



wandernest
SAFARI · ZANZIBAR

CLIENT TRAVEL MANUAL · 2026 EDITION

Tanzania Safari & Zanzibar

Your practical companion for planning, preparing and enjoying a Northern Circuit safari followed by Zanzibar's beaches, culture and island life.

 Safari

 Wildlife

 Culture

 Beaches

 Island Experiences

Wander Nest Safari

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START HERE

00 How to Use This Manual

Keep this guide with your travel documents. It covers the practical information most international clients need before and during a Tanzania safari and Zanzibar holiday. **Your final quotation and itinerary remain the controlling documents for booked services.**

⚠ Important 2026 entry note — two different requirements

Tanzania's visa is handled through Tanzania Immigration and covers visits to Mainland Tanzania *and* Zanzibar when properly issued. Zanzibar *separately* requires mandatory inbound travel insurance for foreign visitors. These should not be confused.



Tanzania Visa

Issued by **Tanzania Immigration**. One visa covers Mainland + Zanzibar.

From USD 50

Up to 90 days

eVisa online



Zanzibar Inbound Insurance

Issued by **Zanzibar Insurance Corporation (ZIC)**. Mandatory even if you hold other insurance.

USD 44 adult

USD 22 child

Zanzibar only

📖 Reading the visual guide



WARNING

Rules that affect entry, safety or legal compliance.



REMINDER

Details that change — recheck before travel.



TIP

Advice from our guides to travel better.



ZANZIBAR

Information specific to the island stage.

📖 Colour coding



Brown

Planning, entry & booking



Olive

Safari & the wild



Amber

Kilimanjaro & Arusha



Ocean

Zanzibar & the coast



A PRACTICAL COMPANION

This guide does not replace official immigration, health or airline instructions. Entry rules, visa procedures, conservation fees, flight schedules and insurance requirements can change, so final travel documents should always be checked before departure.



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@ Quick start

Short on time? Read pages 6–9 (flights, visa, insurance) and the checklist on page 34.



PART I · PLAN & PREPARE

01 Welcome to Tanzania

A destination where extraordinary wildlife, dramatic landscapes, living cultures and tropical island life come together in one journey. This manual helps you prepare confidently for a Tanzania safari followed by a Zanzibar beach and island experience.

Your journey can combine the **Northern Safari Circuit** — including Tarangire, Ngorongoro and Serengeti — with Zanzibar's beaches, Stone Town, marine excursions and Swahili culture. Tanzania's official tourism material highlights these major safari areas and Zanzibar as key attractions.

TZS



LOCAL CURRENCY
· USD WIDELY
USED

1 visa



COVERS
MAINLAND +
ZANZIBAR

4



MAIN ARRIVAL
AIRPORTS

Big 5



LION · LEOPARD ·
ELEPHANT ·
BUFFALO · RHINO

YOUR TRIP IN THREE STAGES

02 Your Journey at a Glance

A classic first-time Tanzania journey is planned in three stages: arrival and safari, transfer to Zanzibar, then island relaxation and excursions.



Stage 1 · Arrival & Safari

Land at Kilimanjaro (JRO) or Arusha. Explore Tarangire, Lake Manyara, Ngorongoro and the Serengeti with your driver-guide.



Stage 2 · Fly to Zanzibar

Domestic or regional flight from a safari airstrip or via Arusha / Dar es Salaam. Private transfer to your hotel.



Stage 3 · Island & Culture

Stone Town heritage, spice farms, sandbanks, snorkeling and beach time at Nungwi, Kendwa, Paje or Matemwe.

Bush · wildlife · early starts

Travel day

Ocean · culture · slow pace



SAMPLE ROUTE

03 Recommended 10–19 Day Tanzania & Zanzibar Experience

A flexible core of **12 days** that scales from 10 to 19 days. Your confirmed itinerary will reflect your dates, budget and flight schedules.

CORE 12-DAY ITINERARY (SAMPLE)

Day 1		Arrival · Arusha · Airport reception at JRO and private transfer. Evening safari briefing.
Day 2		Tarangire National Park · Elephants, baobab landscapes, wildlife around water sources.
Day 3		Lake Manyara National Park · Woodland, lake views, hippos and birdlife.
Day 4–6		Serengeti National Park · Vast plains, predators and seasonal migration movements.
Day 7		Ngorongoro Crater · Crater descent — a dramatic enclosed ecosystem.
Day 8		Fly to Zanzibar · Stone Town · Flight to ZNZ, transfer, sunset on the waterfront.
Day 9		Stone Town & Spice Farm · Walking heritage tour, markets, doors and spices.
Day 10		Beach transfer · Nungwi / Kendwa · Swimming, sunsets, relaxed resort time.
Day 11		Marine day · Mnemba or Safari Blue · Snorkeling, sandbanks, dhow — sea-conditions permitting.
Day 12		Departure · Final transfer to the airport or onward connection.

Safari · 7 days

1

Zanzibar · 4 days

🔗 Shorten or extend: 10 → 19 days

10 days

Combine Lake Manyara with Tarangire; 2 nights in the Serengeti.

+2 Serengeti

Extra nights to follow seasonal wildlife movements.

+3 South

Add Nyerere (river & boat safari) or Ruaha.

+2 Beach

Paje, Jambiani or Matemwe for a slower finish.



+6–9 days

Climb Kilimanjaro first

Start with the climb, then rest your legs on safari and finish on the beach. See Part III for routes and tips.



PART I · PLAN & PREPARE

04 Before You Book Your Flight

Five things to settle before you commit to flights. Getting these right early avoids last-minute stress at check-in or immigration.



Passport

Must meet Tanzania's immigration requirements: at least **six months' validity** and at least **one unused visa page**.



Return / onward ticket

Tanzania's current visa guidance states visitors must show a return ticket at the point of entry.



Accommodation details

Keep confirmed hotel and lodge details, your safari itinerary and emergency contacts in both digital and printed form.



Travel insurance

Comprehensive cover for medical emergencies, evacuation, cancellation/interruption, baggage and your planned activities.



Flight planning & connections

Allow adequate connection time between international flights, domestic safari flights and Zanzibar flights. Safari schedules can be affected by weather, road conditions and aircraft operations.

🔗 Recommended planning sequence

1

Check passport

6+ months valid, blank page

2

Confirm visa rules

By nationality

3

Agree itinerary

With Wander Nest

4

Book flights

Return ticket + buffers

5

Insurance

Personal + Zanzibar

6

Apply eVisa

Official site only



TWO KINDS OF INSURANCE

Zanzibar's mandatory inbound travel insurance is **separate** from ordinary personal travel insurance. You need both — one does not replace the other.



PART I · ENTRY REQUIREMENTS

05 Tanzania Visa & Entry Guide — 2026

🌐 Who needs a visa?

It depends on nationality. Tanzania Immigration publishes an official visa-free country list and runs an online visa system — check your nationality before booking travel.

⬇️ How to apply

Apply online through the official eVisa platform (recommended). Visas may also be obtained on arrival at official entry points where applicable.

🏠 Mainland + Zanzibar

A traveler visiting both does **not** need a new visa for each. Select your first destination appropriately in the application.

VISA TYPE	FEE	VALIDITY
Ordinary Visa Most tourist nationalities	USD 50	Up to 90 days
Multiple Visa Required for U.S. passport holders (tourism)	USD 100	Up to 1 year*

*Subject to the stated stay conditions. Fees per current official guideline.

📄 Documents for an Ordinary Visa

- ✓ Copy of passport biodata page
- ✓ Return ticket
- ✓ Completed application / declaration
- ✓ Applicable visa fee

One application per passport holder — including minors.

📅 When to apply — timeline before departure



⚠️ OFFICIAL WEBSITES ONLY

Do not use unofficial visa websites. Apply through Tanzania Immigration's official eVisa platform and keep the grant/approval with your documents.

📌 CLIENT REMINDER

Requirements can change. Recheck official sources shortly before departure.



PART I · ENTRY REQUIREMENTS

05 Referral Visas & Important Visa Warning

Certain nationalities require **prior immigration approval** (a referral visa) and should apply well in advance — current eVisa terms advise **two months** before travel.

🚩 Referral categories listed by Tanzania Tourism (29)

Afghanistan	Azerbaijan	Bangladesh	Chad	Djibouti
Ethiopia	Eritrea	Equatorial Guinea	Iran	Iraq
Kazakhstan	Kyrgyzstan	Lebanon	Mali	Mauritania
Niger	Nigeria	Pakistan	Palestine	Senegal
Somalia	Sri Lanka	Somaliland	Sierra Leone	Syria
Tajikistan	Turkmenistan	Uzbekistan	Yemen	

This list can change and must be checked before travel.



IMPORTANT VISA WARNING

Use the official Tanzania Immigration website when applying.

Tanzania Immigration specifically advises applicants to apply through the official immigration website rather than third-party websites.



Official eVisa portal

visa.immigration.go.tz

Scan to open the official portal

🔒 Also remember



A visa is not a guarantee

A visa or Visa Grant Notice does not by itself guarantee entry.



Final admission

Determined by immigration officials at the point of entry after checking requirements.



Keep it offline

Save the grant notice offline and print it where practical.



PART I · ENTRY REQUIREMENTS

06 Zanzibar Mandatory Inbound Travel Insurance

Foreign visitors entering Zanzibar are currently required to hold mandatory inbound travel insurance. The Zanzibar Insurance Corporation (ZIC) states this applies **even when you already have another valid travel or medical policy**.

Current published ZIC pricing (USD)

Adult (foreign visitor)	44
Child	22
SADC & EAC residents	22

Fees and coverage can change — reconfirm before travel.

Typical entry costs per adult

Visa + ZIC insurance, before tour costs

Most visitors	50	44
U.S. citizens	100	44
Visa	ZIC	USD 94 · USD 144

Mandatory ZIC policy vs. your personal travel insurance

QUESTION	ZIC INBOUND INSURANCE	PERSONAL TRAVEL INSURANCE
Is it required?	✓ Yes — for foreign visitors entering Zanzibar	Strongly recommended for the whole trip
Does holding one replace the other?	× No	× No
Cancellation / interruption	Outside its scope	Should be covered
Baggage, medical treatment, evacuation	Check ZIC scope	Should be covered
Where to get it	zic.co.tz/inbound-insurance	Your insurer or broker



WE CAN HELP

Wander Nest Safari can include the Zanzibar inbound insurance line in your pre-arrival checklist or quotation on request.



CLIENT REMINDER

Requirements can change. Recheck official sources shortly before departure.



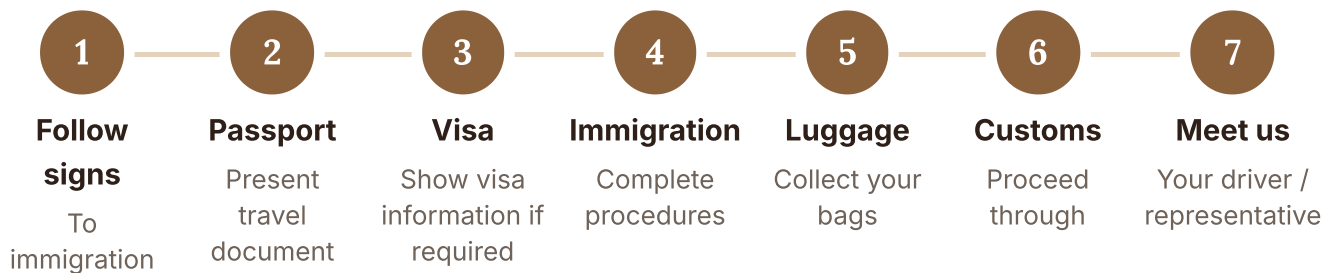
PART I · ARRIVAL

07 Arrival in Tanzania – What to Expect

Keep your passport, visa approval, return/onward ticket and accommodation details accessible as you land.

REGION	AIRPORT	CODE	TYPICAL USE
Tanzania Mainland	Kilimanjaro International Airport	JRO	Northern Circuit safaris
	Julius Nyerere International Airport	DAR	Dar es Salaam & southern parks
	Arusha Airport	ARK	Domestic / safari connections
Zanzibar	Abeid Amani Karume International Airport	ZNZ	Island arrivals & departures

✈ At the airport – step by step



🗺 Your transfer chain



MEETING POINT

After customs, look for your pre-arranged driver/guide holding the agreed client name or company sign. Avoid unsolicited transport offers outside the official meeting point.



Your safari briefing covers

- Departure time
- Luggage limits
- Weather
- Wildlife safety
- Meals
- Drinking water
- Optional activities

PART II

Your Tanzania Safari

Parks, wildlife, seasons, lodges and the etiquette that makes every game drive better — for you and for the animals.

7

KEY PARKS

5

BIG FIVE

1.5M+

MIGRATING
WILDEBEEST

4×4

POP-UP ROOF
VEHICLE

⌕ Sightings are never guaranteed — animals move freely and conditions change.



PART II · SAFARI

08 The Tanzania Safari Experience

Safari is about observing wildlife in its natural environment. A skilled guide uses experience, park knowledge and communication with other guides to improve your opportunities — while following park rules.

🕒 A typical safari day



Sunrise departure

Wildlife is most active in the cool early hours.



Breakfast or picnic

At the lodge or out in the bush.



Long game drive

Your guide reads tracks and shares sightings by radio.



Lunch & rest

Shade, hydration, downtime in the heat.



Afternoon / evening drive

Soft light and active predators.



Dinner at camp

Stories, stars and an early night.

🚐 Your safari vehicle

A specially adapted 4×4. Features vary by operator and vehicle:

👁 Large windows

☀ Pop-up / opening roof

👤 Comfortable seating

🔌 Charging points*

🗑 Storage space

🧊 Cooler / fridge*

🗣 Communication radio

👁 Elevated viewing

*Depending on vehicle / operator.

✓ A typical safari includes

- ✓ 4×4 safari vehicle & professional driver-guide
- ✓ National park entry fees
- ✓ Game drives & transfers
- ✓ Accommodation & meals per package
- ✓ Drinking water (depending on package)



COMFORT ON THE ROAD

Roads can be rough, dusty and bumpy. Comfortable clothing, hydration and patience make a significant difference.



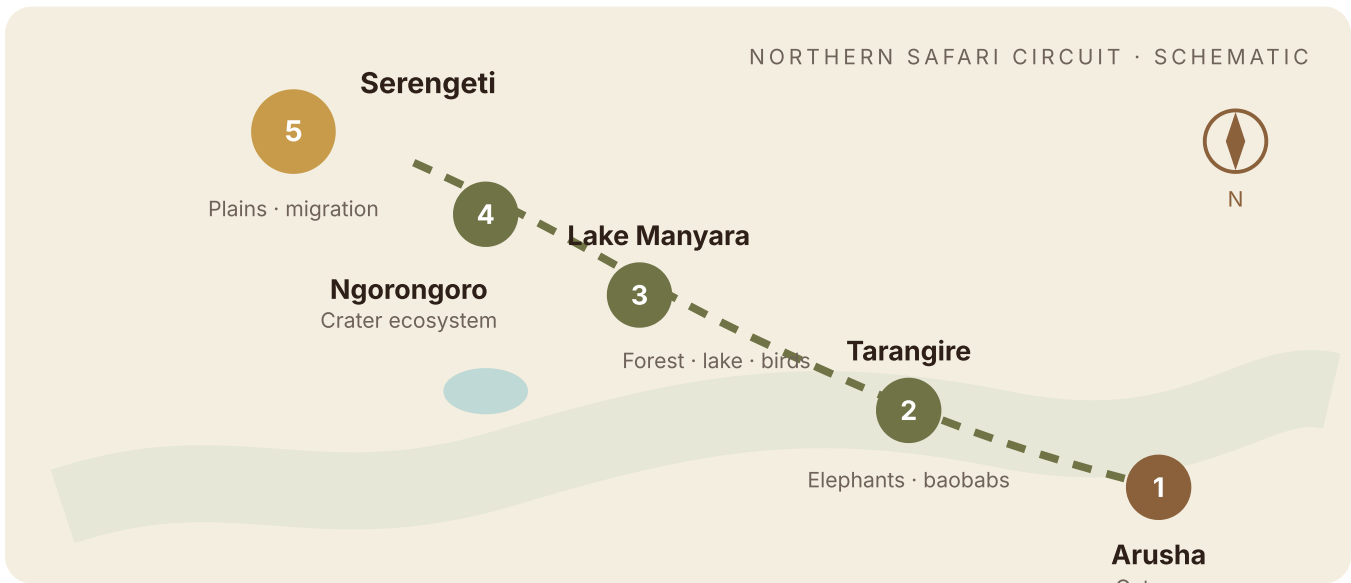
STAY IN THE VEHICLE

Never leave the vehicle or approach wildlife unless your guide confirms it is safe and permitted.



PART II · SAFARI

09 Tanzania's Main Safari Destinations



DESTINATION	CIRCUIT	KNOWN FOR
Serengeti National Park	North	Huge plains, abundant wildlife, seasonal movements of wildebeest — a cornerstone of the Northern Circuit.
Ngorongoro Conservation Area	North	The Ngorongoro Crater — a dramatic enclosed ecosystem with excellent wildlife viewing and cultural/conservation significance.
Tarangire National Park	North	Elephants, baobab landscapes and seasonal wildlife concentrations around water sources.
Lake Manyara National Park	North	Compact, varied scenery: woodland and lake environments, wildlife and birdlife.
Nyerere National Park	South	A different landscape and safari character, with river and boat-safari possibilities.
Ruaha National Park	South	Broad wilderness landscapes, elephants and a strong southern safari atmosphere.
Mikumi National Park	South	A practical southern option, particularly when connecting with Dar es Salaam.



PART II · SAFARI

10 Wildlife You May See

☆ The Big Five

**Lion****Leopard****Elephant****Buffalo****Rhinoceros**

Among Tanzania's most sought-after sightings — but sightings are never guaranteed.

🦋 Wildlife highlights by park

KNOWN FOR	TARANGIRE	LAKE MANYARA	SERENGETI
Elephant	●	●	●
Lion	●	●	●
Leopard	●	●	●
Cheetah	●	●	●
Buffalo	●	●	●
Giraffe	●	●	●
Zebra	●	●	●
Wildebeest	●	●	●
Hippo	●	●	●
Birdlife	●	●	●

Based on park descriptions. Ngorongoro is known for a high concentration of wildlife across many species.

🦋 Also look out for

Giraffe Zebra Wildebeest Impala
Gazelle Hippo Crocodile Hyena
Warthog Baboon Cheetah
Many bird species

🦋 The Great Migration

A natural movement of huge numbers of herbivores across the Serengeti ecosystem and into Kenya's Maasai Mara. TANAPA describes it as one of the world's largest terrestrial mammal migrations — **more than 1.5 million wildebeest**, alongside zebras and predators.

Where the herds are depends on



Rainfall



Grass



Water



Season

📌 NO PROMISES ON EXACT DATES

No responsible tour operator should guarantee the migration in one specific location on a particular date. We plan around the general seasonal pattern.



PART II · SAFARI

11 Best Time for a Tanzania Safari

Tanzania can be visited throughout the year, but the experience changes with the seasons. Weather varies, so treat these as general guidance rather than guarantees.

SEASON	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Dry season Easier viewing, less dense vegetation												
Serengeti calving Newborns & predator action												
Green / rainy season Lush landscapes, fewer visitors												
Short rains Showers possible; safari continues												

☀ June – October · Dry season

- ✓ Wildlife viewing can be easier
- ✓ Vegetation often less dense
- ✓ Water sources concentrate wildlife
- ✓ Popular safari period

TANAPA lists June–October as a dry-season period for Serengeti migration viewing.

🐾 January – February · Calving

A particularly interesting period for the Serengeti because of the calving season, identified by TANAPA.

🌿 March – May · Green season

- ✓ Green landscapes
- ✓ Fewer visitors in some areas
- ✓ Excellent photography conditions
- ✓ Potentially attractive accommodation rates

💧 November – December · Short rains

Short rains may occur, while safari remains possible.



PART II · SAFARI

12 Safari Accommodation

From comfortable lodges and tented camps to luxury permanent and mobile-style camps. The right choice depends on budget, location, comfort level — and whether you prioritise wildlife time, scenery, privacy or amenities.

FEATURE	⚙️ MID-RANGE	☆ LUXURY
Rooms	Comfortable rooms or tents	Larger rooms / tents
Bathrooms	Private bathrooms	Private, enhanced facilities
Service	Meals and guiding support	Enhanced, more personalised service
Location	Good access to parks	Premium locations
Atmosphere	Relaxed safari feel	Additional amenities & privacy

📍 CHOOSE BY DISTANCE, NOT ONLY CATEGORY

Consider driving time to the park areas you want to explore rather than choosing only by room category.

PART II · SAFARI

13 Safari Etiquette

For your safety and to protect wildlife:

✓ DO

- ✓ Listen to your guide
- ✓ Stay inside the vehicle unless told it is safe
- ✓ Keep voices low near wildlife
- ✓ Keep a reasonable distance from animals
- ✓ Give other vehicles space
- ✓ Keep belongings secure
- ✓ Be patient — quiet minutes become great sightings
- ✓ Ask before changing seats or opening roofs

✗ DON'T

- ✗ Feed wild animals
- ✗ Shout at or call animals
- ✗ Attempt to attract animals
- ✗ Leave the vehicle without permission
- ✗ Throw anything outside
- ✗ Use flash irresponsibly
- ✗ Chase wildlife for photographs
- ✗ Pressure guides to break park rules



PART II · SAFARI

14 What to Pack

Documents

- ☐ Passport + visa approval
- ☐ Printed & digital flight / hotel confirmations
- ☐ Travel insurance + Zanzibar inbound certificate

Clothing

- ☐ Lightweight breathable layers in neutral tones
- ☐ Warm fleece for cool mornings & altitude
- ☐ Light rain jacket
- ☐ Swimwear (beach / resort only)
- ☐ Modest clothing for Stone Town & villages
- ☐ Sleepwear, underwear, socks

Footwear & sun

- ☐ Comfortable closed shoes + sandals
- ☐ Hat / cap and sunglasses
- ☐ High-SPF sunscreen

Health

- ☐ Insect repellent
- ☐ Personal medications
- ☐ Small personal first-aid kit
- ☐ Reusable water bottle

Gear & tech

- ☐ Camera, spare battery, memory cards
- ☐ Power bank + travel adapter
- ☐ Binoculars if available
- ☐ Small daypack

Safari clothing guide

Neutral colours are practical for safari and photography:



Khaki



Beige



Olive



Brown

Layer through the day

Early morning

Light fleece or jacket over a long-sleeved shirt.

Midday

Breathable layers, hat and sunglasses. Long sleeves protect from sun and insects.

Evening

Re-layer as it cools. Long trousers help against insects.

Avoid relying on one heavy jacket — layers are more versatile.

LUGGAGE LIMITS

Many lodges and small aircraft have luggage restrictions. Ask us about your baggage allowance before travelling.



PART II · SAFARI

15 Photography & Drone Tips

**Be ready**

Use a telephoto lens if you have one and keep your camera ready during game drives.

**Chase soft light**

Early morning and late afternoon often provide beautiful natural light.

**Think wide**

Photograph landscapes as well as animals — the scenery is a major part of the experience.

**Protect your kit**

Keep equipment protected from dust and sudden rain.

**Ask first**

Respect privacy and ask permission before photographing local people closely.

**Safety first**

Never sacrifice safety for a photograph, and never ask guides to break park rules.

📷 Photography checklist

- | | |
|--|--|
| ☐ Camera | ☐ Power bank |
| ☐ Telephoto lens | ☐ Camera cleaning kit |
| ☐ Wide-angle lens | ☐ Binoculars |
| ☐ Extra batteries | ☐ Lens cloth |
| ☐ Memory cards | ☐ Protective camera bag |
| ☐ Battery charger | |

🚁 Drones

**ASK BEFORE YOU FLY**

Drone use is regulated in Tanzania and generally restricted in national parks and conservation areas. Do not fly without prior authorisation — speak to us before travel if you plan to bring one.

**Ethical photography**

No flash used irresponsibly, no baiting or chasing wildlife, and patience over pressure — the best images come from quiet observation.

PART III

Kilimanjaro & Arusha

Climb the Roof of Africa, or spend unhurried days among waterfalls, coffee farms, crater lakes and hot springs at the foot of the mountain.

5,895 m

UHURU PEAK

7

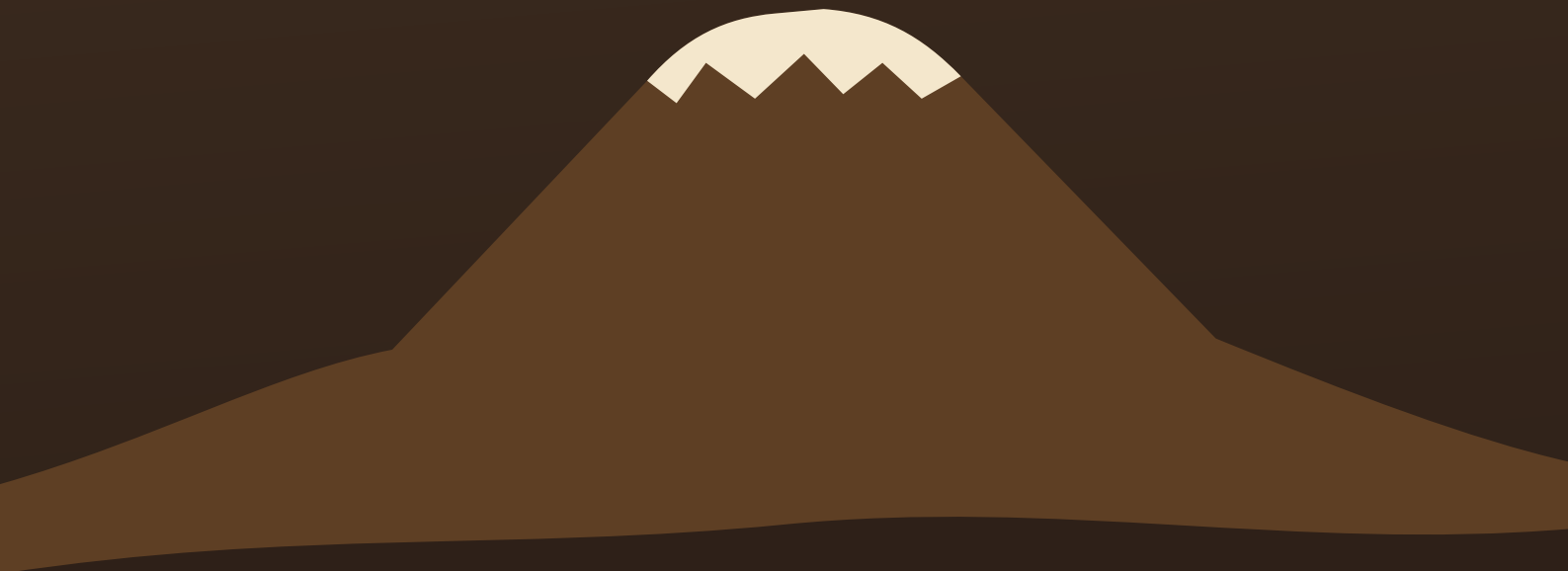
MAIN ROUTES

5

CLIMATE ZONES

14+

THINGS TO DO

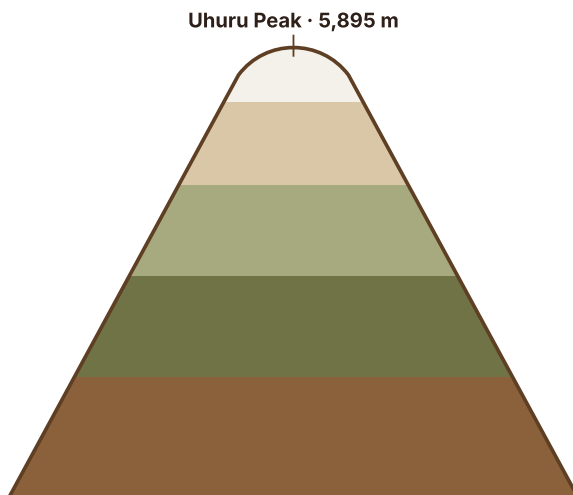




PART III · THE ROOF OF AFRICA

16 Kilimanjaro at a Glance

Africa's highest mountain and the world's tallest free-standing mountain. No technical climbing is needed, but altitude, cold and a long summit night make it a serious trek.

5,895 mUHURU PEAK
SUMMIT**5-9**DAYS ON THE
MOUNTAIN**Guide**LICENSED GUIDE
REQUIRED**KINAPA**KILIMANJARO
NATIONAL PARK

📍 Five climate zones, bottom to top

**Arctic summit** 5,000 m +

Glaciers, ice and scree. Below-freezing nights.

**Alpine desert** 4,000 – 5,000 m

Rock and dust, intense sun, cold nights.

**Heath & moorland** 2,800 – 4,000 m

Giant groundsels and lobelias, misty valleys.

**Montane rainforest** 1,800 – 2,800 m

Lush and humid, colobus monkeys, muddy trails.

**Cultivation zone** 800 – 1,800 m

Chagga farms, coffee and banana plantations.



CLIMBING RULES

Every climber must be accompanied by a licensed mountain guide and climb with a registered operator. Park and camping fees are set by KINAPA and can change, so we confirm them in your quotation.



INSURANCE TO 6,000 M

Your personal travel insurance must cover trekking at high altitude (to at least 6,000 m), including mountain rescue and helicopter evacuation.



PART III · KILIMANJARO

17 Choosing Your Kilimanjaro Route

Seven main routes approach the summit from different sides. More days on the mountain means better acclimatisation, and an extra day is the single best thing you can do for your summit chances.

ROUTE	DAYS	STARTS	SLEEP	SCENERY	ACCLIMATISE	DIFFICULTY	CROWDS
Marangu Only route with hut dorms; same way up and down	5–6	South-east	Huts	●●●●●	●●●●●	●●●●●	High
Machame Very scenic; Barranco Wall; popular for good reason	6–7	South-west	Camping	●●●●●	●●●●●	●●●●●	High
Lemosho Remote start, Shira Plateau; excellent summit odds	7–8	West	Camping	●●●●●	●●●●●	●●●●●	Medium
Northern Circuit Longest and quietest; best acclimatisation	8–9	West → North	Camping	●●●●●	●●●●●	●●●●●	Low
Rongai Drier side; good in rainy months; gentle gradient	6–7	North	Camping	●●●●●	●●●●●	●●●●●	Low
Shira Starts high by vehicle; less time to adjust	7–8	West (high start)	Camping	●●●●●	●●●●●	●●●●●	Low
Umbwe Steep and direct; for fit, experienced trekkers	6–7	South	Camping	●●●●●	●●●●●	●●●●●	Low



Ratings are our guides' comparative view (5 = most). Descents on most routes use the Mweka trail; Marangu climbers descend the way they came.

🕒 Quick picks — which route suits you?



First-timers

Machame 7 days
or **Lemosho 8 days**: the balance of scenery and acclimatisation.



Quiet trails

Northern Circuit
or **Rongai** for fewer climbers and wilder camps.



Prefer a bed

Marangu is the only route with huts instead of tents.



Wet season

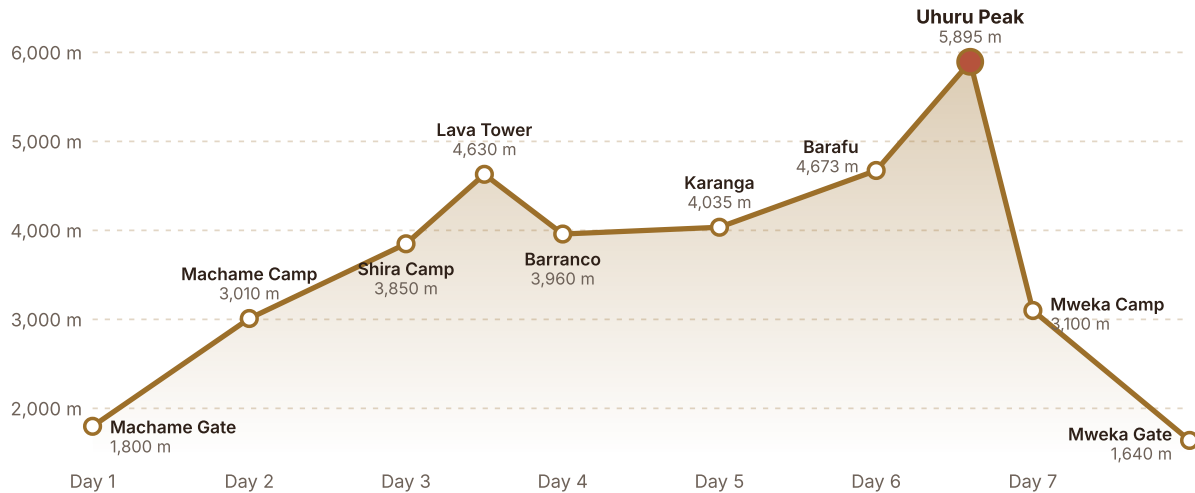
Rongai, on the drier northern side, is a strong choice in rainy months.



PART III · KILIMANJARO

18 The Climb: Elevation & Summit Night

Sample **7-day Machame** profile. Notice the classic “climb high, sleep low” pattern on Day 3: up to Lava Tower for lunch, then down to sleep at Barranco.



Altitudes are approximate. Day 6 is summit day; most climbers reach Mweka Camp that evening.

☾ Summit night, hour by hour

- ☾
≈ 23:00 – 00:00
 Wake, hot drink and snack at Barafu camp; layer up and start the climb by headlamp.
- 👤
Night ascent · 5–7 h
 Slow, steady zig-zags up the scree. Your guides set the pace.
- 🌅
Dawn · Stella Point (5,756 m)
 Reach the crater rim as the sun rises over the plains.
- 🚩
Uhuru Peak (5,895 m)
 Around another hour along the rim. Photos, then begin descending promptly.
- 🏠
Descent · 6–8 h
 Back to Barafu for rest and food, then down to a lower camp for the night.

12–15 h

TYPICAL SUMMIT-DAY EFFORT

≈ 1,200 m

CLIMBED FROM BARAFU TO UHURU

🧣 SUMMIT COLD

Temperatures near the summit can fall well below freezing, with wind chill. Keep water and camera batteries inside your jacket.



PART III · KILIMANJARO

19 Altitude, Health & Best Time to Climb

☆ Six golden rules on the mountain



Pole pole

"Slowly, slowly": walk slower than feels necessary.



Drink 3–4 L a day

Hydration helps your body adjust.



Climb high, sleep low

Short higher walks, then sleep lower.



Keep eating

Eat even when appetite drops at altitude.



Speak up early

Tell your guide about any symptoms, honestly.



Sun & cold

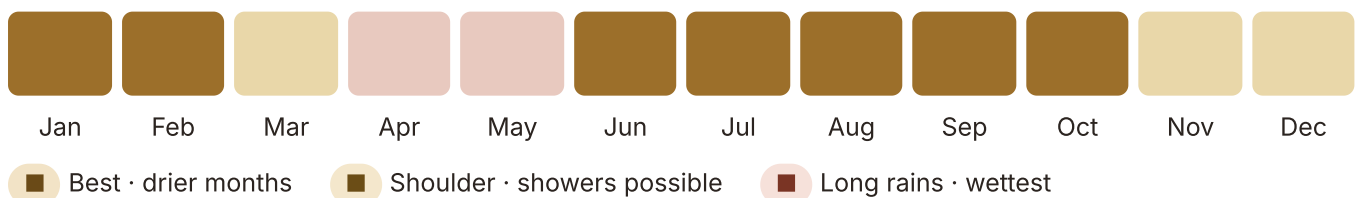
UV is intense; nights are freezing.

♥ Recognising altitude sickness (AMS)

LEVEL	SIGNS	WHAT TO DO
Mild	Headache, nausea, tiredness, poor sleep, loss of appetite, dizziness	Rest, drink, eat and tell your guide. Do not climb higher until symptoms ease.
Severe	Headache that won't ease, vomiting, confusion, stumbling or poor balance, breathlessness at rest, persistent cough	Descend immediately with your guide. This is a medical emergency (HACE / HAPE).

Your guides check climbers daily. Ask a travel-health professional before travel about altitude medication and any existing conditions.

📅 Best months to climb



COMBINE WITH YOUR SAFARI

Climb first and finish with a safari and Zanzibar. Your legs rest while you watch wildlife, and the beach makes a well-earned recovery.



PART III · KILIMANJARO

20 Kilimanjaro Packing List & Your Climb Crew

Layers

- ☐ Moisture-wicking base layers
- ☐ Fleece mid-layer
- ☐ Insulated down jacket
- ☐ Waterproof shell jacket & trousers
- ☐ Trekking trousers
- ☐ Warm hat, buff or balaclava

Hands & feet

- ☐ Liner + insulated gloves or mittens
- ☐ Broken-in waterproof boots
- ☐ Thermal & hiking socks
- ☐ Gaiters
- ☐ Camp shoes

Sleep & carry

- ☐ 4-season sleeping bag + liner
- ☐ Daypack (around 30–35 L)
- ☐ Soft duffel bag for porters
- ☐ Dry bags / rain cover

Gear

- ☐ Headlamp + spare batteries
- ☐ Trekking poles
- ☐ Insulated water bottles / bladder
- ☐ Power bank kept warm

Health

- ☐ High-SPF sunscreen & SPF lip balm
- ☐ UV sunglasses
- ☐ Personal medication & blister kit
- ☐ Hand sanitiser & wipes
- ☐ Energy snacks

Rent, don't buy

Sleeping bags, down jackets and poles can usually be rented in Moshi or Arusha.

Your climb crew



Lead guide

Licensed, sets the pace, monitors health and makes safety decisions.



Assistant guides

Walk with the group and support climbers on summit night.



Cook

Prepares hot meals and drinks at every camp.



Porters

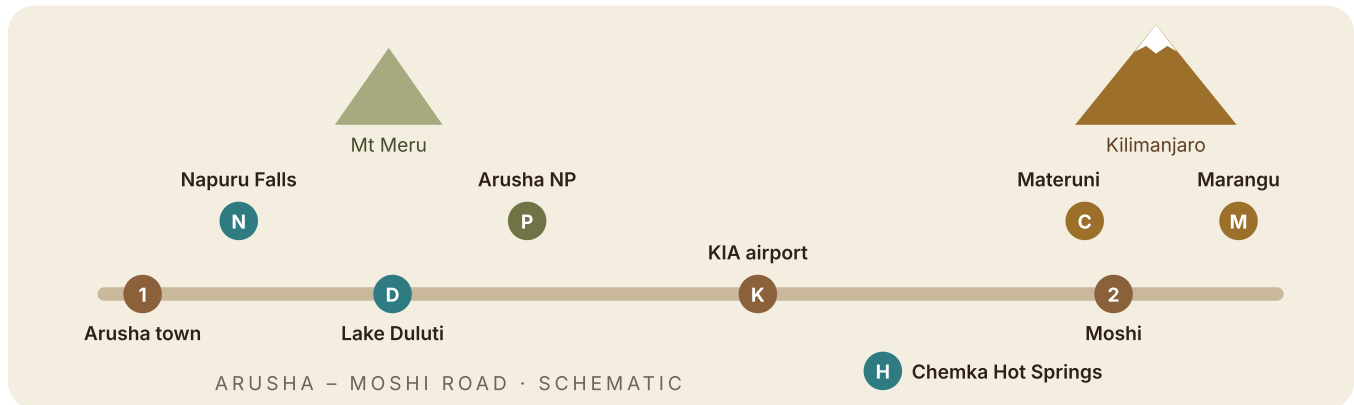
Carry tents, food and your duffel. Loads are limited; tipping the crew is customary.



PART III · ARUSHA & KILIMANJARO

21 Things to Do Around Arusha & Kilimanjaro

Arrive a day early, rest between safari and climb, or recover afterwards. These favourites sit within easy reach of Arusha and Moshi.



Napuru Waterfalls

📍 Arusha ⌚ Half day

A scenic guided hike through green foothills near Arusha to a tumbling waterfall. Cool off, picnic and enjoy the views; good legs-warm-up before a climb.



Chemka (Kikuletwa) Hot Springs

📍 Between Arusha & Moshi

⌚ Half / full day

Crystal-clear, spring-fed turquoise pools shaded by fig trees. Swim, use the rope swing and relax; the perfect recovery day after Kilimanjaro.



Coffee Tour & Materuni Waterfall

📍 Moshi · Kilimanjaro foothills

⌚ Full day

Walk through Chagga farms to Materuni Waterfall, then pick, roast, grind and taste coffee with a local family, from bean to cup.



Lake Duluti & Duluti Forest

📍 Near Arusha (Tengeru) ⌚ Half day

Canoe on a calm crater lake with views of Mount Meru and Kilimanjaro, then walk the forest trail spotting birds, monkeys and butterflies.



PAIR THEM UP

Duluti in the morning plus Arusha town in the afternoon makes an easy arrival day. Materuni and the coffee tour suit the day before a climb, and Chemka hot springs are ideal the day after.



PART III · ARUSHA & KILIMANJARO

21 Arusha & Kilimanjaro Activity Planner

Add extra days before or after your safari or climb. Times are approximate and include transfers.

ACTIVITY	AREA	TIME	TYPE	HIGHLIGHTS
 Arusha National Park day trip	Arusha	Full day	Wildlife	Walking safari, canoeing on Momella lakes, Ngurdoto Crater, giraffes & colobus
 Mount Meru climb (4,566 m)	Arusha	3–4 days	Trek	Tanzania's second-highest peak; superb Kilimanjaro acclimatisation
 Napuru Waterfalls hike	Arusha	Half day	Nature	Foothill walk to a waterfall; picnic and swim
 Lake Duluti canoe & forest walk	Arusha	Half day	Nature	Crater lake, forest trail, birds and mountain views
 Arusha town & Cultural Heritage Centre	Arusha	Half day	Culture	African art, tanzanite, Maasai and central markets
 Maasai village cultural visit	Arusha region	Half day	Culture	Traditional homesteads, dances and pastoral life
 Chemka (Kikuletwa) Hot Springs	Arusha–Moshi	Half / full day	Relax	Spring-fed turquoise pools; perfect post-climb
 Materuni Waterfall & coffee tour	Moshi	Full day	Culture	Chagga coffee from bean to cup, plus waterfall hike
 Marangu Chagga caves & waterfalls	Marangu	Half / full day	Culture	Hidden caves, Chagga history and Kinukamori Falls
 Kilimanjaro day hike	Marangu Gate	Full day	Trek	Rainforest walk on the mountain without a full climb
 Lake Chala crater lake	Near Moshi	Full day	Nature	Kayaking and walks at a deep blue crater lake
 Mto wa Mbu cultural tour	Near Lake Manyara	Half day	Culture	Village biking, banana farms and a local lunch, en route to safari
 Lake Natron extension	North of Arusha	2–3 days	Wildlife	Flamingos, Ol Doinyo Lengai volcano, waterfall walks

PART IV

Zanzibar *Island Life*

From the lanes of Stone Town to sandbanks, spice farms and turquoise lagoons — slow down and enjoy the Swahili coast.

🏠 Stone Town

🐠 Snorkeling

🌿 Spice farms

🌳 Jozani Forest

🚤 Dhow cruises

🏄 Kitesurfing



PART IV · ZANZIBAR

22 Moving from Safari to Zanzibar

1

Last game drive

Pack the night before

2

Fly

Safari airstrip or Arusha / Dar

3

Land at ZNZ

Abeid Amani Karume Int'l

4

Meet driver

Private transfer

5

Check in

Your booked area

Exact routing depends on your safari circuit and flight schedule. Your driver can take you to:

📍 **Stone Town** · West · heritage

📍 **Nungwi** · North · beaches

📍 **Kendwa** · North · sunsets

📍 **Matemwe** · North-east

📍 **Paje** · South-east · kitesurf

📍 **Jambiani** · South-east · village



DRESS CODE ON THE ISLAND

Zanzibar is relaxed but culturally conservative in many communities. Beachwear is fine at the beach or resort; outside those areas, modest clothing is respectful.

PART IV · ZANZIBAR

23 Zanzibar Highlights



Stone Town

Historic lanes, carved doors, markets, waterfront and Swahili-Arab-Indian influences.



Mnemba area

Popular for snorkeling and marine excursions. No touching or chasing marine life.



Nakupenda Sandbank

Weather- and tide-dependent; swimming, snorkeling and seafood or picnic lunch.



Safari Blue

Full-day marine trip: sandbanks, lagoon, snorkeling stops and a traditional dhow.



Spice farms

Cloves, cinnamon, vanilla, nutmeg and Zanzibar's culinary history.



Jozani Forest

Native ecology and the endemic red colobus monkey.



Nungwi & Kendwa

Northern beaches for swimming, sunsets and a wide choice of stays.



Paje & Jambiani

South-east beaches, village atmosphere, water sports and kitesurfing.



PART IV · ZANZIBAR

24 Suggested Zanzibar Excursions

EXCURSION	TYPE	WEATHER / SEA DEPENDENT
 Mnemba snorkeling / marine tour	Marine	●
 Dolphin experience*	Marine	●
 Nakupenda Sandbank picnic	Marine	●
 Stone Town walking & cultural tour	Culture	—
 Prison Island excursion	Culture	●
 Spice farm tour	Nature	—
 Jozani Forest tour	Nature	—
 Safari Blue lagoon & sandbank	Marine	●
 Sunset dhow cruise	Marine	●
 Jet ski, kayak or paddle board†	Active	●
 Scuba / introductory diving‡	Active	●
 Beach relaxation & resort day	Leisure	—

*Where conditions and responsible operators allow. †Where available. ‡With a qualified operator.

PART IV · ZANZIBAR

25 Food & Dining

🍴 A blend of influences



Expect rice dishes, grilled seafood, meat, vegetables, chapati, fresh fruit and flavourful spices. Zanzibar is especially known for seafood and Swahili dishes.

🍴 STREET FOOD

Choose busy, well-maintained vendors and eat food that is freshly prepared and served hot.

📌 DIETARY NEEDS

Tell your hotel, guide and restaurant in advance about allergies, dietary restrictions or religious / medical food requirements.



PART V · PRACTICAL

26 Money & Payments



Tanzanian Shilling (TZS)

The local currency. U.S. dollars are widely used in tourism — safari services, hotels and some excursions.



Cards

Common in established hotels and businesses, but do not assume card acceptance everywhere.



Small cash

Carry small notes for tips, drinks, small purchases and places without card payment.



KEEP IT SAFE

Keep copies of important documents separately from the originals and avoid displaying large amounts of cash in public.

PART V · PRACTICAL

27 Health & Wellbeing

Consult a qualified travel-health professional before travel for personalised advice on vaccinations, malaria prevention, routine immunisations and medications.



Yellow fever documentation

Tanzania's official tourism material states it may be required at entry. Requirements can depend on travel history and transit through risk countries — confirm with your health authority.



Malaria

Risk varies by area and season. Ask about prevention, mosquito avoidance and appropriate medication.



Safe water

Use bottled or appropriately treated water where advised, especially on safari.



Sun & heat

Sunscreen, hat, sunglasses and light clothing. Dehydration can be significant on long game drives.



PART V · PRACTICAL

28 Internet & Communication

📶 Connectivity — what to expect

Towns & cities	Good
Hotels & lodges Wi-Fi	Varies
Remote parks	Limited

Indicative only — coverage can be limited or absent in remote parks.



BEFORE LEAVING THE CITY

Download offline maps, your itinerary, key documents and emergency contacts. Do not depend on constant connectivity during safari.



PART V · PRACTICAL

29 Safety & Responsible Travel



Follow your guide

Never approach, feed, call or attempt to touch wild animals.



Stay in the vehicle

Unless your guide has identified a safe, permitted place to exit.



Leave no trace

Do not leave food or plastic waste in parks or natural areas.



Protect the reef

Reef-safe practices. Do not stand on coral or remove shells, coral or marine life.



Respect communities

Ask before photographing people and follow cultural guidance from your guide.



Keep contacts handy

Emergency, hotel and guide contacts on your phone and in a backup copy.

PART V · PRACTICAL

30 Tipping Guide

Tipping is customary in Tanzania's tourism industry but should reflect the service received and your personal preference.

WHO	HOW
 Safari guide / driver	Tipped separately, usually at the end of the safari
 Lodge staff	Often via a shared staff tip box
 Porters	Small amount per service
 Excursion crews	At your discretion, for good service



ASK FOR OUR CURRENT FRAMEWORK

Norms vary by service level, group size and itinerary. Ask us for a current suggested tipping framework before you travel.



BE DISCREET

Carry small denominations so tips can be given discreetly.



PART VI · BEFORE YOU GO

31 Client Pre-Departure Checklist

Tick each item as you go. Fifteen checks between you and a smooth arrival.

Documents & entry

5

- ☐ Passport valid 6+ months with an unused visa page
- ☐ Correct Tanzania visa — or confirmation you are visa-exempt
- ☐ Visa approval / Grant Notice saved offline and printed
- ☐ Return or onward flight ticket
- ☐ Copies of passport, visa, insurance & itinerary stored separately

Insurance & health

4

- ☐ Zanzibar mandatory inbound insurance (foreign visitors)
- ☐ Comprehensive personal travel insurance
- ☐ Yellow fever documentation checked for your itinerary / travel history
- ☐ Recommended health consultation completed

Bookings & logistics

4

- ☐ Safari and Zanzibar accommodation confirmations
- ☐ Domestic flight details and luggage limits checked
- ☐ Airport transfers confirmed
- ☐ Emergency contact details saved

Money & packing

2

- ☐ Currency / card arrangements prepared
- ☐ Appropriate clothing and equipment packed

15

CHECKS

2

INSURANCE POLICIES

6+MONTHS PASSPORT
VALIDITY**CLIENT REMINDER**

Requirements can change. Recheck official sources shortly before departure.



PART VI · YOUR BOOKING

32 What's Included & Common Exclusions

Your final quotation is the controlling document. Use this side-by-side view to check what is — and isn't — covered.

✓ Normally included

- ✓ Airport arrival and departure transfers where specified
- ✓ Private or shared safari vehicle according to the quotation
- ✓ Professional English-speaking driver-guide (other languages where booked)
- ✓ Park / conservation entry fees where stated
- ✓ Accommodation and meals per the selected package
- ✓ Game drives and sightseeing described in the itinerary
- ✓ Bottled drinking water during safari where included
- ✓ Internal transfers between safari destinations
- ✓ Zanzibar transfers and excursions only where listed

✗ Common exclusions to check

- ✗ International flights unless explicitly included
- ✗ Visa fees unless explicitly included
- ✗ Zanzibar mandatory inbound insurance unless explicitly included
- ✗ Personal travel insurance
- ✗ Tips and gratuities
- ✗ Alcoholic beverages and selected premium drinks
- ✗ Laundry and personal purchases
- ✗ Optional activities — balloon safari, diving, fishing, special excursions
- ✗ Hotel upgrades, early check-in / late check-out unless confirmed
- ✗ Government taxes or charges introduced after quotation, where applicable under booking terms

ⓘ ITEMISED, NEVER ASSUMED

Visa fees, mandatory Zanzibar inbound insurance, flights, tips, personal purchases and optional activities should be clearly itemised in your final quotation rather than assumed.



PART VI · WITH WANDER NEST

34 Your Client Journey With Wander Nest Safari



PART VI · OFFICIAL SOURCES

35 Important Official Information

Scan to open each official source. Check them again shortly before travel — immigration, health, insurance and entry requirements may change.



**Tanzania
Immigration eVisa**
visa.immigration.go.tz



**Tanzania
Immigration**
immigration.go.tz



**Zanzibar
Insurance
Corporation**
zic.co.tz/inbound-insurance



**Tanzania Tourist
Board**
tanzaniatourism.go.tz

**CHECKED FOR THE 2026 EDITION**

Tanzania Immigration eVisa; Tanzania Immigration visa guidelines; Tanzania Tourist Board; Zanzibar Insurance Corporation. Always check the latest official information before travel.



PART VI · SUPPORT

36 Contact & Emergency Preparation



Wander Nest Safari

📍 Old Customs House, Mizingani Rd, Stone Town, Zanzibar, Tanzania

☎ +255 777 311 115

✉ info@wandernestsafari.com

⚠ In an emergency, contact



1. Local emergency

The relevant local emergency service



2. Accommodation

Your hotel, lodge or camp



3. Your guide

Safari guide / driver



4. Your insurer

Emergency-assistance line

📄 My emergency card — fill in and keep a copy offline

CONTACT	NUMBER / REFERENCE
Wander Nest Safari	
Safari guide / driver	
Safari lodge(s)	
Zanzibar hotel	
Travel insurer — policy no. & assistance line	
ZIC inbound insurance certificate no.	
Embassy / consulate	
Next of kin	



wandernest

Asante sana.

Thank you for travelling with us — karibu Tanzania, karibu Zanzibar.

📍 Old Customs House, Mizingani Rd, Stone Town, Zanzibar

☎ +255 777 311 115 · ✉ info@wandernestsafari.com

