

TANZANIA HEALTH OPPORTUNITIES

# Activities Guide



[www.thopportunities.org](http://www.thopportunities.org)



# Hello there!

Welcome to your activity guide! 🌍🌟

We created this guide to help you make the most of your time in Tanzania, ensuring you create unforgettable memories.

Tanzania Health Opportunities (THO) does not profit from these recommendations—they are simply suggestions to help you explore and experience the best activities available.

You are completely free to manage your time as you wish! These activities are just options to consider, and you can decide what suits you best.

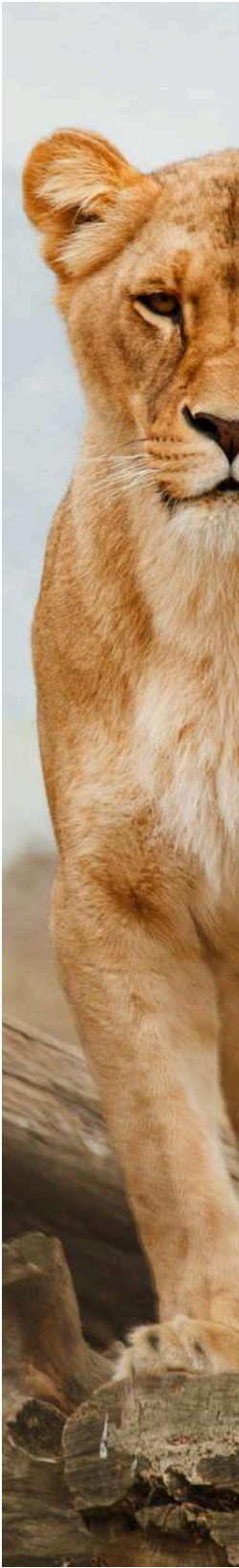
If needed, a guide or a member of the THO staff can accompany you, but please note that any activity costs should be shared among the volunteers.

Whether you're looking for adventure, cultural experiences, or simply time to relax, we hope this guide helps you discover the best that Tanzania has to offer! ❤️

*Dr. William*

Founder, Tanzania Health Opportunities





# Safari

**2 days/1 night stay at**

## **Mikumi National Park**

Mikumi National Park is one of Tanzania's most accessible and beautiful wildlife parks. Located approximately 280 km from Dar es Salaam, it offers a chance to witness Tanzania's incredible biodiversity in just a short trip. The park is home to a variety of wildlife, including lions, elephants, giraffes, and leopards, making it a perfect destination for a short but immersive safari experience.

Mikumi is part of the larger Selous ecosystem, and its open savannah landscapes are often compared to those of the Serengeti. This park is an ideal choice for first-time safari-goers, nature lovers, and photographers looking for an unforgettable adventure.

### **Wildlife to Expect in Mikumi National Park:**

- **Big Mammals:** Elephants, lions, giraffes, buffalos, leopards, zebras, and hippos.
- **Predators:** Lions, leopards, hyenas, crocodiles, and snakes.
- **Antelopes & Herbivores:** Wildebeests, impalas, elands, and kudus.
- **Bird Species:** Over 400 different species, including hornbills, eagles, and herons.
- **Monkeys & Small Mammals:** Baboons, vervet monkeys, and mongoose.



# Safari

## Itinerary

### **Day 1: Safari Adventure**

- 03:00 AM – Depart from Dar es Salaam for Mikumi National Park.
- 08:30 AM - 09:00 AM – Arrive at Mikumi National Park and enjoy breakfast.
- 09:00 AM - 06:30 PM – Full-day game drive across the park, exploring different areas and encountering wildlife, with lunch break.
- 06:30 PM – Sunset marks the end of the game drive.
- 07:00 PM – Transfer to accommodation for dinner and overnight stay.

### **Day 2: Cultural Experience and Return to Dar es Salaam**

- Morning – Breakfast at accommodation.
- Visit to a Maasai Village – Explore and learn about the Maasai tribe, one of Africa's most famous ethnic groups that still preserve their traditional way of life.
- 2-Hour Maasai Cultural Tour – Interact with the Maasai, learn about their customs, traditions, and daily life.
- Midday – Lunch before starting the journey back to Dar es Salaam.
- Evening – Arrive back in Dar es Salaam, marking the end of the tour.



# Safari Pricing

## WHAT YOU'LL GET:

- ✓ Transfer to and from Mikumi National Park
- ✓ Safari Jeep for the game drive
- ✓ All meals (Breakfast, Lunch, and Dinner)
- ✓ Daily bottled water
- ✓ Park fees
- ✓ Taxes & VAT
- ✓ One-night accommodation after the game drive
- ✓ Maasai Cultural Tour
- ✓ Professional Safari Guide and Driver

## PRICE

€350

### **Packing List: Essentials for Your Safari**

Passport – Required for travel identification.

Closed Shoes – Comfortable footwear for walking and exploring.

Mosquito Repellent – Protection from bites, especially in the evening.

Sunscreen – The sun can be strong, so protect your skin.

Sunglasses – Reduce glare and protect your eyes.

Power Bank – Ensure your phone and camera stay charged.

Cap/Hat – Protect your head from the sun.

Jacket – Mornings and evenings can be chilly.

# Zanzibar




Zanzibar is a stunning tropical paradise off the coast of Tanzania. Famous for its white sandy beaches, turquoise waters, rich culture, and vibrant nightlife, Zanzibar is the perfect getaway for relaxation and adventure.


## Top Activities

-  Snorkeling & Diving – Explore the coral reefs at Mnemba Atoll.
-  Stone Town Tour – Discover the rich history and spice markets.
-  Prison Island – Visit the giant tortoises and enjoy a boat trip.
-  Spice Tour – Learn about Zanzibar’s famous spices and taste exotic fruits.



## WHERE TO GO

### Best Beaches:

 Nungwi Beach – Crystal-clear waters, stunning sunsets, and lively beachfront bars. Great for snorkeling, diving, and sunset cruises.

 Kendwa Beach – Soft white sand, less crowded, perfect for a peaceful and scenic beach experience. Home to the famous Full Moon Party every month.

### Best Parties:

 Paje Beach – The ultimate party hub! Known for its beach bars, reggae nights, and lively backpacker scene. Perfect for kite surfing by day and partying by night. 

# Zanzibar



## HOW TO GET THERE

### **By Ferry (Azam Marine)**


Taking the ferry is the most popular way to reach Zanzibar from Dar es Salaam. It's an affordable and scenic option, taking about 1 hour 45 minutes to cross.



 Round-trip Fare: \$70

 Mandatory Travel Insurance: \$40

 Departure Port: Azam Marine Terminal, Dar es Salaam

 Arrival Port: Zanzibar Ferry Terminal (Stone Town)

 Ferry Timetable:

- From Dar es Salaam: 7:00 AM | 9:30 AM | 12:30 PM | 4:00 PM
- From Zanzibar: 7:00 AM | 9:30 AM | 12:30 PM | 4:00 PM
-  Check-in Time: Arrive 30-45 minutes before departure to secure your seat.
-  Booking: Purchase tickets online or at the terminal.

**PRICE**  
**\$110 +**  
**ACCOMODATION**



# Hiking at Pugu Hills

Pugu Hills Forest Reserve is a hidden gem just outside Dar es Salaam, offering a perfect blend of adventure, nature, and relaxation. One of Tanzania's oldest forests, it is home to diverse wildlife, scenic hiking trails, and breathtaking viewpoints. 🌍

What to expect:

🐒 **Wildlife Spotting:** Keep an eye out for colobus monkeys, dik-diks, and colorful birds.

🌿 **Lush Nature:** Walk through thick bamboo forests and enjoy the fresh, clean air.

🦇 **Bat Caves:** Explore the mysterious caves that shelter thousands of bats!

🚣♂️ **Kayaking & Relaxation:** Enjoy a peaceful paddle on Minaki Dam or grab a meal at the lakeside restaurant.

📷 **Scenic Views:** Hike up to panoramic viewpoints overlooking Dar es Salaam and the surrounding landscapes.

## PRICE

🚗 **Distance:** About 1 hour from Dar es Salaam

🚗 **Transport:** Roundtrip with bajaji costs 80,000 TZS (can be split among 3 people) with car 100,000 TZS among 4 people

**Entrance Fees** 💰

🎫 40,000 TZS per person

👥 **Guide fee (mandatory):** 10,000 TZS per group

🌳 **Forest fee:** 4,000 TZS (cash only)

🚣♂️ **Optional Kayaking** 30,000 TZS

🚗 **Parking fee** 5,000 TZS - 30,000 TZS

Pack your own lunch or enjoy the restaurant on the dam.

# Islands : Mbudya & Bongoyo



Dar es Salaam is home to breathtaking tropical islands perfect for a relaxing day trip! If you're looking for white sandy beaches, snorkeling, or simply soaking up the sun, Mbudya and Bongoyo Islands are must-visit destinations.

## MBUDYA ISLAND

Mbudya Island is part of the Dar es Salaam Marine Reserve and offers crystal-clear waters, soft sandy beaches, and a peaceful atmosphere.

➡ Take a boat from Mbezi Beach (Water World) – No fixed timetable, just show up!

🕒 Boat Ride: ~20 minutes

💰 Costs:

- \$20 Marine Reserve fee
- 20,000 TZS for the boat ride (round trip)
- Beach Umbrella Rental
- Restaurant available

## BONGOYO ISLAND

Located off the coast of Mbasani Peninsula, Bongoyo is a more adventurous island with beautiful beaches and great snorkeling spots.

➡ How to Get There:

➡ Depart from Slipway

🕒 Boat Ride: ~30 minutes

💰 Costs:

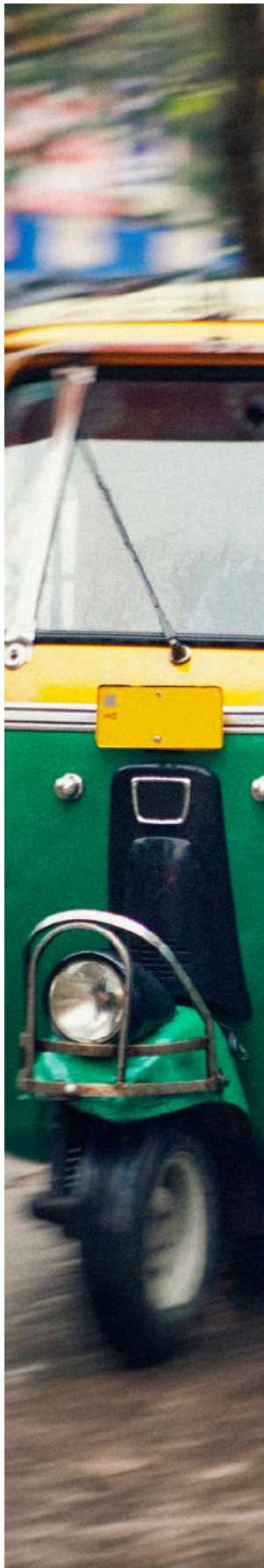
- 30,000 TZS for the boat ride (round trip)
- \$20 Marine Reserve fee
- 10,000 TZS for a beach umbrella rental

➡ Boat Timetable:

📍 Slipway to Bongoyo: 9:30 | 10:30 | 11:30 | 13:30 | 15:00

📍 Bongoyo to Slipway: 12:30 | 14:30 | 17:00

🍴 Restaurant available or you can bring your own food 🍉



# City Tour



Want to explore Dar es Salaam like a local?

This city tour will take you through bustling markets, cultural hotspots, and hidden gems—all with the guidance of a local! 🏙️✨

📍 Where You'll Go & What You'll See:

## 🛍️ **Kariakoo Market – The City's Lively Shopping Hub**

- ◆ One of the biggest & busiest markets in Tanzania!
- ◆ Find everything—clothes, shoes, electronics, and fresh produce!
- ◆ Experience local life and the true energy of Dar! 🌍

## 🐟 **Fish Market – A Unique Coastal Experience**

- ◆ Watch fishermen bring in fresh catches straight from ocean!
- ◆ Explore the lively seafood auction—a must-see!
- ◆ Try local seafood dishes if you're feeling adventurous! 🐟🐟

## 🛍️ **Mwenge Market – The Best Place for Local Crafts & Souvenirs**

- ◆ Find handmade crafts, paintings, jewelry, and wooden carvings! 📦
- ◆ Perfect gifts for friends & family back home! 📦
- ◆ Bargaining is key! Don't be afraid to negotiate for the best deals! 💰👉

### 💰 **Costs & Logistics**

👤 A local guide will take you around!  
You'll only need to:

🚗 Cover transportation costs (bajaji rides around the city) 🚗🌍


🍽️ Offer lunch to the guide if you stop for a meal 🍽️


💰 Tips are welcomed! 10,000 TZS pp


# One day trips

## KIPEPEO BEACH

Looking for a peaceful beach escape just outside Dar es Salaam?

Kipepeo Beach is the perfect spot to unwind, swim, and soak up the sun! 




 Location: South Beach, Kigamboni, Dar es Salaam




 Travel Time: ~40-50 minutes from the city (around 45k for round trip)


 Entry Fee: Free (10k for enjoying the resort)

 Why Visit Kipepeo Beach?

 Soft sandy beach & crystal-clear waters 


 Great for swimming & relaxing  


 Beachfront bar & restaurant serving fresh seafood & drinks  


 Beach volleyball & bonfires available for an extra fun vibe!  



## BAGAMOYO

One of Tanzania's most historic coastal towns. Once a major slave trade hub, today it's a cultural gem with stunning ocean views and ancient ruins.



 Location: Bagamoyo, ~1.5-2 hours from Dar es Salaam




 Entry Fees: Vary by site and we share the fuel cost (there is no Bolt)

 Why Visit Bagamoyo?

 Historic sites – Explore the old slave market, German ruins, and Kaole Ruins 

 Beautiful beaches – Relax by the Indian Ocean & enjoy fresh seafood 

 Catholic Museum & Mission – One of East Africa's oldest churches, full of history 

 Sandbank & boat trips – Take a traditional dhow to nearby sandbanks & enjoy the ocean!  

# Fun & Entertainment



## **Cinema at Mlimani City, IG: [cctanzania](#)**

Mlimani City Mall offers a modern cinema experience with comfortable seats and the latest movies in a lively shopping environment.


 Location: Mlimani City Mall

 Ticket Prices:


- Monday: 6,000 TZS
- Thursday (Discount Day! 🎉): 5,000 TZS
- Tuesday – Friday: 8,000 TZS
- Weekend (Saturday & Sunday): 10,000 TZS



## **KUNDUCHI WET 'N' WILD**

 Water Park – Fun for Everyone!

Looking to cool off and have an action-packed day? The Water Park is the perfect place to enjoy slides, pools, and relaxation under the sun! ☀️


 Entry Fee: 40,000 TZS – Includes:


- ✓ Park access 
- ✓ Lunch from the Fast Food Menu 
- ✓ Soda or Water 
- 🚗 Half an hour away – around 20k round trip


# Fun & Entertainment





## DAR ES SALAAM ZOO

A great place to see local and exotic animals while learning about Tanzania's wildlife! 

 Location: Dar es Salaam Zoo (Kibaha area, ~1 hour from the city)


 Entry Fee: 6,000 TZS

 What You'll See: Lions, zebras, monkeys, crocodiles, birds, and more!


 One hour away – around 60k round trip





## AZURA GYM



Azura Gym is the perfect spot to stay active and refreshed in Dar es Salaam! 

 Location: Azura Gym- 15 min by walk

 Entry Fee: 15,000 TZS for:

 Full Gym Access – Train in an air-conditioned space with modern equipment! 

 Fitness Classes – Join a Yoga or Zumba! 

 Pool Use – Cool off with a swim after your workout! 

 Restaurant Available 



## CHAMPION GYM

 Location: Palm Village mall- 15 min by walk


 Day pass: 20,000 TZS: Morden gym


# Fun & Entertainment












## **GOLDEN TULIP INFINITY POOL**

Looking for a relaxing day by the pool with stunning ocean views?

The Golden Tulip Hotel in Dar es Salaam offers an infinity pool experience with top-notch facilities! 



 What's Included?

-  Pool access with a breathtaking view 
-  Free towel rental 
-  Changing rooms with showers 
-  Tasty restaurant on-site – Jiko  (Highly recommended!)







 Entry Fee: 20,000 TSH



## **SAMAKI SAMAKI – KARAOKE & PARTY NIGHT!**

Love singing and dancing? Every Wednesday night, Samaki Samaki in Masaki transforms into the ultimate karaoke and party spot!  


 What to Expect?

-  Karaoke until midnight – Show off your singing skills! 
-  DJ set at 12AM – The party continues! 
-  Delicious food & drinks – Prices based on what you order 

# Fun & Entertainment







## SLIPWAY – SHOPPING, FOOD & SUNSET VIEWS!

Slipway is a must-visit waterfront spot in Dar es Salaam, offering a mix of shopping, dining, and relaxation by the sea. 

 What You Can Do?

 Shop for souvenirs – Handicrafts, jewelry, clothes & more!

 Dine with an ocean view – Plenty of great restaurants 

 Catch a beautiful sunset – One of the best spots in Dar! 





## COCO BEACH WALK


Want to unwind with a peaceful walk by the beach? Coco Beach is a great place to:

 Feel the ocean breeze & watch the waves 

 Walk along the coastline – Great for sunsets!



 Try local street food – Roasted corn, mishkaki (grilled meat skewers) & more! 

 Perfect for: A laid-back experience where you can enjoy the local beach atmosphere!

# African Dance Class

Looking to learn new dance moves, have fun, and break a sweat? Join our amazing dance classes and experience the rhythm of Africa! 🎵🌍

🕒 Duration: 2 hours – Includes:

✅ Warm-up 🧘♀️ Dance session 🎵🌟 and cool-down & stretching 🧘♂️

🎭 Dance Styles Offered:

🌟 Singeli (fast & energetic Tanzanian street dance)

🌟 Amapiano (smooth South African groove)

🌟 Afro-dance (high-energy, Afrobeat-inspired moves)

◆ Levels Adapted for Everyone!

📸 Bonus! If you're comfortable, the instructor can record your moves & share them! 📱🔥

📍 Where to Dance?

🏠 Indoor Venue (Recommended!

🌐) – Dance in front of a mirror, avoid the sun & mosquitoes!

💰 50,000 TZS venue fee (split among the group)

🌳 Outdoor Option – Feel the fresh air & dance under the sky!

☀️ (No extra charge!)

💰 Pricing Per Person

👥 Groups under 5: 35,000 TZS

👥 Groups of 5-9: 30,000 TZS


🎉 Groups of 10+: 25,000 TZS





# Activities

## COOKING TRADITIONAL TANZANIA FOOD CLASS



Want to experience Tanzanian culture through food? Join Asha as she teaches you how to cook authentic Swahili dishes from scratch!  


 How It Works:



 We go together to the market to buy ingredients and share the cost.

 Asha will guide us step by step to prepare traditional meals like:


✓ Ugali & Nyama Choma (cornmeal with grilled meat)  

✓ Chapati & Maharage (flatbread with beans)  



✓ Pilau (spiced rice with meat or vegetables) 


✓ Mchuzi wa Samaki (fish in coconut sauce)  


 After cooking, we enjoy the meal together!

 Cost: Just the price of shared ingredients!

## ORPHANAGE VISIT

Want to give back while in Tanzania? A visit to the orphanage is a meaningful way to support local children in need.  

 How It Works:


 We collect money together and buy essential food items that won't expire quickly, for example:


✓ Flour 

✓ Sugar 

✓ Cooking Oil 

✓ Canned Food 

 Once we arrive, we spend time with the children, play games, dance and share positive energy!

 Cost: Voluntary contribution towards food items.