

# Contents

<b>INTRODUCTION .....</b>	<b>11</b>
<b>FACTS FOR THE VISITOR .....</b>	<b>14</b>
Visas .....	14
Documents .....	15
Money .....	15
What to Bring .....	19
Post .....	20
Books .....	22
Maps .....	24
Health .....	25
Accommodation .....	36
<b>GETTING THERE &amp; AWAY .....</b>	<b>37</b>
Air .....	37
Leaving East Africa .....	40
<b>GETTING AROUND .....</b>	<b>41</b>
Air .....	41
Bus, Matatu & Taxi .....	41
Truck .....	41
Train .....	42
Hitching .....	42
Boat .....	42

## KENYA

<b>INTRODUCTION .....</b>	<b>45</b>
<b>FACTS ABOUT THE COUNTRY .....</b>	<b>46</b>
History .....	46
Geography .....	57
Climate .....	57
Flora & Fauna .....	59
National Parks & Game Reserves .....	59
Government .....	64
Economy .....	64
Population & People .....	65
Religion .....	70
Language .....	71
<b>FACTS FOR THE VISITOR .....</b>	<b>74</b>
Visas & Embassies .....	74
Money .....	76
When to Go .....	79
What to Bring .....	80
Tourist Offices .....	81
Business Hours & Holidays .....	82
Post & Telecommunications .....	82
Time .....	84
Electricity .....	84
Media .....	84
Radio & TV .....	85
Film & Photography .....	85
Women Travellers .....	87
Dangers & Annoyances .....	87
Work .....	89
Activities .....	89
Accommodation .....	91
Food .....	92
Drinks .....	95
Things to Buy .....	96
<b>GETTING THERE &amp; AWAY .....</b>	<b>97</b>
Air .....	97
Land .....	100
Sea .....	102
Leaving Kenya .....	102
<b>GETTING AROUND .....</b>	<b>104</b>
Air .....	104
Bus .....	104
Matatu .....	104
Train .....	105
Car & 4WD .....	106
Bicycle .....	109
Hitching .....	109
Boat .....	110
<b>Safaris .....</b>	<b>110</b>
Organised Vehicle Safaris .....	110
Other Safaris .....	116
Safaris Further Afield .....	119
Do-It-Yourself Safaris .....	121
<b>NAIROBI .....</b>	<b>122</b>
<b>Around Nairobi .....</b>	<b>150</b>
Nairobi National Park .....	150
The Bomas of Kenya .....	152
Langata Giraffe Centre .....	152
Karen Blixen Museum .....	152
Ngong Hills .....	152
Limuru .....	153
Thika .....	155

<b>THE COAST .....</b>	<b>156</b>
<b>Mombasa .....</b>	<b>158</b>
<b>South of Mombasa .....</b>	<b>173</b>
Shelly Beach .....	173
Tiwi Beach .....	174
Diani Beach .....	175
South of Diani .....	178
Shimoni & Wasini Island .....	178
Shimba Hills National Reserve .....	180
<b>North of Mombasa .....</b>	<b>181</b>
Mombasa to Kilifi .....	181
Kilifi .....	185
Watamu .....	188
Gedi .....	191
Malindi .....	193
<b>Lamu .....</b>	<b>201</b>
<b>Islands Around Lamu ....</b>	<b>216</b>
Manda Island .....	218
Paté Island .....	218
Kiwayu Island .....	221
<b>THE RIFT VALLEY .....</b>	<b>222</b>
Mt Longonot National Park ..	224
Naivasha .....	224
Lake Naivasha .....	226
Hell's Gate National Park .....	229
Lake Elmenteita .....	231
Kariandusi Prehistoric Site ...	231
Nakuru .....	231
Lake Nakuru National Park ..	234
Menengai Crater .....	237
Hyrax Hill Prehistoric Site ...	237
Lake Bogoria .....	238
Lake Baringo .....	239
Lake Magadi .....	241
<b>THE CENTRAL HIGHLANDS .....</b>	<b>242</b>
<b>The Aberdares .....</b>	<b>243</b>
Aberdare National Park .....	243
Nyeri .....	246
Nyahururu & Thomson's Falls .....	248
<b>Mt Kenya Area .....</b>	<b>251</b>
Naro Moru .....	251
Nanyuki .....	254
Around Nanyuki .....	256
Isiolo .....	256
Around Isiolo .....	259
Meru .....	260
Chogoria .....	261
Embu .....	262
Trekking on Mt Kenya .....	263
<b>WESTERN KENYA .....</b>	<b>275</b>
<b>Lake Victoria .....</b>	<b>276</b>
Kisumu .....	276
Around the Lake .....	282
<b>Western Highlands .....</b>	<b>283</b>
Kisii .....	283
Tabaka .....	284
Kericho .....	285
Kakamega Forest Reserve ....	287
Kakamega .....	288
Eldoret .....	290
Cherangani Hills .....	292
Kitale .....	293
Saiwa Swamp National Park ..	296
Mt Elgon National Park .....	298
<b>NORTHERN KENYA .....</b>	<b>300</b>
<b>West of Turkana .....</b>	<b>304</b>
Marich Pass Area .....	304
Lodwar .....	306
Kalekol .....	307
Ferguson's Gulf .....	307
Eliye Springs .....	308
Lokichokio .....	308
<b>East of Turkana .....</b>	<b>308</b>
National Parks & Reserves ....	309
Wamba .....	312
Maralal .....	312
Mathews Range .....	315
Parsaloi .....	316
Baragoi .....	316
South Horr .....	318
Loyangalani .....	318
North Horr .....	320
Maikona .....	320
Marsabit .....	320
Moyale .....	323
Crossing to Ethiopia .....	324
<b>The North-East .....</b>	<b>324</b>
Meru National Park .....	325
Tana River Primate Sanctuary .....	327
Garissa .....	327
Liboi .....	328
Garsen .....	328
<b>AMBOSELI, MASAI MARA, TSAVO &amp; TAITA HILLS .....</b>	<b>329</b>
Amboseli National Park .....	329
Masai Mara Game Reserve ...	331
Tsavo National Park .....	335
Taita Hills & Voi .....	339
<b>UGANDA</b>	
<b>INTRODUCTION .....</b>	<b>342</b>
<b>FACTS ABOUT THE COUNTRY .....</b>	<b>343</b>
History .....	343
Geography .....	349
Climate .....	350
Government .....	350
Economy .....	350
Population .....	351
Religion .....	351
Language .....	351

**FACTS FOR THE VISITOR ..... 352**

Visas & Embassies ..... 352	Post & Telecommunications . 354	Dangers & Annoyances ..... 355
Money ..... 353	Time ..... 354	Film & Photography ..... 355
Business Hours & Holidays .. 354	Media ..... 355	
Tourist Offices ..... 354	Health ..... 355	

**GETTING THERE & AWAY ..... 356**

Air ..... 356	Land ..... 356	Lake ..... 358
---------------	----------------	----------------

**GETTING AROUND ..... 360**

Air ..... 360	Car & 4WD ..... 360	Safaris ..... 361
Bus & Matatu ..... 360	Hitching ..... 361	
Train ..... 360	Boat ..... 361	

**KAMPALA ..... 364****SOUTH-EASTERN UGANDA ..... 375**

Tororo ..... 375	Mbale ..... 376	Jinja ..... 378
------------------	-----------------	-----------------

**SOUTH-WESTERN UGANDA ..... 382**

Fort Portal ..... 382	Ssesse Islands ..... 392	Kisoro ..... 399
Around Fort Portal ..... 386	Mbarara ..... 394	
Kasese ..... 387	Kabale ..... 396	

**NORTHERN UGANDA & NATIONAL PARKS ..... 401**

Gulu ..... 401	Lake Mburo National Park ... 405	Bwindi & Mgahinga National Parks ..... 410
Murchison Falls National Park ..... 402	Toro Game Reserve ..... 405	Mt Elgon Forest Park ..... 411
Queen Elizabeth National Park ..... 403	Kidepo Valley National Park 405	
	Ruwenzori National Park ..... 406	

**RWANDA**

<b>Facts about the Country</b> 415	Time ..... 421	Local Transport ..... 425
History ..... 415	Media ..... 421	<b>Kigali</b> ..... 425
Geography ..... 417	Health ..... 421	<b>Western Rwanda</b> ..... 429
Climate ..... 417	Film & Photography ..... 421	Gisenyi ..... 429
Government ..... 417	Accommodation ..... 422	Kibuye ..... 432
Economy ..... 418	<b>Getting There &amp; Away</b> ... 422	Cyangugu ..... 432
Population ..... 418	Air ..... 422	Ruhengeri ..... 433
Language ..... 418	Land ..... 422	<b>Southern Rwanda</b> ..... 435
<b>Facts for the Visitor</b> ..... 418	<b>Getting Around</b> ..... 424	Butare ..... 435
Visas & Embassies ..... 418	Air ..... 424	<b>National Parks</b> ..... 437
Money ..... 420	Bus ..... 424	Parc National des Volcans ... 437
Tourist Office ..... 420	Car ..... 424	Parc National de l' Akagera ... 440
Business Hours & Holidays .. 421	Hitching ..... 424	Nyungwe Forest Conservation Project ..... 441
Post & Telecommunications .. 421	Ferry ..... 424	

**BURUNDI**

<b>Facts about the Country</b> 444	Population ..... 447	Post & Telecommunications . 449
History ..... 444	Language ..... 447	Time ..... 449
Geography ..... 446	<b>Facts for the Visitor</b> ..... 447	Media ..... 449
Climate ..... 446	Visas & Embassies ..... 447	Health ..... 449
Government ..... 446	Money ..... 448	<b>Getting There &amp; Away</b> ... 450
Economy ..... 447	Business Hours & Holidays . 449	Air ..... 450

Land .....	450	<b>Bujumbura</b> .....	<b>452</b>	Kilemba .....	457
<b>Getting Around</b> .....	<b>452</b>	<b>Other Towns</b> .....	<b>457</b>	Source du Nil .....	458
Air .....	452	Gitega .....	457		
Bus .....	452	Kayanza .....	457		

## EASTERN ZAÏRE

<b>Facts about the Country</b> .....	<b>461</b>	Time .....	465	Bunia .....	469
History .....	461	Health .....	465	Komanda .....	470
Geography .....	462	Film & Photography .....	466	Beni .....	470
Climate .....	462	<b>Getting There &amp; Away</b> ...	<b>466</b>	Butembo .....	471
Government .....	462	Air .....	466	Rutshuru .....	472
Economy .....	462	Land .....	466	Goma .....	472
Population .....	463	Lake .....	468	Bukavu .....	476
Language .....	463	<b>Getting Around</b> .....	<b>468</b>	Uvira .....	481
<b>Facts for the Visitor</b> .....	<b>463</b>	Air .....	468	<b>National Parks</b> .....	<b>482</b>
Visas & Embassies .....	463	Bus & Truck .....	468	Parc National de	
Money .....	465	Boat .....	469	Kahuzi-Biéga .....	482
Business Hours & Holidays ..	465	<b>Eastern Zaïre from North</b>		Parc National des Virunga ....	484
Post .....	465	<b>to South</b> .....	<b>469</b>		

## TANZANIA

<b>FACTS ABOUT THE COUNTRY</b> .....	<b>494</b>				
History .....	494	Government .....	500	Religion .....	502
Geography .....	500	Economy .....	501	Language .....	502
Climate .....	500	Population .....	502		
<b>FACTS FOR THE VISITOR</b> .....	<b>503</b>				
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		
<b>GETTING THERE &amp; AWAY</b> .....	<b>508</b>				
Air .....	508	Land .....	508	Lake .....	512
<b>GETTING AROUND</b> .....	<b>515</b>				
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
<b>DAR ES SALAAM</b> .....	<b>526</b>				
Beaches .....	539				
<b>THE COAST</b> .....	<b>541</b>				
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
<b>NORTH-EASTERN TANZANIA</b> .....	<b>570</b>				
Moshi .....	570	Usambara Mountains .....	582		
Arusha .....	574	Lushoto .....	582		

<b>LAKE VICTORIA</b> .....	<b>585</b>
Mwanza .....	585
Musoma .....	588
Bukoba .....	588
<b>CENTRAL &amp; NORTH-WESTERN TANZANIA</b> .....	<b>589</b>
Morogoro .....	589
Dodoma .....	591
Tabora .....	592
Kigoma .....	592
Ujiji .....	595
<b>SOUTHERN TANZANIA</b> .....	<b>596</b>
Mbeya .....	596
Kyela .....	597
<b>NATIONAL PARKS</b> .....	<b>601</b>
Kilimanjaro National Park ....	604
Arusha National Park .....	612
Tarangire National Park .....	616
Lake Manyara National Park .....	617
Ngorongoro Conservation Area .....	618
Olduvai Gorge .....	623
Serengeti National Park .....	623
Mikumi National Park .....	627
Selous Game Reserve .....	628
Ruaha National Park .....	630
Gombe Stream National Park	630
Mahale Mountains National Park .....	631
<b>INDEX</b> .....	<b>633</b>
Maps .....	633
Text .....	634

**HYDROGRAPHIC FEATURES**

- River
- Lake
- Swamp
- Waterfall

**OTHER FEATURES**

- Pass
- Escarpment or Cliff
- Railway Tunnel
- Road Tunnel
- Railway Bridge
- Road Bridge
- Railway Station
- Gate
- Mountain or Hill
- Pass
- Lookout
- Hospital
- Temple or Shrine
- Mosque, Church, Cathedral
- Highway Route Number
- Bus Station or Terminal
- Tourist Information
- Airport
- Post Office
- Pass to East
- Pass to West