

# Contents

## INTRODUCTION ..... 11

## FACTS FOR THE VISITOR ..... 14

|                    |                        |                        |
|--------------------|------------------------|------------------------|
| Visas ..... 14     | What to Bring ..... 19 | Maps ..... 24          |
| Documents ..... 15 | Post ..... 20          | Health ..... 25        |
| Money ..... 15     | Books ..... 22         | Accommodation ..... 36 |

## GETTING THERE & AWAY ..... 37

|              |                              |
|--------------|------------------------------|
| Air ..... 37 | Leaving East Africa ..... 40 |
|--------------|------------------------------|

## GETTING AROUND ..... 41

|                             |                |                   |
|-----------------------------|----------------|-------------------|
| Air ..... 41                | Truck ..... 41 | Hitching ..... 42 |
| Bus, Matatu & Taxi ..... 41 | Train ..... 42 | Boat ..... 42     |

### KENYA

## INTRODUCTION ..... 45

## FACTS ABOUT THE COUNTRY ..... 46

|                        |                                |
|------------------------|--------------------------------|
| History ..... 46       | National Parks & Game ..... 65 |
| Geography ..... 57     | Reserves ..... 59              |
| Climate ..... 57       | Government ..... 64            |
| Flora & Fauna ..... 59 | Economy ..... 64               |
|                        | Population & People ..... 70   |
|                        | Religion ..... 71              |
|                        | Language ..... 71              |

## FACTS FOR THE VISITOR ..... 74

|                                    |                               |                        |
|------------------------------------|-------------------------------|------------------------|
| Visas & Embassies ..... 74         | Time ..... 84                 | Work ..... 89          |
| Money ..... 76                     | Electricity ..... 84          | Activities ..... 89    |
| When to Go ..... 79                | Media ..... 84                | Accommodation ..... 91 |
| What to Bring ..... 80             | Radio & TV ..... 85           | Food ..... 92          |
| Tourist Offices ..... 81           | Film & Photography ..... 85   | Drinks ..... 95        |
| Business Hours & Holidays ..... 82 | Women Travellers ..... 87     | Things to Buy ..... 96 |
| Post & Telecommunications ..... 82 | Dangers & Annoyances ..... 87 |                        |

## GETTING THERE & AWAY ..... 97

|                |                         |
|----------------|-------------------------|
| Air ..... 97   | Sea ..... 102           |
| Land ..... 100 | Leaving Kenya ..... 102 |

## GETTING AROUND ..... 104

|                     |                                     |                                  |
|---------------------|-------------------------------------|----------------------------------|
| Air ..... 104       | Bicycle ..... 109                   | Other Safaris ..... 116          |
| Bus ..... 104       | Hitching ..... 109                  | Safaris Further Afield ..... 119 |
| Matatu ..... 104    | Boat ..... 110                      | Do-It-Yourself Safaris ..... 121 |
| Train ..... 105     | <b>Safaris ..... 110</b>            |                                  |
| Car & 4WD ..... 106 | Organised Vehicle Safaris ..... 110 |                                  |

## NAIROBI ..... 122

|                                 |                                  |                  |
|---------------------------------|----------------------------------|------------------|
| <b>Around Nairobi ..... 150</b> | Langata Giraffe Centre ..... 152 | Limuru ..... 153 |
| Nairobi National Park ..... 150 | Karen Blixen Museum ..... 152    | Thika ..... 155  |
| The Bomas of Kenya ..... 152    | Ngong Hills ..... 152            |                  |

**THE COAST**

|                         |     |
|-------------------------|-----|
| Mombasa                 | 158 |
| South of Mombasa        | 173 |
| Shelly Beach            | 173 |
| Tiwi Beach              | 174 |
| Diani Beach             | 175 |
| South of Diani          | 178 |
| Shimoni & Wasini Island | 178 |

**THE RIFT VALLEY**

|                           |     |
|---------------------------|-----|
| Mt Longonot National Park | 224 |
| Naivasha                  | 224 |
| Lake Naivasha             | 226 |
| Hell's Gate National Park | 229 |
| Lake Elmenteita           | 231 |

**THE CENTRAL HIGHLANDS**

|                             |     |
|-----------------------------|-----|
| The Aberdares               | 243 |
| Aberdare National Park      | 243 |
| Nyeri                       | 246 |
| Nyahururu & Thomson's Falls | 248 |

**WESTERN KENYA**

|                   |     |
|-------------------|-----|
| Lake Victoria     | 276 |
| Kisumu            | 276 |
| Around the Lake   | 282 |
| Western Highlands | 283 |
| Kisii             | 283 |

**NORTHERN KENYA**

|                           |     |
|---------------------------|-----|
| West of Turkana           | 304 |
| Marich Pass Area          | 304 |
| Lodwar                    | 306 |
| Kalekol                   | 307 |
| Ferguson's Gulf           | 307 |
| Eliye Springs             | 308 |
| Lokichokio                | 308 |
| East of Turkana           | 308 |
| National Parks & Reserves | 309 |
| Wamba                     | 312 |

**AMBOSELI, MASAI MARA, TSAVO & TAITA HILLS**

|                         |     |
|-------------------------|-----|
| Amboeli National Park   | 329 |
| Masai Mara Game Reserve | 331 |

**UGANDA****INTRODUCTION****FACTS ABOUT THE COUNTRY**

|           |     |
|-----------|-----|
| History   | 343 |
| Geography | 349 |
| Climate   | 350 |

|                               |     |
|-------------------------------|-----|
| Shimba Hills National Reserve | 180 |
| North of Mombasa              | 181 |
| Mombasa to Kilifi             | 181 |
| Kilifi                        | 185 |
| Watamu                        | 188 |
| Gedi                          | 191 |

|                             |     |
|-----------------------------|-----|
| Kariandusi Prehistoric Site | 231 |
| Nakuru                      | 231 |
| Lake Nakuru National Park   | 234 |
| Menengai Crater             | 237 |
| Hyrax Hill Prehistoric Site | 237 |

|                |     |
|----------------|-----|
| Mt Kenya Area  | 251 |
| Naro Moru      | 251 |
| Nanyuki        | 254 |
| Around Nanyuki | 256 |
| Isiolo         | 256 |

|                         |     |
|-------------------------|-----|
| Tabaka                  | 284 |
| Kericho                 | 285 |
| Kakamega Forest Reserve | 287 |
| Kakamega                | 288 |
| Eldoret                 | 290 |

|               |     |
|---------------|-----|
| Maralal       | 312 |
| Mathews Range | 315 |
| Parsaloi      | 316 |
| Baragoi       | 316 |
| South Horr    | 318 |
| Loyangalani   | 318 |
| North Horr    | 320 |
| Maikona       | 320 |
| Marsabit      | 320 |
| Moyale        | 323 |

|                     |     |
|---------------------|-----|
| Tsavo National Park | 335 |
| Taita Hills & Voi   | 339 |

|                     |     |
|---------------------|-----|
| Malindi             | 193 |
| Lamu                | 201 |
| Islands Around Lamu | 216 |
| Manda Island        | 218 |
| Paté Island         | 218 |
| Kiwayu Island       | 221 |

|              |     |
|--------------|-----|
| Lake Bogoria | 238 |
| Lake Baringo | 239 |
| Lake Magadi  | 241 |

|                      |     |
|----------------------|-----|
| Around Isiolo        | 259 |
| Meru                 | 260 |
| Chogoria             | 261 |
| Embu                 | 262 |
| Trekking on Mt Kenya | 263 |

|                           |     |
|---------------------------|-----|
| Cherangani Hills          | 292 |
| Kitale                    | 293 |
| Saiwa Swamp National Park | 296 |
| Mt Elgon National Park    | 298 |

|                              |     |
|------------------------------|-----|
| Crossing to Ethiopia         | 324 |
| The North-East               | 324 |
| Meru National Park           | 325 |
| Tana River Primate Sanctuary | 327 |
| Garissa                      | 327 |
| Liboi                        | 328 |
| Garsen                       | 328 |

|                     |     |
|---------------------|-----|
| Tsavo National Park | 335 |
| Taita Hills & Voi   | 339 |

|          |     |
|----------|-----|
| Religion | 351 |
| Language | 351 |

**FACTS FOR THE VISITOR**

|                           |     |
|---------------------------|-----|
| Visas & Embassies         | 352 |
| Money                     | 353 |
| Business Hours & Holidays | 354 |
| Tourist Offices           | 354 |

|                           |     |
|---------------------------|-----|
| Post & Telecommunications | 354 |
| Time                      | 354 |
| Media                     | 355 |
| Health                    | 355 |

|                      |     |
|----------------------|-----|
| Dangers & Annoyances | 355 |
| Film & Photography   | 355 |

**GETTING THERE & AWAY**

|     |     |
|-----|-----|
| Air | 356 |
|-----|-----|

|      |     |
|------|-----|
| Land | 356 |
|------|-----|

|      |     |
|------|-----|
| Lake | 358 |
|------|-----|

**GETTING AROUND**

|              |     |
|--------------|-----|
| Air          | 360 |
| Bus & Matatu | 360 |
| Train        | 360 |

|           |     |
|-----------|-----|
| Car & 4WD | 360 |
| Hitching  | 361 |
| Boat      | 361 |

|         |     |
|---------|-----|
| Safaris | 361 |
|---------|-----|

**KAMPALA****SOUTH-EASTERN UGANDA**

|        |     |
|--------|-----|
| Tororo | 375 |
|--------|-----|

|       |     |
|-------|-----|
| Mbale | 376 |
|-------|-----|

|       |     |
|-------|-----|
| Jinja | 378 |
|-------|-----|

**SOUTH-WESTERN UGANDA**

|                    |     |
|--------------------|-----|
| Fort Portal        | 382 |
| Around Fort Portal | 386 |
| Kasese             | 387 |

|               |     |
|---------------|-----|
| Ssese Islands | 392 |
| Mbarara       | 394 |
| Kabale        | 396 |

|        |     |
|--------|-----|
| Kisero | 399 |
|--------|-----|

**NORTHERN UGANDA & NATIONAL PARKS**

|                               |     |
|-------------------------------|-----|
| Gulu                          | 401 |
| Murchison Falls National Park | 402 |
| Queen Elizabeth National Park | 403 |

|                             |     |
|-----------------------------|-----|
| Lake Mburo National Park    | 405 |
| Toro Game Reserve           | 405 |
| Kidepo Valley National Park | 405 |
| Ruwenzori National Park     | 406 |

|                                  |     |
|----------------------------------|-----|
| Bwindi & Mgahinga National Parks | 410 |
| Mt Elgon Forest Park             | 411 |

**RWANDA**

|                           |     |
|---------------------------|-----|
| Facts about the Country   | 415 |
| History                   | 415 |
| Geography                 | 417 |
| Climate                   | 417 |
| Government                | 417 |
| Economy                   | 418 |
| Population                | 418 |
| Language                  | 418 |
| Facts for the Visitor     | 418 |
| Visas & Embassies         | 418 |
| Money                     | 420 |
| Tourist Office            | 420 |
| Business Hours & Holidays | 421 |
| Post & Telecommunications | 421 |

|                      |     |
|----------------------|-----|
| Time                 | 421 |
| Media                | 421 |
| Health               | 421 |
| Film & Photography   | 421 |
| Accommodation        | 422 |
| Getting There & Away | 422 |
| Air                  | 422 |
| Land                 | 422 |
| Getting Around       | 424 |
| Bus                  | 424 |
| Car                  | 424 |
| Hitching             | 424 |
| Ferry                | 424 |

|                                     |     |
|-------------------------------------|-----|
| Local Transport                     | 425 |
| Kigali                              | 425 |
| Western Rwanda                      | 429 |
| Gisenyi                             | 429 |
| Kibuye                              | 432 |
| Cyangugu                            | 432 |
| Ruhengeri                           | 433 |
| Southern Rwanda                     | 435 |
| Butare                              | 435 |
| National Parks                      | 437 |
| Parc National des Volcans           | 437 |
| Parc National de l'Akagera          | 440 |
| Nyungwe Forest Conservation Project | 441 |

**BURUNDI**

|                         |     |
|-------------------------|-----|
| Facts about the Country | 444 |
| History                 | 444 |
| Geography               | 446 |
| Climate                 | 446 |
| Government              | 446 |
| Economy                 | 447 |

|                           |     |
|---------------------------|-----|
| Population                | 447 |
| Language                  | 447 |
| Facts for the Visitor     | 447 |
| Visas & Embassies         | 447 |
| Money                     | 448 |
| Business Hours & Holidays | 449 |

|                           |     |
|---------------------------|-----|
| Post & Telecommunications | 449 |
| Time                      | 449 |
| Media                     | 449 |
| Health                    | 449 |
| Getting There & Away      | 450 |
| Air                       | 450 |

|                             |            |                          |            |
|-----------------------------|------------|--------------------------|------------|
| Land .....                  | 450        | Bujumbura .....          | 452        |
| <b>Getting Around .....</b> | <b>452</b> | <b>Other Towns .....</b> | <b>457</b> |
| Air .....                   | 452        | Gitega .....             | 457        |
| Bus .....                   | 452        | Kayanza .....            | 457        |

## **EASTERN ZAÏRE**

|                                      |            |                                                |            |
|--------------------------------------|------------|------------------------------------------------|------------|
| <b>Facts about the Country .....</b> | <b>461</b> | Time .....                                     | 465        |
| History .....                        | 461        | Health .....                                   | 465        |
| Geography .....                      | 462        | Film & Photography .....                       | 466        |
| Climate .....                        | 462        | <b>Getting There &amp; Away ...</b>            | <b>466</b> |
| Government .....                     | 462        | Air .....                                      | 466        |
| Economy .....                        | 462        | Land .....                                     | 466        |
| Population .....                     | 463        | Lake .....                                     | 468        |
| Language .....                       | 463        | <b>Getting Around .....</b>                    | <b>468</b> |
| <b>Facts for the Visitor .....</b>   | <b>463</b> | Air .....                                      | 468        |
| Visas & Embassies .....              | 463        | Bus & Truck .....                              | 468        |
| Money .....                          | 465        | Boat .....                                     | 469        |
| Business Hours & Holidays .....      | 465        | <b>Eastern Zaïre from North to South .....</b> | <b>469</b> |
| Post .....                           | 465        |                                                |            |

## **TANZANIA**

### **FACTS ABOUT THE COUNTRY .....** **494**

|                 |     |                  |     |                |     |
|-----------------|-----|------------------|-----|----------------|-----|
| History .....   | 494 | Government ..... | 500 | Religion ..... | 502 |
| Geography ..... | 500 | Economy .....    | 501 | Language ..... | 502 |
| Climate .....   | 500 | Population ..... | 502 |                |     |

### **FACTS FOR THE VISITOR .....** **503**

|                            |     |                                 |     |                          |     |
|----------------------------|-----|---------------------------------|-----|--------------------------|-----|
| Visas & Embassies .....    | 503 | Business Hours & Holidays ..... | 506 | Media .....              | 507 |
| Money .....                | 504 | Post & Telecommunications ..... | 506 | Health .....             | 507 |
| Tourist Office .....       | 505 | Time .....                      | 506 | Film & Photography ..... | 507 |
| Useful Organisations ..... | 506 | Books .....                     | 506 |                          |     |

### **GETTING THERE & AWAY .....** **508**

|           |     |            |     |            |     |
|-----------|-----|------------|-----|------------|-----|
| Air ..... | 508 | Land ..... | 508 | Lake ..... | 512 |
|-----------|-----|------------|-----|------------|-----|

### **GETTING AROUND .....** **515**

|                    |     |                      |            |                                 |     |
|--------------------|-----|----------------------|------------|---------------------------------|-----|
| Air .....          | 515 | Boat .....           | 517        | Organised Vehicle Safaris ..... | 519 |
| Bus & Matatu ..... | 515 | Car & 4WD .....      | 518        | Other Safaris .....             | 524 |
| Train .....        | 516 | <b>Safaris .....</b> | <b>519</b> | Do-It-Yourself Safaris .....    | 525 |

### **DAR ES SALAAM .....** **526**

|                      |            |
|----------------------|------------|
| <b>Beaches .....</b> | <b>539</b> |
|----------------------|------------|

### **THE COAST .....** **541**

|                              |            |                        |     |                            |            |
|------------------------------|------------|------------------------|-----|----------------------------|------------|
| Bagamoyo .....               | 541        | Spice Tours .....      | 557 | Diving .....               | 562        |
| Pangani .....                | 542        | Ruins .....            | 558 | <b>Other Islands .....</b> | <b>562</b> |
| Tanga .....                  | 542        | Jozani Forest .....    | 558 | Pemba .....                | 562        |
| <b>Zanzibar .....</b>        | <b>545</b> | Offshore Islands ..... | 558 | Mafia .....                | 566        |
| <b>Around Zanzibar .....</b> | <b>557</b> | Beaches .....          | 559 | Mtwara .....               | 568        |

### **NORTH-EASTERN TANZANIA .....** **570**

|              |     |                          |     |
|--------------|-----|--------------------------|-----|
| Moshi .....  | 570 | Usambara Mountains ..... | 582 |
| Arusha ..... | 574 | Lushoto .....            | 582 |

|                     |     |                                 |            |
|---------------------|-----|---------------------------------|------------|
| Kilemba .....       | 457 | Bunia .....                     | 469        |
| Source du Nil ..... | 458 | Komanda .....                   | 470        |
|                     |     | Beni .....                      | 470        |
|                     |     | Butembo .....                   | 471        |
|                     |     | Rutshuru .....                  | 472        |
|                     |     | Goma .....                      | 472        |
|                     |     | Bukavu .....                    | 476        |
|                     |     | Uvira .....                     | 481        |
|                     |     | <b>National Parks .....</b>     | <b>482</b> |
|                     |     | Parc National de .....          |            |
|                     |     | Kahuzi-Biéga .....              | 482        |
|                     |     | Parc National des Virunga ..... | 484        |

## **LAKE VICTORIA .....** **585**

|              |     |              |     |              |     |
|--------------|-----|--------------|-----|--------------|-----|
| Mwanza ..... | 585 | Musoma ..... | 588 | Bukoba ..... | 588 |
|--------------|-----|--------------|-----|--------------|-----|

## **CENTRAL & NORTH-WESTERN TANZANIA .....** **589**

|                |     |              |     |             |     |
|----------------|-----|--------------|-----|-------------|-----|
| Morogoro ..... | 589 | Tabora ..... | 592 | Ujiji ..... | 595 |
| Dodoma .....   | 591 | Kigoma ..... | 592 |             |     |

## **SOUTHERN TANZANIA .....** **596**

|             |     |             |     |
|-------------|-----|-------------|-----|
| Mbeya ..... | 596 | Kyela ..... | 597 |
|-------------|-----|-------------|-----|

## **NATIONAL PARKS .....** **601**

|                                 |     |                               |     |                                  |     |
|---------------------------------|-----|-------------------------------|-----|----------------------------------|-----|
| Kilimanjaro National Park ..... | 604 | Ngorongoro Conservation ..... |     | Selous Game Reserve .....        | 628 |
| Arusha National Park .....      | 612 | Area .....                    | 618 | Ruaha National Park .....        | 630 |
| Tarangire National Park .....   | 616 | Olduvai Gorge .....           | 623 | Gombe Stream National Park ..... | 630 |
| Lake Manyara National .....     |     | Serengeti National Park ..... | 623 | Mahale Mountains National .....  |     |
| Park .....                      | 617 | Mikumi National Park .....    | 627 | Park .....                       | 631 |

## **INDEX .....** **633**

|            |     |            |     |
|------------|-----|------------|-----|
| Maps ..... | 633 | Text ..... | 634 |
|------------|-----|------------|-----|