

Destination Information Guide

Tanzania



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Welcome to the World of Big Five!

The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip.

Big Five Tours & Expeditions is pleased to welcome you on this exciting adventure. We take great care to insure that your travel dreams and expectations are well met. Our distinctive journeys allow you to experience the finest aspects each destination has to offer. We also aim to provide you with a deeper understanding of and appreciation for the places you'll visit and the people you'll meet.



Arusha		<i>Elevation: 4550 feet Latitude: 03 22S Longitude: 036 38E</i>											
Average Temperature													
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
	67	67.5	67	67	62	39	59	60	61.5	65.5	66	65.5	
Average Precipitation													
inches	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
	2.3	3.3	7	14.5	8.3	1.3	0.6	0.8	0.8	1.4	4.4	4	
Dar es Salaam		<i>Elevation: 180 feet Latitude: 06 52S Longitude: 039 12E</i>											
Average Temperature													
°F	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
	82	82	81	79.5	78	75.5	74.5	74.5	75.5	78	80	81.5	
Average Precipitation													
inches	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
	2.8	2.5	5	10.6	7.2	1.3	1.1	1	1.1	1.9	3.3	3.7	

WEATHER

The East African climate is surely one of the finest in the world. The area lies along the equator, so temperature varies little during the year, varying by region rather than by season. The climate is temperate and sunny year round with two rainy seasons. The "long rains" occur between April and June; the "short rains" in October and November. But even during these times, it is seldom overcast all day, and many experienced African travelers prefer these off season times of the year as there are fewer tourists and the country is green and flowering. The days vary little in length with sunrise about 6:20 A.M. and sunset about 6:30 P.M.

The temperature seldom varies from the mid- to upper 70's with evening lows near 60 degrees. It is somewhat warmer along the coast and drier bush country. It will be cooler in the upland areas like Ngorongoro Highlands Crater, where it can actually be chilly at night.

December through March are the warmest summer months. September and October are springtime and weather again gets a little warmer. In late September through early July, you will see the annual migration of wildebeest in Serengeti and Ngorongoro ecosystem. Although the sun is intense, early mornings and evenings can get quite cool, especially in the mountain areas.

TIME ZONES

Tanzania is Greenwich Mean Time +3 hours and EST + 8 hours.

PASSPORTS & VISAS

Passports: For international travel, a passport valid for at least six months from date of departure, containing at least 3 blank pages are necessary.

Visas: Many countries require travelers to obtain visas prior to arrival. Big Five Tours & Expeditions has appointed Trivisa to process required visas for our passengers. You can find the necessary forms from Trivisa's website at: www.trivisa.com. Please use account code JP1551, and follow the directions.

Important: Even if you do not need a visa prior to departure, please check your passport well in advance of departure to insure:

- 1) It is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa/entry stamps that will be added as you travel in and out of various countries.

***Please note:** Pages reserved for amendments and endorsements cannot be used for visas.*

AIRPORT FORMALITIES

Travel in East Africa normally begins and ends at Jomo Kenyatta International Airport in Nairobi or Kenya Moi International Airport in Mombasa.

Upon arrival, proceed through immigration and baggage claims and customs. You can also exchange money at this time at the bank windows located in the airport. Big Five personnel or their representatives will assist you with your baggage and escort you to your hotel. They will assist with check-in formalities.

***Special note:** See health bulletin on page 4:*
REINSTALLATION OF HEALTH SURVEILLANCE DESKS

TANZANIA CUSTOMS

Duty-Free Items: Passengers 18 years and older may bring in 200 cigarettes or 50 cigars or 225g of tobacco, 0.5 liter of spirits, and a reasonable amount of perfume for personal use, 1 still camera and reasonable amount of film for personal use.

Prohibited Items: The import of fruit, plants and seeds, and imitation firearms is prohibited. The export of gold, diamonds and wildlife skins or game trophies not obtained from an authorized government department is prohibited. All narcotics are prohibited. International penalties for possession, use or trafficking in illegal drugs are strict and convicted offenders can expect jail sentences and heavy fines.

U.S. CUSTOMS

Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. There are limits on some items. Regulations frequently change. For a list of exempt items and more information contact your nearest Customs office or write the U.S. Customs Service, Box 7407, Washington, DC 20044.

HEALTH REQUIREMENTS

Visitors to Africa should be in generally good health. Talk with your personal physician about any shots or boosters recommended depending on your personal health profile and your itinerary. Tetanus and polio vaccines should be up to date. Be prepared to take precautions against sunburn with sunscreen and lip balm.

CURRENT YELLOW FEVER ADVISE: We STRONGLY advise that any/all travelers to Tanzania and Zanzibar get Yellow Fever inoculations prior to departure. In most instances, you will need a Yellow Fever inoculation.

- You will not need a vaccination only if you are arriving in Tanzania on a **direct flight** from USA, Canada or Europe.
- You will need the vaccination if you are coming from or through any area other than the United States, Europe, or Canada. That includes Latin America: regions in Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Panama, Paraguay, Peru, Suriname, Venezuela.

NOTE: THIS INCLUDES ANY PLANE STOPOVERS IN AFFECTED COUNTRIES EVEN IF YOU NEVER GET OFF THE PLANE. You will also need the vaccination if you plan on visiting more than one African country.

REINSTALLATION OF HEALTH SURVEILLANCE DESKS

Procedure as of this writing, January 2011: On arrival the passengers, must first go to the health desk then to Immigration desk, no passport will be accepted at immigration desk without a stamp from Health Department. In most instances, you will need a Yellow Fever vaccination. You must have a recognized health card with your vaccination information recorded. ***Please note that all government regulations are subject to change without notice.***

Malaria: There is a malaria risk for anyone traveling to Africa south of the Sahara Desert. Malaria exists throughout the year in all areas including urban areas. Resistance to Chloroquine is confirmed.

Although you will have little exposure to malaria, it is better to be cautious. **We strongly recommend that you consult your physician regarding these matters.** It is highly recommended that you obtain a prescription for a malaria precaution. The best protection against malaria is to avoid being bitten by a mosquito. Wear long-sleeved shirts and pants in the evening hours. Take a good insect repellent and apply to all exposed skin.

Cholera: Inoculation recommended. Cholera is reported in areas of the country.

Medical Treatment: While traveling with Big Five, you are automatically enrolled in the Flying Doctors Society. This service is designed to bring first rate medical care to outlying remote areas. Should the need arise; you will receive prompt medical attention and transportation to the nearest medical facility.

Please Note: If you are on medication, be sure to bring enough for the duration of the trip. Prescription medicines should always be carried in their original containers in your hand luggage.

Health insurance is strongly advised during any foreign travel.

For the most current information, please check the latest regulations with your local health office or the Centers for Disease Control and Prevention hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747); fax: 1-888-CDC-FAXX (1-888-232-3299), or their main telephone number in Atlanta, 404-332-4559. Or, visit the CDC Internet home page at <http://www.cdc.gov>.

CLOTHING

*For general clothing information, please review the **Travel Handbook** in your pre-departure materials. See pre-departure information for general packing check list.*

CLOTHING ON SAFARI

Located at the equator, the temperature does not vary more than 10 to 20 degrees year around. Most of Kenya and Tanzania sits between 3,000 and 7,000 feet (Nairobi is at 5,500 feet). Mornings and evenings are cool and days are warm. All the lodges on the Ngorongoro rim are above 7,000 feet. The coast is typically tropical, warm and humid.

Dress for comfort and ease. Safaris are basically informal -- cool, loose clothing for both men and women. Avoid camouflage-type clothing.

Bright-colored clothes are not recommended on safari because we want to blend in with the background. Knit shirts, T-shirts, or cotton tops, jeans, khakis, and shorts are satisfactory. Bring along a couple pairs of long pants and a sweater or a jacket. Comfortable walking or athletic shoes are a must. And, don't forget your swimsuit. Most lodges and tented camps have beautiful pools.

It is appropriate to change clothes for dinner at most of the safari lodges. Be prepared for cool weather as well as warm. Remember that game drives are often at dawn and sunset in open vehicles. Layering is the best option. Keep in mind that you can have laundry done at almost every lodge/tented camp. Service is reliable and reasonably priced, so don't over pack. You might want to bring small, wrapped hard candy as a snack since there are no snacks between meals. There are no corner grocery stores to pick up forgotten items so be prepared with whatever you need to make your trip comfortable.

LUGGAGE

*For general baggage information, please review the **Travel Handbook** in your pre-departure materials.*

LUGGAGE ON SAFARI

Leave your expensive, designer luggage at home. Soft, lightweight luggage is suggested. Since there is limited space on the safari vehicle, **one medium sized bag per person is allowed on safari vehicles, and one small shoulder or carry-on bag stays with you at your seat.** The small bag can hold cameras, binoculars, jackets, valuables, etc. The larger bag will be packed in the rear of the vehicle. Plastic bags are always good to keep toiletry or small items in. Since you will be "living out of your suitcase" and changing lodges frequently, try to keep things as simple and organized as possible. You don't want to spend time repacking your suitcase!

FOR FLIGHTS TO & FROM GAME PARKS & RESERVES, BAGGAGE IS LIMITED TO 32 LBS. PER PASSENGER. Additional luggage can be stored at your hotel and may be retrieved at the end of your tour. All luggage should be locked and have identification inside as well as secure baggage tags on the outside.

MONEY

Carry cash and traveler's checks in **small denominations** and travelers' checks should be from well-known sources. All East African countries have very strict exchange control regulations. Exchange money at authorized banks and exchange facilities only. Always save your exchange receipts in case they are checked by Customs when you depart. Major credit cards (Diners Card is not widely accepted) are widely accepted in large shops, restaurants and at most of the lodges. In addition to credit cards, clients should bring US dollars and traveler's checks. Standard currency is the Tanzania Shilling, divided into 100 cents. Shillings are issued in notes of 500, 1,000, 5000 and 10,000; coins of 50, 100 & 200 Shillings.

COMMUNICATION

The national language is KiSwahili, but English is widely spoken. Learning a few expressions such as *jambo* (hello) and polite forms of address helps make friends and foster good fellowship. If you show a little interest, you will no doubt have several people, such as your waiters, drivers or other staff members, tutoring you on the local phrases in Swahili. Jambo – Hello, Kwaheri – Goodbye, Tafadhali – Please, Ahsante – Thank you, Ndiyo – Yes, Hapana – No.

ELECTRICITY

Electrical voltage is 220-240 volts, 50 cycles AC. You will need a step-down adapter. Most hotels have 110-volt sockets for shavers, as well as their normal three flat-pronged outlets. Plugs are two thick round pins or three rectangular prongs. Converters and adapters may not work efficiently, so battery-operated appliances are best. Power failures occur and generators are frequently turned off during the night, so it's wise to have a small flashlight.

FOOD & DRINK

To be safe, drink bottled water. Also use bottled water for brushing your teeth and for cleaning contacts. Although hotels and restaurants in Nairobi will advise you that their tap water is safe to drink, and the safari lodges will provide a thermos of "safe" water in every room/tent, *the safest precaution is to purchase readily available bottled water.* Traveler's diarrhea is common, and this is a simple step to help

avoid it. You may wish to talk to your doctor about a general antibiotic or anti-diarrhea medication.

Please note that water is a precious commodity in most areas of the world, and you will most likely be charged extra for bottled water. In most cases, bottled water on Big Five's safari drives is included.

British and Indian influences have greatly shaped East African cuisine. Banana, papaya, passion fruit and pineapple, among others, normally appear at breakfast and lunch buffets.

Note: If you have food allergies or special/restricted dietary requests, please notify your travel agent or our office in advance, so that we may try to comply with your needs. Also, please advise your travel agent or our office if you have any mobility restrictions, so that we may inform our representatives accordingly. They will always strive to accommodate you to the best of their ability.

TIPPING

Tipping should be done at your discretion and as a reward for good or exceptional service.

For general tipping guidelines please refer to:
www.cntraveler.com/travel-tips/travel-etiquette/2008/12/Etiquette-101-Tipping-Guide

SHOPPING

East Africa is a shopper's paradise. Remember that you are expected to negotiate a price in bazaars and markets. Larger shops in Arusha or gift shops in lodges/hotels may have fixed prices but often have better quality merchandise. Among the interesting souvenirs you will find are: Maasai tribal ornaments, spears, hand-woven sisal baskets and bags, local books and maps, gemstones and jewelry, an array of batiks and paintings, beadwork, meerschaum pipes, camel-hair rugs, soap stone carvings, pottery, multicolored fabrics, safari outfits, T-shirts, and a variety of handmade and craft items, including wood carvings and masks in a variety of woods and quality. *It's advisable to carry your purchases home with you. Air freight is not reliable.*

PLEASE NOTE THAT IT IS ILLEGAL TO SELL ANY PRODUCT MADE FROM A WILD ANIMAL INCLUDING IVORY, HIDES AND SKINS, RHINOCEROS HORN, ELEPHANT HAIR BRACELETS,

CROCODILE HANDBAGS. SUCH ITEMS ARE SUBJECT TO CONFISCATION.

WHILE ON SAFARI...

See pre-departure materials for general safety issues. While on a safari, lodges and camps are located in or near wildlife parks and reserves, and be aware that you may find wildlife wandering onto the grounds after dark. *Remember that these animals are wild.* Follow the guidelines set by each property with regard to safety guidelines. Incidents involving animals in East Africa are rare and are almost always the result of someone doing something they have been advised not to do.

National park regulations govern the behavior of visitors. This is for your safety as well as the safety of the animals. Be considerate of the habitat as well. Many of the heavily visited parks prohibit driving off-road, but this is seldom a problem in getting up close to the animals, as there is an intricate pattern of roads throughout the parks.

Please note that Big Five drivers are strictly prohibited from harassing or chasing the animals. While on a safari in the parks and reserves, try to make an effort to speak softly while near animals. Keep your head and arms in the vehicle area, don't make sudden moves or wave to try to attract attention. The less you impact environment of the animals you want to see, the longer they will stay in your presence, and the better you'll be able to observe their natural behavior.

Most lodges, hotels and camps have safe deposit facilities at the front desk for your valuables. Use them. Like any big city, Nairobi has its share of crime. During the day, it is reasonably safe to walk, but there are large crowds of people on the streets. Be careful when carrying purses or cameras. Do not carry large amounts of currency or valuables. Pamphlets addressing safety issues abroad are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or at Bureau of Consular Affairs' home page: <http://travel.state.gov>.

DRIVER/GUIDES

Big Five understands the tremendously positive affect a guide can have on the success and smooth operation of your tour. There is no area where we're more particular than in selecting the guides that accompany our clients. All of our guides and

tour escorts have more than 10 years experience in the safari business. All our guides are English-speaking, highly educated, and experts in locating wildlife. They are eager to share their love of the land and their insights into the African culture, wildlife, flora, as well as the many discoveries that will make your safari a memorable one.

Beyond their roles as knowledgeable hosts, our guides are consummate professionals, experienced in dealing with hotel and government officials, and in smoothing the way through check-ins, entry formalities, and other procedures critical to your trip. Their caring professionalism is consistently commended by our travelers, and is a tradition on which we stake our reputation.

LODGES & TENTED CAMPS

Accommodations are excellent, and each lodge is unique with its own personality. Hotels, lodges, and camps are known for their ambiance, location, and service. Even in the tented camps, you'll enjoy fresh linens, elegant meals, and hot showers. Most tents in the permanent tented camps have cement floors and comfortable furniture. All accommodations have private bathrooms, including the tented camps, and most have large, clean swimming pools. Many lodges have water holes and salt licks that draw animals right to the outskirts of the lodge. Each property is personally inspected on a regular basis by our management team, who uses the strictest criteria for judging comfort, location, amenities, and overall atmosphere.

SUGGESTED READING LIST

Many comprehensive and readily available guides produced by Lonely Planet, Fodor, Insight, The Rough Guide, etc., many books relating to East Africa. Here are a few selections we thought might interest you. Longitude Books at <http://www.longitudebooks.com> has an extensive collection of books, searchable by country.

I DREAMED OF AFRICA

by **Kuki Gallmann**

At the age of 25, Kuki Gallmann moved to Kenya with her future husband, where they established a vast ranch. But Africa's beauty doesn't come without a price. When tragedy struck, Kuki found herself pregnant and alone with her young son and 90,000 acres of Africa to oversee.

THE FATE OF THE ELEPHANT

by **Douglas H. Chadwick**

With a single hand, he can pull two palm trees to the ground. If he had two hands, he could tear the sky... So unfolds a Yoruba poem celebrating the largest, most powerful, and one of the smartest creatures to walk the planet: the elephant. In this richly detailed exploration of the natural history and troubled fate of both African and Asian elephants, noted wildlife biologist and author Douglas Chadwick travels the world to acquaint us with these awesome giants. Through visits to India, Siberia, Botswana, Thailand, Malaysia, Kenya, and even an American zoo, Chadwick illustrates the pivotal role elephants play in shaping and balancing ecosystems, and the livelihoods of a wide array of people. He shows us

how similar elephants are to humans and leads us to rethink our approach to conservation.

ALMOST HUMAN: A JOURNEY INTO THE WORLD OF BABOONS

by **Shirley C. Strum**

When Strum set out in 1972 to do graduate work with Kenyan baboons, conventional wisdom said that primate society, epitomized by monkeys such as baboons, was based on aggression and ruled by males and their dominance hierarchy. But her absorbing chronicle of fifteen years spent observing a troop of baboons has revealed remarkable new aspects of animal behavior.

CHEETAHS OF THE SERENGETI PLAINS

by **T. M. Caro, George B. Schaller (Editor)**

This is the most comprehensive account of carnivore social behavior to date. Synthesizing more than a decade of research in the wild, this book offers a detailed account of the behavior and ecology of cheetahs. Caro explores group and solitary living among cheetahs and discovers that the causes of social behavior vary dramatically, even within a single species. With surprising findings,

and through comparisons with other cats, Caro offers new perspectives on saving this big cat.

OUT OF AFRICA & SHADOWS ON THE GRASS

by **Isak Dinesen**

With classic simplicity, Isak Dinesen tells of years she spent from 1914 to 1931 managing a coffee plantation in Kenya.

THE GREEN HILLS OF AFRICA

by **Ernest Hemingway**

His second major venture into nonfiction (after *Death in the Afternoon*, 1932), this is Hemingway's lyrical journal of a month on safari in the great game country of East Africa, where he and his wife Pauline journeyed in December of 1933. Hemingway's well-known fascination with big game hunting is magnificently captured in this evocative account of his trip. In examining the poetic grace of the chase, and the ferocity of the kill, Hemingway also looks inward, seeking to explain the lure of the hunt and the primal undercurrent that comes alive on the plains of Africa. Yet *Green Hills of Africa* is also an impassioned portrait of the glory of the African landscape, and of the beauty of a wilderness that was, even then, threatened by man.

ELEPHANT MEMORIES: THIRTEEN YEARS IN THE LIFE OF AN ELEPHANT FAMILY

by **Cynthia Moss**

Cynthia Moss has studied the elephants in Kenya's Amboseli National Park for over twenty-seven years. Her long-term research has revealed much of what we now know about these complex and intelligent animals. Here she chronicles the lives of the members of the *T* families led by matriarchs Teresia, Slit Ear, Torn Ear, Tania, and Tuskless. With a new afterword catching up on the families, and current conservation issues, Moss's story continues to fascinate animal lovers.

REASON FOR HOPE: A SPIRITUAL JOURNEY

by **Jane Goodall, Phillip Berman**

Dr. Jane Goodall's revolutionary study of chimpanzees in Tanzania's Gombe preserve forever altered the very definition of "humanity." Now, in a poignant and insightful memoir, Jane Goodall explores her extraordinary life and personal spiritual odyssey, with observations as profound as the knowledge she has brought back from the forest. At one with nature and challenged by the man-made dangers of environmental destruction, inequality, materialism, and genocide, Dr. Goodall offers her perceptions of these threats and celebrates people who are working for earth's renewal.

THE FLAME TREES OF THIKA: MEMORIES OF AN AFRICAN CHILDHOOD

by **Elspeth Huxley**

New editions of Elspeth Huxley's (1907-1997) stirring account of her childhood in Kenya and her novel of the destructive forces of colonization. In an open cart, Huxley set off with her parents to travel to Thika in Kenya. As pioneering settlers, they built a house of grass, ate off a damask cloth spread over packing cases, and discovered the world of the African. Huxley paints an unforgettable portrait of growing up among Masai and Kikuyu people, and enduring rugged pioneer life.

THE MAASAI OF EAST AFRICA

by **Jamie Hetfield, Marianne Johnston**

Describes customs, food, clothes and homes of the Maasai people in the grasslands of eastern Africa.