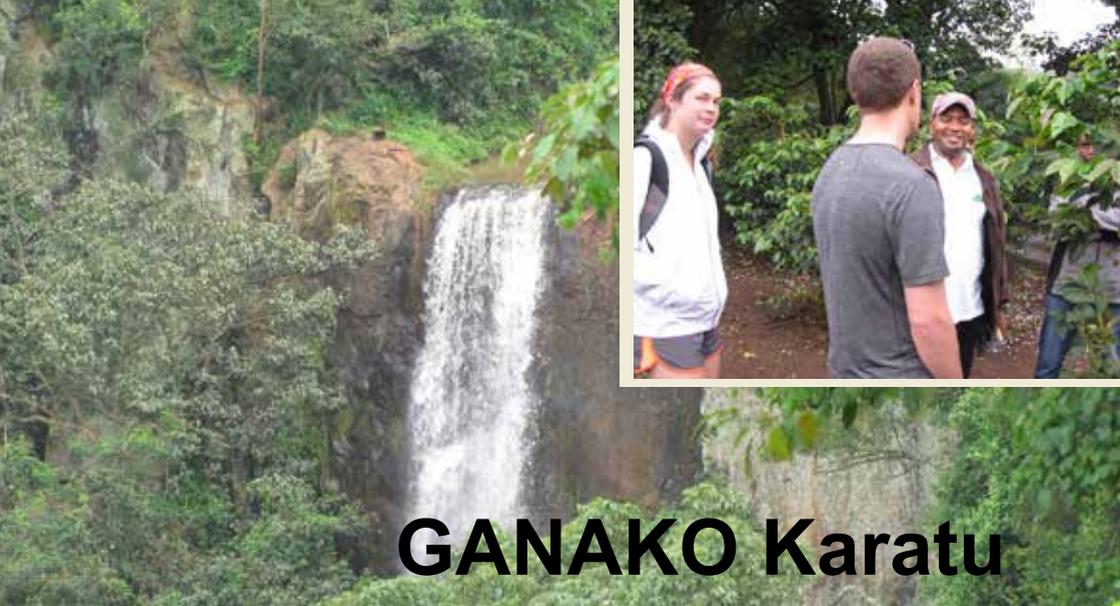
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Website: [www.4ccp.org](http://www.4ccp.org)



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# GANAKO Karatu

Ganako-Karatu is situated on the way from Arusha to the national parks in northern Tanzania, just on the lower slopes of Ngorongoro highlands outside the Ngorongoro and Serengeti, it is an important resting place for most safari travellers.

A visit to Ganako-Karatu includes the following:

- A walk through the Ngorongoro highland forest
- A visit to coffee plantations to enjoy the pure taste of African coffee
- A view into the culture of the Iraqw tribe in the villages surrounding Karatu
- A visit to the colourful Iraqw market on the seventh day of each month
- A visit to the historic and ritual sites (German Colonial Settlements)
- A visit to a community development project that aims at improving the living conditions through income generating and environmental conservation
- A lunch of traditional Tanzanian food and local processed drinks
- A visit to Lake Eyasi to meet the Hadzabe Bushmen, people who are believed to have lived in the area for nearly 10,000 years
- A stay with an Iraqw family to enjoy their food and their unique lifestyle

There are various tour options available:

Half day walking tours from Karatu Walk through farmlands and forests on the lower slopes of the highlands, and visit a local brick-making factory before proceeding to the Iraqw bomas, for more information and history.

Visit the Elephant Cave and Waterfall. This hike is popular with bird watchers and those interested in the flora and fauna of his part of the Great Rift Valley. Enjoy a delicious, home-cooked meal prepared by a local woman. Over lunch, hear the

history of the Rift Valley highland settlement.

Tour around Karatu town-Starting from the Centre, the tour takes you through the town to observe economic activities like local markets, shops, small industries, schools, dispensaries, churches, mosques, orphanage centres and environmental centres. See how local brew is made.

### **Full day hikes from Karatu**

#### **Snake Hill tour**

This trip includes a climb to the top of Mlima Nyoka (Snake Hill) which is abundant in birdlife, flora and small fauna. From the top of the hill, one can enjoy spectacular views, with Lake Manyara on the eastern side and Lake Eyasi to the west. The walk back to Karatu passes through Lambo village to observe the daily social activities.

#### **Oldean Village tour**

The guide will take you to Oldean village, a historic German settlement. Pass through Mama India Centre where you can observe different social project activities.

#### **Rift Valley tour**

During this hike of the Rift Valley, the guide will tell you fascinating stories and the traditions of the residents. This walk takes you along the Rift Valley with panoramic views over

the Salela plains and Lake Manyara. Descend to the valley floor and return to meet with and talk to local fruit, cassava and sweet potato farmers about their irrigation scheme.

#### **Lake Eyasi tour**

Drive to visit the Hadzabe Bushmen who are believed to have lived in the area for nearly 10,000 years. The Hadzabe are the last of the hunter/gatherer tribes. You will be able to observe their daily lives and even join the men in hunting.

#### **Other tours**

Extended village stays, camping and hiking inside the NCA itself, ornithological, botanical and other specialised treks can be arranged on request. Bicycles can be hired for the day.

- You can also choose to volunteer in their Conservation programmes, education in various primary & secondary schools around Karatu and the rest of Ngorongoro Conservation Area

Getting there: From Arusha, several buses go to Karatu. Duration to reach is 3 hours by bus and 2 1/2 hours by private car. (Income from tourist visits will be used to support the development project through the non-profit company-Karatu Culture, Environmental and Health Organisation KCEHO.)

For further information contact:

Tel: +255 787 451162 / 767 612980 | Email: ganaculturaltour@yahoo.com

Find us on:  [www.facebook.com/www.kcecho.org/](http://www.facebook.com/www.kcecho.org/)



# IFULONG CULTURAL TOURISM

## **'Authentic cultural experience, far from the crowd'**

We the people of Njoro and Poli villages are pleased to welcome visitors to experience real African rural life through:

- A guided Cultural Village walking tour
- A banana experience tour
- A coffee experience tour (Farm tour and traditional coffee processing)
- A hike to Rumale hill
- A bird watching experience with locals
- A hike to Nkwerangya and Kirundumin waterfalls
- A glance view of Wa-meru culture and history
- A visit to Nringaringa: epicenter of Meru culture and traditional administration
- A home-stay experience with local families
- A farm experience
- A traditional African dishes cooking experience/ lessons
- Barbeque and story telling

## **HALF DAY TOURS:**

There are three options for visitors who will spend 2-4 hours in our village;

### **1: Njoro Village Cultural Walk (2-4 hours)**

Our walking guided cultural tour will take you through narrow paths between coffee & banana farms on the green slopes of Mount Meru where history and culture of Meru people will be explained. Learn day-to-day life of the local people by visiting their local homes, local beer and wine sites, waterfalls, local schools, health



centres, Nringaringa Meru tribe traditional site and a tree nursery. Submerge yourself into local way of life and take a cool swim at our natural swimming pool in one of the waterfalls.

### **2: Coffee experience (2-3 hours)**

The tour starts with a farm visit to see and learn how farmers plant coffee tree, care the tree at different stages until they pick ripe cherries. After the farm experience, visitors will learn different steps it takes to dry, roast, grind and then make a personal cup of coffee to taste with friends and the host family/local farmers

### **3: Waterfalls tour (2-3 hours)**

This two hours guided tour will take visitors through rural village foot trails, coffee and banana farms, down to the scenic river banks of Uriro river, with tropical vegetation and various bird species & primates. Visitors will proceed to the waterfall where one can view magnificent rock formations and thundering water.

### **4: Banana Experience/tour (2-3 hours)**

This tour will take visitors to a banana farm to learn how banana trees are planted; identify various varieties and species of banana grown on slopes of Mount Meru & Kilimanjaro. After the farm experience, visitors will see and learn how different varieties of bananas are used. This session will take visitors to learn how banana wine and beer is locally produced and learn how local people preserve bananas for various future uses. The tour ends with sampling various banana dishes

### **5: Village Cycling Tour**

Cycling is one of the best ways to explore beautiful African cultural landscapes. Our cycling tours takes visitors through local farms where they learn home-garden farming agricultural heritage system, traditional village life, coffee and banana farms, local schools, health centres, old churches, Meru tribe Nringaringa cultural site and closer to some of beautiful and simple waterfalls of the area. This tour takes 2 - 4 hours

A plus is leaving behind the Safari jeep- and then experience the sense of freedom and a personal control of the adventure. We organize full day and multiple days cycling tours around Mount Meru areas on request

*Please note that: The above tour options can be combined for a full day experience or two days with a night in a local family or village camping.*

### **FULL DAY TOURS**

#### **Full Day Ifulony Village Experience (5-7 hours)**

The tour will take our visitors through various beautiful farms of coffee & bananas, historical site of Nringaringa referred by locals as a cultural melting

pot for Meru tribe, visit to waterfall, local families, local beer processing sites, Old churches, visit to local schools, health centres and pottery making women group. While in the village visitors will have a chance to enjoy with a local family a traditional African lunch.

### **OVERNIGHT PROGRAM**

Our programme organizes for afternoon half day tours, overnight in homestay arrangement with a local family or camping where tents are offered at affordable prices. In the evening various entertainments will be provided including story telling around a big fire, learn about the stars/ astronomy and participate in barbeque preparations or traditional dance and music

### **TWO DAYS/ONE NIGHT TOURS**

After a Full day Ifulong Village experience tour, the next day after breakfast your guide will take you on a walk to the top of Shimbumbu hill to enjoy the magnificent views of Mount Meru, Lake Duluti Caldera and Arusha town, then departure through Tengeru. On the way visitors will explore an old local Nsungu Market, Makitengo waterfall and canyons of the river. Visitors will also get a chance to learn how local barbeque, beers /wines are prepared. Get to test one of the finest local wines and beers in rural Africa and enjoy a traditionally made barbeque For the visitors who overnight in the village, the evening time is a good time to enjoy sports with youth groups, visit a local bar for refreshing local beer & wine or get a cup of tea/coffee while relaxing at your host family

### **Mount Meru Village Full Day Hiking (4-6 hours)**

The takes visitors through hilly rural villages on the southern green slopes of Mount Meru. The tour will combine visiting local coffee farms along the way, local beer preparation sites, waterfalls and scenic views of the surrounding villages, hills, the Kilimanjaro peaks and crater lakes found on slopes of Mount Meru. Up-hill hiking will take visitors to 1,800m above the sea level, learn the history and mystery of the local mountain farmers, watch the birds and visit local schools along the way to Seela village. After a hot traditional lunch/packed lunch, the tour will continue through lush green narrow foot paths and immerse yourself in one of the natural waterfalls and swimming pools after a local wine and beer tasting experience

### **Seela - Shimbumbu hill hiking (4-6 hours)**

The tour starts at Poli Barazani historical site and then proceeds to Seela market. Visitors will get a chance to visit little treasures of our village 'Makitengo Waterfalls' and natural river canyon before turning South on hilly slopes of Shimbumbu

hill. Hike to the roof of Shimbumbu hill village that stands at 1520m above sea level and enjoy sweeping views of the scenic landscape around including the Mount Meru, Lake Duluti (caldera lake) and the Kilimanjaro's peaks. Here visitors will learn how Meru tribe practice traditional agriculture on the mountain slopes. Walk back to Seela village for traditional hot lunch and then take a cool swim in a natural pool after a local beer preparation and testing experience

**Extra interesting activities:**

- Learn Swahili with your guide and local host family
- Get your hair braided
- Visit community development projects
- FIT for Kili Program: We organize professional Mount Kilimanjaro trekking training and acclimatization program for our esteemed visitors. Come and join our team of professionals for a 1 or 5 days long program. Every climber regardless of experience do found our training educative and enjoyable. The program involves intensive hiking around the hilly slopes of mount Meru up to 1,800 m. a.s.l and can also include Mount Meru trekking for 3 to 4 days depending on your request and level of training you want.

**WHERE TO STAY:**

There are two options for accommodation in our Village, one is camping on a family camp ground that can accommodate up to 30 pax and the other one is a homestay where different families can accommodate visitors for a couple of days. However, there are several hotels/lodges and guest houses in the towns of Tengeru (6kms away), Usa river (7kms away) and Arusha town (20kms away)

**GETTING THERE:**

There are daily commuters that ply the way between Arusha and Usa river. Get out at Someli and walk north towards Mount Meru for 30-40 minutes to Poli Barazani where our local home office is located. Our village is located alongside Arusha-Moshi highway, 25 kms from Kilimanjaro International Airport (KIA)



**For bookings and further information;  
Contact Tanzania Tourist Board or our Tour  
Coordinator**

**Ifulong Cultural Tourism Enterprise  
Hotline: + 255 762012006**

**E-mail: ifulongculturaltours@gmail.com /  
emekutz@yahoo.com**

**Visit: www.arushaculturaltours.com**

Find us on:  [www.facebook.com/IfulongCTE](https://www.facebook.com/IfulongCTE)



# IKOMA

Ikoma cultural tourism is situated on the western side of Serengeti National Park 90 Km from Ikoma gate. Get an insight into Ikoma life.

We people of Ikoma offer the following to our esteemed visitors;

- Visit to Waikoma bomas
- Visit to Ikoma cultural centre
- Traditional Dance of the Ikoma tribe
- Stay with Waikoma family to enjoy traditional food and explore their life style
- Participate in traditional events and ceremonies
- Visit community development

project, local schools and health centre's found in the areas. See how people struggling to overcome the big human enemy disease.

- Farm tour whereby you will see people practicing different forms of agriculture

**Tour options:**

**Ikoma Tribe Cultural Tour & Nyichoka hill hiking (2-3 hour)**

After a warm welcome at the Ikoma Cultural Centre, a round tour in the Ikoma Cultural Museum will give you an insight of the History of the people and their way of life. Get to know their origin and their daily activities that originated from hunting and gathering along the

Serengeti migration. A tour of a short hike to Nyichoka hill will take you to a panoramic view of the village. On the way up, get to know different species of trees and animals which are found in the area and how local people use them. An entertainment by Ikoma traditional dancers is guaranteed to visitors on request

### **Ikoma Boma tour (1-3 hours)**

Visit Ikoma bomas and see the life style of this tribe, you can see how they prepare their food also you will have a story teller narrating a very interesting traditional history of Ikoma people.

### **Farm Tour (2-4 hrs)**

Visit the village farmers, the guide will be explaining different methods of farming practiced by Ikoma people and show other economic activities practiced such as beekeeping and environmental conservation initiatives.

### **Herding Tour (2 hours)**

The tour is conducted in different areas at different seasons of the year due to livestock pasture rotation. One will get to visit the Ikoma people herding cattle & goats where an opportunity to learn livestock keeping and ways to look for nice pastures around is guaranteed. Visitors will get to see and appreciate division of labor amongst family members in taking care of the livestock which is the main Ikoma people economic base. The tour is done in the evening or morning hours from the time cattle & goats are about to get out or back into a boma where milking activities

and herding cattle and goats in their respective pastures or kraals takes place. The visit will give you a chance to see how the Ikoma Milk their cows as this practice is performed daily in the morning and evening.

### **Traditional Dance (30minutes-1hour)**

The energetic Waikoma traditional dance will give you an insight into Waikoma culture by their captivating songs and dancing. You can experience and even participate in variety of dances symbolizing various occasions and traditional events such as marriage ceremony, Dance for bride price giving, birth of first born, dance when preparing their food, warriors and victory celebrations

### **Traditional fire making**

Be part of the energetic Waikoma tribe fire making event using a stick and a log (hard and soft wood). Lead the process and learn the local ways of fire making.

### **Volunteer Programme**

Ikoma community receives volunteers who are interested to work in health, community development, education and art training. If interested, please let us know soon so that we can arrange a wonderful volunteering experience for you.

### **Community development projects (school and Health centres)**

Visit a local school where you can interact with the students and teachers. Arrangements are made to allow maximum interaction with students where you can exchange



and learn from each other / play various games.

### **Scholarship project**

Ikoma Cultural Tourism has been sponsoring children from poor families for primary and secondary education. The portion of the tour fees have been a main source of the funds to run this sponsorship project. Your visit to Ikoma makes a great contribution to poverty reduction and education improvement for local people.

### **Where to stay;**

The only accommodation facility available is the Ikoma Cultural Centre Hostel with 4 rooms and a homestay with 2 rooms in Ikoma Cultural Centre located in Nyichoka village. There is a number of guest houses and hotels which are available within and around Mugumu town (30 minutes drive). Camping ground is available where visitors use their own camping equipments. There is an option for overnight stay in one of the families in village.

The programme coordinator or our tour guides can make arrangements for home-stays and overnights in local guest houses, hotels and lodges when making a cultural expedition of several days within and around Ikoma area.

### **Tour Guides: -**

The guides of the Cultural Tourism Programme are indigenous of Ikoma area who speaks English and have experience in tour guiding in the area. The guides are very charming and will accompany you in various sites and activities of your interest.

Bookings for various excursions and tours can be made at Tanzania Tourist Board Tourist Information offices of Arusha and Dar- es -Salaam or through your tour operator/lodge/hotel. Direct bookings are also possible through contacts provided below.

Getting there:

Ikoma cultural centre is located in western Serengeti about 90km from Ikoma gate of Serengeti National Park.

For further information contact:

Tel: +255 (0)786 295932 or +255 (0)786 541815

Email: nurumaro@yahoo.com



## ILKIDING'A

The village of Ilkiding'a at the foot of Mt. Meru, where the sounds of rivers, birds and people are in harmony, offer a view into the culture of the Wa-arusha tribe.

The following tours are on offer:

- A visit to a local traditionally built household to get an idea of how an extended family lives together
- Traditional dancing: We can bring the dance to you or you can bring the people to the dance.
- A walk through coffee plantations and open fields where potatoes, cabbages, maize, beans and other cash crops are cultivated by the villagers.
- A visit to a traditional healer, who is ready to answer all your questions and give advice if needed
- A visit to the Craftsmen.
- A visit to the primary school where money generated from tourism as Development Fees is used to rehabilitate the school
- The pleasure of impressive viewpoints overlooking Arusha town, hiking along narrow footpaths, crossing a canyon and climbing small hills. You can take a half day tour, full day tour or a 3 day south-west Meru cultural hike. A fourth option is an 8-hour walking trip from Arusha to the starting point, where you connect with the full day tour.

### Half day tour

This includes a visit to Sembeo's Boma where you get a glimpse of village life. Thereon, walk through fields of crops, visit a traditional healer, head to the Njeche Canyon and end with a traditional meal at the Mainyoito Women's Group.

### Full day tour

This includes a trail through the fields, a visit to Sembeo's Boma and crossing the Ngarenaro river to reach Leloto viewpoint. Head to the Maasai Craftsmen Group and end the tour with a traditional meal at the Mainyoito Women's Group.

3 day hike On the first day, walk uphill

to Sembeo's Boma. Cross Ngarenaro river and walk through Milkhasi Forest to Timbolo to spend the night. Next day, cross the Ngareolmotonyi river and walk uphill to Olkokola and further on to Ilkurot to spend the night. On the third day, walk to Muklat and Ngaramtoni for the weekly Maasai market. After lunch, walk or drive back to Arusha.

Getting there: Ilkiding'a village lies 7 km north of Arusha town, a 20-minute drive. At Mianzini junction, cars can be hired. Walking is also possible but it will take you 2 hours to reach the starting point of the tour. (Income from tourist visits will be used to improve the primary school.)

For further information contact:

Ilkiding'a CTP

M: +255 732978570 | +255 713520264 | +255 757520264  
+255 784 520 264 | +255 767332005

E-mail: [info@ilkidinga.com](mailto:info@ilkidinga.com) / [enmasarie@yahoo.com](mailto:enmasarie@yahoo.com)  
[www.ilkidinga.com](http://www.ilkidinga.com)

Find us on:  [www.facebook.com/Ilkidinga](https://www.facebook.com/Ilkidinga)





**Ilkurot is situated about 20 km west of Arusha town.**

## **ILKUROT**

The following is on offer under this programme:

- A visit to a Maasai boma to see the traditional houses and lifestyle of the Maasai
- A visit to a Maasai holy tree where the Maasai offer sacrifices as part of rituals
- A traditional Maasai meal prepared by Maasai ladies. Delicacies include 'nyama choma' or barbecued meat, green vegetables, herbal tea, coffee, fresh milk, cassava, sweet potato, bread, eggs and fruits.
- A five-day safari, during which you can hire a camel or donkey to view animals-giraffe, zebra, rabbit, hyena, Thomson's gazelle and dik dik - and birds and watch the Maasai graze their cattle in scenic pastures.
- Watching Maasai dances, groups of artisans and their handicrafts, traditional healers and bee-keepers
- A visit to the Kilimamoto crater, Ngorora hill, waterfalls, valleys and Mt. Meru.



- Getting familiar with Swahili and Maasai terminology
- Talks with local society members
- A visit to a Maasai women's handicraft group that makes ornaments from beads and natural products.

Tours at Ilkurot can be divided into three excursion categories:

1. Half day walking tour
2. Full day walking tour
3. Three or five day walking safari

The visitor can choose any of the above options.

(Note: Those wishing to stay overnight need to bring or hire camping equipment.)

Getting there: From Arusha, there are several public buses to Ngaramtoni.

From there, take another bus to Oldonyo Sambu; on the way, get off at 'Sitau' and look out for the 'Ilkurot' signboard. (Income from tourist visits will be used to support the Ilkurot community and the preservation of the Maasai culture).

**For further information contact:**  
**Tel: +255 784 459296 / 713 332005**  
**E-mail: [kinyorilomon@yahoo.com](mailto:kinyorilomon@yahoo.com)**



# KARATU - Iraqw

The group was established as Sandemu Iraqw Art and Culture Promoters in the year 2000 in Bashay village of Karatu district, Arusha region. This group has built a show centre to display the traditional culture of the Iraqw people.

The Iraqw is the main ethnic group living in Karatu and Mbulu districts. They also live in Babati and Hanang districts.

Their objective is to compile for posterity, a record of the lifestyle, traditions, history and culture of the Iraqw people, and also to involve and benefit local people in cultural tourism, thereby disseminating information and knowledge of the ancient traditions to the world.

The following is on offer:

- Walking tours in the villages, mountains and bush, organised according to the interests of the visitors, and vary from several hours to several days (Walking tours can be extended to include the Hadzabe and Datogan in Lake Eyasi.)
- Visits to development projects schools, dispensaries, hospitals, historical sites like German and British settlements, coffee plantations, and graves in Oldeani on the rim of the Oldeani mountain and Ngorongoro Crater.
- Traditional Iraqw meals - ugali (stiff porridge) with meat, vegetables, milk, fresh honey, kande (maize and beans) and more.



- Camping in rural and natural traditional environment or stays in Iraqw traditional houses
- Displays of traditional wares - weapons, garments, gourds, baskets, mats, day pots and stone tools; some of the items are for sale and others are part of a permanent collection.

**Getting there:** The Centre in Bashay village, Karatu, is about 155 km from Arusha town (to the west) 7 km from Karatu town (to the west) and 1½ km from the main road to the south of Arusha-Ngorongoro tarmac road. Karatu town is easily reachable by public bus from Arusha (3 hours) or by private car (2 hours). From Karatu town to the Centre (about 7 km), local buses are available.



(Income from tourist visits will be shared between group members, performers and artisans. Additional contributions will help to collect, preserve, promote and develop the culture. Part of it will go to help the community development in the village).



For further information contact  
Tel: +255 27 2534556

Cell: +255 754 341710, +255 755 063642

E-mail: [sandemutraditional@yahoo.com](mailto:sandemutraditional@yahoo.com)

Website: [www.geocities.com/sandemutraditional](http://www.geocities.com/sandemutraditional)

# KILIMAN CULTURAL TOURISM



## *'Explore one of the greatest Coffee Cultural Landscapes of Africa'*

The Kiliman Cultural Tourism initiative was established for the purpose of bringing visitors close to local coffee farmers who lives on the slopes of the majestic Mount Kilimanjaro **'the roof of Africa'**. Forming one of the most important Coffee Cultural Landscapes of Africa, the villages of Uru Kaskazini ward lies in an area with incomparable natural beauty. The landscapes' Coffee growers and their Kilimanjaro Native Co-operative Union (KNCU) have survived some decades producing one of the finest Arabica coffees on planet Earth highly praised for its aroma and great taste. Their way of life and Kihamba Chagga Home-garden agricultural heritage system has highly supported the ecosystem integrity of their home villages and the UNESCO's world heritage site **'The Kilimanjaro National Park'**.

### **Chagga Historical Hike (2-3 hours)**

You will hike on the slopes of Mount Kilimanjaro through great valleys with steep and gentle slopes. Listen to stories about their long history of farming around the area, how they practice Chagga home-garden farming system, traditional irrigation canals, cattle husbandry and how they adapt to today's global environmental challenges. In this village, there are numerous massive underground tunnels where Chagga people with their livestock used to hide during inter-tribal wars with local neighboring tribes like the Maasai. Your guide will take you in this adventure after a glance view of Chagga traditional hut.

### **Cultural Village Walk (2-3 hours)**

Our Chagga village is truly green where almost all villagers are traditional farmers. On your walk, you will spend part of your time learning about the local people's way of life and enjoy the natural beauty of the mountain slopes and river valleys. The tour will involve visiting a local family, local market, local beer brewing sites and a primary or secondary school

The highlights for the cultural experience in the area are;

- Kilimanjaro Coffee tour
- Chagga historical hike
- Cultural Village Walk
- Banana tour
- Nature Walk

### **Coffee tour (2-3 hours)**

Through our **'Kahawa Shambani-Africa Initiative'** our local tour guides shows visitors how coffee beans are grown, picked, grinded and roasted. You will walk through a traditional Chagga village and visit coffee plantations. In this community-run venture one will get an insight into the lives of the Chagga coffee farmers who live on Kilimanjaro's lower slopes. Get to know the history of the local people, their co-operative union and how they do fair-trade. One will have a chance to grind, roast and make own fresh cup of coffee. Meals with local families can be arranged, as part of the experience during the tour.



### **Nature Walk (2-3 hours)**

You will experience the natural beauty of our village and the mountain forest on foot. The village is blessed with all the beauty worth visiting for holiday, weekend outing or vacation. While in the village, scenic view of Moshi town and Mount Kilimanjaro is incredible. Our local Tour Guide will take you on trail that goes along the Kilimanjaro National Park a place full of green vegetation and fresh air.

### **Banana Tour (2-3hours)**

A tour takes visitors deep into Chagga Home Garden Agricultural Heritage system experience. Our village local farmers/tour guides will explain what it takes in practicing the banana farming on mountainous areas. Get to know the uses of different varieties of Banana grown around Kilimanjaro area. Learn how various Banana beers and wines are locally processed by local brewers. Meals at local families can be arranged. Part of the meal will include banana prepared in different styles.

### **Value of your visit**

Your visit is highly valued by local coffee farmers as it provides them with additional income and creates an important standing bridge between coffee consumers and the producers. Money accrued through this enterprise supports local families with meals, clothes, school fees and furnishes development projects accessed by all community members.

### **Places to stay**

Visitors spend their night in a well maintained campsite with all the necessary facilities. We provide camping gears and offer full board camping arrangements. There are opportunities to stay with local families in special arrangements. Our homestay programme is one of the best in the region and it provides a great opportunity to visitors to interact with local host families.

### **Getting there**

Our local guides can pick you in any hotel in Moshi town/from Kilimanjaro International Airport. There are local commuters that ply the way between Moshi and Uru. From here one will walk for 10 minutes to Kiliman Cultural Tourism Enterprise office.



For further information & booking:  
Contact the Tour Coordinator through;  
E-mail: [info@kilimanculturaltourism.com](mailto:info@kilimanculturaltourism.com)  
Hotline: +255 (0) 765 143 737 or +255 782 324 121  
Website: [www.kilimanculturaltourism.com](http://www.kilimanculturaltourism.com)

Find us on: [www.facebook.com/kilimancultural](https://www.facebook.com/kilimancultural)  
[www.linkedin.com/in/kilimanculturaltourism-25543792](https://www.linkedin.com/in/kilimanculturaltourism-25543792)



# Kilwa Island Cultural Tourism



Welcome to Kilwa Kisiwani and Songo Mnara ruins which are UNESCO's World Heritage sites which was once the East Africa trading city port linking Mwanamutapa Kingdom (Zimbabwe) with Middle East, Persia, Indonesia and China. The cultural influence of all these communities can be witnessed at Kilwa today. Kilwa is located 300Km South of Dar-es-salaam.

We youth and elders of Kilwa offer the following activities to our esteemed visitors;

- A cultural insight of the Swahili coast culture
- Dhow boat trip around Kilwa Island
- Kilwa historical tour
- Tung'ande caves tour
- Salt farm tour
- Traditional fishing experience
- Hippo pool tour
- Bird watching
- Cycling tours
- Canoeing safari
- Mangrove forest tour
- Beach experience
- Snorkelling experience
- Participate in festivals of Kilwa Community

## Half day tour options:

### Option 1:

On the Island of Kilwa Kisiwani and Songo Mnara visitors can explore the ancient palaces, mosques, sultan's burial sites and forts ruins. The ruins depict German, Indian, English and Arabic architecture, the slave market, slave prison and the loading bay for slaves. On a half day, visitors can proceed to Old port, a slaves hanging tree, salt farm and hippo pool

### Option 2:

Visitors can opt to explore the area using local canoe where traditional fishing can be practiced and get magnificent view of Kilwa ruins from the ocean. While

canoeing near the Mangrove forest try to explore water birds, Kingfishers and many other bird species found in the area. Proceed to Salt farm and learn how locals harvest salt from the Indian Ocean water. After your half day tour, relax and take a delicious local lunch with locals. Remember, this is a home of Sea foods.

## Full Day Tour:

- You will visit the ruins and the local fishing village where you will freely interact with local people and then proceed to the hippo pool for watching hippos and birds. Canoe down the Indian Ocean to get a nice view for the Kilwa Island decorated by Mangroves, Coconut, palm trees and the ruins that will take your memories back to explorer's time. Learn local ways of timing and locating fish do the actual local fishing and try to catch a fish that will be prepared for your lunch or dinner. You are on the border of the Indian Ocean, take part of your time to enjoy the breeze on the fine white sand beach

## Multiple days tour in Kilwa:

Kilwa can be explored for a number of ways. There are diverse activities that can take up to 7 well planned days or more. A visit to Kilwa can be combined with safari to Tanzania. Local guides of Kilwa and tour operators can help visitors to craft itineraries that combine Kilwa with Selous Game Reserve, Uluguru Mountains, various Marine Parks of Indian Ocean, Mikumi National Park and the rest of other popular attractions found in Southern Tanzania

## Getting there:

Kilwa Island Cultural Tourism Enterprise is located in Lindi region 300 Kms South of Dar-es-Salaam. One can board daily buses leaving Dar-es-Salaam (Mbagala Rangi Tatu) to Kilwa Masoko. The travel takes 4 to 5 hours

Flight options are available by local charters that can take you from Zanzibar, Kilimanjaro, Dar-es-salaam and Arusha. You can also access Kilwa by boat from Mafia and by road from Selous Game Reserve via Liwale route or Kibiti road.

For Further information contact:

Tanzania Tourist Board or  
Kilwa Island Tourist Information Office

Tel: + 255 (0) 715 463 029

E-mail: [kilwatour@gmail.com](mailto:kilwatour@gmail.com)

[www.kilwatourism.com](http://www.kilwatourism.com)



Find us on: [www.facebook.com/Kilwa-Islands-Tour-1173814515980428](https://www.facebook.com/Kilwa-Islands-Tour-1173814515980428)

# KIOGA CULTURAL TOURISM ENTERPRISE

Kioga Cultural Tourism is located in Oloigeruno village 6km north of Arusha town on the slopes of Mt. Meru. It takes only 1hour walk or a 20 minutes drive to get there. This magical village is a home of Waarusha tribe who originated from the Ilarusa Maasai Clan. The village is full of cultural and natural beauty awaiting visitors to explore with ease access from the city.

The people of Kioga offer visitors the following tours;:

- Village cultural walk
- Coffee experience
- Visits to local Waarusha/Maasai bomas
- Hiking to the Themi valley Waterfalls
- Mountain biking
- Local Farm tour
- Mount Meru forest walk
- Visit to Maasai Local Place of Worshiping
- Hike to the impressive panoramic view point

## PACKAGES

**PACKAGE A:** Village walking tour, coffee experience, visits to Maasai bomas, worshipping place and view point

The tour starts at Sawe Family briefing area where visitors will be introduced to the biogas system and Ilarusa maasai zero grazing system in their village. Visit a coffee farm and learn how coffee is locally blended. Participate in roasting, grinding to making your own fresh cup of coffee. Take a hike to Oldonyosapuk view point for panoramic views of Arusha City beyond the scenic vegetations at the village. Learn the culture by visiting local families to learn about their lifestyle and daily home-based activities.

**PACKAGE B:** Themi waterfalls, Picnic Lunch +Package 'A' above

Visitors will enjoy the scenic views of Themi river bank with its tropical vegetation which is a home to tropical primates and colorful birds. The waterfall is a great place to relax off the beaten track where visitors can enjoy swimming, and a soft breeze from the river. Have

your lunch by the waterfall while the forest birds and wild insects sing softly under the shades of trees.

**PACKAGE C:** Walking Safari, Oldonyo Sapuk viewpoint, Picknick lunch

Visitors will spend a day trekking the village to Oldonyosapuk viewpoint and later on trek to Themi waterfall for picnic lunch and scenic views.

**PACKAGE D:** Mountain biking

Visitors will spend time biking through village areas, Meru forest reserve which is a natural forest full of endemic floral species, birds, colobus monkeys and magical views. The biking can be extended upon request to Oldonyo Sambu , a typical maasai village located 25 km away from Arusha or to Meserani snake park.

**PACKAGE E:** Homestay programme/ Overnight camping

Visitors can spend an overnight in the village with a local family or in our camping grounds depending on their comfort ability. Camping gears, water and toilet is available for campers. Upon your request we can organize a multiple days stay in our village for a better cultural experience.

## Getting there:

Visitors can easily reach Kioga cultural Tourism Enterprise using daladalas from Arusha bus stand to Sanawari Ya Juu or by private transport arranged via the programme.

## Available Accommodation:

Visitors can spend a night in our homestay or camping described in 'package E' above. Alternatively, a number of hotels are found in Arusha city which are easily accessible from the village.

For Booking please contact:

Direct Call:

Kioga Cultural Tourism Enterprise

Mobile: +255 754 476 903

Email: farajameliri40@yahoo.co.uk



Find us on: [www.facebook.com/kiogacte](http://www.facebook.com/kiogacte)





# KISANGARA

Visit the Kisangara Cultural tourism site 62 km southeast of Moshi in the shadow of Mount Kilimanjaro and the Pare Mountains. High on the mountains, protected by natural forests, the area is inhabited by the Pare people.

**The following activities are on offer:**

- A visit to workshops involved in carpentry, brick-making and brewing local beer
- A visit to a sisal factory
- Spice tour, cooking traditional dishes, weaving household items and dancing with local women's groups
- Hiking tour up Mount Kindoroko

- A visit to the Lembeni Herbal Hospital
- Nyumba ya Mungu Dam Tour- Bird Watching, Canoeing and local fishing
- A visit to a farming project where you can learn and participate in the various farming technologies Half and full day tours can be organised to suit your passion:

**Half day tours**

1. Carpentry, bricks and beer tour

The tour takes you first to the carpentry workshop where you can participate in the making of various items. From there, visit a brick factory to witness the entire process of brick-

making. Finish with a visit the local beer-brewing unit where the drink is prepared from sugarcane.

### 2. Lembeni Herbal Hospital tour

Talk to doctors and patients and learn about the various herbal medicines used to treat different diseases.

### Full day tours

#### 1. Kindoroko Mountain tour

This hike starts from the Centre and takes you through the lush forest. Ascend to the top for panoramic view of Mount Kilimanjaro. Mount Meru, Lake Jipe and Nyumba ya Mungu dam. Tree planting and a visit to a tree nursery can be included on request.

#### 2. Spice tour

Go to the spice and herbal gardens. Once back at the Centre, participate

in the preparation of a traditional meal flavoured with spices. The meals is followed by a cultural interaction with the villagers and local dances.

#### 3. Nyumba ya Mungu

Drive to the Nyumba ya Mungu (House of God) dam, the electricity power station. Go on a fishing expedition in a local canoe or just walk along the shores to admire the rich birdlife.

Getting there: Kisangara is easily accessible by public transport from Arusha, Moshi and Dar es Salaam. Get off at Kisangara Chini, 12 km south of Mwanga. From here, ask for the people of the Hasha Project. (Income from tourist visits will be used to make primary school desks and thereby improve the quality of education of the local children.)

For further information contact:

Tel: +255 784 347 746 | E-mail: [kisangaracultural@yahoo.com](mailto:kisangaracultural@yahoo.com)



# KISESA CULTURAL TOURISM ENTERPRISE (KICTE)

*'Explore the largest tribe in Tanzania, and the shores of the largest lake in Africa'*

Kisesa Cultural Tourism Enterprise (KICTE) is located 17km from Mwanza city center, the way to the Serengeti National Park. KICTE is where you can meet the largest tribe in Tanzania and experience beautiful shores of the largest lake in Africa, the Lake Victoria. Explore the traditions and natural environment of the Sukuma people and listen to stories about the past regarding slave trade and chiefdom systems as it was practiced in the area

Kisesa Cultural Tourism Enterprise offers the following:-

- o A visit to Community Development projects
  - o A visit to the community traditional healer
  - o Sukuma traditional dance
  - o A visit to Kageye Historical Site
  - o Lake Victoria execution
  - o A visit to Kayenze fishing village
  - o Boat safari to either Bezi or Defu islands in Lake Victoria
  - o Cycling tour to Maghaka Hill
  - o A visit to Bujora Sukuma Museum
  - o A visit to Friday local market or daily morning community market
- ▷ TRADITIONAL HEALER TOUR

## TOUR TO DEVELOPMENT PROJECTS: (1-2 hours)

When in our village, visitors will get an opportunity to visit various development projects and local community schools, health centers and local art group sites. This tour will give our visitors an insight into local culture and daily life of the people.

## TOUR TO TRADITIONAL HEALER: (1-1.5 hours)

A visit to a traditional healer is magnificent. You will witness their doctorial practices and learn how they use different traditional medicines to cure various diseases. It is the same place where you can also see the traditional Sukuma boma and learn how the local people live. Spend part of your glorious time at the home of the traditional healer, listen to stories and learn where they get their Sukuma healing powers.

## TRADITIONAL DANCE OF THE SUKUMA DANCERS (15min-1Hour)

What the Sukuma people like most are their authentic and energetic dances. Be part of the dance by participating with local people in the dance. Sukuma people have different types of dances from the Snake dance to Banungule dance which are the most loved by visitors.

## TOUR TO KAGEYE HISTORICAL SITE (3-5 Hours)

Explore Kageye Historical Site which is home to the graves of the famous and early time explorers who ventured into Africa in those old days. The site keeps the history of slave trade, explorer Stanley as well as cultural heritage properties for the Sukuma culture. The ruins and remaining



graves talks volumes regarding the people, colonialism and to-date cultural heritage.

## KAYENZE VILLAGE-OLD VILLAGE TOUR (2-4 Hours):

A tour to Kayenze fishing village is magical. Visitors will meet local people busy fishing, buying and selling fish in their local fish market. There is a daily local fish market that takes place in the morning hours from 06:00 to 09:00 hours. This village grew in connection with Kageye and its slave trade. From here you can start boat tour to explore the two islands in Lake Victoria. In these islands visitors will see different bird species, get a close-up view into local fishermen villages and enjoy the natural environment around.

### **CYCLING TOUR TO MAGHAKA HILL (1-3 hours)**

Perhaps the best way to explore the Sukuma land is through cycling. Try out to do interesting cycling to Maghaka Hill for a short hike to its roof where the views are magnificent. From the roof of the hill, you will view the beauty of the Sukumaland. Beautiful picnic site is also found on top of the hill where cool wind soothes your sole.

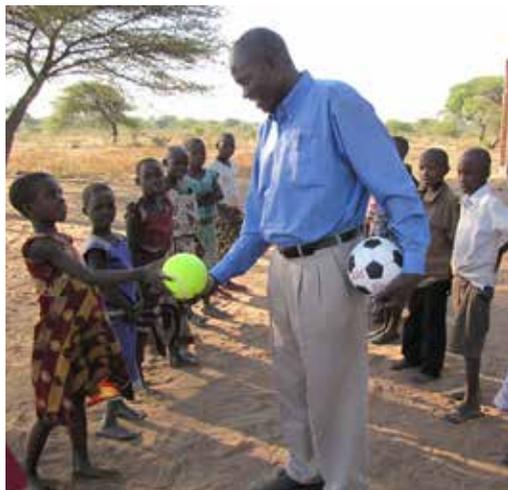
### **WHERE TO STAY:**

Different hotels and lodges are available within and around Kisesa village and Mwanza city. Our local tour guides and the Tour Coordinator can help you with booking

### **GETTING THERE:**

There are regular min buses (Daladala) from Mwanza City Center to Kisesa. You can get them at Kemondo, near Bank of Tanzania (BoT). They are written KISESA– BWIRU; ILEMELA– KISESA or AIRPORT-KISESA. With the bus, land at the end point and then you can follow the signboards, or call the office number so that our local guides can meet you at the 'Dala dala' station. You can also hire a tax from the city center to Kisesa.

Tanzania Tourist Board offices at New Mwanza Hotel provides information and handles bookings for this tour on our behalf



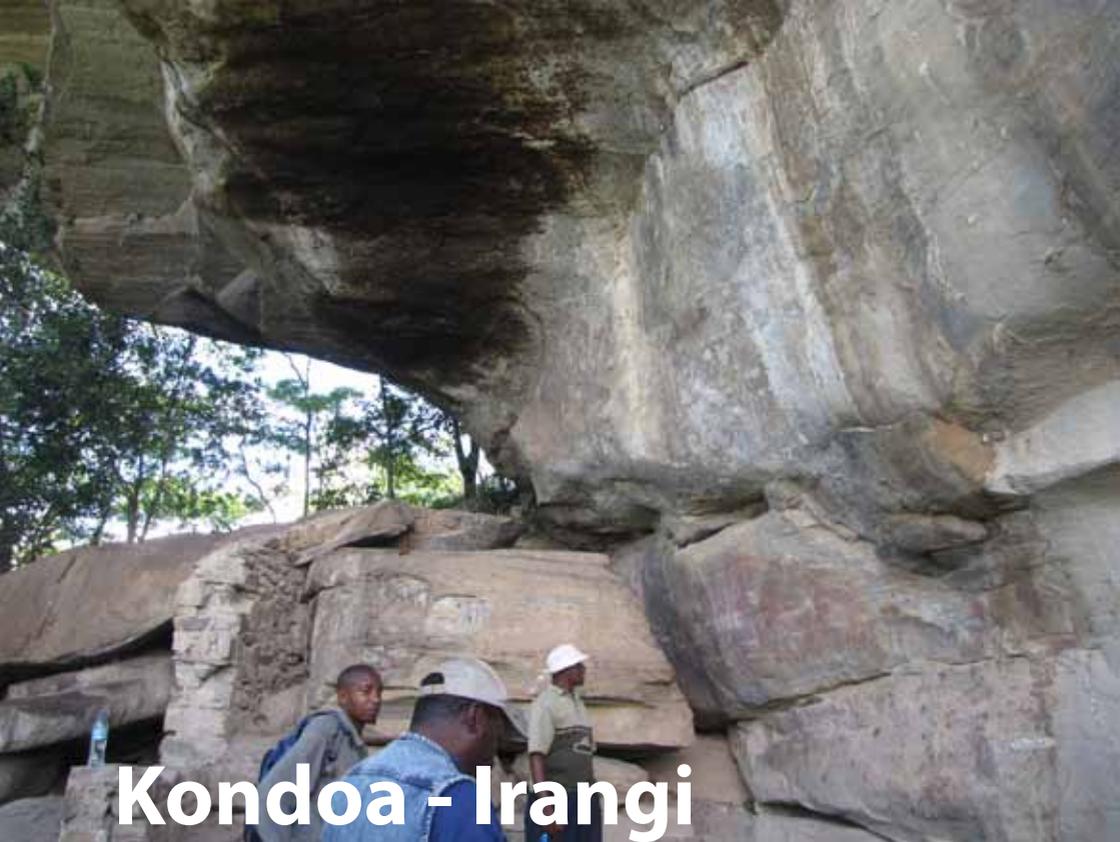
**For bookings & Reservation:**

**Contact the Coordinator**

**Mobile: +255 (0) 757 729816/ 784 754447**

**Email: [kisesaculturalprogram@gmail.com](mailto:kisesaculturalprogram@gmail.com)**

**Website: [www.kisesatourism.org](http://www.kisesatourism.org)**



# Kondoa - Irangi

Welcome to the land of 'Kolo rock paints' a world class historical heritage site, an ancient rock art are remarkable not just for their quantity and quality, but for their astonishing time span, - million years ago. By your spare time you will stay with us for the very unique cultural tour, where you will experience traditional and customs of the local communities, Kondoa is among the oldest District, its set along the famous Road –Great North Road in Dodoma Region, Capital City of Tanzania. There are different tour programmes offered by Kondoa-Irangi Cultural Tourism Programme

**The following are on offer:-**

- Kolo rock paintings tour
- Kolo village walk
- Kondoa town tour
- Cycling tour
- Sandawe semi bushmen tour
- Traditional honey harvesting experience
- A visit to a traditional healer
- Sambwa hill trekking tour

## **Rock Paints Tour (2-5 hrs or several days)**

One will get an experience of exploring the Kolo rock paints and

discover many other rock paint sites in the area. The rock paints are scattered almost all over the Kondoa district. One can arrange to explore the rock paints for up-to five days consecutively. Our local guides knows all the sites to take you and can arrange for your village stay, camping, meals and accommodation during your trip of lifetime in the land of ancient ROCK Paints

### **Royal Village Tour (2-5 hrs)**

Get a chance to stay and interact with the local people explore their lifestyles. Take a walk around Kolo village. This tour will take you to traditional Irangi's homes with traditional houses. Visit Chief Kimolo, a great and long respected leader during German colonial rule. Get to know the history of Irangi traditional leadership and their culture from a story teller of the chief family.

### **Village Biking Tour (2-4hrs)**

On your bike, visit the Sandawe-Semi Bushmen tribe, the "click-language" speaking tribe similar to Hadzabe. Participate on various activities including hunting and gathering. The cycling tour can proceed to Mnenia village where one will explore onion irrigation scheme and get to know about onion farming.

### **Ntomoko water drops tour (Sambwa Hill)**

Trek the Sambwa Hill and visit the amazing water drops and water source for more than 10 villages. A marvelous trek in Sambwa Hill will take visitors to a small spring with hundreds of local beliefs.

### **Kondoa town tour (2-5hours)**

A walking tour starts in the morning to a Reserved Natural forest where supernatural well is located. Get to know the history of the area and local beliefs surrounding the forest. Explore the sacred areas and enjoy your bird watching and herbs found in the forest. Under a great shade one can enjoy a drink or a picnic lunch. Proceed to a traditional meeting point under a Baobab tree where meetings have been held before German colonial rule. On your way down explore the beauty of the Kondoa River. The tour will lead you to the local market and local settlements of the people criss-crossing local pubs and small shopping areas

### **Canoeing at Lake Munguri (2-3 hrs)**

Take a walk to Lake Munguri for your canoeing and interaction with local fishermen experience. Explore the beauty of the lake decorated by waterbirds and the surrounding landscape. Fish with local fishermen and get to know how the local fish market operates.

### **Traditional honey harvesting (1-4 hours)**

From African Killer –Bees, one of great adventure, climbing trees at night and testing fresh honey from sting bees

### **A tour to a traditional healer (2 hrs)**

Walk to the hill side with medicine woman get to know different tree species that cure several diseases



A visit to a traditional healer will mark your day.

### **Where to stay**

There is a number of hotels and guest houses within and around Kondoa area. The programme coordinator can arrange camping experience for you and all other bookings for accommodation.

### **Getting there**

There are daily buses leaving Arusha around 06:00am. Please buy your ticket in advance to be sure of a seat on your way to Kondoa. You can meet our guide at Kolo or come direct to Kondoa town depending on your programme of choice. Kondoa Irangi -Cultural Tourism head office is located opposite to Police post in Kondoa town.

#### **BOOKING AND CONTACTS:**

**KONDOA IRANGI CULTURAL TOURISM PROGRAMME**

**P.O. BOX 421, KONDOA—DODOMA, TANZANIA**

**Mob: +255 [0] 784- 948858, +255 [0] 715 -948858, +255 [0] 754 - 886302**

**Email: [samoracha@yahoo.com](mailto:samoracha@yahoo.com) | [www.tanzaniaculturaltours.com](http://www.tanzaniaculturaltours.com)**

Find us on:



# LIULI-POMONDA RAHA CULTURAL TOURISM

*Come and explore Untouched Piece of Paradise!*

Liuli-Pomonda Cultural Tourism is located on Tanzanian shore of Lake Nyasa (also known as Lake Malawi) in Mbinga district of Ruvuma region. Liuli is the perfect destination on the Southern circuit for complete relaxation and entertainments in the wilderness of Africa. The people of Liuli offer a range of activities to explore the natural beauty and traditional life of the Matengo people of Nyasa. This great place, deep in Africa is legendarily known for its untouched natural beauty and long history.

Tours on offer includes;

- Pomonda rock jumping adventure
- Canoeing at Nyasa
- Livingstone Mountain hiking
- Traditional dances
- Pomonda Raha Eco-Camping
- Traditional cuisines
- Snorkeling in Lake Nyasa

## ***Pomonda Rock Jumping Adventure***

Take an amazing tour to "sphinxheaven" a huge rock in an extraordinary shape and long history commonly known as Pomonda. The rock is 300m away from Liuli bay shoreline and 500m from Pomonda Raha Eco-camp. There are two options on how to get there. One may take a swim or hire a boat to the area. Among the activities performed at



Pomonda rock include adventurous jumping from top to bottom into the crystal clear water of Lake Nyasa. The fall is approximately 15m high. You can decide to have a picnic lunch inside the cave at the rock site. The cave was used by the Germans as a hiding place during World wars and can accommodate about 60 to 100 people. Enjoy legendary tales of Pomonda rock as narrated by your experienced local tour guides born and raised in Liuli.

## ***Lake Nyasa snorkeling (1-4 hours)***

Get something completely different; go for fresh water snorkeling in Lake Nyasa. Its blueness is remarkable for extraordinary number of colorful cichlids. Enjoy abundance of ornamental heart stopping fish in revered 'Lake of stars'. The pristine sandy shores are remarkable for swimming as well as a good number of water sport activities.

## ***Lake Nyasa Canoeing (2-6 hours)***

A ride on Lake Nyasa is one of Tanzania's great journeys. Row to one of the two islands nearby, at the North lies Hongi Island while on the South lies Puulu Island. The Nyasa blueness will provide you with a relaxing sensation, while having a far view of nice untouched beaches, the Livingstone ranges and aquatic life of different fish species along the way. The sunsets at Nyasa are magical providing good photographical scenery.

## ***Livingstone Mountain hiking (5-8 hours)***

Explore the Livingstone ranges in Liuli. The journeys can start by bike from the campsite to the foot of the mountain, then hiking to the top which normally takes about two to three hours to the top. You will have a chance of meeting the Matengo people who cultivates coffee and lives on these mountains; learn their activities and cultural lifestyle which is only one of its kinds. Your local guide can arrange for visitors to have

lunch at the roof top while enjoying a view of the ranges and the lake from above, and if interested can camp for a night.

### **Traditional dance (Upon arrangements)**

Join us in Matengo traditional dances. Special dances are performed by men and women of Matengo. For men will be able to participate in Mganda dance while for women in Kioda dance.

### **Refreshments**

Our cuisine will leave your mouth watery! Everything we prepare for our visitors is FRESH and ORGANIC. Ranging from fish and meat BBQ, salads, Chips, Ugali made from cassava or maize and vegetables will give you a true taste of African dishes. With our well experienced cooks, hygiene is mostly considered and we make sure that our visitors get the best service.

### **Where to stay**

Visitors can stay at our Pomonda Raha Eco-camp which is on the beach front of Lake Nyasa. There are huts with tents of different sizes. We can arrange camping for two people or five people depending on your preference. Enjoy nightly bonfire on the beach and have some BBQ in a cool breeze.

### **Getting there:**

Take a ferry which sails from Itungi port to Mbamba bay, drop at Liuli port. There are two weekly ferries on the Tanzanian side. Normally Mv Songea or Mv Iringa sails from Itungi on Thursday noon and you will arrive at Liuli on Friday around morning hours. Another option can be by bus from Dar-es-salaam-Songea then Songea to Liuli. It takes 8 hours to travel by local buses from Songea to Liuli while by a private vehicle the journey takes 4 hours only.

**For bookings & Reservations:**

**Contact the Coordinator**

**Mobile: +255 (0) 757 723 559**

**Email: [jndomondo@gmail.com](mailto:jndomondo@gmail.com)**

Find us on: [www.facebook.com/PomondaRahaLiuli](https://www.facebook.com/PomondaRahaLiuli)



# LONGIDO

The tour to the extensive plains around Longido mountains, 80 km north of Arusha, features an insight into the traditions of Maasai culture. The lush area is home to rare birds and mammals

The tour includes:

- A nature trail to spot birds
- A climb to the impressive Longido mountain through a dense natural forest
- Walking safari through the Maasai plains an over the slopes of Longido mountain

- A visit to a traditional Maasai Village
- A tour of historical sites dating back to British colonial times

## **Tour options:**

### **Half day tour**

Longido is rich in birdlife. Some of the birds seen in this area are Starling Major, Red and Yellow Barbet, Masked Weaver, silver Bill and Secretary Bird. A birdwalk through the Maasai plains starting from the town of Longido to the bomas of Ol Tepesi allows you to see birds as well as trees and plants used by the locals to make food and medicines. Later, visit a Maasai boma to see the Maasai lifestyle.

### **Full day tour**

Add to the birdwalk, a walking safari



from Ol Tepesi to Kimokouwa along a cattle trail. Gradually climb to an altitude of 1600m to get panoramic views of Mt. Kilimanjaro and Mt. Meru. Descend to Kimokouwa's green valley of wells and nearby historical British graves. On Wednesdays, you can extend your stay by visiting the bustling and colourful cattle market.

Another popular activity for the people with enough time is a four days trekking trip - from Longido to the Big Rock and Kitumbaine, on to Lake Natron. Longido mountain climb

### Day 1

Walk to the campsite of Kimokouwa and go for the full day tour.

### Day 2

Early next morning, follow narrow footpaths through dense natural forests for three hours to reach the beautiful 'dawa ya supu' or medicine soup viewpoint.

Another two hours' climb leads you to the top of Longido mountain to enjoy fantastic view of the other mountains of northern Tanzania. The descent back to the campsite takes about three hours. Finish with a meal with the FARAJA women's group.

**Getting there:** Longido is on the way to Nairobi. Buses or Shared taxis going to Namanga from the Arusha bus stand take 1.5 hours to reach Longido Police Station. Follow the path from here to the co-ordinator's office.

(Income from tourist visits will be used to improve the primary and secondary school classrooms, teachers' houses and water projects.)

For further information contact:

Tel: +255 787 855185 / 715 855185 | E-mail: [touryman1@yahoo.com](mailto:touryman1@yahoo.com)



Find us on: [www.facebook.com/longidoculturaltourism](https://www.facebook.com/longidoculturaltourism)



# Lyamungo Cultural Tourism

*'Magical village on the green slopes of the Kilimanjaro'*

Lyamungo, a village in Hai district is typical of those found in the foothills of Mount Kilimanjaro with subsistence agriculture farming in small-holdings as the mainstay of the community. The interface of the village is all about the open smiling people, banana and coffee plantations. The farms provide an interesting sighting. The scenery is breathtaking beautiful and accustomed local ambience is real here in the backdrop of a few traditional houses.

We the people of Lyamungo offer the following to our visitors;

- Coffee farm experience
- Cultural Village walk
- Bird watching
- A visit to Weru weru river
- A view of the local culture
- A visit to a Chagga hut
- Homestay Experience
- A visit to Banana Handcraft makers
- A visit to a women pottery project



## **Half Day Tour: Package A: Lyamungo Village Cultural Tour (2-3 Hours)**

The guides at Lyamungo cultural tourism and home stay are happy to share with visitors their culture through walking tour to their small spice garden, the coffee farms, local food and beer preparation, and bird watching. Visitors are also taken on a short visit in the backyard to see different medicine plants used by the locals. A cultural experience starts with a glimpse view of Chagga traditional hut with various cultural artifacts some in use to date and ends with sampling traditional food, wines and coffee/tea

## **Half Day Tour: Package B: Coffee and local art project experience (2-3 Hours)**

The traditional thriving community runs a project in which pottery making interest many visitors. There is more to life here beyond the banana leaves which are used to make hats, table mats, jackets and other items through their handcraft project. Visitors will have a view and learn how local artisans do their skillful work. This will be combined with coffee farm lessons and see how coffee is processed from the farm until one gets own cup of coffee. Visitors play leading role in this process.

**Full Day Tour: Package C:** The tour combines package A and B and then a traditional lunch is served with Banana wine and beer as well. The tour will also take visitors to some natural beautiful scenic places in the village. A superlative hike to the Weruweru River located two kilometers from the village with a picnic site nearby interest many visitors. Here you can try local fishing methods and visit the caves which were used in the last millennia during tribal wars mostly between the Maasai and the Chaggas.

**Two Day-One night Tour: Package D:** The tour combines package C with evening activities of visiting a local wine and beer sites and participating in daily home chores in the evening and morning. Evenings are always colorful with various traditional entertainments, meals and snacks. Visitors will learn how cattle and goat husbandry is done and get an opportunity to learn how to milk a cow or cook your own traditional meal ranging from Banana stew, Ugali and other culinary variations of Kilimanjaro

**Where to stay:**

Lyamungo offers simple and basic home stay in a cultural village setting. On the other hand, the village is a paradise for those who like to camp in green villages far from the crowd.

**Location and access:**

It is accessed by public transport from the Moshi to Arusha highway at Kilimanjaro Machine Tools junction or popularly known as Machame junction, 8 kms away.

**Contacts:**

**For further information and booking,  
Contact the Tour Coordinator through;  
Mob: +255-754484067**

**E-mail: [lyamungocultural@yahoo.com](mailto:lyamungocultural@yahoo.com)**

**Website: [www.lyamungoculturaltourism.weebly.com](http://www.lyamungoculturaltourism.weebly.com)**



# MACHAME NKWESHOO

Established in June 2008 with the Vision of Making Kilimanjaro a green village through tourism. People of Machame-Nkweshoo welcome you to explore Cultural and Natural Heritage of Wachagga ethnic group that lives on the green slopes of Mt. Kilimanjaro.

During your visit, you will enjoy beautiful landscape with great valleys, deep gorges, rivers, natural forest and local agricultural activities on small farms. On the other hand you will interact with local people and get an opportunity to listen to their stories about the culture, history and their total way of life

## **The tour in Machame-Nkweshoo includes:**

- A warm welcome in a local Chagga household
- Get an opportunity to learn how to prepare local dishes
- A guided visit to Nkosalulu water falls and Coffee farms,
- A visit to one of the Oldest Church building,
- A visit to the hiding caves used during tribal wars
- A view of the old coins,
- An opportunity to learn Chagga relics, stories and old tools that have been used since the ancient times
- A visit to the local market
- Kilimanjaro trekking



- A walking tour through coffee & banana farmlands to the dense Kilimanjaro natural forests for acclimatization along fast flowing streams before climbing the mountain
- A home-stay experience before and after your wildlife safari or mountain climbing expedition
- A visit to view points for Mt. Kilimanjaro
- A visit to environmental conservation project-tree nursery
- A visit to several development projects in the area such as coffee production, bee-keeping, schools, health care and community library

**The following tours are on offer;**

**• A visit to old Chagga Caves (4 hours tour)**

These are massive underground tunnels (some caves reaching several kilometers) dwellings where the Chagga tribes hide from Maasai warriors during intertribal wars. Appreciate the architectural designs of the caves and listen to stories on how they were effective as hiding tunnels. You will get the full story of this war and the caves from our experienced guide when you arrive at the cave

**• An insight in local coffee production (2-4 hours tour)**

Walk through coffee and banana farms to learn how coffee is grown,



harvested and prepared into a cup of coffee in local people's style. This is a wonderful opportunity to learn local skillfull practices of producing the best quality Arabica coffee using traditional ways. While drinking a locally prepared cup of coffee, you will also be getting stories of how local farms are managed and different ways of preparing and processing coffee

- **A visit to the Local Market (3-5 hours tour)**

- **'Get a taste of Kalali market'**

A walk through a local community market on Mondays and Thursdays will give you a good perspective on how Machame people live, eat and interact to each others. This tour will give you an insight into local economy and daily life activities of Chagga people.

- **A visit to oldest churches**

An opportunity to visit places where first German Missionary to Machame area visited many years ago. Explore some of the remaining memorial stones some put in place by Mr Johannes Rebmann who came to Machame around 1840s where they built the first church in the area. Get an insight on how these missionaries worked to expand the missionary tasks in other parts of Kilimanjaro and the rest of Tanzania. Take a round walk to explore the whole route of the missionaries in the area and enjoy the scenery, people and various old buildings.



• **A visit to the waterfalls (3 hours tour)**

Take a walk to Nkosalulu water falls in Makoa river that flows from Mt Kilimanjaro forest. The river with its waterfalls is surrounded by banana and coffee farms where visitors will see the indigenous people farming by traditional means.

• **A visit to Local Schools (3 hour tour)**

An opportunity to visit Local Primary Schools (age 7-15) and Secondary Schools (age 15-20) You will be able to interact with both pupils/students and teachers in classrooms and outside

**Other activities;**

• Environmental conservation initiative. Get a glimpse of how the locals conserve their beautiful environment. The guide will explain how the conservation activities such as rainwater harvesting undertaken in the area are ideal for a rural setting. All visitors who visit us will get involved in tree planting activities for at least one or two trees and hence become part of our conservation project. This starts with a short walk to the tree nursery owned by Machame-Rural Action Women Group that is responsible for making Kilimanjaro and the world at large a nice place to live.

**I Traditional Dance**

While enjoying your stay in Machame, Chagga traditional dances will excite yourself and provide a good lesson on various cultural aspects. Amazingly, you will notice that various dances

have specific meanings. You are welcome to dance with us.

• **A Visit to Local Brew Plant**

A journey of 3 hours takes us to a brewing site where a local drink 'mmbegé' is brewed. Get to know all procedures for brewing as some will be practised on your presence. The raw materials and utensils used being very local and yet 'a sweet wine' is prepared. Welcome for tasting if not drinking. A great secret is in this wine; listen to nice stories about this local brew. You will appreciate its 'value' in this community

• **Batik making & weaving**

While enjoying GOD'S miseries on chaggaland, you will be allowed to participate in local art of cloth processing using local procedures and weaving of various decorative stuff using different raw materials such as banana fibres. Pick some batik for friends and relatives

**Tour Guides:-**

Majority of the tour guides of Machame-Nkweshoo Cultural Tourism Programme are ladies/women of the Wachaga tribe who knows well the area, their culture & history and speaks English. Bookings for various excursions and tours can be made at Tanzania Tourist Board-Tourist Information Office in Arusha or through your tour operators/travel agents/lodge & Hotel Operators

**Where to stay:**

Machame-Nkweshoo Cultural Tourism offers decent accommodation services in a campsite and a number of Home-stay facilities located around.



Camping ground installed with modern toilet facilities, a beautiful garden full of flowers and clean water supply. Camping gears for hire at reasonable price are available in Moshi town.

### Getting There:

Machame-Nkweshoo Cultural Tourism Enterprise is located in Machame, 10 minutes drive from the junction next to Kilimanjaro Machine Tools along the Arusha-Moshi Highway. The junction is a 20 minutes from Moshi and 30 minutes drive from Kilimanjaro International Airport and one hour drive from Arusha. (Income from tourist visit is used to subsidise various women & youth development activities within the area, renovate school facilities and fund environmental conservation initiatives.)

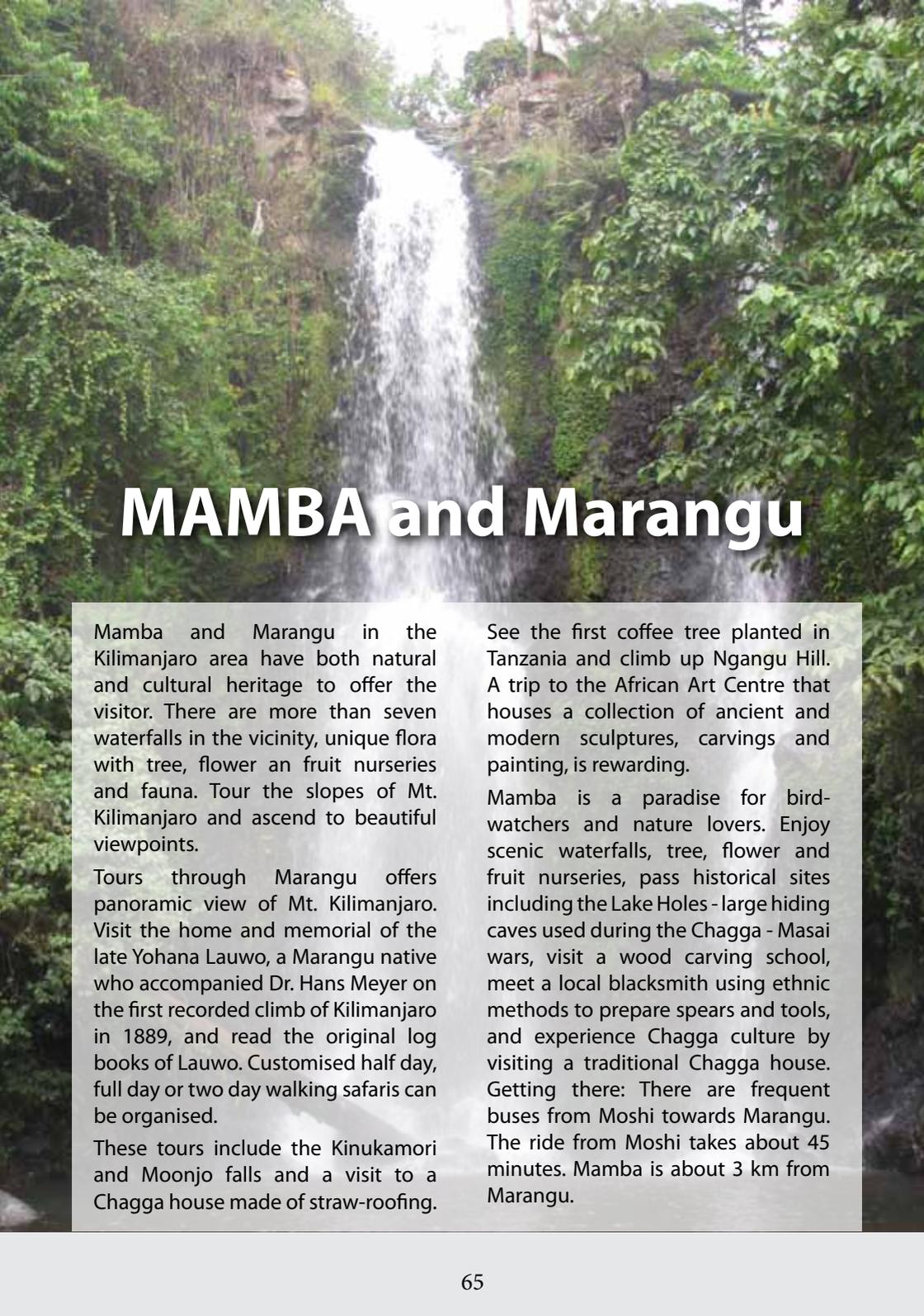
### For further information:

Please contact your tour operator or  
contact Machame-Nkweshoo coordination  
office located in Machame, Nkweshoo, Elimuu Shoo House,  
Mobile #: +255 78 616331 OR +255 784 910978

Email: [nkweshoocultural@yahoo.com](mailto:nkweshoocultural@yahoo.com) / [info@machameculturaltourism.com](mailto:info@machameculturaltourism.com)  
[www.machameculturaltourism.com](http://www.machameculturaltourism.com)

Find us on: [www.facebook.com/machameculturaltourism](https://www.facebook.com/machameculturaltourism)  
Linkedin: [www.linkedin.com/in/edith-shoo-77a2bb39](https://www.linkedin.com/in/edith-shoo-77a2bb39)





# MAMBA and Marangu

Mamba and Marangu in the Kilimanjaro area have both natural and cultural heritage to offer the visitor. There are more than seven waterfalls in the vicinity, unique flora with tree, flower and fruit nurseries and fauna. Tour the slopes of Mt. Kilimanjaro and ascend to beautiful viewpoints.

Tours through Marangu offers panoramic view of Mt. Kilimanjaro. Visit the home and memorial of the late Yohana Lauwo, a Marangu native who accompanied Dr. Hans Meyer on the first recorded climb of Kilimanjaro in 1889, and read the original log books of Lauwo. Customised half day, full day or two day walking safaris can be organised.

These tours include the Kinukamori and Moonjo falls and a visit to a Chagga house made of straw-roofing.

See the first coffee tree planted in Tanzania and climb up Ngangu Hill. A trip to the African Art Centre that houses a collection of ancient and modern sculptures, carvings and painting, is rewarding.

Mamba is a paradise for bird-watchers and nature lovers. Enjoy scenic waterfalls, tree, flower and fruit nurseries, pass historical sites including the Lake Holes - large hiding caves used during the Chagga - Masai wars, visit a wood carving school, meet a local blacksmith using ethnic methods to prepare spears and tools, and experience Chagga culture by visiting a traditional Chagga house. Getting there: There are frequent buses from Moshi towards Marangu. The ride from Moshi takes about 45 minutes. Mamba is about 3 km from Marangu.

(Income from tourist visits will be used towards developing education projects in the Kilimanjaro area.)

For further information contact:

Tel: +255 754 818273 /  
754 038265 / 753 604865

E-mail: [marvellouscreation@mailcity.com](mailto:marvellouscreation@mailcity.com)  
[joenyaki@yahoo.com](mailto:joenyaki@yahoo.com)  
[mambamarangu@yahoo.com](mailto:mambamarangu@yahoo.com)



# Tanzania Cultural Tourism Programme Visit the People

Tanzania Tourist Board  
Boma Road, P.O. Box 2348,  
Arusha, Tanzania

Tel: +255 27 205 0025,

Fax: +255 27 250 7515

Cell: +255 786 703 010 / 713 230 134

E-mail: [culturaltourism@habari.co.tz](mailto:culturaltourism@habari.co.tz)

# Mara Art Centre & Cultural Tourism

On the Western side of Serengeti National Park, from Ikoma gate one will meet great people named Waikizu tribe. Nyamuswa Cultural Tourism Programme exposes visitors to the way of life of Waikizu people and beautiful landscape with hills, mountains and valleys filled with water where canoeing can perfectly bring you closer to aquatic creature. Get an experience of handcraft making using various indigenous trees. And off course an opportunity to learn about kinship leadership system.

## **The following are on offer:**

- A welcome to Waikizu homestead
- A visit to King homestead/Royal tour
- A visit to to ikizu caves
- A Visit to the Mara Art & Handcraft making group
- Wazanaki traditional dancing of your choice
- A visit to a rain maker
- Visit to traditional healer famous for treating various diseases especially infertility
- Visit to a foot print of our ancestors found at the mid of a big rock
- Visit the 'O'Mong'we worshipping tree and learn how locals used to conduct their worships
- Trekking up the Chamiriho hill,

visit German soldiers hiding caves, graveyards and get a panoramic view of Lake Victoria, Serengeti plains and surrounding human settlement

- Canoeing safaris in two of the dams found in the area
- Sport fishing in either of the two dams available
- Visit community development projects, local schools and health centres found in the area. See how people are struggling to overcome the big human enemies: Poverty, Illiteracy and Disease
- Cotton Farm tour: see how people practice cotton farming
- A stay with Wazanaki family to enjoy traditional food and their unique lifestyle

There are various options for the tours:

## **Half day tour:**

### Option 1:

Walk through Nyamuswa village; to the local market, proceed to the kin homestead and cotton farms. Proceed to local settlements and then to traditional healer famous for treating infertility together with other diseases since the ancient times. Walk through fruit farms and pick a fresh one to taste while leaning local ways of farming fruits and vegetables organically. Visit the foot print

found on rock outcrop and listen to legendary and believes of the local people.

**Option 2:**

Visit the King homestead and then proceed to one of the dams found in the area for canoeing. Get closer to water birds found in the area and learn local ways of fishing. Practice sport fishing in any of the two dams available. Gets an insight of handcraft making. The handcraft making group of Nyamuswa has long experience and is highly respected by Tanzanians since they used to make sticks for the Founder of the Nation late Mwalimu Julius K. Nyerere and other respected leaders in the area.

**Full day tour:**

After a royal tour proceed to Chamyriho hill. Trek up the hill and take your packed lunch at the top of the hill while enjoying a breeze from the Serengeti plains and a magnificent view of Lake Victoria. Enjoy a nice view of small farms with millet, maize and other food crops grown in the area. An opportunity to visit the German soldiers hiding caves, a place used as armoury for military weapon and German graves that exists since colonial times

**Traditional Dancing:**

The energetic Waikizu traditional

dancers will give you an insight into their culture by their captivating songs and dancing.

Two options exist: Bringing the dance to the people or bringing people to the dance at Mtemi's homestead and other strategic locations for various traditional activities such as circumcision in the bush, Marriage and bride price giving ceremony at home

**Ngoreme Hotspring Tour**

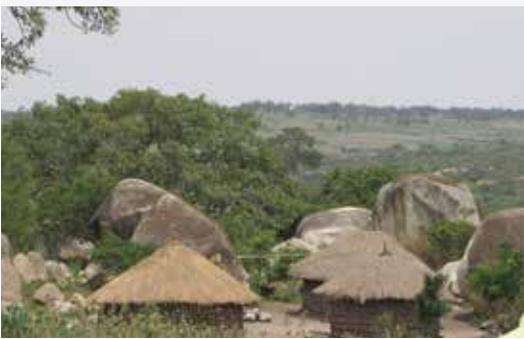
Our visitors will have an opportunity to explore a hot spring found in the area by biking while enjoying magnificent iconic kopjes dotting the land. Other activities on offer are: Visiting a pottery making woman group and participate in making your own pot to take back home and rock hooving activities. Also you can learn how to make black sticks and leather handworks

**Where to stay:**

Homestay and camping options are available together with overnight in local guest house found within and around the area

**Location:**

Nyamuswa is located between Bunda or Butima and Nata/Grumeti Reserve on the Western side of Serengeti National Park.



For further information contact;  
Tel: +255 (0) 789 991 850, +255 (0) 754 405 370  
E-mail: kinyaki.lazaro@yahoo.com  
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# MATERUNI VILLAGE TOURS



*'A village nestled at the foot of Mount Kilimanjaro invites you to explore'*

Take advantage of an extra day or two in the Moshi area to explore Materuni, a unique village of wonder sitting on the lower slopes of Mount Kilimanjaro. The village is blessed with natural beauty and cultural interest, assuring your most memorable experience. While in the village, the views of Moshi Town and Mount Kilimanjaro are astonishing. This village with fresh air, friendly welcoming residents and lush green vegetation welcomes visitors to explore the beauty of the land and cultural heritage of the Chagga people.

The following tours are on offer:

- Mnambe waterfall hike
- Mnambe waterfall hike and local coffee experience
- Full day village tour
- Visit local beer and wine sites for tasting



## Tour options:

### **Waterfall tour (Approximately 3 hrs):**

The tour starts from the village tourism office at Materuni village. Take a 30 minute walk with your English speaking guide through the village, banana and coffee plantations as you're going to the "Mnambe" waterfall, the largest and most beautiful in the region. You will enjoy swimming in a beautiful natural pool before walking back to the village.

### **Waterfall tour with coffee experience (Approximately 4 hrs):**

The tour starts with the waterfall tour described above. On the way back through the village you will stop for a demonstration of the traditional ways of growing and harvesting coffee. Local villagers will demonstrate their age-old methods used in processing, hand roasting, grinding and preparing coffee.

### **Full day village tour (Approximately 6-7 hrs):**

This is your complete cultural immersion in Chagga village life! After learning about Chagga history from your guide born and raised in the village, you will visit a local primary school and learn about our education system. You will also learn how agro-forestry activities on highland ecosystems have been beneficial to people, landscape and wild animals. Visit traditional and contemporary Chagga homes on your way to the coffee experience explained above. Your tour ends with a wonderful Chagga dance performed by a group of men and women performing traditional songs for different occasions such as welcoming guests, important

ceremonies, and crop harvesting.

**Getting there:**

Materuni village is located on the Southern slopes of Mount Kilimanjaro, approximately 14 km from Moshi town (about 30 minutes drive). There are public local buses plying the way from Moshi town to Uru where 30 more minutes can be spent walking uphill to the village. You may also organize private transportation with your local tour operator or different transportation operators in Moshi or Arusha. Please contact us as below if you need help planning your transportation.

**What to bring:**

- Swimsuit for waterfall (no changing facilities there)
- Good walking shoes. Flip flops are NOT recommended
- Comfortable, loose fitting clothing
- Light jacket or rain jacket with umbrella in case of rain
- Sun protection, sun hat and insect repellent

**Volunteer Programme:**

Materuni Village Tour may be consulted by volunteers who are interested to work in health and educational sectors around their area.

**For further information Contact:**

**Tour Coordinator,**

**Tel: + 255 (0) 752 191326**

**Email: [materunitour@gmail.com](mailto:materunitour@gmail.com) or [elisanteshirima@gmail.com](mailto:elisanteshirima@gmail.com)**

**[www.materuni.com](http://www.materuni.com)**

**Find us on: [www.facebook.com/materunitours](http://www.facebook.com/materunitours)**





# MATUNDA

## Cultural Tourism & Safari

The Matunda Cultural Tourism and Safari Organisation and the people of Ndombo-Mfulony-Nkoarisambu welcome you to the green slopes of Mt. Meru witness the beautiful landscape, birdlife and the rich Meru culture.

**The following is on offer:**

- A glimpse of Meru culture
- A visit to the three waterfalls in the area
- A visit to the lush tropical vegetation at the foot of Mr. Meru
- An opportunity to learn about the traditional uses of local vegetation
- A taste of locally grown and roasted coffee
- A visit to the historical and archaeological sites in the vicinity
- A view of the snow-capped peaks of Mt. Kilimanjaro and Mt. Meru

- A walk through Mt. Meru rainforest to enjoy and identify the endemic flora and the spectacular birdlife
- A traditional lunch with entertainment from local dancers. A post-lunch with entertainment from local dancers
- A walk through coffee and banana plantations cultivated locally in small patches of land

- A visit to a local brew factory to sample 'mbege' or banana beer, the children and partake in their games and songs

**ACCOMODATION:**

We offer accomodation in our village guest house and camping ground. We run volunteer program for our school and orphanage centre.

**How to get there:**

It takes about half an hour from Arusha to Tengeru bus station by daladala and about 15 minutes by tax from Tengeru to Peace Matunda office.

**Contacts:**

Tel: +255 757 198 076 / 753 636 272 / 787 482 966 / 758 034 435

E-mail: [director@peacematunda.org](mailto:director@peacematunda.org)  
or [unambwe@hotmail.com](mailto:unambwe@hotmail.com)

Find us on: [www.facebook.com/PeaceMatundaTours](http://www.facebook.com/PeaceMatundaTours)





## MBORA WOMEN CULTURAL TOURISM

*Magical cultural experience on the slopes of Mount Meru!*

Mbora Women Cultural Group was founded and is managed by women of Nshupu Village near Usariver area with the aim of preserving Meru tribe culture and promoting economic development of local communities. The village is a 'little paradise with fertile small farms and lush green mountainous forest which is home to hundreds of bird species and rarely spotted primates such as Black and white colobus monkeys

We people of Nshupu village offer the following authentic tours;

- Guided Village Cultural tour
- Museum tour in a Meru traditional hut
- Coffee experience with local Mamas
- Meru tribe lifestyle
- Meru tribe traditional dance and songs
- Mamire forest walk
- A visit to local schools and development projects

### **PACKAGE 1: Nshupu Village Cultural Tour (2-4 hours)**

After a welcome dance performed by the women at Mbora Cultural Centre, take a Meru tribe museum tour and then walk to a local family where you will be hosted for a cultural experience. Meet the family and learn how they take care of their livestock, small farms with coffee and banana trees. Learn how local people produce 'Green Energy' using manure and honey by visiting the Biogas and beekeeping projects.

### **PACKAGE 2: Mamire Forest Walk (2-4 hours)**

After a welcome dance and a Meru tribe museum tour, take a walk to explore a catchment forest of Mamire with hundreds of thousands of indigenous species of flora and fauna. Visit the Mamire lake where troops of blue monkeys, Black & white colobus monkeys and a number water birds lives. There is a walking trail alongside the lake that can take you close to the lake and picturesque sites colored by mountainous forest birds. The tour will end at the centre where a traditional lunch will be served by local Mamas

### **PACKAGE 3: Arabica Coffee Experience (2-3 hours)**

Take part in the daily farm activities with organic coffee growers of Nshupu village. Learn how they take care their coffee farm, prepare for harvest, pick ripe coffee berries and the process it takes to peel, wash and dry the coffee ready for grinding using a 'local machine'. Visitors will participate in each and every activity until you taste your own prepared cup of coffee. Listen to stories and mystery of coffee farmers of Africa. They have a story to tell the world on how their life is strongly linked to coffee cultural landscape



#### **PACKAGE 4: Full day- Village Cultural Tour (5-7 hours)**

Visit the museum after a welcome dance from the women group; proceed for a village cultural experience by visiting local coffee farms, local families, schools and beekeeping projects. Participate in coffee processing using local machine and then enjoy a traditional lunch prepared by Mbora Women group. After lunch proceed to Mamire forest for a short hike. The forest is rich in primate species, forest birds and indigenous plants with different uses by local Meru tribe.

#### **- Cooking classes for traditional food**

Share part of your glorious time with a local family where a local Mama will show you how to prepare various African dishes especially those widely used by local tribes. Collect cooking staff from the local markets and the farms in what they call 'kitchen garden'. Prepare different meals and share the meal with your host family. Visitors are guaranteed to take full control of the host family kitchen and equipments in daily use.

#### **-Traditional food**

The best of African dishes in Northern Tanzania, on southern slopes of Mount Meru can be sampled in a small village near Usa River. The Mbora Women Group offers tasty organic food to visitors looking for authentic cultural encounter of this part of Africa. Join the local Mamas and experience the most delicious moment of your trip to Africa. Experience savory eats and hundreds of fine drinks from coffee to ginger and lemon grass tea.

#### **-Home stay programme**

Mbora Women Group does organize authentic homestay experiences for visitors. Our group of about 40 women can host up 100 tourists in 40 different families who have opened doors for their esteemed visitors and friends from abroad. Enjoy a cool simple environment and meet with local farmers, coffee brewers, local chefs and culinary experts of our community.

#### **-Traditional dance and music**

The women group performs various Meru tribe songs and dances at their centre. Each song and dance has a traditional meaning, learn various seasons and events that calls for different performances in the community.

#### **-The Value of your visit**

Your visit supports local families with school fees, school uniforms for pupils, direct income to widows for daily necessities, support for water tap projects and strengthening Mbora Women Group Village Community Bank that provide soft loans/low interest rate loans to over 200 families in the village.

#### **-Our Guides**

Majority of our tour guides are women and young ladies born and raised in the village, know well the local culture, flora & fauna and speak English. For non-English speakers, our group can provide translators for various international languages on advanced booking

#### **-Getting there**

Mbora Women Cultural Centre is located some 3 kms from Arusha-Moshi highway and is 22 Kms from Arusha. Visitors can use public transport to the village, where they can board daily commuters that ply the way between Arusha and Usa-River. Visitors should get off at Leganga where you will meet your local guide and take the road heading North - towards Mount Meru for about 30 minutes walk and 5-10 minutes drive.

#### **-Where to stay**

There are only two options for accommodation in the village; homestay and lodging at Ngaresero Mountain lodge. However, there is a good number of tourist hotels, lodges and guest houses within and around the Town of Usa River that visitors can use when on an expedition in our village. It takes 5-10 minutes by car from our village to Usa-river town.

**For more information & Bookings:**

**Mobile: +255 767051371**

**E-mail: mborawomengroup@gmail.com**

**Find us on Facebook: <https://www.facebook.com/Mbora-Women-Cultural-Tourism-Enterprises>**

**Find us on: [www.facebook.com/Baraka-Mbora-Women-Culture-Tourism-Enterprises](http://www.facebook.com/Baraka-Mbora-Women-Culture-Tourism-Enterprises)**

**-1243644798981069**



# MBEYA - SISI KWA SISI

Mbeya lies about 872 km south-west of Dar es Salaam, its landscape characterized by relief forms created by the volcanic effects of the African Rift Valley.

## **A visit to the region includes:**

- A visit to the Ngozi Crater Lake
- A view into the traditional culture of the people of Mbeya
- Climbs to different mountain peaks in the area overlooking the East African Rift Valley
- Visit to the Mbozi Meteorite Stone and the Natural Bridge at Kiwira

## **Different tours are on offer:**

Climb to Mbeya peak

Reaching the Mbeya peak (2,826m) is a steep climb taking about three

hours.

As you go along the mountain slopes, you see the indigenous flowers and colourful butterflies.

## **Ngozi Crater Lake**

Ngozi Crater Lake lies 38 km south of Mbeya, in the direction of Tukuyu and Lake Malawi. A narrow footpath winds uphill through a dense tropical jungle full of bamboo and wild banana trees. Small mammals and colourful birds hide behind the thick vegetation. After a climb of one hour, you arrive at the crater rim for a magnificent view of the crater lake.

## **Kiwira Natural Bridge and waterfalls**

The Kiwira Bridge was created by the



powers of a fast flowing river. Locals call this miracle 'Daraja la Mungu' or Bridge of God'. Worth visiting are the nearby Kijungu waterfalls.

### **Rungwe Mountain climb**

Rungwe Mountain at 2,960m is the highest peak in southern Tanzania. This volcano, active over the past million years, dominates the whole area around Tukuyu. It is a vast wild area, more than 100 sq km of forest, upland scrub and rock terrain, completely uninhabited and visited only occasionally. Take a long hike to the crater rim.

### **Matema beach**

The 130 km drive from Mbeya to Matema beach is among the most scenic in Tanzania. A winding road passes through high mountains and tea estates before it descends to the tropical shores of Lake Malawi. From Matema, you can make canoe trips with fishermen over the lake to the nearby village where women specialise in pottery, and to the

mouth of the river to spot hippos and crocodiles. It is also possible to organize hikes to Livingstone Mountains.

### **Mbozi Meteorite and Sisi kwa Sisi farm**

40 km South-East of Mbeya, lies the meteorite stone of Mbozi. This is the eight largest meteorite in the world, weighing about 12 tonnes and dates back to at least a thousand years. Nearby the stone, the Sisi kwa Sisi society is worth a visit to experience true African rural life.

### **Other attractions**

Several hot water springs, and underground crater known as 'bat caves', ruins of a 200 year old fort, Kaporogwe falls and Usangu basin are some of the other sites.

**Getting there:** There are daily buses leaving from Ubungo bus stand in Dar es Salaam that take about 12 hours to reach. Railway services are available from TAZARA.

(Income from tourist visits will be invested in agricultural projects of the Sisi kwa Sisi Society.)

**For further information contact:**

**Tel: +255 754 463471 / 714 437643 / 767 437643**

**E-mail: [sisikwasitours@hotmail.com](mailto:sisikwasitours@hotmail.com) | [www.sisi-kwa-sis.com](http://www.sisi-kwa-sis.com)**

Find us on:

[www.facebook.com/pages/Sisi-Kwa-Sisi-Tours/182420321803769](https://www.facebook.com/pages/Sisi-Kwa-Sisi-Tours/182420321803769)



# MIRERANI TANZANITE CULTURAL TOURISM

*'100% Authentic Maasai Culture and Tanzanite experience'*

Mirerani is a small village located only 39 kms South-East of Arusha town. It only takes 15 minutes drive from Kilimanjaro International Airport (KIA) and 1 to 1.5 hours from Moshi and Arusha towns that are approximately 65kms away. A small town of Mirerani surrounded by beautiful hills is the only place where Tanzanite mining takes place worldwide. This makes it a destination of its own unique type where authentic Maasai culture mixes well with Tanzanite mining business.

We people of Mirerani have organized

the following for you;

- A Tanzanite mining experience tour
- A visit to Tanzanite local market dominated by Maasai
- A Maasai Cultural village tour
- A walking safari in wildlife rich areas
- A visit to Chemka Hot spring
- Schools visits
- A visit to orphanage centre
- A volunteering experience in school, orphanage centre and health projects



**There are various options for the tours:**

**Half day tours: 2-5 Hours**

Option 1:

**Mirerani village tour:** A welcome to Mirerani will take you in a Tanzanite gallery where cutting takes place. See gemstones on display. The tour will proceed to the mining area on the hills where you will get to know how mining is done in the area. Here one will identify various other gemstones found near these blue rocks such as Green garnet, moonlight and rodlight. Your walk inside the tunnels to the blue rock surface is a lifetime adventure where you will learn how Tanzanite is explored from such hard rocks and then collected ready to be sold at the local market or get processed for export. Getting out of the mining area to the local market of Tanzanite, one will be amazed by a beautiful view of Mount Meru and the roof of Africa 'The Kilimanjaro'

Option 2:

**Maasai Village Cultural Walk:**

You will proceed to authentic Maasai village where you will stay for a couple of hours learning and experiencing the Maasai way of life/ do a walking safari in the Maasai territory where encounter with local people participating on their daily activities is guaranteed. Learn how people are linked to wildlife and the environment where they get their food and medicine. On your way back pass by a local school for a quick interaction with students and their

teachers.

Option 3:

**Mirerani Tanzanite local market visit:**

You will walk to our tanzanite gallery where cutting and display of various gemstones is done. Then take a short walk in Mirerani village to the Tanzanite daily operating local market where one will get an opportunity to interact with local miners, brokers and the buyers from various areas. Get to know how Tanzanite business operates in this rural setting.

**Full day tours: (5-8 Hours)**

Option 1.

The tour will have all components of Option 1 for Half day tours and then visits to school and orphanage centre will be done after your traditional lunch

Option 2.

Tanzanite experience tour will be combined with Maasai Village Cultural Walk

Option 3.

A visit to Chemka Hot spring will take some hours on a drive through savanna vegetations rich in wildlife. After you drive, one will arrive at the hot spring that has hundreds of beliefs from local people around. Get to know what local people believe about the spring and the surrounding area

**Extra Activities:**

- Learn how to prepare traditional African cuisines
- Get your hair braided
- Visit a vegetable market and interact

with local business people

- Participate on daily African home chores in a family of your choice
- Visit community development projects

### **Getting there:**

There are two ways to Mirerani;

- Via Kilimanjaro International Airport (KIA) from Arusha or Moshi. Mirerani is located about 65 kms away from the towns of Moshi and Arusha that takes about 1.5 hours drive.
- Via Kijenge road-Mbuguni, Mirerani is 39 kms away from Arusha where 1-hour drive will lead you to this unique destination with friendly people.
- There are daily buses that ply from Arusha to Mirerani, one can board the morning bus and the evening one for

returning back to Arusha.

### **Where to stay:**

There is a wide range of accommodation facilities within and around the Mirerani village are available. For all of your accommodation requirements, Mirerani CT coordinator will make arrangements for you at a reasonable price as per your requirement.

What do you need when on a Tanzanite expedition with us?

We kindly inform you that you need the following so that you can enjoy your visit in Mirerani;

- Good walking shoes
- Sun cape/sun glasses or goggles
- Sun cream
- Pure drinking water
- Women and men are advised to wear jeans, trousers and T-shirts

**For further information contact:**

**Mirerani Office: +255 732 979 939 | +255 784 385 031**

**+255 767 385 031/755 093 686**

**E-mail: [stevebiccom@gmail.com](mailto:stevebiccom@gmail.com) or [tanzanite.tourism@gmail.com](mailto:tanzanite.tourism@gmail.com)**



# Meru Forest Eco Tourism



## “Come meet nature and people of Africa”

Located in Northern Tanzania on the slopes of Mount Meru third highest mountain in Sub-saharan Africa (2nd highest mountain in Tanzania), Meru Forest is a definite place for all your eco-tourism adventures. Meru Forest eco-tourism initiative guarantees you a wonderful experience in Lower Montane forest zone which has high diversity of flora and fauna. The area offers opportunities to explore diverse habitats home to thousands of primates that swing in acrobatic troops of Black and White Colobus monkeys that lives entirely as vegetarians.

The Meru Forest eco-tourism is very close to East Africa's safari capital 'Arusha town'. It's an ideal day trip destination for those attending conferences or on safari/mountain trekking with a night in hotels and lodges within and around the towns of Arusha and Moshi.

### Eco-Tour Packages

#### **Sambasha Hill hiking (2-4 hours)**

You will walk in the forest plantation for a short-while and then enter a natural forest on the slopes

of Sambasha hill that offers a panoramic view of nearby villages and Arusha city. On the way one will encounter Black and white colobus monkeys, Blue monkeys, forest antelopes, singing forest birds and beautiful flowers of the mountain. On top of the Sambasha hill learn bee-keeping and enjoy your drinks/bites at Sambasha picnic site.

(Hot lunch/traditional Swahili food/Maasai BBQ can be offered on request).

#### **Themi Waterfalls Tour (3-4 hours)**

Starting at Oldonyo Sapuk village panoramic view of Arusha town, you will walk along the forest plantation and descend to the river valley through a little bit challenging slopes for about 15 minutes. Follow the river bed with your water proof shoes or slippers to where the waterfall is located. Listen to hundreds of tales on what local people believe about the falls, locally named by Maasai 'NAVURU'. After enjoying the falls, start your journey back, through the river bed and then a short hike up.

You are advised to bring walking shoes and slipper, walking sticks are provided by the Meru Forest Eco-tourism office.

(Hot lunch/traditional food prepared and served by women living around the bordering village/Maasai BBQ can be arranged. You need to book this at least one day before your tour).

#### **Midawe Waterfalls Tour (0.5-1hour)**

Midawe falls is ideal for everyone including children and elderly people. You will take an easy walk for about 10 minutes through the forest to get at Midawe falls. (You don't need to take slippers and serious walking shoes/equipments).

#### **Forest Biking Tours (3-4 hours)**

Starting at Olmotonyi village, you will bike along and inside the Meru Forest Plantation. Proceed to the nearby villages bordering the forest for panoramic views and local life experience. Retire at local family for lunch and listen to stories about the Maasai culture.

One can combine biking tour with trekking to Themi waterfalls in one full day.

#### **Forest Plantation and Flora Experience (3-5Hrs)**

This walk takes you through the tree nursery where you learn about different varieties of trees and their planting and harvest for different reasons. You will continue uphill to the fertile farmlands cultivated by local people in the forest/along the forest in the village of Sambasha to learn about local soil conservation, Taungya system and traditional farming methods. You return to Meru Ecotourism

Office via Olmotonyi Primary School for your carbon offsetting programme tree planting.

outstanding customer service.

### **Eco-Cultural Day Tour with an overnight**

Spend your day in the forest exploring the nature, waterfalls & surrounding Maasai-Villages and share your time afternoon and evening time with native Maasai and other local Tanzanians.

Village Tour / Traditional Lunch / Walking Safari/  
Learn about Maasai culture and about incredible natural medicine – plus evening program with Maasai ceremonies, Campfire & BBQ / Breakfast. Camp or overnight at the rest house.

Come and enjoy our unique forest and unforgettable evening under the African starry sky far from crowds with BBQ & Maasai traditional dances before retiring to your tent or private Forest Plantation visitors' rest house.

### **Maasai Traditional Dance (0.5-2hours)**

You will experience Maasai traditional dance and music on your excursion to our forest. Learn how Maasai sings and the teachings presented through the music.

### **Value of your decision to embark on this eco-tour**

Your Meru Forest Eco-tourism visit does also support local families with water, food, employment, personal income, medical treatments and education. All products on sale is hand-made and produced by the local people in nearby villages. All food supplies are bought from local farmers and livestock keepers.

Other activities:

- Mountain Forest bird watching
- Forest Medicine and flowers experience
- Forest bee-keeping experience
- Tree planting experience
- Visits to the Forest local schools
- Visit to colourful Maasai weekly Markets on Thursdays, Saturdays and Sundays
- Come and volunteer with us
- Kilimanjaro & Meru Trekking Acclimatization Programme
- Weekend Specials
- Cultural tours in Maasai & Meru Villages

### **Where to stay:**

One rest house with 5 beds is available for visitors at the forest plantation office. Camping ground installed with Modern facilities is available. All our accommodation options guarantees a hot water shower, modern toilets accompanied by

### **Eco-Tour Guides:**

Our Eco-tour guides are from the local communities surrounding the Meru Forest who knows well the area, their culture, history and speaks good English. They will make your safari to Africa unforgettable.

### **Getting there:**

Meru Forest Eco-tourism is 12 kms North West of Arusha town. A number of commuters (locally known as dala dala) ply the way from Arusha to Ngaramtoni. From Ngaramtoni one can take a tax or walk through the Forest road heading north for about 30 minutes to Meru Forest Eco-tourism office. The forest plantation is managed by the Tanzania Forest Services Agency (TFS) under Ministry of Natural Resources and Tourism.

### **Bookings & Reservations:**

Bookings for various excursions and tours can be made directly to Meru Forest Eco-tourism office or at Tanzania Tourist Board-Tourist Information Office-Boma Road – Arusha Near clock-tower. Another option is to book through your tour operators/travel agents/lodge & Hotel Operators.

Incentive Packages & private Arrangements are available on special request!

For Further Information And Booking Contact:

**MERU FOREST ECO-TOURISM OFFICE,**  
**Physical address: Meru-Usa Forest Plantation**  
**Olmotonyi Office,**

**Snail Mail: P. O. Box 1257, Arusha**  
**Mobile Number: +255 756 474 711 | + 255 769 209**  
**386 | + 255 769423966**  
**E-mail: meruforestecotourism@gmail.com**

**Find us on: [www.facebook.com/meruecotours](http://www.facebook.com/meruecotours)**



# MKURU

Situated on the north side of Mount Meru, not far from the irrigated fields of Ngarenanyuki and the Momela gate of Arusha National Park, Mkuru Camel Camp is easily recognizable from a distance because of the pyramid shaped Ol Doinyo Landaree mountain. A Maasai dominated region, there are traditional bomas scattered throughout and one gets to see the Maasai way of life. The area around the camp is alive with birds and small mammals, and zebra and giraffe in the plains to the north, which is also a corridor for elephants.

## **The following is on offer:**

- Baboon cave safari

- Climbing Ol Doinyo Landaree
- Visit to a traditional healer
- A walk to Mguru, an archaeological place

## **Different tours can be organised:**

### **Camel safaris**

Camel safaris ranging from one to six days can be arranged.

### **Mount Kilimanjaro safari**

3 day/2 nights from Mkuru to Ngare-Nairobi. This is an excellent trekking experience to the 'Roof of Africa' with Maasai guides through the elephant corridor and beautiful landscape rich in flora and fauna.



### **Mount Longido camel safari**

3 days/2 nights from Mkuru to Longido. This is a short but intense adventure through the plains below Mt. Meru where the Maasai steppe becomes wild. You come across several pains game and birds.

### **Oldonyo Lengai safari**

5 days/4 nights from Kitumbaine to Oldonyo Lengai. This includes the adventure of riding a camel, sleeping in the bush and knowing the real Maasai culture. Reach Ngorongoro through the plains between Gelai and Kitumbaine mountains, which are full of wildlife. In the evenings, relax by the campfire, listening to the sounds of the savannah.

### **Lake Natron safari**

7 days/6 nights from Mkuru to Lake Natron pass the mountains of Kitumbaine and Gelai towards Lake Natron, which is full of flamingos.

The Oldonyo Lengai will be the orientation point for the last 3 days of the safari. The animals, Maasai and dream landscapes make this safari a memorable experience. (For those with limited time, a camel safari of 1 night/2 days can be organised on request.)

**Getting there:** The best way to reach the Mkuru Camel Camp is with a 4- wheel drive car. From Arusha, it is about 55 km. Follow the Arusha-Nairobi road towards Nairobi for about 45 km. 1 km after Oldonyo Sambu village, take a right turn on a rough road at the sign indicating the camp and follow the indications

(Income from tourist visits will be used for paying salaries, guide fees, village contribution, running cost of the camp, trainings and transportation costs, improvement of education and life conditions of the Mkuru community.)



For further information contact:

Tel: +255 784 472 475, +255 784 724 498

E-mail: [info@mkurucamelsafari.com](mailto:info@mkurucamelsafari.com), [booking@mkurucamelsafari.com](mailto:booking@mkurucamelsafari.com)

Website: [www.mkurucamelsafari.com](http://www.mkurucamelsafari.com)

# MLINGOTINI CULTURAL TOURISM

'A true experience of the Swahili culture and the majestic Indian Ocean'

Mlingotini is an age old fishing village located in Bagamoyo just 13 kms, 10 minutes away from Bagamoyo Township. The village lies on a cool Swahili coast with white sand beaches away from crowds where one will get the real beach experience while learning how local people lives.

Mlingotini community offers the following tours;

- Mlingotini cultural village tour
- Coconut tours
- Biking tours
- Fish with local fishermen
- Marine tours
- Visit a local fish market
- Sea-weed farming tours
- Mapopo Island tours
- Traditional Swahili Massage,
- Swahili body paintings using henna plant (tattoos making)
- Hair braiding
- Swahili traditional weddings
- Traditional dances
- Swahili music band entertainments
- Swahili traditional games



## Half day tours:

### Mlingotini Cultural Village tour (2-3 hours)

Visit local homes of Mwembe and get to know the history of the village proceed to Mwembe shule, Mwembe sikukuu, Mzambarauni and Kisima cha mpenzi: Listen to interesting stories about the history of these places and how they are linked to the life of local people. On your Walk you will meet the local people and interact freely

### Marine Tour (2-3 hours)

Visit the Indian Ocean Mshingwi and Mwambakuni coral reefs, enjoy the geological and biological beauty of the reefs and proceed to the Mangrove forest where a number of marine creatures can be identified. Enjoy Bats caves and swimming in beautiful and recommended places as per your guide's instructions. Proceed for lunch to local Mama's home where Swahili dishes/African traditional cuisine will be served under a coconut thatch roofed hut. Mama's of Mapishi Asisia Mlingotini Group (MAMG) prepares variety of dishes. The group is well prepared to respond to your special dietary needs.

### Mapopo Island Tour (2-5 hours)

Take an evening or Morning boat tour to Mapopo Island where thousands of bats have inhabited the island. Get to know the bat's life and ecological importance of these flying mammals.



### **Sea- weed Tour/Experience (2hours)**

Visit sea weed farms located on the Indian Ocean Shores. Get to know how sea-weed is planted, grown and harvested. Local people will explain to you how they produce various products like soaps, perfumes, toothpaste, skin lotions and food ingredients from Sea-weed.

### **Coconut tour (2-4 hours)**

You will experience and get to know what it takes to grow, harvest, and process coconut. This tour will take you to the Coconut farms where visitors will get an opportunity to learn how coconut trunk, leaves, fruits and fruits shells are used by local people to produce various authentic handmade carvings and weaving products. On your way you will visit a home of a farmer, enjoy a coconut juice and get to know how locals climb to the top of a coconut tree to take off the fruits or tap a Coconut beer. After taking a traditional lunch at a local Mama's home proceed to Coconut Handcraft Centre where you will get to know various carvings, weaving and decorative souvenirs produced from various parts of a Coconut tree.

### **Fishing with local fishermen Experience (1-4 hours)**

Come and join a team of experienced village fishermen for a fishing experience. Do your best to fish what will be prepared for you during your lunch or dinner.

### **Learn how to prepare Swahili Traditional food**

Participate in cooking Swahili dishes with local Swahili Mamas of the Mapishi Asilia Mlingotini (MAM) group.

### **Visit to traditional Healers (1-2 hours)**

Get to know how traditional healers use various traditional skills in treating various diseases.

### **Local Home visits (1-2 hours)**

Visit to local home of Mzee Ismail Shabani where you will learn how a special traditional dance was used to mobilize community in various development initiatives. See the Mkamia Maji drum (believed to be the largest drum in Swahili coast) and get to know the story about this special drum used in a number of Swahili coast dances.

### **Full day & multiple day tours**

The following are the options:

- A: Combine Mlingotini Cultural village tour with Coconut tour and beach experience/sun bath in the afternoon/evening
- B: Combine Coconut tour with Marine tour and beach experience/sun bath in the afternoon/evening
- C: Combine Mapopo Island Tour with Marine tour and beach experience/sun bath in the afternoon/evening
- D: Combine Mapaopo Island Tour with Mlingotini Cultural Village tour and beach experience/sun bath in the afternoon/evening
- E: Combine Sea- weed experience tour with Mlingotini cultural village tour and beach experience/sun bath in the afternoon/evening

### **Where to stay**

Visitors planning to spend a night in the village can be well accommodated at Bomani Bungalow Boma or in a community campsite where one should bring own camping equipments. However there are several hotels/Resorts and local guest houses within the town of Bagamoyo where visitors can be well accommodated.

### **Getting there:**

Mlingotini village is located South-East of Bagamoyo township some 13 kms. The village can be easily accessed by road that goes through Kaole village and Mbegani Fisheries Training Authority (FETA).

**For Bookings & more information:**

**Contact: Coordination office, Mlingotini Eco-tourism Office  
Bagamoyo-Coast Region**

**+255 712 408034/714 151526**

**E-mail: [mlingotinitourism@gmail.com](mailto:mlingotinitourism@gmail.com) | [mlingotiniculturaltourism@gmail.com](mailto:mlingotiniculturaltourism@gmail.com)**

**Find us on: [www.facebook.com/Mlingotini-Cultural-Tourism-Program-1715717562027818](https://www.facebook.com/Mlingotini-Cultural-Tourism-Program-1715717562027818)**



# Momela Cultural Tourism

## *Unforgettable Meru land experience!*

Momela cultural tourism is situated along greater crater lakes of Arusha National Park, a destination endowed with colorful birds, beautiful landscape, the Mount Meru, Momela lakes, acrobatic primates such as colobus monkeys, Meru ethnic tribe, historical sites and a place with fantastic sunset. It's definitely a must visit place while in Northern Tanzania.

The following tours are offered by Momela Cultural Tourism:

- o Village walk
- o Nature walking Safari
- o Waterfall hike
- o Natural forest hike
- o Bird watching
- o Mountain trekking adventure
- o A insight into Meru culture
- o Traditional dances
- o Accommodation in a permanent tented camp
- o Camping experience with a view of the Momela lakes flamingo's

### **Village walk**

Experience the culture, tradition and historical background of Wameru who lives on the slope of Mount Meru. By visiting their villages you will be captivated by their lifestyle and historical background which is remarkable. Come visit us today and experience the meru hospitality in our Village.



### **Nature walking Safari**

Discover the wonders of nature by walking alongside or through the Arusha National Park with an amazing scenery inhabited by different species of Wildlife such as giraffe, warthog, Zebra and the like. You will love a walking safari to Momela lakes which consists of several shallow alkaline lakes such as Longil, Small Momela, Big Momela, Lake Rishateni, Lake Tululusia, Lake Jembamba and Lake Elkekhotoito.

### **Bird watching**

Momela lakes are the best places within the northern Tanzania circuit safari for bird watching experience. The Lakes supports a wide variety of water bird species such as Flamingos, Egyptian goose, Grebe, Waterfowls, and Ibises

### **Mountain Climbing and Trekking Adventure**

Involve yourself in an adventurous activity; explore the highest peaks of mountains and hills in Meru land. Our nature trails takes visitors in places with gorgeous views of the surrounding hills, mountains found on the Meru land. The pictures you take can be a momento.

### **Where to stay**

#### **Momela Campsite:**

Stay at our spacious campsite area and enjoy viewing flamingos. The camping ground with green grasses is installed with hot water shower facilities, European type clean toilets, a space for kitchen, performing art space, dining area and bar that offer various drinks including local wines and beers. We have all required equipments for your camping safari and accommodation within Arusha National Park. Our campsite area brings unforgettable safari experience involving both nature of the surroundings and local culture of the native Meru community.



#### **Momela Permanent Tented Camp:**

Our cultural tourism offers another classic accommodation option in a professionally built tented camp on hilly sides of the village overlooking

the Big Momela lakes where hundreds and thousands of flamingos are found. The camp is environmentally friendly and operates as a 'green facility' to cause less possible harm to the natural environment. Tents are built on raised wooden platform to provide great views of the surrounding lakes and stunning landscape. Each tent has en suite facilities, flush toilet, shower facilities and hand washing basin. Tents can be arranged as doubles, singles and triples depending on visitors needs

**Getting there:**

Momela CTE is located approximately 40 kilometers from Kilimanjaro International Airport and 45 Kilometers from Arusha city.

Contacts us on:

Mobile: +255 784 366935 OR +255 754 607471

OR +255 785 778022

Email: [info@momelaculturaltourism.com](mailto:info@momelaculturaltourism.com) OR  
[ndetaulwarafael@yahoo.com](mailto:ndetaulwarafael@yahoo.com)

Website: [www.momelaculturaltourism.com](http://www.momelaculturaltourism.com)

Find us on: [www.facebook.com/Momela-Cultural-Tourism-161345050728786](https://www.facebook.com/Momela-Cultural-Tourism-161345050728786)





# MONDULI JUU

Monduli Juu, situated 50 km north-west of Arusha, is a cluster of four small villages - Emairete, Enguiki, Eluwai and Mfereji.

## **The following is on offer to visitors:**

- A picturesque journey through the evergreen rain forest
- A medicinal tour of plants and herbs, which includes a visit to a traditional Maasai herbs doctor
- A visit to Naramatu - a small factory where Maasai women make ethnic jewellery
- A chance to have a 'nyama choma' or roast meat meal with the Maasai.
- Panoramic view of the Rift Valley, Oldonyo Lengai and Lake Natron
- An insight into the culture of the Maasai and Waarusha There are tours

available for half day, full day, and two/three/four days:

## **Half day tours**

### **1. The 'Kona Saba' escarpment climb**

The tour starts at Mfereji village and includes a visit to a Maasai boma, a walk through the savanna to the foot of the escarpment and the ascent to the top from where you get panoramic views over the Rift Valley.

### **2. The evergreen rainforest tour**

Start from Enguiki and walk to the eastern peak of the Monduli mountains. Enroute to a water source, see trees, birds and animals.

## **Full day tour**

Medicinal herbs tour

The tour starts at emairete dam and

takes you past the Maasai church, primary school and kindergarten project up to Naramatu. Further up the mountain, enjoy the scenic views. Savour lunch in a Maasai boma before visiting a traditional Maasai herbs doctor.

### Two day tour

#### Olkaray tour

Visit the Esserian Maasai Camp and Sominen dam site, a Maasai boma and 'orpu' - a traditional Maasai meat camp - on the first day. On the second day, walk to Olkaray, the red clay that is used by the Maasai to colour their face and hair.

### Three day tour

#### Ilmorjo-Enguiki tour

On the first day, visit the Esserian Maasai Camp and Sominen dam site. Next day, walk through O'Liyamei Valley, Sokoine dam and the dipping tank. Spend the night at Naramatu

Camp. On the third day, visit Enguiki and Bismarck's palace.

### Four day tour

Comprehensive tour from Enguiki Norkuman Camp for three nights in Enguiki village. On the first day, visit the famous water hole and ascend to the 'Kona Saba' escarpment. On the second day, go to Mfereji and a Maasai boma. On the third, visit the primary school, dispensary and Monduli forest in Enguiki village. On the last day, visit Emirate village to see the ex-eye hospital, primary school, dispensary and Emarete village to see the eye hospital

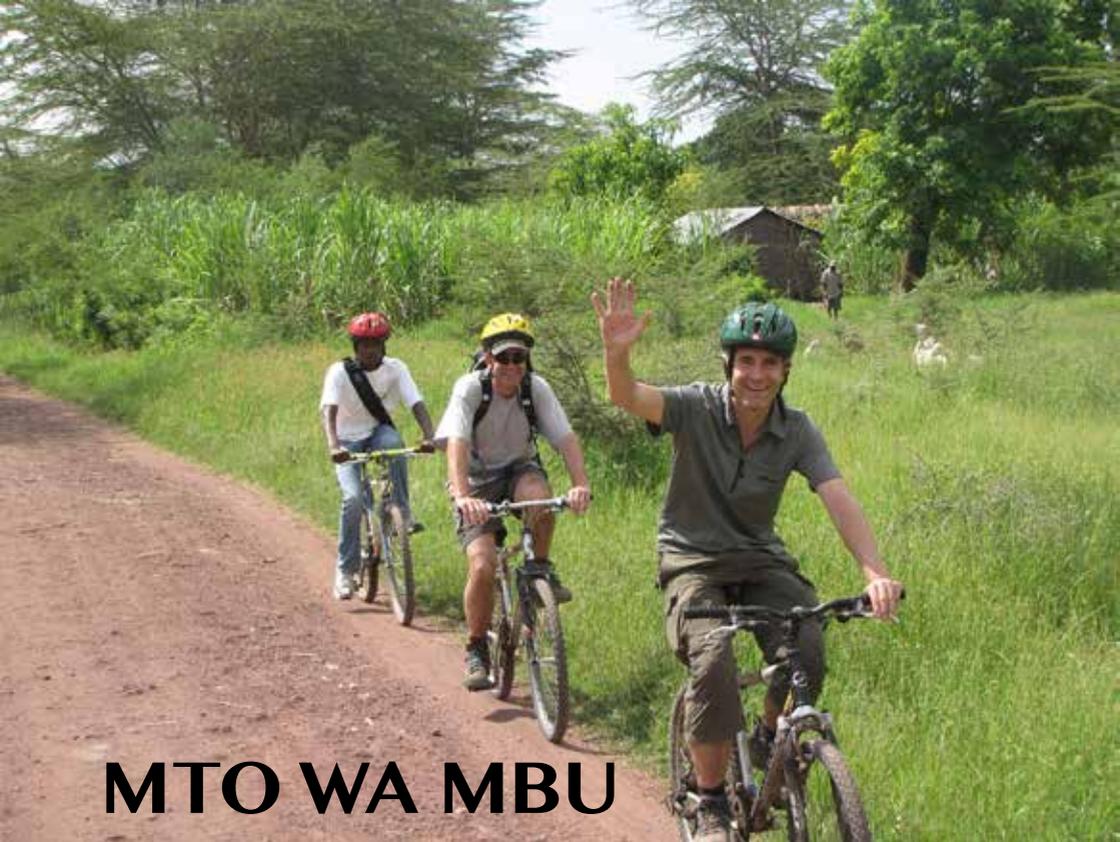
Customised tours can be organized.

**Getting there:** From Arusha bus stand, there are buses going to Monduli Juu. The duration from Arusha to Monduli Juu is about 1.5 hours. (Income from tourist will be used to set up and run a kindergarten in Monduli Juu.)



For further information contact:  
Tel: +255 786 799688, +255 787 756299  
E-mail: mpoyoni@yahoo.com  
Find us on: [www.facebook.com/mpoyoni](http://www.facebook.com/mpoyoni) 





# MTO WA MBU

Mto wa Mbu is situated on the way from Arusha to the national parks in northern Tanzania, just at the foot of the Rift Valley. Located on the way to Ngorongoro and Serengeti, it is an ideal resting place for most safari travellers.

A visit to Mto wa Mbu includes:

- A walk through the farms in the green oasis at the foot of the Rift Valley
- A climb to Balaa Hill from where you can see the whole town
- A view into the culture of the many different tribes living in the area
- A trip to the Miwaleni lake and waterfall
- Visit to development projects that aim at improving agriculture and start income generating activities for the farmers
- Explanation about the irrigation system

Different tours are on offer:

## **Climbing Balaa Hill (3 - 6 hours)**

Climb to the top of the Rift Valley wall for breath-taking views of Lake Manyara, the village of Mto wa Mbu, and the Maasai Steppe beyond. Also, see a diverse array of local bird species and magnificent 2,000 year old baobab trees.

### Maasai Boma tour (3-4 hours)

Visit a Maasai boma and see the lifestyle of this legendary tribe up-close. Along with a guided tour of the boma and an introduction to the local Maasai population, tribesmen will offer to paint traditional Maasai tattoos for visitors and even let them milk their prized cows.

### Maasai Market tour (2-4 hours)

Hundreds of Maasai gather each Thursday afternoon at the bustling Maasai market, where visitors have the chance to see their crafts and taste their food, including the famous Maasai BBQ. A larger, village-wide market occurs on the 22nd of each month.

### Village walk (2-4 hours)

Get an inside look at the homes and exquisite craft of Mto wa Mbu's many tribes. Visitors will get a chance to meet locals and learn about banana beer, Makonde woodcarvings, and the tribal painting techniques; the village provides a great introduction to everyday life in Africa.

### Farm tour (1-4 hours)

See the innovative farming practices of Mto wa Mbu villagers and learn about the irrigation system that

sustains local crops, including the 32 varieties of bananas.

### Miwaleni Waterfall and Lake tour (3-5 hours)

Bike or hike to this impressive lake and waterfall, both lined with thriving papyrus plants. At night, leopards and hippos frequent the area, but during the day, visitors can swim in the refreshing pool beneath the falls.

### Biking to Lake Manyara (2-5Hours)

Bike to the coast of one of Africa's most majestic lake and get an amazing opportunity to view wildlife like zebras, giraffes, hippos and buffaloes at close range in this corridor of migration between the national parks.

### Lunch at Mama's (1-2 hours)

Enjoy a delicious, home-cooked meal in a local mama's home. Over lunch, the guide will provide a history of the region and the many local tribes.

**Getting there:** From Arusha, several buses go to Mto wa Mbu. Duration to reach is 3 hours by bus and 2 hours by car. (Income from tourist visits will be used to protect the environment, promote education and empower women in the village.)



For further information contact:  
Tel: +255 784 606 654, +255 767 606 644  
E-mail [mtoculturalprogramme@hotmail.com](mailto:mtoculturalprogramme@hotmail.com)  
[www.mtoculturalprogramme.tripod.com](http://www.mtoculturalprogramme.tripod.com)  
[www.mtowambuculturaltourism.org](http://www.mtowambuculturaltourism.org)

Find us on: [www.facebook.com/pages/Mto-wa-mbu-Cultural-tourism-program/322229327902940](https://www.facebook.com/pages/Mto-wa-mbu-Cultural-tourism-program/322229327902940)



# MULALA

The Mulala village is a typical rural setting on the southern slopes of Mt. Meru and surrounded by spectacular scenery. It lies 1,600 - 1,700m above sea level and wind your way up the mountain through amazing lush, green vegetation dotted with small farms.

The women of Mulala have united in the form of the Agape Women's Group. Through this group, they try to support economic activities of the members and start new income-generating projects, like the Mulala Cultural Tourism Programme.

When you arrive there, you will be warmly welcomed by the village women.

## **The mulala women have organized the following:**

- A tour of Mama Anna's quaint cheese making unit, this being the starting point of the tour
  - A nice garden where you can relax and enjoy a beverage or a simple, traditional meal
  - Guided tours criss-crossing coffee and banana farms, walking through the forest reserve or by the Marisha river bank and enjoying spectacular views of Mt. Meru and Mt. Kilimanjaro
- Agape Women Traditional Activities tour (1 to 2 hours) Visit the farms of the Agape Women's Group. The women will explain their farming methods and show you the various economic activities they have started,





like cheesemaking, bread-making, flower seeds, chill growing and sewing. Mt. Meru forest reserve tour (1 to 2 hours) Walk into the forest reserve and climb up to the foothills of Mt. Meru, crossing the beautiful natural forest, home to many species of birds and monkeys.

#### **Marisha river tour (2 hours)**

Enjoy the scenic Marisha river bank, thick with tropical vegetation and home to colourful birds and primates. The guide will show you the most common medicinal plants used by the villagers. You may continue to the Ziwa la Mzungu (Whiteman's lake) to see a big colony of fruit bats.

#### **Lemeka Hill tour (2 hours)**

Criss-cross the coffee and banana

farms and head up Lemeka Hill for breathtaking views of Mt. Meru and Mt. Kilimanjaro and of the Maasai plains. Also visit the farm of Moses Karoiya, the traditional healer of the village.

**Getting there:** Mulala is 30 km from Arusha. There are daily buses going towards Moshi. Get off before Usa River, board a bus to Ngani Co-operative Society, and from there walk to Mama Anna's place.

(Income from tourist visits will be used to improve the school buildings, the kindergarten and the dispensary.)

**For further information contact:**

**Tel: +255 784 747 433 / 763 969 742**

**E-mail: [agapetourism@yahoo.com](mailto:agapetourism@yahoo.com)**

**Website: [www.agapetourism.com](http://www.agapetourism.com)**

Find us on: [www.facebook.com/agapetourism](https://www.facebook.com/agapetourism)





# NKWESEKO CULTURAL TOURISM

**'Explore the culture of the people and natural beauty of slopes of the Kilimanjaro'**

Nkweseko Cultural Tourism is located on the Southern slopes of Kilimanjaro, the highest point in Africa. The area is quite and full of fresh air where one can stay and enjoy the way of life of local people and natural beauty. Site seeing, traditional dish preparation and sampling; daily economic activities and the history of the people are among other things that will print a memory in your brain

**Nkweseko community can organize the following for you;**

- A welcome to Chagga home
- A Cultural village tour
- A visit to traditional underground caves, hiding places during intertribal wars
- An experience of stinging and sting-less bee keeping
- A walking tour to the waterfalls
- An opportunity to learn Kiswahili
- An opportunity to stay with a Chagga family
- A learning venture to prepare

various traditional dishes

- An opportunity to learn how traditional banana bear is prepared
- A great traditional dance
- Schools visits

**There are various options for the tours:**

**Half day tours: 2-5 Hours**

Option 1:

Nkweseko village tour: A welcome to Nkweseko village will take you in a reception area with collection of various cultural art facts and old tools used by Chagga people. The tour will proceed to bee-keeping site then to the farm where coffee is produced. A walking in the farm will give you an insight to coffee history and its production in the field. This tour will proceed to the hiding caves and the waterfalls before walking back for lunch/coffee/drinks

Option 2:

Nkweseko Cultural tour: You will get a warm welcome to Chagga home



and learn how your host family lives. Take a short hike to a traditional beer brewing site and learn how the beer is prepared and used by local people. Learn how to cook a traditional dish get to know Chagga traditional agricultural system of 'Kihamba'

### **Full day tours: 5-8 Hours**

Option 1.

The tour will have all components of Option 1 for Half day tours and then visit local beer brewing site and a local primary school

Option 2.

After a warm welcome to a Chagga home, visit a local market for a shopping and buy some ingredients to be used for traditional food preparation. On the way back pass-by a traditional beer brewing site and learn how the beer is prepared and used by local people. Learn how to cook a traditional dish and enjoy your lunch with your host family. After lunch, take a short farm tour and get to know Chagga traditional agricultural system of 'Kihamba' and

coffee & banana production

### **Extra Activities:**

- Learn how to speak Kiswahili
- Get your hair braided
- Visit local pubs and interact with local people in the evening
- Participate on daily African home chores in a Chagga family
- Visit community development projects

### **Where to stay:**

The only accommodation facility available in Nkweseko village is a cottage with 4 double rooms, two home-stays with a total of 4 rooms and a campsite with capacity to accommodate up to 30 pax. For all of your accommodation requirements, Nkweseko Cultural Tourism coordinator will make arrangements for you at a reasonable price as per your requirement.

### **Getting there:**

Board Moshi-Machame mini-buses until you get to Machame Girls Secondary School.

For further information contact:

Nkweseko Cultural Tourism Coordination office

Nkweshoo Office: +255 (0) 787 484067

E-mail: [sam\\_swai@yahoo.com](mailto:sam_swai@yahoo.com) | [www.nkwesekoculturaltourism.org](http://www.nkwesekoculturaltourism.org)

Find us on: [www.facebook.com/Nkweseko-Cultural-Tourism-998363343573356](https://www.facebook.com/Nkweseko-Cultural-Tourism-998363343573356)



# NG'IRESI



Ng'iresi is situated 7 km out of Arusha, on the slopes of Mt. Meru. It is inhabited by farmers of the Wa-arusha tribe.

**The villages of Ng'iresia and Olgilai have the following on offer for visitors:**

- A guided tour to farms on the lush slopes of Mt. Meru
- A visit to several development projects in the village-soil conservation, irrigation, cross-breeding, bio-gas

- A climb to Kivesi Hill, an old volcano with a natural forest on the top
- A glimpse of the Wa-arusha culture
- A walk to Songota and Navuru waterfalls
- A delicious lunch and dinner prepared by the Juhudi Women's Group Different tours have been organized. Visitors can choose between half and full day tours:

## **Half Day Tours**

### 1. Village tour

Visit Mzee Loti's farm for a coffee

and tea and get an explanation on bio-gas, cross-breeding and soil conservation projects on the farm. Walk to the nearby bomas to see the various styles of traditional Maasai and Wa-arusha houses and enjoy a beautiful view of Arusha town and the surrounding Maasai plain. Descend Lekimana Hill to visit the Ng'iresi primary school and return to Loti's farm for lunch.

## 2. Songota waterfall

The tour starts from Kwangulelo bus stop. A 45 minutes walk takes you to the songota waterfall in Oldadai village. Visit Mzee Loti's farm and visit the biogas and soil conservation projects, traditional houses and school.

### **Full day tours**

#### **• Navuru waterfall and village tour**

From Mzee Loti's farm, do the half day tour combined with a walk to the Olgilai forest reserve. A small path leads you to the steep canyon of the Themi river. Cross the river to reach the Navuru waterfall.

The Enterprise also offers coffee experience including roasting and tasting of coffee.

#### **• Village and Forest tour**

The village tour can be combined

with a visit to the forest on the higher slopes of Mt. Meru. The spring waters that are the main source of water for the village commence here. At the edge of the forest, meet a traditional healer.

### **Two day tour**

After a full day tour, spend the night camping at Mzee Loti's farm. Next morning, start for a climb to Kivesi Hill. Descend on the other side and return to Arusha.

Other tours can be arranged on request. A traditional medicine tour is an interesting option, in which you meet a traditional healer and walk along the slopes of Mt. Meru collecting herbs and plants that have been used by the local for thousands of years. The guide will help in identifying and collecting samples of the different species.

**Getting there:** Tours to Ng'iresi can be organized through Tanzania Tourist Board in Dar es Salaam or TTB information Centre in Arusha or through local tour operators.

(Income from tourist visit will be used to improve the local primary schools and quality of education.)



For further information contact:  
Tel: +255 679 320 967, +255 754 320 966  
E-mail: lotisareyo@yahoo.com

# NORTH PARE **Mountains**

The Northern Pare Mountains are situated 50 kms south-east of Moshi. Usangi is the heart of the mountains and a centre of economic activities. Local factories produce bricks, stoves, pottery and clothes. Some families brew beer in their backyards, using traditional methods. Every Monday and Thursday, a colourful market is held where farmers from the surrounding villages come to sell their harvest.

## **On offer is the following:**

- A walk through Kindoroko forest reserve, a natural rainforest at the top of the mountains
- Climbs to different mountain peaks for excellent view of Kilimanjaro, Lake Jipe and Nyumba ya Mungu
- A visit to historical relics from the time of tribal war and colonial rule
- A glimpse of Pare culture
- A view of the various projects irrigation, soil conservation and reforestation

## **One day tours**

1. Kindoroko mountain climb and rainforest tour

From Usangi, hike up the Kindoroko mountain. A natural rainforest, it is home to blue monkeys and many seasonal tropical birds. See stone terraces and modern irrigation systems, and visit a traditional healer and a women's pottery co-operation.

2. Kamwala mountain climb Learn about the past and local traditions as you climb through the Chegho

moorland. On the way to the top of the Kamwala mountain, enjoy scenic view of the Pare mountains. On descent, visit Shinhatini village to talk to local farmers who have benefited from the improved agricultural techniques supported by development projects.

## **Other tours**

Walking tours of several days can be organized. Hike through natural forests, descend the mountains and spend a night with a family in the village of Kisangara Chini or visit the mountainside near the village of Ugweno.

A round trip of Pare can be organized from Moshi or Marangu, whereby you visit the dam and local factories, enjoy beautiful views and meet farmers. See relics from the time of tribal wars and colonial rule.

From Ugweno, other trips can be organized. Hikes to smaller mountains, visits to ancient tunnels and a waterfall. Lake Jipe is a 1.5 hour walk; once there, you can canoe to spot hippos and crocodiles.

**Getting there:** From Dar, Buses go to Arusha. Get off at Mwanga, and take a bus to Usangi, the centre of the Northern Pare Mountains, a 1.5 hour drive from Mwanga.

(Income from tourist visits will be used to promote energy-saving stoves and to protect the environment.)

**For further information contact:**

Tel: +255 27 2757924/27

E-mail: lomwesec@gmail.com

Tel: 0784-813787

# OLDONYO SAMBU



Oldonyo Sambu is located 36 km north-west of Arusha on the highway to Nairobi. The centre of operations is Oldonyo Sambu Market (also known as Maiko Market)

**The programme includes the following:**

- Short hikes up the hills to view the beautiful Maasai land and to get a glimpse of Mt. Kilimanjaro, Mt. Meru, Longido and Kitumbeine
- Visits to traditional Maasai bomas, markets and watering dams
- Visit to a traditional healer and the centre of Maasai women specializing in making ornaments
- Horse, camel and donkey rides across Maasai country

There are various tour options available:

**Half day tours**

1. The safari starts with a visit to a Maasai boma to see the traditional lifestyle of the tribe. Hike up the Oldonyo-Was Hill to view the surrounding plains and villages. Later, head to the centre of Maasai women specializing in ornamentmaking and to the historic tower, a reminder of colonialism. Trek to a holy fig tree and thereon to a water spring.
2. Start by hiking up the Mareu Hill to view Mt. Kilimanjaro, Mt. Meru, Longido, Kitumbeine and Monduli. Rest in a Maasai boma before heading to meet a traditional healer.

### Full day tours

1. Hike up the Oldonyo-Was Hill, then rest in a Maasai boma before heading to meet a traditional healer. Visit the watering dams and a traditional meat camp or 'orpul'. Proceed to the fields and to watch livestock in the lush pastures of the Maasai. Nearby is a zoo with Marabou storks, leopards and colobus monkeys. Time permitting, you will be shown the local method of beekeeping.

2. Start by hiking up Mareu Hill to view Mt. Kilimanjaro, Mt. Meru, Longido, Kitumbeine and Monduli. Later, rest in a Maasai boma and visit a traditional healer. Go on to see the holy fig tree, water spring, meat camp and historic tower. End the journey with a meal prepared by the Maasai women..

### Overnight tour

A tailor-made overnight tour can be organized to include a visit to a Maasai boma, Maasai market and traditional healer. Go to the pastures to learn about Maasai livestock and enjoy a traditional 'nyama choma' or roast meat meal.

Getting there: Drive down the Nairobi road to the Oldonyo Sambu Market. On arrival, you will see the signs leading to the office.

(Income from the tourist visit will be used to improve the primary school and health centre in Oldonyo sambu)



For further information contact:  
Tel: +255 784 663381,  
+255 784 694790  
E-mail: masaiboma@yahoo.com

# OLD MOSHI CULTURAL TOURISM



Old Moshi cultural tourism Enterprises is based in Old Moshi, Moshi rural in Kilimanjaro region home of Mangi Meli-one of the famous Chagga Chiefs who ruled the area before and during colonial times. Old Moshi is 10 Km North of current Moshi town and is where Moshi town was first established by Germans in 1893. Germans built military station which is what in present day Kolila Secondary School. The village lies between 1,700-1,800 m.a.s.l. and has scenic views of Moshi town and Mount Kilimanjaro. The Germany military station has a lot to learn see especially on the building's architecture, cemetery and Chagga resistance against Germany colonial invasion.

**The Old Moshi community offers the following tours:**

## **Village Walk (4-6 hours)**

Visit the locals and learn about their way of life. Share part of your time with local people while learning various local economic activities that take place on daily basis in their village. This tour gives

visitors incredible opportunities to go close to nature, visit banana farms and learn how banana beer is made and its importance to the local Chagga tribe's men and women

## **Coffee, Spice and Vanilla Farming Experience (2-3 hrs)**

The tour takes visitors to the coffee farms where they learn about organic Arabica coffee small scale farming and take part in the local coffee processing. Visitors will learn step by step how local coffee is harvested, dried, pound and roasted until a cup of organic coffee is made. The tour will also include visiting Vanilla farms and tasting a cup of vanilla tea

## **Chagga Blacksmith Tour (1 Hour)**

Visit traditional Iron smiths see and learn how to make different Iron made tools

## **Missionary History Tour (1-2 hours)**

Visit Kitimbirihu where the first Christian missionaries settled after Bagamoyo and Zanzibar churches. Old Kidia Lutheran church and learn how missionaries from Leipzig Germany spread Christianity

## **Waterfalls Tour (1-2 hours)**

A guided walk to Kwa Mambori waterfalls, believed to be the highest around mountain Kilimanjaro area estimated to be 160 meters high

## **Mangi Meli Palace Visit (1-2 hrs)**

A visit to Learn about chagga chief Named Mangi Meli who was caught in November 1899 and hanged in 1900 by Germans behind his palace. Visit a hanging tree and learn about chagga chieftom system its history and mystery

## **Local Market Tour**

Visit Kidia village market every Mondays and Thursdays

## **Visit Kolila High School**

A visit to Kolila High School is magnificent, the views around and the architecture of the Old German military station buildings is amazing. A tour will take you through the school compound and areas with stunning views of the area and Moshi town

## **VOLUNTEERING**

We arrange for volunteers who would like to work in education and health centres in our village

## **OUR GUIDES**

All our guides are natives and have great

knowledge of the area, local culture and history. Avoid walking with unauthorized Guides. Our guides have uniform and identity card given to them by the management of Old Moshi C.T.E. All tours must start at our office in the village

**ACCOMODATION**

We arrange for homestays and camping in our village

**GETTING THERE**

Old Moshi is located approximately 10 km from Moshi town. You can drive from Moshi town to Kolila Secondary School via Kiboriloni or take a tax. A short walk of less than five minutes will take you to our office from the Kolila High School gate

**For further information and Bookings**  
**Old Moshi Cultural Tourism Enterprises**  
**Mob: +255 752 420 026 / 755 957 931**  
**E-mail oldmoshi2016@gmail.com**  
**Find us on Facebook:**

**Find us on: [www.facebook.com/Old-Moshi-Cultural-Tourism-Enterprises-865297043601575](http://www.facebook.com/Old-Moshi-Cultural-Tourism-Enterprises-865297043601575)**





***For your authentic Maasai Village adventure!***

Welcome to “**Olpopongi**” **Maasai Cultural Village & Museum** - authentic Maasai Boma with Maasai-Museum & overnight facilities in Tanzania. “**Olpopongi**” provides a unique Maasai & Wildlife experience in the West-Kilimanjaro Maasailand; Just 74 km from Moshi and 85 km from Arusha.

Our aim is YOU to share the authentic Maasai life & culture in a 100% traditional built village (Boma) with a unique museum, rather than taking tourists to private Maasai-Villages and destroy the Maasai native homes, behaviors and environment. Our Eco-Tourism Tours do provide the maximum respect to the Maasai tribe and a maximum education & excitement to our valuable clients.

“**Olpopongi Maasai-Village**” was planned and built by a multi-cultural construction team, dominated by more than 50 Maasai women & men from the nearby Tinga-Tinga Maasai-Village. All houses are built the traditional way with local and natural materials only - similar to those ones of the nearby Maasai people. Only some additions, such as exterior washrooms and the kitchen, are different from the Maasai culture, but built for your hygienic safety & full satisfaction.

Olpopongi Maasai-Village offers the following;

- Day tours & museum
- Overnight tours & traditional Maasai BBQ
- Traditional events and cultural celebrations
- Authentic Maasai jewellery
- Walking safaris
- Weekend specials/events

**Package A**

*“Day Tour” - Cultural Day Tour with Lunch & Walking Safari*

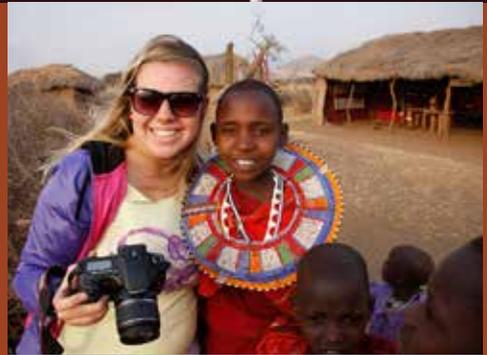
Spend your day in the authentic Maasai-Village “**Olpopongi**” and share the Maasai life.

Museum & Village Tour / Traditional Lunch / Walking Safari in the Maasai territory / Learn about Maasai hunting techniques and incredible natural medicines.

**Package B**

*“Overnight” – Cultural Day Tour & Full board arrangement in the Maasai Village*

Spend your day & night in the authentic Maasai-Village “**Olpopongi**” and share 24 hours with native Maasai.



Museum & Village Tour / Traditional Lunch / Walking Safari in the Maasai territory / Learn about Maasai hunting techniques and about incredible natural medicine – plus evening program with Maasai ceremonies, Campfire & BBQ / Breakfast

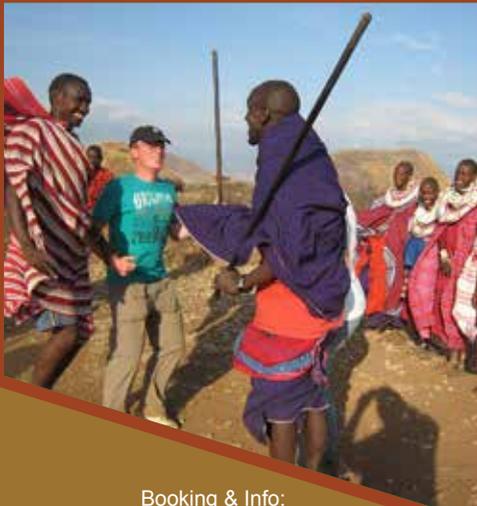
Enjoy a unique and unforgettable evening under the Tanzania starry sky with BBQ & Maasai traditional ceremony before you find yourself sleeping on a comfortable Cow-hide bed in your pri-vate Maasai-house.

### The value of your visit

Your “Olpopongi” visit does also support local Maasai families with water, food, employment, personal income, medical treatments and education. All Maasai-Jewellery on sale is hand-made and produced by the local Maasai wom-en of other nearby villages.  
Our guides

All Museum tours & Walking Safaris are performed by experienced English speaking Maasai-guides. It's your opportunity to meet and share life experiences with a Maasai warrior and the community of Olpopongi.

Incentive Packages & private Arrangements are available on special request!



Booking & Info:

Phone +255 (0)756 718455 or

Email: [booking@olpopongi-maasai.com](mailto:booking@olpopongi-maasai.com)

Website: [www.olpopongi-maasai.com](http://www.olpopongi-maasai.com)

Find us on: [www.facebook.com/olpopongi](http://www.facebook.com/olpopongi)



@olpopongi



# PANGANI COAST CULTURAL TOURISM

**A home of Swahili Culture**

Pangani is a small town in East Africa's Coast, 53 kms south of Tanga with long history and diverse cultures. The town has Arabic, German, Asian and British colonial rules' influence. This is a place where Swahili, Arab, Colonial traditions and Modern hospitality blends together. The town is located at the mouth of Pangani river.

Here you will enjoy coastline with clean beaches where endangered Green Turtles breeds, historic sites, coral reefs, Old Port as well as great diversity of tropical marine dwellers.

Pangani offers;

- **Historical town tour:-** Explore Historic buildings of Pangani town, slave market, old port and slave routes

## • **Pangani River cruising**

- A boat trip to Maziwe Marine Park Island for swimming, sun-bathing, snorkelling and watching dolphins

- **Village tours:-** a welcome to Coast people's home and stay with a family getting an insight of the Swahili culture. Participate in various activities with the family members

## **Green Turtle Experience:**

- An opportunity to explore the life of Endangered Green Turtles. Visits to nesting sites and get to know their breeding behaviour

## **Cycling Tours:**

- Cycling tours around the town to the German fort, then proceed to Mwera, sisal plantations Kikokwe the first place where sisal was introduced to Eastern Africa by Dr. Richard Hindrof

and adjacent villages. Other cycling tours can take you to Mkoma to see the Pemba channel, Mwanaunguja corals and bombarded German war ship to the beaches of Ushongo

**• Fishing with local fishermen**

• Evening tour within and around Pangani town. Get an insight of local entertainments available in the area

• **Farm tour:-** visit local's farms with coconut, various types of fruits and enjoy fresh fruits and coconut juice while rolling on criss-crossing the dominating coconut trees

• An opportunity for safari to Saadani National Park

**Where to stay;** A wide range of guest houses, hotels and lodges are available along the Indian Ocean beach and around the town of Pangani. Camping grounds are available in various places depending on nature of your tour around Pangani and neighbouring places.

Tourist information office or tour guides can make arrangements for homestays and overnights in local guest houses, hotels and lodges when making hikes of several days within and around Pangani area.

**Facilities for hire;** Camping facilities can be hired after providing a one day notice. Mountain bikes and engine boat can be hired in Pangani town at a reasonable price. Pangani Cultural Tourism Enterprise a boat

that can be available at any time. For those planning to leave for Zanzibar through Pangani or Saadani National Park, hired boats are available

**Tour Guides:-** The guides of the Cultural Tourism Programme are indigenous of Pangani who speaks good English and have experience in tour guiding in the area. The guides are very charming and will accompany you in leisure activities. Boat captains and the divers will guide you in all water related activities.

Bookings for various excursions and tours can be made at the Pangani Tourist Information Centre (T.I.C) located at the Main bus stand. Pangani T.I.C has internet facilities. All Pangani registered guides are found at the office.

Tanzania Tourist Board Tourist Information offices of Arusha and Dar-es-Salaam can assist on booking your tour in Pangani.

**Getting there:**

Pangani can be easily accessed by road. There are daily buses leaving Dar-es-Salaam and Arusha to Pangani via Tanga. It takes 6 hours drive from Arusha and 7 hours from Dar-es-salaam. Pangani is 53km South of Tanga town where several minibuses to Pangani are available. Mini-buses leave once all seats are occupied and it takes an hour to Pangani.

For further information contact:

Pangani Cultural Tourism Programme, P.O Box 3, Pangani

+255 732 976460, +255 784 539141

Email:info@panganitourism.com | www.panganitourism.com

# Rau Eco & Cultural Tourism

*Come and explore Kilimanjaro's natural paradise!* Rau Eco & Cultural Tourism is a community based tourism enterprise in Moshi-Kilimanjaro region with its base office near MjiMpya Secondary School. Located only 3 kms South East of Moshi town in an area of high ground water fed by run-off from Mt. Kilimanjaro, the village is an ideal place to visit to explore the Rau Natural Forest and culture of Kilimanjaro people

We people of Rau Forest area have organized the following tours to our esteemed visitors;

- Nature walks in to Rau Forest Reserve
- Bird watching tour
- Cultural village walks
- Rice Farm Tours in Mandaka-Mnono and Mabogini villages
- Hot local lunch
- Moshi town local Market Tours and a number

colors.

## Rice Farms Tour in Mandaka Mnono and Mabogini (1-3 Hours)

Do you know what it takes to have rice? Come get an insight on how rice is cultivated by local farmers in the lowland areas of Kilimanjaro. You will walk through beautiful & scenic rice paddies of Mabogini Village. Our tour guide will explain to you all steps it takes from farm preparation, planting to harvesting. The tour always ends at a local family where one will have a chance to taste various rice dishes such as Wali, Pilau and Vitumbua. There is so much one might not know that can be learned from Tanzanian local rice farmers.

## Bird Watching Tour (1-3 hrs)

This tour offers you an opportunity to identify forest birds and waterlogged bird species as well as other seasonal migratory birds that feeds in the rice farms. The sounds of birds singing plus other insects in the forest will multiply your joy



of traditional activities that gives visitors a good insight into African culture.

- Cycling tours to Lake Chala&ChemkaHotSpring
- Homestay and Camping

## Rau Forest Nature Walk (2-3 hours tour)

Explore a natural African forest reserve, in which several cultural tourism activities are allowed, which exposes visitors to an abundance of nature covered by unique tree species. On your walk, you will spot blue monkeys and black-and-white colobus monkeys and a number of forest bird species. Listen to stories and various uses of various trees including the sparkling very old tree's spanning of up to 200 years. Visit the sacred tree Mvule (*Miliciaexcelsa*) believed to be 196 years old regularly visited by locals to pray (an act closely associated with superstitions) for different needs. Outside the forest is a great view of Rice plantations dotted with water birds of different

and increase your relaxation in a total natural world of its kind .Bird watching starts at Rau nature forest and extends into the rice farms in the village.Common birds includes egrets, heron, hammerkop, storks, ibises, jacana, black-winged stilt, blacksmith lapwing, pigeons, African doves, speckled mousebirds, African spoonbill, paradise flycatcher, pied wagtail, kingfisher's and other birds.

## Local Market Tour (1-3 Hours tour)

You will get an insight into typical African market and get to know what people eats and uses in their daily life in Kilimanjaro though a local market. Market tour is combined with a visit to historical sites like the Common Wealth World War grave yards as well as learning and participating in artwork of Makonde handicraftsmen of Kilimanjaro

## Kilimanjaro Cycling Tours

We organize several Cycling tours around Kilimanjaro to bring our visitors closer to local people, get scenic views and visit exciting attractive sites. Some common cycling tours are;

Moshi to Chemka Hot spring Cycling Tour (3 Days tour)

### Moshi to Chemka Hot spring Cycling Tour (3 Days tour)

**Day 1:** You will leave Moshi for Rundugai village through various traditional Chagga villages with nice landscape covering about 20kms. Chemka Hot spring is unique and one of the best natural swimming pools in Africa. It's water is about 28°C and is on constant movement as it emerges from the rocks. Take time to enjoy swimming before and after picnic lunch under majestic fig trees. You will further explore the night here camping under the fig tree, participate in preparing Maasai BBQ and listen to a story teller around a campfire.

**Day 2:** After breakfast, you will visit a local Maasai family and learn about their day to day life. You will participate in BBQ preparation, cattle herding and farming activities. You will have an opportunity to stay with a local family for a whole day and overnight

**Day 3:** Farewell day; Return to Moshi on bike or proceed to Arusha by bus or Kilimanjaro International Airport through traditional Maasai villages on your way to the next destination

### Moshi to Lake Challa Cycling Tour (3 days tour)

**Day 1:** You will explore the timeless beauty of Challa Crater Lake that lies on the Eastern belt of the 'Roof of Africa'-The Kilimanjaro. The cycling can start from Moshi town or from Himo Township (Dar-es-salaam-Marangu junction) through scenic

traditional villages to the Challa. Enjoy camping on Challa's Crater rim, a natural paradise with lovely sounds of nature.

**Day 2:** Proceed to Chagga people's territory on your cycling tour, learn how to prepare Mbege (famous Chagga local brew), visit banana and coffee farms.

**Day 3:** Cycling back to Moshi town along the green belt of the Kilimanjaro. You can opt to visit one of the waterfalls on your fare well day. On clear days, one will see the two peaks of the Kilimanjaro

### Volunteer Opportunities

We welcome volunteers who are interested to work with us in environmental conservation activities in our forest and in the neighboring community. You will be involved in establishing tree nursery, collecting tree seeds from the forest and surrounding villages. You can be a part of Tree Planting Project which is an exciting giving back to nature activity to restore the natural environment. One can develop sound projects in community areas in collaboration with our office

### Where to stay:

There are various tourist hotels and guest houses in Moshi town that a tourist can choose to stay. In Rau area, we have a campsite and homestay programme where one can spend a night with local family.

### Getting there:

Rau Eco & Cultural Tourism Enterprise is located 3 kms South of Moshi town near Mji Mpya Secondary School and Rau Forest entrance gate.

**For More Information Please Contact:**  
**Rau ECO and Cultural Tourism Enterprise**  
**P.O.BOX 7369, Moshi- Tanzania**  
**Email: [rauecotours@gmail.com](mailto:rauecotours@gmail.com)**  
**Mob: +255 769335359/ +255 787796747**

Find us on:



Find us on: [www.facebook.com/rau.ecoculturaltourism](http://www.facebook.com/rau.ecoculturaltourism)



@rauecoculturaltourism

Website: [www.rauecoculturaltourism.com](http://www.rauecoculturaltourism.com)

Find us on:



# ROBANDA CULTURAL TOURISM

*Welcome to "Robanda", a home of Ikoma tribe*

Robanda Cultural Tourism was established with the vision of improving the livelihood of Robanda village community and enhancing Western Serengeti environmental conservation through tourism. Robanda CTP welcomes you to enjoy the cultural and natural heritage of the place.

## **Robanda Cultural Tourism offers you:**

- A guided village walk
- A village biking tour
- A trekking to Ragana hill rich in Ikoma people pre-colonial history
- A trekking tour to Gesigeta hill used by soldiers in pre-historic times as a view point
- A visit to Oldest Ikoma tribe traditional fort
- A visit to the caves used as hides during the First World War,
- A visit to Ikoma fort used in colonial times by Germans,
- An opportunity to learn Waikoma relics, stories, old tools and weapons
- Listen to hair raising stories about their culture

Get an entertainment of Waikoma most popular traditional dance, you

will learn how to dance and be part of the dancing team

## **Village Biking Tour (2-3 hrs)**

A biking tour around Robanda village to Ikoma Fort where one will explore traditional homestead and get great interaction with local people of Western side of Serengeti. Explore the scenery of Serengeti plains with its great wildebeest migration at the peak of Ragana hill which has great history together with its cousin Ikoma German Fort.

## **Visit to Ikoma Fort (2-3 hrs)**

A two hours walking in the village will lead you to old German fort and a great hiding caves used by German soldiers during colonial times. Take a short walk in the cave which is about 400metres long. Explore various features and rooms which were used for different purposes while identifying the Germans interest over the areas.

## **Ngoreme Hotspring Tour (4hrs)**

On your bike, explore Ngoreme hotspring which is surrounded by hundreds of tales from the local people. Get to know what local people believe about the hotspring and discover some holy places where

Waikoma people take their sacrifices.

**Ikoma Tribe Traditional Fort Tour (2-3hrs visit)**

A visit to traditional forts used by Ikoma people as the hiding place from Maasai warriors during intertribal wars. The forts were made artistically with stones only. The forts are found in Masasi, Muragho and Gegambasage villages.

**A trek of Ragana Hill (4hrs)**

The witch doctors (witch crafts) habit was ended in early 1892 during Germans colonial rule in Robanda village. Get to know the reasons and methods used to punish the witch doctors at Ragana. Since this time, the hill has been named as a 'witch

doctors' punishment hill'

**Traditional Dances: (0.5-2Hours)**

Both of the options are possible. We welcome all visitors to our cultural centre where they'll meet our dancers and enjoy the dance. On the other hand visitors looking the real African set up of traditional dance may chance the dance in the village at various occasions. The coordinator of the programme knows the calendar of various local performances. The most common authentic dances that are often chanced and experienced by visitors are Singori and Risiwa dances. The most common season for the Ngosiga dance to happen is between August-October during



annual harvests.

### **Hiking to the peak of Gesigeta Hill (1900 m.a.s.l)**

One can jump on a mountain bike and ride 7km from Robanda centre towards this hill with hundreds of tales. The hill was used by the British soldiers as a radar (view point) during the First World War. At the top, one will enjoy a breath taking panoramic view of the vast Serengeti plains and the Grumeti River.

#### **Getting there:**

Robanda Cultural Tourism Programme is located 3 km from Ikoma gate on the Western side of Serengeti National Park, 10 minutes drive from

Ikoma Gate. The centre located few metres before the village centre as one drives away from the park gate. The village is very close to the key areas used by migratory wildebeests of the Serengeti National Park as they venture on the Western sides/western corridor

#### **Contacts:**

Your booking can be facilitated by a tour operator or lodge operators. Tanzania Tourist Board-Tourist Information Centres of Arusha, Mwanza and Da-es-salaam can assist you as well.

**Location:** Robanda Cultural Tourism is Located near Robanda village centre, at Kehengu P.M.'s House.

Mobile: +255 (0) 784678121

Email: [kehengupaul@hotmail.com](mailto:kehengupaul@hotmail.com) , [robandaculturaltours@yahoo.com](mailto:robandaculturaltours@yahoo.com)

Website: [www.robandactp.com](http://www.robandactp.com)



## Rundugai Cultural Tourism

Rundugai Cultural Tourism, is a place to make your lifetime memory for those who visiting Moshi Town or Arusha for safari or mountain trekking. The village lies some 25 km from the Kilimanjaro International Airport if one will drive through the round loop to Boma then turn South to the village office-just after crossing the railway. For visitors coming from Moshi the village is 38 kms away. While in different tour activities in this village, visitors get stunning views of both Mount Kilimanjaro and Mount Meru while enjoying the cultural diversity of different ethnic groups coexisting together. Probably the most known are the Maasai raiding their cattle and following closely their tribal culture together with Pare and Chagga people who altogether have different traditions and ways of life.

We people of Rundugai offers the following tour activities;

- Chemka hotspring tour
- Rundugai cultural village walk
- A visit to Maasai midwife
- A visit to a traditional healer
- Maasai cultural experience
- Cattle herding experience
- Camping and homestay experience
- Maasai traditional dances

### Kikuletwa Hot Spring (Chemka maji moto) tour (2-2.5 hours)

A tour of the revered Kikuletwa Hotspring with experienced local guides from Rundugai Cultural Tourism is always enticing. Visitors get a chance to swim in a unique natural pool with strong warm water current surrounded with amazing roots of fig trees. There is a rope swing for jumping into the water. After swimming you will walk to the lunch site. Local lunch is prepared by women group and includes traditional organic food, mostly grown in the village and around.

### Maasai boma tour (3-4 hours)

A tour to the Maasai village with our local guides gives visitors an insight into the real local Maasai culture. You will spend part of your time visiting local homes and learn Maasai way of life, livestock keeping, food & drinks used by Maasai, herding, house construction and participate in their traditional dances.



### Rundugai village tour

Spend your glorious time at Rundugai village with local people and learn on the daily socioeconomic activities of different ethnic groups coexisting in one village. The tour starts at Kijiwani sub-village which serves as a Maasai Market on Mondays and takes visitors through local beer and wine route to learn how locals make their wines. The tour will proceed to a home of a highly respected Midwife who will explain how she does her work for the community. On the other side of Majengo sub-village you will meet Pare's and Chaga's farms where you will meet different irrigation fields such as rice field, Onion field and many others vegetable crops such as Okra, Egg plants and tomatoes mostly grown for local consumption by the community. The tour will go through the Kikuletwa Hotspring for swimming and then take your way to the lunch site. Visitors can opt to do cycling or walk in this route

### Biking from Boma town or Moshi town to Kikuletwa hot spring

Adventurous tourists are welcome to do cycling from either Boma town or Moshi to Kikuletwa hot spring via Rundugai village. Cyclists will cover more ground distance and then get an experience of many things in a short period of time while meeting different people conducting different activities on their farms, cattle herding and small business activities organized with local people. After cycling, visitors will get a refreshing swimming at Kikuletwa hot spring and then proceed for lunch at a selected family

### Home stay

A homestay experience offered by Rundugai Cultural Tourism if of it's own kind. It gives a sense of personal control to the visitors where you will learn African real life by joining the host family in different activities such as preparation of meals, work at a local farm

and herding livestock.

### Camping Under the Fig Tree

There is a camping ground that can accommodate up to 30 pax at the Kikuletwa hotspring where campers can install their tents for night. The area has basic facilities.

For details and bookings:

Contact the tour Coordinator through;

Mobile: +255654523090

Email: [rundugaiculturaltourism@gmail.com](mailto:rundugaiculturaltourism@gmail.com)

Website: [www.chemkahospring.com](http://www.chemkahospring.com)

Find us on: [www.facebook.com/profile.php?id=100006257565287](https://www.facebook.com/profile.php?id=100006257565287)

Instagram: [Rundugaiculturaltourism](https://www.instagram.com/rundugaiculturaltourism)

Twitter: [@rundugaicultur1](https://twitter.com/rundugaicultur1)





# RUNGWE

Volcanic mountains, crater Lakes, green hills and lush valleys with hurling rivers – Rungwe District, Just south of Mbeya, is one of the loveliest areas of the country. When your traveling in the South of Tanzania, or if your on your way to Malawi or Zambia, Rungwe is not to be missed! Stay for a day or two and hike, relax and explore this unspoiled part of Tanzania.

**The following is on offer:**

## **Mount Rungwe**

One of the highest mountains of Tanzania, Mount Rungwe (2,960m) dominates the area. This great volcano, active over the past million years, can be climbed on a full day hike. The climb takes you through tropical forest, upland scrub and rock terrain. You might even see the recently discovered monkey species, the Highland Mangabey.

## **Ngozi crater Lake**

Ngozi is another million year old volcano that can be climbed. The centre of this volcano collapsed and has later been infilled by the Ngozi crater lake. Climb to the top through dense bamboo forest and tropical vegetation. When you reach the rim, you'll be rewarded with a spectacular view of the lake, lying 200 meters below.

## **The Bridge of God**

In the Kiwira valley, you can find a famous local attraction: the Bridge of

God (Daraja la Mungu). A millions of years old rock forms a natural bridge that crosses the river. This bridge is only one of the attractions here. Just a few kilometers up the valley is the 'cooking pot', where the Kiwira river falls into a seething cauldron or sump, and the Marasusa waterfalls.

### Lake Nyasa (Lake Malawi)

Relax on the shores of Tanzania's third largest lake at Matema beach in the neighboring Kyela district. From the White sandy beach of Matema you have spectacular view of Lake Nyasa and the Livingstone Mountains. Swim, snorkel, canoe and ... relax! Rungwe Tea and Tours, a cultural

tourism program set up by the RSTGA, the local tea farmers Association, offers you tours to these and other beautiful places. Scenic drivers and beautiful hikes Will make your stay in Rungwe a memorable one. To explore the area, the town of Tukuyu makes a great starting point. It offers accommodation of all standards.

**Getting there:** There are daily buses from Dar es salaam to Tukuyu that take 14 hours to reach. Once there, ask for the offices of Rungwe Tea & Tours.



For further information contact:

Rungwe Tea & Tours

Tel: +255 25 2552489, +255 784 293 042

E-mail: [rungweteatours@yahoo.com](mailto:rungweteatours@yahoo.com)

Website: [www.rungweteatours.com](http://www.rungweteatours.com)

# Serengeti

Situated on the Western side of Serengeti National Park, 45Km from Ikoma gate, Serengeti Cultural Tourism Programme exposes visitors to the way of life of the Kurya people.

Great landscape with iconic Kopjes which are habitat and breeding ground for various mammal species and other wildlife can be explored in different ways that makes you enjoy. The area around is live with wildlife and one part is a section of the Serengeti wildebeest Migration route where with proper timing, you will witness animals on the move to the Northern part of Serengeti ecosystem.

## **The following are on offer:**

- Visit to Wakurya Bomas
- Mugumu town tour
- A visit to Serengeti Cultural centre
- Camping at Serengeti Cultural centre
- Traditional Dancing of your choice among the 7 famous tribal dances around
- Visit to traditional healer to learn how people have been treated from memorial times
- Visit community development projects, local schools and health centres found in the area. See how people are struggling to overcome the big human enemies: Poverty, Illiteracy and Disease
- Farm tour: see how people practice

different forms of agriculture

- A stay with Wakurya family to enjoy traditional food and their unique lifestyle

## **There are various options for the tours:**

### **Half day tour:**

Walk through Mugumu town,; to the local market, proceed to the local art gallery and local shoe makers. Proceed to local settlements in the town to Serengeti Cultural Centre where a collection of various traditional artefacts is found in a small Museum. Visit a large Kopje found in the village which is a breeding ground for various mammals and birds as well.

### **Full day tour:**

Walk to through a village and visit a traditional Wakurya boma, to explore the culture of the people who have coexisted for many years with migratory wild animals of Serengeti ecosystem. Visit the kopjes found on village land get an insight of small scale farming by walking through small farms of millet, cassava and maize. Participate in various activities such as: grazing cattle in the field, milking cattle, fetching water from the river, participate in local food preparation.

You can then visit a most respected traditional healer of the Wakurya tribe and listen to stories that make people understand African life in deep. Finally visit a local market with fresh farm

produce and a cattle market found in our home town.

**Traditional Dancing:**

The energetic Wa-Kurya traditional dancers will give you an insight into Wakurya culture by their captivating songs and dancing. You can watch, experience and even participate in a variety of dances symbolising various occasions and traditional events such as: Dances for bride-price giving, circumcision, marriage ceremony, warriors' victory celebration after winning a war, ceremony for retirement of a chief and other traditional events.

Two options exist: Bringing the dance to the people or bringing people to the dance at Serengeti Cultural Centre Community Development activities: Schools visit and tree planting: Visit a local school where you can interact with students and teachers.

Arrangements are made to allow maximum interaction with students where you can exchange and learn from teach each other, play various games. This is also accompanied by planting a friendship tree that will bear your two names as friends. Your new friend will continue taking care of the tree as a sign for your friendship. You will become a real friend of Serengeti ecosystem.

It is an opportunity for you to do something so that "Serengeti Shall Never Die".

**Getting there:** Serengeti Cultural Tourism Enterprise is located in Western Serengeti about 45 Km from Ikoma gate of Serengeti National Park. One can board daily public buses leaving Musoma for Arusha and Arusha for Musoma then get off at Mugumu town which is located 80km from Musoma

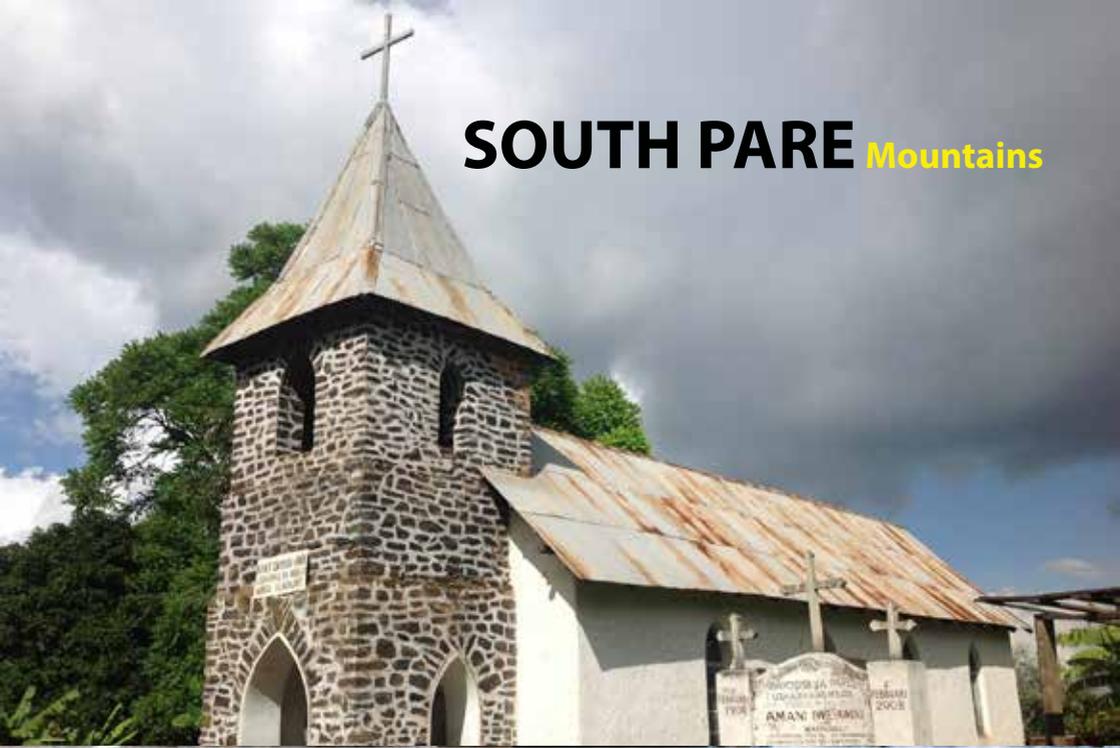


For Further information contact;  
Tel: +255 (0) 767 402113 +255 (0) 784 402113  
Email: serengeticulturalc@yahoo.com  
jnyansiry@yahoo.com

Find us on: [www.facebook.com/SerengetiCulturalCentre](http://www.facebook.com/SerengetiCulturalCentre)



# SOUTH PARE **Mountains**



Walk along steep slopes, through dense tropical forests and the villages of Pare in the Mbagha Hills deep within the Southern Pare Mountains, about 150 km from Moshi.

A tour of Southern Pare Mountains includes:

- A trip to the hilltop Ranzi Dam and Tona grounds to get glimpses of German history, and unique flora and fauna
- A climb to the different mountain peaks from where you get excellent views of Mkomazi National Park, Mt. Kilimanjaro, Shengena Peak and Taita hills of Kenya
- A view of Shengena Peak, the highest point of the Eastern Arc Mountains
- A view into Pare culture

Different tours are on offer:

## **Half day walking tours**

### **1. Mghimbi Caves and Malamen Rock**

Visit the Mghimbi Caves, which in 1860 were used as hiding places during

slave raids. Proceed to Malameni Rock where until 1930, thousands of children were sacrificed to the Gods to appease the evil spirits.

### **2. Mpepera View Point**

From this viewpoint, see Mt. Kilimanjaro and the expanse of the Mkomazi Game Reserve. A cross on the hilltop symbolizes a peaceful union between the Protestants and Roman Catholics of the area.

## **One day tours**

### **1. Tona Moorland – Ranzi Dam**

From Tona Lodge, walk through lush



rainforests to view Malameni Rock and Proceed to Tona Moorland. Behind the moorland. Behind the Moorland are ruins from the period of German missionary influence in Mbagha Hills. Go on to Ranzi Dam, where you can picnic beside a natural spring.

### **2. Heiganda Duma viewpoint**

Visit Mbakweni village, home to traditional healers and breweries. Go on to Mlamba Natural Caves and Chabaru, a traditional village, before you begin your ascent to Heiganda Duma viewpoint.

### **3. Ikongwe village tour**

From Tona Lodge, walk along mountain terrace and waterfalls. The area abounds in tropical fruits. On the way back, stop by Mpepera viewpoint.

### **4. Red Reservoir tour**

This is an excellent picnic and bird-viewing sport high in the mountains near the Tona Moorlands.

### **3 day hike**

### **Shengena Forest**

Day 1

Leave Tona Lodge early morning and walk through the green countryside to Chome Village. Stay with a local family, sample the local food and enjoy the rich Pare culture.

Day 2

Continue your ascent to the edge of Shengena Forest where you can camp under the stars.

Day 3

Rise at 4 am and hike up Shengena Peak to watch a stunning sunrise.

Pare 4x4 car round trip

The beautiful Pare mountains can be explored by driving around. Visit the villages, the farmers, and listen to the legends of the Pare people.

**Getting there:** Mbagha hills are about 150 km from Moshi. Buses are available from Dar es Salaam up to Same. At the bus stand, direction can be obtained about public Transport to reach Mbagha Hills. (Income from tourist visits will be used to subsidize energy-saving stoves and for education scholarships to the local vocation training centre.)

For further information contact: Find us on:



Tel: +255 754 852010 / 788 607388

E-mail: [tona\\_lodge@hotmail.com](mailto:tona_lodge@hotmail.com) | Website: [www.tonalodge.org](http://www.tonalodge.org)

Facebook: [www.facebook.com/southpareCTE](http://www.facebook.com/southpareCTE)

# Tanga Cultural Tourism Enterprise

Tanga cultural tourism initiative is located in Tanga region 440 km from Arusha, 354 km from Dar es Salaam. It lies between Kilimanjaro and Zanzibar on the North-Eastern Coast of Mainland Tanzania.

The following tours are on offer;

- Amboni Caves Tour
- Tongoni Ruins Tour
- Toten Island Tour
- Hot Sulphur Springs
- Yambe Island Tour
- Ulenge Island Tour

- Sand Bank Island Tour
- Swahili Coast Traditional Dances
- A visit to Traditional Healers of Tanga
- Fishing experience with local Fishermen

## Amboni Caves Tour (2 ½ hours)

Amboni guided tour starts from Tanga City centre through various historical buildings then to Kiomoni village. You will get to know how local brew is prepared as you pass through a number of local beer and wine clubs and get to know the lime making process as well. Outside the caves enjoy a natural forest around and welcoming sounds of monkeys and birds. Your guide will take you through various compartments/rooms used



## Tongoni Ruins Tour (2-4 hours)

Tongoni ruins are one of the most famous ruins in the history of Shirazi people who once lived on the Indian Ocean coast of East

Africa. As the old buildings speak, this is one of the first Shirazi settlements with everything that can depict their culture including old graves waiting you to explore. Beyond the ruins, take a fishing village cultural walk, this will give you an opportunity to meet descendants of those who lived in the ruins and share part of your glorious time with local inhabitants

## Urithi Tanga Museum Tour (30 minutes)

A German Boma has been renovated and now is one of the magical historical assets of Tanga. A tour to the 'URITHI TANGA MUSEUM' is one of the MUST do in Tanga. Originally the building was

erected in the 1890s by the Imperial German colonial administration during the then German East Africa. The building, built using coral stone, lime and sand was used as a government office and residence for the province commissioner of northern Tanganyika then comprised of Tanga, Kilimanjaro and Arusha. The museum has photo exhibits on Tanga's historical architecture and buildings and the Sisal industry. Also there are some collections of old tools, coins and some artifacts that give an insight of the local coast cultural life. The museum building is open for viewing, from the basement to the watch-tower, including the two floors.

for different purposes and enjoy the Cave's natural beauty while listening to well narrated stories about the caves. These caves are among the most extensive limestone caves in East Africa which have high cultural significance to the community around that uses them as ritual site to date. You will meet local people doing prayers and giving their offerings in different rooms of the caves.

Amboni caves are 8 kms from the Tanga city centre. Visitors can opt to explore the caves by a rented tax (2 hours tour program), use a bicycle (3 hours tour program) or use public transport and then walk for 20 minutes to the caves from public road (5 hours tour program)

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## Hot Sulphur Springs Tour (1 ½ hours)

A cycling tour to gallanos sulphurous hot spring which the local people use to bath for skin healing which the local believe if they bath there, while crossing local farms of various type like coconut, vegetable gardens

and learn the process of planting to harvesting of the crops.

### **Yambe Island Tour (6 hours)**

Explore old German ruins which were used as quarantine in 19th century on a half day sailing tour to Yambe Island.

### **Ndumi Village Tour (3 hours)**

The tour will take you along the Coast of Indian Ocean to explore old buildings, collection old stuff such as coins, beads and sheds of pottery at Ndumi dated 14th century.

### **Ulenge Island Tour By Boat (HALF DAY)**

Visitors will visit the German building which was use as administration block by the Germans during the colonial period, German graves and Hospital.

### **Sand Bank Tour (FULL DAY)**

medicines and different diseases cured. Meet the traditional healers and learn how and where they get the healing power and herbs used.

### **Sisal Farm Tour (3hours)**

Get an insight of sisal production by visit the sisal plantation. Learn the whole process from how sisal is grown to the final stage of making sisal ropes locally and other modern factory processing ways. Then proceed to local salt mining farms just beyond sisal plantations.

### **Fishing With Local Fishermen (2-6 hours)**

You will participate on fishing with local fishermen using local available materials. Get your catch of the day that will be prepared as part of your meal and sell the rest of the catch at the fish market. Learn how to negotiate when selling fish after a long hard work in the Indian Ocean.

### **Where to stay:**

A wide range of guest houses, hotels and lodges

### **For further information:**

**Tel: + 255 (0) 27 26 45254,**

**Cell: + 255 (0) 713 375367**

**Email: [tangaculturaltourism@gmail.com](mailto:tangaculturaltourism@gmail.com)**

**Visit us online: [www.tangatourismenterprise.com](http://www.tangatourismenterprise.com)**



Tour starts from Raskazoni passing by the fish market where you will see how the fisherman trade the fish business and identify different species of fish, Proceed for your water sports activities (diving, snorkeling and boat rides). Tanga has well established swimming and diving trainers and training centre

### **Swahili Coast Traditional Dances**

A group of women known as TWAN traditional dancers will give you an insight of their traditional dance and songs, you will participate in various Swahili dances elaborating different occasional and events such as marriage ceremony.

### **A Visit to a Traditional Healer (1-2 Hours)**

Get an insight on how African traditional healers do their work. On your guided tour your guide will explain various things about the healing process, is available around the town of Tanga. Camping grounds are available in various places depending on nature of your tour around the region. Camping facilities and Mountain bikes can be hired in Tanga town at a very reasonable price.

Our office is located in Independent Avenue/ Usambara street near Usambara Primary Court House provides guiding services and can make arrangements for homestays and overnights in local guest houses when staying or making hikes of several days within and around Tanga

### **Getting there:**

Tanga can be easily accessed by local buses from Mombasa (Kenya), Lushoto (Usambara) Arusha and Dar-es-salaam. There are daily buses from these regions. On air transport

### **Tour Guides:-**

The guides of Tanga Cultural Tourism Initiative are indigenous of Tanga region who speaks good English and have ample experience in tour guiding in the area

Find us on: [www.facebook.com/tangatourismenterprise](http://www.facebook.com/tangatourismenterprise)



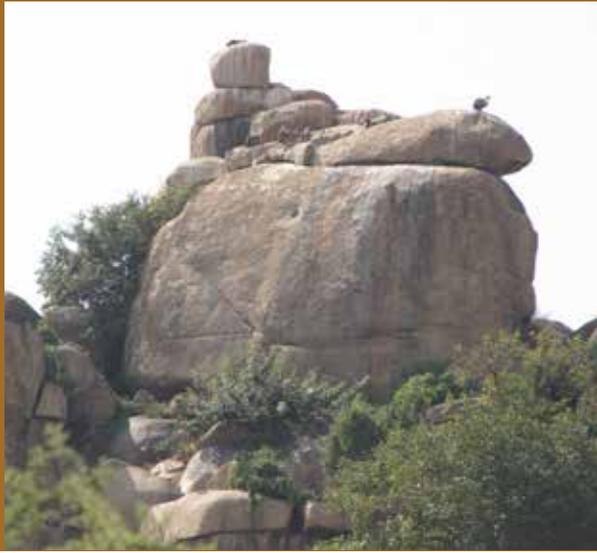
# Tembea Mara Cultural Tourism

## *Walk Mara..... and explore with us in a style!*

Nestled on the foot of Balili hill ranges that provides breathtaking views of the Serengeti plains and Lake Victoria, this is definitely a destination for everyone thinking to go on safari in Africa and learn about the local cultures. Bunda is located 15 minutes from the Serengeti, 20 minutes from the shores of Lake Victoria and 3 hours from Sirari/Isebania Tanzania-Kenya border. This makes the village an ideal place to stop for coffee or stay in comfortable tented Balili Village lodge and campsite depending on your budget.

Tembea Mara Tourism offers various tours including;

- Balili hill range excursion
- Lake Victoria excursions
- Lamadi fishing village tour
- Balili village experience
- Barazani lounge services
- Multiple days Mara villages tour



## **Balili Hill Range Excursions**

A number of activities are organized to explore the Balili hill range, which stands at 1604m, stretch over large parts of Bunda skyline and jutting into the sprawling inland. . The hills are visible from The Serengeti National Park and Bunda town with it's beautiful vegetation and paved walkways. The rooftop of the hills provides great expansive view of Bunda town, Lake Victoria, and the Serengeti endless plain. We have several routes which offer visitors the best vantage views and can accommodate everyone in your group depending on fitness and interest.

## **Visitors can make a choice in the following packages;**

### **Package A: Balili Special UP-HILL Walk (1 hour)**

You will walk up hill with your experienced guide from Balili village through a steep terrain. While criss-crossing acacia trees and herbs growing between granite rocks one will be enjoying a majestic view of Lake Victoria and the Bunda town. Listen to hundreds of stories and what local people believe about the hills, the lake and the Serengeti as narrated by your local guide. The tour is for experiences walkers. On arrival at the top one will enjoy a picnic lunch

### **Package B: Balili Hill Trekking (1-2 hours)**

You will enjoy a walk through a gentle slope route while enjoying a small waterfall and a natural forest with crispy air. At the hill top there will be a short tour to enjoy various views of Serengeti plains, Lake Victoria and Bunda town from different vantage points. At the end of the tour, one will seat and enjoy the picnic lunch at the hill top

### **Package C: Balili Hill 4X4 (30 Minutes-1 hour)**

One can opt to embark on a Guided 4X4 Drive to the hill top. Driving to the top can take about 30minutes covering 16 kms through a road with a number of hair-pin corners. This is another exciting option for Balili hill excursion where at the end you will enjoy the views and a picnic lunch or a sundowner.

Please note that: Other combinations are available. You can walk up-hill and drive back

• **Lake Victoria Excursions (Half day/Full day tours)**

The best part about the area is the excursions via canoes and boats on Lake Victoria which makes exploring it exceptionally simple and inspiring. The lake offers best opportunities for spot fishing and a rare chance to sample the traditional ways of fishing practices. Spend your glorious day time fishing something for your dinner. Fishing experience can be tailored for half day (2-4 hours) to full day (6-8hours) using motor boats.

• **Lake Victoria Fishing Village Walk (1-3hours)**

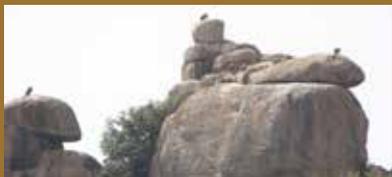
You will visit Mwabulugu with our local guide, a remote fishing village where visitors are taken on guided tour. On this tour one will meet the local people and listen to stories regarding their way of life including an opportunity to visit a local school and dispensary. Beyond the sensual thrill to experience a fisherman's lifestyle with women working to preserve the fish for future use, you will experience a bit of social intrigue as well.

• **Village Tours (Half day to Multiple days tour)**

Our local guides were born and raised in Mara region been member of local tribes living here for decades. We can tailor a wide variety of cultural village tours depending on your interest. We normally take villages to experience different cultures, traditional music & dance, drumming, African cuisines, African art and off-course traditional healing as practiced by our highly respected healers

**Balili village experience & Barazani lounge services**

Tembea Mara Tourism Initiative manages a Visitors' information centre that provides general information regarding the Mara region for free. The Tourist information Centre including the Barazani lounge that offers fine dining services with coffee and wide range of drinks is installed with WiFi. We can also link you to the Serengeti and other great cultural tourism destinations in Mara region including The Mwalimu J. K. Nyerere Museum (Butiama)



**Where to stay:**

Balili Village offers a number Tent Cabins for your relaxation while on safari in Africa. The tents are installed with private 'open-air' toilet and shower facilities providing a unique view of Accacia trees and various rocks on Balili hill side. On the other hand a camping ground installed with very classy amenities is available for visitors who like camping under African skies. The tour coordinator can also arrange for other suitable accommodation options on request to suit your needs. Balili Village is a perfect place to stay for those who want to explore the Serengeti National Park. There is a huge areas for camping for those who would be on camping adventure.

**Getting there:**

Tembea Mara Tourism Enterprise offices are located in Bunda town at Balili Village which is on the Western edge of the Great Serengeti Migration spectacular natural wildlife show on planet Earth. The village lies 160 kms from Mwanza, 80kms from Musoma and some 3 hours drive on tarmac road from Kenyan border (Sirari/Isebania)

**Come walk with us through the wonders of Mara!**

For further information & Bookings

Contact:

The General Manager through;

Mob: +255 714 445566

E-mail: [aysha.boma@gmail.com](mailto:aysha.boma@gmail.com)

Website: [www.tembeamara.com](http://www.tembeamara.com)

Find us on: [www.facebook.com/Tembea-Mara-416946675097823](https://www.facebook.com/Tembea-Mara-416946675097823)

Twitter: [#BaliliVillage](https://twitter.com/BaliliVillage)



# TENGERU



A short distance from the picturesque slopes of Mount Meru, at 4566 m Tanzania's second-highest peak, lies Tengeru, which is located 13 km from the town of Arusha on the road leading from there to Moshi and Dar es Salaam. It is the perfect base for exploring the cultural attractions of the rich heritage of the Meru people.

## Coffee Tour

Enjoy a cup of homemade coffee with our people!



Take a walk through Tengeru's coffee plantations and visit a local home, where you can learn all about preparing coffee. At the end of the tour you can sip a cup of delicious coffee that has been harvested by the Meru community on the volcanic foothills of Mount Meru, where vast farms are maintained.

## Lake Duluti Tour (Take a Safari around Lake Duluti)

This tour will give you an up-close view of Tengeru's vegetation and you will be able to admire the abundant lakeside fauna and flora. You can learn about the Meru legends linked to the lake and its mysteries while getting a front-row viewing of the monkeys, birds, reptiles and many other animals whilst learning about our plant life. We also offer canoeing trips to help you get a better understanding of this magical place steeped in tradition.



## Market Tour

### Sample Tengeru's colourful market!

A walk through the community's market will give you a good idea of how our people live, what we eat and how we interact. On Wednesdays and Saturdays you can experience our village's busiest days.

## Graveyard of the First Missionaries

### Walk through the present to learn about the past!

A hike through the mountains up to the graveyard of the first missionaries to discover where Christianity became established in the community. Wander through the village to learn about Meru's history and traditions and about their life today.

## Environmental Tree Planting Project

### Get involved in Tengeru's conservation programme and help the environment.



Stroll through Tengeru's beautiful vegetation and help local people plant trees to restore the environment, which is one of Tengeru's principal attractions as well as being our source of survival. Deforestation is, however, threatening the community and its ecology. You can be a part in our conservation programme.

## Waterfalls Tour

### Enjoy Nature on a walk through the Mangalia Falls

Tengeru is famous for its beautiful environment. Join us for a half-day or full-day Safari up to the falls and relax in the marvels of nature.



## Mount Meru Forest Tour

### Walk through the forests of Tanzania's second-highest mountain

This one-day tour will take you through the beautiful forests of Mount Meru. Take the time to unwind and enjoy nature at its most magnificent in one of the country's major attributes. It is also a good place to start acclimatising for the Mount Kilimanjaro ascent by climbing to a nearby waterfall.

## Mringaringa Tour

Allow yourself to be fascinated by local stories at a traditional meeting place called the Mringaringa in local dialect. Here you can listen to and be amused by the thrilling accounts of the Meru culture and watch traditional dancing. This meeting place is also used for the settlement of disputes within the community with the Meru elders presiding.

## Primary Schools Tour

### See how local primary schools are run

Take a walk through the village and get to know the local children by visiting their schools and seeing where they study. Our children will give you much to remember fondly when you return home. You can visit any of the three primary schools, including the one which caters for children with disabilities that range from blindness to autism. Meet the children and join in their activities.

## Local Food Preparation and Traditional Dances

Learn the fine art of cooking with a local family and be introduced to a range of dishes that are the favourites of the local people. Traditional dances are lots of fun and the music is guaranteed to soothe your mind and body.

Visit the Flower farms, Orphanage Centres, Biogas project  
and Women's Projects

### Tengeru's Cultural Tourism Programme

Tel: + 255 754 960 176

+ 255 764 557 748 | + 255 756 981 602

E-mail: [tengeru\\_cultural\\_tourism@yahoo.com](mailto:tengeru_cultural_tourism@yahoo.com) / [brightsonp@yahoo.com](mailto:brightsonp@yahoo.com)

Website: [www.tengeruculturaltourism.org](http://www.tengeruculturaltourism.org)

[www.facebook.com/Tengeru-Cultural-Tourism-Programme-630312073732836](https://www.facebook.com/Tengeru-Cultural-Tourism-Programme-630312073732836)

Twitter: @TengeruCultural

Join us on:  

Find us on:  [tripadvisor](https://www.tripadvisor.com)



# Themi Valley Eco & Cultural Tourism

Themi Valley Eco & Cultural Tourism Enterprise lies only 1km from the Clock tower, the half way of Cairo to Cape-town overland journey. Taking the Eastern Kanisa road one will turn left after the Christian church and follow the Mahakama road for 500m before reaching our signboard.

The following is on offer under this programme:

- **Biking tour to Kijenge;** take a mountain bike guided tour around Suye hill while viewing the Natural forest and birds found in the natural forest

- **City tour;** an opportunity to explore Arusha's history, its people's culture, the natural beauty and get to know all historical buildings found in different places around the city

- **Homestay experience;** The programme welcomes visitors at its homes to be part of the family and participate in various activities as a family member such as cooking local cuisines, feeding the livestock and a number of other agricultural activities

- **A visit to local schools;** primary or secondary schools where visitors can participate in various environmental conservation initiatives (tree planting and environmental conservation education programmes)

- **A climb to Suye hill** while enjoying the beauty of our natural vegetations, birdlife, primates, small mammals and a panoramic view of Arusha town, the Mount Meru and the majestic roof of Africa-Kilimanjaro

- The opportunity to meet our respective elder who will refresh you with interesting stories

- A visit to Arusha historical areas such the National Museums and Arusha Declaration Museums while seeing women local curio shops and markets

- An opportunity to see and explore the life of Sting - less bees. Our bee keeping project will provide a good class for you to learn about honey production and ecology of bees in our area Village Tour: An opportunity to interact with local people, children at school, participate in production activities and volunteer

at day care centre of Umangu Women Environment Conservation Group is a model in cultural environment conservation in different aspects. Our visitors do learn and participate in herbal plants farming, organic farming of vegetables and fruits, renewable energy technology, improved stove-making, food processing and preservation and soap making. A chance to interact with children and teachers at our day care centre for the children is guaranteed. Interested people can volunteer and live within the group for a number of days or months.

### **Nambala Tour**

Women groups in Nambala have changed their livelihood through conservation management by promoting organic farming, bee-keeping, traditional storage tanks, water tanks, stove-making and animal husbandry, including rabbitrearing.

The group welcomes you to be part of their work and share their knowledge and skills in various aspects

### **Herbal Tour:**

Kikatiti Environmental Conservation Group is composed of women and men members, with women holding the majority of leadership positions. The group started as traders in selling local salt. Through transformation

and innovation, they have grown in traditional production of pesticide control and herbal medicine. The group is currently planting and harvesting herbal plants that cure a number of diseases to many people. This is an opportunity for visitors to learn about African herbs and take back some pieces for personal use

### **Other Activities**

On request, a tour can be organized to visit national parks, many cultural and historic areas in Arusha and other tourist regions such as Kilimanjaro, Manyara, Dar es Salaam, Mbeya, etc.

### **Where to stay**

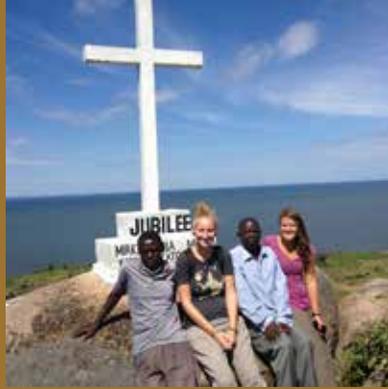
Themi Valley Eco and Cultural tourism owns a nice Homestay facility where visitors can be accommodated at a very reasonable price. A wide range of classic guest houses, luxurious hotels and lodges is available in and around the town of Arusha. Camping grounds is available at Themi Valley's office located only 1km from the Arusha Clock tower, midpoint of Tanzania, Uganda and Kenya. Camping equipments and Mountain bikes can be hired in Arusha town at a reasonable price. The Coordination office and Enterprise's local tour guides can make arrangements for excursions to local markets, nearby villages, and overnights in the villages.

Find us on:  tripadvisor



For further information contact  
Tel: +255 754 288801  
Email: joachimlydia@yahoo.com  
Website: www.themivalley.com





## Ukerewe Cultural Tourism

### *“Lake Victoria’s paradise”*

Ukerewe Cultural Tourism enterprise is located in one of the largest island in Lake Victoria and the largest inland island in Africa' UKERWE ISLAND. The Island is about 50 kms North of Mwanza City, some 4-5 hours travel by ferry and has an area of approximately 530 km<sup>2</sup>. The shoreline of Ukerewe Island is beautiful with it's numerous bays carved in different shapes. Ukerewe is a must go destination in Lake Victoria, many visitors fall in love with this Island due to its simple lifestyle and rocky terrain broken by lake vistas and tiny patches of forests. The few proper sights include agricultural activities in which the residents farm maize, sweet potatoes, millet, cassava and rice, including the main activity here, fishing in various traditional ways. The Island is a gateway to explore other 27 small islands surrounding the neighborhood with 3 of them not occupied by humans and the rest are occupied by fishermen with their families.

We people of Ukerewe Island offers the following tours;

- Ukara Island Day Tour
- Cycling experience in rural villages
- A tour to the dancing stone
- Cultural Village Walk
- A visit to Historical sites
- Canoeing and boat safaris
- Lake Victoria excursions
- Fishing with local fishermen
- Traditional Cuisines lessons & experience
- Farm tours

### **Cultural village walking tour (Half day/Full day)**

Enjoy a walking safari to Irondo village to see traditional dances and have a touch of true African beats. You can visit Old Chief's Palace to see some old tools used for various purposes. Stretch your muscles by visiting the historical sites with German graves, African Chiefs graves, Pre-colonial war hiding caves and Old Boma. Proceed to the natural paradise of Rubya Forest and old churches in the nearby village. Our village walks brings visitor's closer to local people and provides room to socialize while participating in various traditional activities.

### **Ukara Island (Full Day Tour)**

You will visit Ukara Island to explore the dancing stone, crocodile tree, the knife of truth and learn how Ukara people perform their daily activities. Visit a highly praised and respected fortune teller who lives near the 'dancing stone'.



### **Lake Victoria Safaris (Half day/Full day)**

Get a special chance to explore Lake Victoria which is the largest tropical lake in the world. The sunrise at Lake Victoria is great and will give your energy to start and enjoy your day. Our trained local tour guides will explain to you about its features while enjoying the spectacular blue glittering view of the lake. Boat excursions and canoeing are organized on request based on our visitor's interest.

### **Fish with Local Fishermen**

Don't miss the chance to learn about Ukerewe's fishing styles in Lake Victoria. Fish something for your lunch or dinner. Sport fishing is also available for visitors depending on your interest.

### **Multiple day tours**

The Cultural Tourism Enterprise office located in Nansio area near the port does organize multiple day tours where itineraries can be tailored according to visitors' interest, budget and type of activities chosen.

### **Other Options**

Canoeing- upon request

Enjoy our local Cuisines

On your visit to Ukerewe Island you will be provided with traditional lunch and a welcome drink like juice, water, soda (beers will be charged extra). We can also arrange for a campfire BBQ- Buffet/ Dinner as well as breakfast depending on your kind request.

### **Accommodation Facilities**

Ukerewe has a range of different guest houses and camping sites in Bwiru and Irondo villages.

### **Guides**

Our local guides are trained and speak good English and off-course Kerewe is their mother tongue.

### **Volunteer Programme**

Ukerewe Cultural Tourism Programme can arrange

for a volunteering experience in health and education sectors in our district and region.

### **Getting there:**

From Mwanza you can visit Ukerewe Island by a Ferry sailing 4-5 hours daily to and from Nansio Port, two times per day or From Musoma / Serengeti via Bunda across Rugezi. Ferry through Rugezi route takes 45 minutes to an hour to Ngoma port. Our guides can meet and pick visitors at any point of interest. Let us know where you would like to meet them.

### **For More Information and Bookings:**

**Please Contact the Tour Coordinator through**

**+255 (0) 686 987045/ 759 313731/ 712 475640**

**Email: [ukereweculturaltourism@yahoo.com](mailto:ukereweculturaltourism@yahoo.com)**

**[www.ukereweculturaltourism.com](http://www.ukereweculturaltourism.com)**

**OR**

**Tanzania Tourist Board- Lake Zone Office Mwanza**

**P.O. Box 2175, New Mwanza Hotel building,**

**Mwanza**

**Tel: +255 282500818**





# USAMBARA

The Usambara Mountains situated in the north-eastern part of Tanzania, are known for their pleasant climate, beautiful viewpoints and fertile slopes. Favoured by the Germans and English during colonial times, the area is rich in historical buildings from the period.

## **The following is on offer:**

- A visit to panoramic viewpoint from the mountainside
- A visit to several development project in district – soil conservation, irrigation, cross-breeding, a forestation and health care
- A climb to Kwa Mongo, the mountain home to beautiful butterflies
- Walks through dense natural forest and along small rivers that race downhill
- A glimpse of the history and daily life of the Wasambara farmers
- A visit to a traditional pottery village  
There are many one day walking tours from Lushoto:

### **1. Montessori Sisters of Ubiri**

Take a short walking tour from Lushoto to the Catholic Mission of the Montessori Sisters in Ubiri. Taste and buy locally made cheese, wine and jam.

### **2. Irente viewpoint**

Hike up to the Irente viewpoint to get

a panoramic view of the Maasai plains and Mazinde village. On the way back, visit the Irente Farm cheese factory and the royal village of Kwembago.

### **3. Usambara flora and fauna**

Walk through the fertile farmlands of Jaegertal to a fruit tree nursery and learn about different varieties of fruit trees and their propagation. Continue uphill to the village of Vuli to see projects on soil conservation, irrigation and farming methods.

### **4. Magamba rainforest**

Walk uphill from Lushoto to the royal village of Kwembago, where you learn about the culture and history the Kilindi ruling clan. Proceed to the Magamba rainforest, home to black and white colobus monkeys. Return via an old Germany Middle School, a German trench dug during the first World War and the village of Magamba.

### **5. 'Growing Rock'**

The 'Growing Rock' tour starts from Soni. Walk to the top of Kwamongo mountain, famous for its butterflies and enjoy views of soni, Lushoto and the Handeni plains from the peak. Visit the villages of Shashui and Kwemula on the way. Descend to the village of Magila at the foot of the 'Growing Rock' to visit a soil conservation project and learn the mystery behind

the rock.

## 6. Bangala river tour

From the village of Mbuzii, go down the steep slopes to the Bangala river valley. Enroute see traditional irrigation systems and scenic views of the Maasai plains. On the way back, visit a local farm or tree nursery.

### Several days tours:

#### 1. Western Usambaras

From Lushoto, pass through tropical rain forests, trek the mountains and walk through valleys to the villages of Luzoki, Manolo and Sunga before reaching the historical village of Mtae. Enroute, visit various development projects.

#### 2. Mazumbai forest

Walk from Soni and pass through

Kwamongo and Magila. Continue to the Bumbuli Mission – a historic German settlement – and the Mazumbai rainforest, rainforest, a bird-watcher's paradise, Return via the villages of Mgwashi and Kwesine.

New walking tours have been started. These include a walk to the viewpoint at the Carter's place, a hike up to Migambo peak, a 3-4 day walk to Mlalo, a session with a traditional healer and a visit to a mountainside village of potters.

Customized tours can be organized.

**Getting there:** Lushoto is a half way between Dar and Arusha and can be reached by bus in 6 hours. (Income from tourist visits will be used to support the development projects in the district.)

For further information contact:

Tel: +255 784 449311 / 784 423917 784 420310 / 787 102737

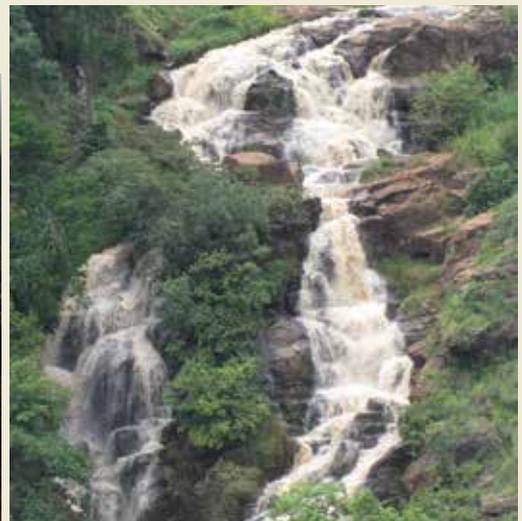
E-mail: [usambaras2000@yahoo.com](mailto:usambaras2000@yahoo.com) /

[usambaras@hotmail.com](mailto:usambaras@hotmail.com) / [info@usambaratravels.com](mailto:info@usambaratravels.com)

Website: [usambaratravels.com](http://usambaratravels.com)



Find us on: [www.facebook.com/UsambaraMountains](http://www.facebook.com/UsambaraMountains)



# UYOLE CULTURAL TOURISM ENTERPRISE

We people of Uyole Mbeya we are delighted to welcome you to the green city of Tanzania with its marvelous lake Ngozi where you can experience the real Safwa and Nyakyusa culture and enjoy crispy air produced by lush green tropical vegetations. Spend part of your time with us for a memorable cultural encounter. You will experience the local culture of communities living in southern Tanzania at its best.



## **Tours on offer includes:**

- Hiking in Poroto Ridge Nature Reserve Mountains
- Lake Ngozi hiking
- A tour to God's bridge
- A visit to Ifisi zoo, ravine and Cultural Museum
- A visit to Mbozi Meteorite
- A visit to the Safwa villages around
- Participation in culture and Safwa tradition dances "Mbeta"
- Mountain trekking at Loleza and Kawetile rift valley view
- Story telling
- Kitulo National Park tour
- Local beer and wine experience

## **HALF DAY TOURS**

### **Story Telling**

You will meet people of different ages and get an opportunity to interact. Elderly people "Wazee" without missing the Safwa chiefs who will tell you stories about the Safwa people, their origin, traditions, chiefdom system (its rise & fall) and hundreds of tales of the locals

### **Local Beer brewing Experience**

Visitors will get to learn all the procedures for making some of local beers of Southern Tanzania. Taste a local beer with friends and use available calabash and bamboo straws to enjoy the beers and wines on offer

### **Nature walks**

Discover wonders of natural environment through outdoor recreations for restoration of one's well being through nature walks within and around Mbeya region that boasts amazing scenery covered with lush green vegetations

### **Traditional Dance**

While you're enjoying your stay in Mbeya, be part of Safwa traditional dance ceremony which is performed by a group of men and women. Different songs are meant for different occasions such as welcoming guests, ceremonial dances and crop harvesting songs.



## FULL DAY

### Lake Ngozi Hiking (Crater Lake Hiking)

Discover an exciting sight of outstanding natural beauty and superb hiking location. The forest around is a home to different species of flora and fauna such as monkey and many bird species. On each side of the walking routes, the trails are covered by magnificent highland forest, beautiful flowers and huge trees. As one gets to the crater rim, the view of the lake and landscape around is astonishing. Enjoy the view and listen to legendary stories about the lake and what local people believe about this natural wonder. A full day hike is recommended with hot lunch at local family or packed lunch for picnic lovers



### Hiking on Mountains and Peaks of Mbeya

Enjoy adventurous hiking through scenic hilly villages of Mbeya. Our hiking program takes visitors through local farms, village settlements and local markets all the way to the high peaks of famous mountains and hills of the South including Loleza, Kawetire and Poroto Mountains. The peaks have panoramic views of the Great Rift Valley and the Mbeya city.



### Kitulo National Park Hiking

We organize professional hiking experience to Kitulo plateau across the grasslands to watch birds and view rolling landscape dotted with beautiful endemic wildflowers. Multiple days' tours do combine Kitulo National Park tour and hiking to the local villages, trekking to the Livingstone Mountains as well as a visit to the sumptuous Matema beach on Lake Nyasa.



Other tours includes: Farm activities, Cycling and a visit to the Chief of Safwa people

### Getting there:

Mbeya can be accessed through various ways. Visitors can opt to fly and land at Songwe International Airport (2 hours), take a bus (12-14 hours) or take a train through TAZARA railway line (36-48 hours) from Dar es Salaam. After arriving in Mbeya, it takes 45 minutes-1 hour from the airport to our office located at Uyole Kati, 30 minutes from TAZARA Station and 15 minutes from the Main Bus station.

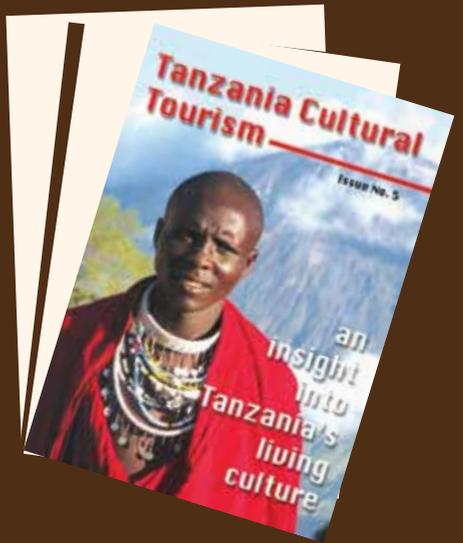
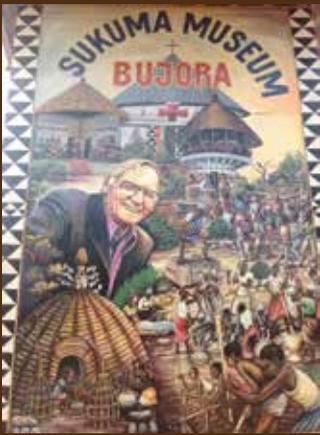
### Volunteer Programme

Uyole cultural tourism receives and arranges for volunteers who are interested to work in health and education sectors around their areas.

For details and booking, contact the tour coordinator through;  
**Mobile: +255 (0) 783545464/766422703**  
Email: [uyolecte@gmail.com](mailto:uyolecte@gmail.com), Blog: [uyolecte.blogspot.com](http://uyolecte.blogspot.com)



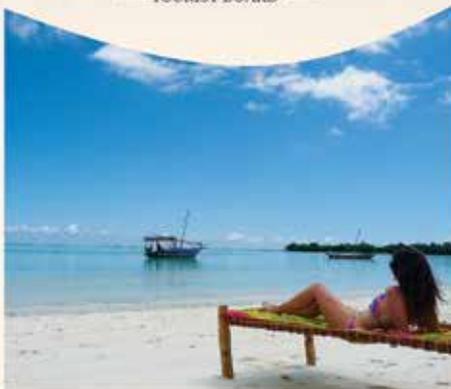
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Tanzania is one of the most beautiful countries in the world, inhabited by friendly and warm-hearted people. It offers the experienced traveller the unforgettable beauty of nature, wildlife and beaches - away from the crowds, back to the essence. The spirit of Africa, simple and inspiring.

Unforgettable Tanzania.



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