

Table Of Content

Geographical location	3
Neighbouring cities/countries	4
Significance	5
History	6
Cultural identity	7
Natural resources	8
Key site seeing places (paid and free)	9
- Paid	9
-- Serengeti National Park	9
-- Arusha National Park	9
-- Ngorongoro Crater	10
-- Meserani Snake Park	10
-- Arusha Declaration Museum	11
-- Mount Kilimanjaro National Park	11
- Free	12
-- Village Supermarket Arusha	12
-- Maasai Market	12
Adventure sports, Local sports, stadiums	13
Spas and relaxation	14
Events calendar	15
Key local guides and tours	16
Transportation hubs	17
Transportation cost	18
Baggage allowance	19
Must try food and local savouries	20
Restaurant & Nightlife	21
Average meal cost	23
Shopping	24
Tourist benefits	25
Essential local apps	26
Driving	27

Travel essentials	28
Essential clothes	29
Local currency	30
Change vendor's commission, ATM charges	31
Staying connected	32
Time Zone	33
Languages	34
Political Scenario	35
Economic Scenario	36
Religious belief	37
Visa requirements	38
Essential vaccination	39
Theft and Safety	40
Embassy/Consulate	41
Accessibility	42
Emergencies	43
Do's and Don'ts	44
Tipping basics	45
Pet info	46
Conclusion	47
Disclaimer	48

Index

1. Geographical location

Arusha is a city in northern Tanzania and the capital of the Arusha Region. Situated underneath Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, Arusha has a calm atmosphere. The city is near the Serengeti National Park, the Ngorongoro Conservation Area, Lake Manyara National Park, Olduvai Gorge, Tarangire National Park, Mount Kilimanjaro, and Arusha National Park on Mount Meru.



Index

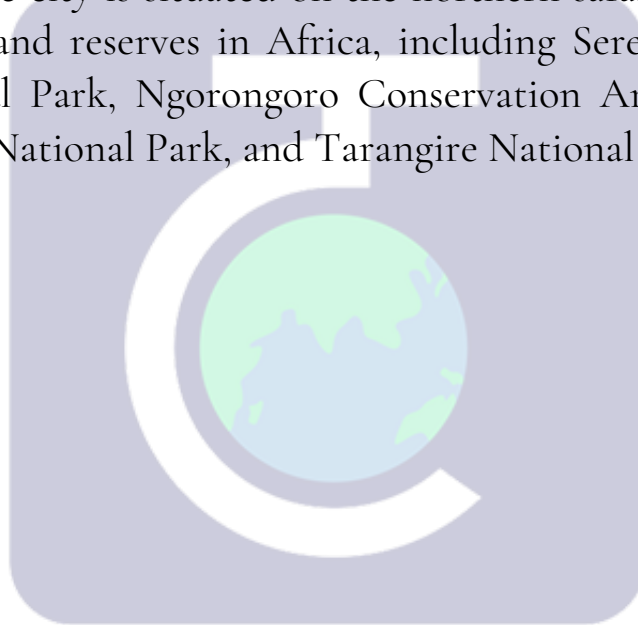
2. Neighbouring cities/countries

The Major Cities Close To Arusha, Tanzania Are Usangi Which Is At An Approximate Distance Of 161.4 Kilometers, Nairobi Which Is At An Approximate Distance Of 271.4 Kilometers, Mombasa Which Is At An Approximate Distance Of 386.8 Kilometers.



3. Significance

Arusha is a noteworthy global diplomacy hub. It is a multicultural city with a greater part Tanzanian population of blended foundations: indigenous African, Arab-Tanzanian and Indian-Tanzanian population, in addition to little White European and white American minority residents. Tourism is additionally a major part of the economy of the city of Arusha, and the biggest dollar-acquiring area in Tanzania. The city is situated on the northern safari circuit close to the best national parks and reserves in Africa, including Serengeti National Park, Kilimanjaro National Park, Ngorongoro Conservation Area, Arusha National Park, Lake Manyara National Park, and Tarangire National Park.



4. History

The present site of Arusha was initially settled in the 1830s by the agro-peaceful Arusha Maasai from the Arusha Chini people group who traded in grains, nectar, lager, and tobacco. Arusha was conquered by the Germans in 1896 after the murder of the initial two missionaries who endeavored to settle on adjacent Mount Meru. The Germans set up presence in 1900 when a military fortress (a boma) was fabricated and officers were garrisoned there. The British took Arusha from the Germans in 1916 amid World War I. But gradually amid the 1920s, nonmilitary personnel organization was executed, ministers from the United States arrived, British and Greek pioneers reoccupied the previous German homesteads, and the town developed, particularly after the British moved the provincial organization from New Moshi to Arusha. Arusha since then has been party to a number of historical events like the 1967 Arusha Declaration, the 1994 SC resolution for genocides in Rwanda.

5. Cultural identity

There are more than 120 ethnic groups on the Tanzanian territory, a large portion of whom moved from different parts of Africa throughout the centuries, while on the coast, the Swahili individuals began from a mixed blend of merchants – Arabic, Persian and Chinese among others – who touched base during the eighth century. Kiswahili and English are the official dialects. The terms Swahili and Kiswahili are utilized conversely, however the term Swahili typically alludes to the general population while Kiswahili alludes to the dialect.



Index**6. Natural resources**

Natural resources are an important contributor to the GDP of the country. 95% of the natural resources' earnings come from gold in Tanzania. Besides this, Tanzania also produces copper, silver, diamonds and natural gas.



Index

7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Serengeti National Park

The Serengeti National Park is part of a large conservation in Tanzania that extends into Kenya as Masai Mara. This is one of the oldest ecosystems in the world and has the highest concentration of mammals. The 14,763-square kilometer park is known for its predators like lions, leopards, cheetahs, jackals, hyenas and many more. The park has over 500 bird species making it an amazing destination for bird-watching.

Address : Tanzania

Location : -2.3333333, 34.83333330000005

Contact : +255 27 250 3471

Website : <http://www.serengeti.org/faq.html>

Nearest Public Transport : Mugumu bus station (Not recommended)

Entry Fee : TSH 55195 per person

Time Required : 7

Expected Wait Time : 5-10 minutes

Buy Ticket : No

7.1.2. Arusha National Park

A hiker's paradise, the Arusha National Park is Tanzania's smallest yet most beautiful National Park, known for its diversity of wildlife. The park covers Mount Meru, which has an elevation of 4,566 meters. Mount Meru is a sacred peak inside the national park and is considered to be a healer amongst the locals. It usually takes a period of 2-4 days to complete the hike depending on your physical ability. It is advised that visitors do a prior weather check at the peak and hike with local assistance.

Address : Tanzania

Location : -3.250000000000001, 36.75

Contact : +255 27 250 3471

Nearest Public Transport : kimundo bus station (not recommended)

Entry Fee : Adults- TSH 97500 Vehicle- TSH 20000

Time Required : 8

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.3. Ngorongoro Crater

The Ngorongoro Crater is located 180 kilometers from Arusha and is a UNESCO Heritage Site. It is the world's largest intact and inactive volcanic caldera, and was voted as one of the 7 natural wonders of Africa in 2013.

Address : Ngorongo, Tanzania

Location : -3.1617522, 35.58766969999999

Contact : +255 763 585 154

Website : <http://www.ngorongorocrater.org/fees.html>

Nearest Public Transport : Ngaresero bus station (Not recommended)

Entry Fee : Ranges between 80000 TSH to 100000 TSH, 25000 TSH for vehicles

Open & Close Timing : Daily- 06:00hours-18:00hours

Time Required : 10

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.4. Meserani Snake Park

Located 25 kilometers from the city center, on the way of Serengeti and Ngorongoro crater, this conservatory educates visitors about the world's deadliest snakes like the Black and Green Mamba, Puff Adders and Egyptian Cobra. The park also has a free medical health clinic that treats over 1,000 local patients per month.

Address : A-104, Arusha, Tanzania

Location : -3.4097413, 36.483739600000035

Contact : +255 754 440 800

Website : <http://www.meseranisnakepark.com/>

Nearest Public Transport : Monduli bus station (Not recommended)

Entry Fee : Ranges between 20000 TSH to 25000 TSH

Open & Close Timing : Daily- 07:00hours-18:00hours

Time Required : 4

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.5. Arusha Declaration Museum

The Arusha Declaration Museum is located in Northern Arusha along the Kaloleni Street. It is known for its exhibits of self-reliance, struggle for independence, colonial history and political development of the country.

Address : Makongoro Rd, Arusha, Tanzania

Location : -3.369204, 36.68771670000001

Contact : +255 27 250 7800

Nearest Public Transport : Central Bus Station

Entry Fee : Ranges between 4000 TSH to 8000 TSH

Open & Close Timing : Monday to Friday- 09:00hours-17:30hours Saturday & Sunday: Closed

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.6. Mount Kilimanjaro National Park

One of the continent's most enrapturing sights and Africa's highest mountain is located in the heart of Kilimanjaro National Park. This park is all about majestic wildlife and mesmeric snow-capped mountains. The Kilimanjaro National Park has been marked as a UNESCO World Heritage Site. Mount Kilimanjaro is the highest free-standing mountain in the world and the most aspirational destination for mountaineers from all over the globe. Kilimanjaro is a dormant stratovolcano with 3 volcano cones - Mawenzi, Kibo and Shira.

Address : Tanzania

Location : -3.0499002, 37.359750299999997

Contact : +255 27 250 3471

Entry Fee : 131070 TSH per person

Open & Close Timing : Daily: 06:30hrs-18:30hrs

Time Required : 10

Expected Wait Time : 10 minutes

Buy Ticket : No

Index

7.2. Free**7.2.1. Village Supermarket Arusha**

Zipcode : 0

Location : -3.406858, 36.7055100000000004

Time Required : 0

Buy Ticket : No

7.2.2. Maasai Market

Zipcode : 0

Location : -3.3761823, 36.692380599999998

Time Required : 0

Buy Ticket : No



Index

8. Adventure sports, Local sports, stadiums

Football is the predominant sport in Tanzania and is composed of a number of leagues in various divisions. Basketball as a sport is only played in the army and schools. Some of the popular stadiums in Arusha are: 1. Sheikh Amri Abeid Stadium



Index

9. Spas and relaxation

Arusha as a tourist destination is one that is characterised by adventure camping safaris in game reserves and high altitude hiking in the ranges are some of the common activities that visitors indulge in on their trips. Spas in these areas offer an offbeat approach to relax after a taxing tour.

- **Rivertrees Spa:**

Address : Makumira, Tanzania, Tanzania

Location : -3.37321,36.865099999999984

Contact No : +255 27 255 3894

Website : <http://rivertrees.com/spa/>

- **Karama Spa:**

Address : Arusha Tanzania

Location : -3.379456799999999,36.71473679999997

Contact No : +255 27 250 0359

10. Events calendar

Month

Events

Kilimanjaro Marathon

Kilimanjaro Marathon is a global marathon that draws crowds from all over the world.

Karibu Travel Fair

Karibu Travel Fair has all sorts of Tanzanian items for purchase from gemstones and furniture to safari gear and wine.

Arusha International Cultural Diversity Festival

Arusha International Cultural Diversity Festival consists of theatre and music events that are held in a variety of venues in Arusha.

Index

11. Key local guides and tours

Tours in Arusha are best explored with the help of local tour guides and groups primarily because most of the attractions in and around the area are game reserves, high altitude peaks and local cultural avenue tours. Arusha offers camping safaris, mountain hiking. Some of the local guides who offers services include: 1. Savannah Explorers +255-784-969-200 2. Meru Mountain Treks Ltd. +255 784 474 440 3. Roy Safaris Ltd. +255 27 250 2115



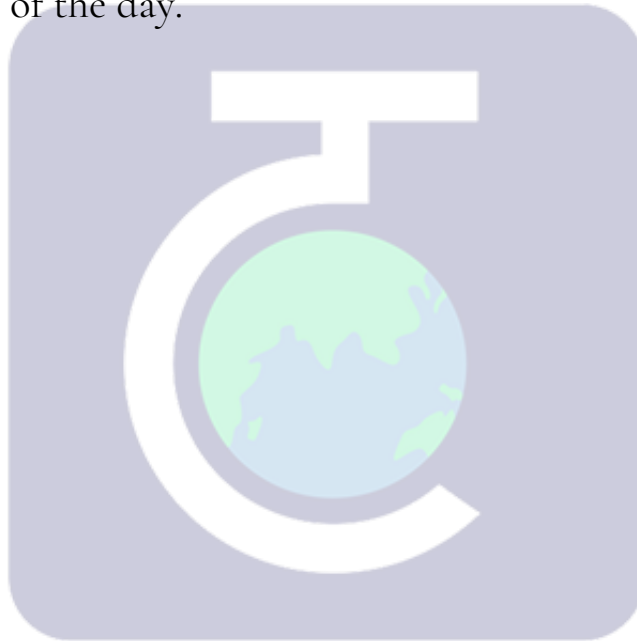
12. Transportation hubs

Arusha is served by two airports. Kilimanjaro International Airport. Kilimanjaro Airport is approximately 60km (45min) from the city centre. A taxi ride costs USD50 but many airlines run a shuttle service for free or USD10. Arusha Municipal Airport (ARK) is on the outskirts of the city but only runs domestic flights, mostly to Zanzibar and Dar es Salaam. Intercity buses are available from the central bus station in Arusha.



Index**13. Transportation cost**

The main mode of public transport is daladala, the ubiquitous minibuses which ply their trade on all the main routes in town. They are very cheap, TZS400 (USD0.25) is the fixed price for any trip around town. Taxis are plentiful and cheap; make sure to agree on a price before leaving for your destination (expect to pay no more than TZS5000 for a trip within the city centre, or TZS8000 for the outskirts, at any time of the day).



Index**14. Baggage allowance**

Suburban and out bound trains from Arusha have no limit on the baggage that can be carried on board. The recommendation is however that tourists travel light with minimum or light baggage.



Index

15. Must try food and local savouries

Tanzania is known for a range of African dishes that draw their origin from the nomadic lifestyle of the continent. It also has a number of regional cuisines that have been borrowed due to the various cultures that coexisted in Tanzania at various points in time.



16. Restaurant & Nightlife

Arusha has a wide variety of restaurants and informal eating places, with a predominance of African cuisine. As a rule, the best food is African, thanks to the large sub-continental community in the city. Njiro Road is one of the most famous areas in Arusha to party.

Food -

Arusha has a wide variety of restaurants and informal eating places, with a predominance of African cuisine. As a rule, the best food is African, thanks to the large sub-continental community in the city. Njiro Road is one of the most famous areas in Arusha to party.

- **Nick's Pub:**

Address : Njiro Road, Arusha, Tanzania

Location : -3.3985894,36.70487980000007

Contact No : +255 754 236 060

Open / Close Time : Daily: 18:00hours-00:30hours

- **Big Bite Restaurant:**

Address : 19 Swahili Street Corner of Swahili street And Somali Rd, Arusha, Tanzania

Location : -3.37204,36.68614100000000

Contact No : +255 682 358 679

Website : <https://www.facebook.com/BiggBites>

Open / Close Time : Daily- 08:00hours-21:30hours

- **Africafe:**

Address : Boma Rd, Arusha, Tanzania

Location : -3.3715205,36.69488039999999

Website : <http://www.africafetanzania.com/about-africafe/>

Open / Close Time : Daily-07:30hours-21:00hours

- **Mc Moody's Eatery:**

Address : Sokoine Rd, Arusha, Tanzania

Location : -3.373967,36.686285300000001

Contact No : +255 786 786 652

Website

<https://www.facebook.com/McMoody'sEatery/?rf=428663360558877>

Open / Close Time : Daily- 08:00hours-21:30hours

- **Via Via:**

Address : Boma Rd, Arusha, Tanzania

Location : -3.3694244,36.696398599999995

Contact No : +255 753 601 787

Website : <http://www.viavia.world/en/africa/arusha/>

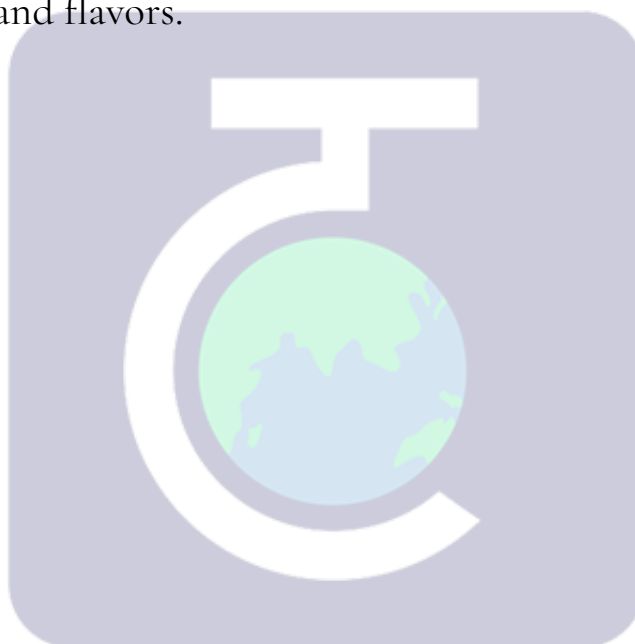
Index**17. Average meal cost**

A three-course meal in Nairobi costs as following: • Expensive restaurant (expat area): TSH220000 • Inexpensive restaurant: TSH30000 • Mid-range restaurant: TSH60000 • Alcohol Prices: Domestic Draught (0.5 litre): TSH2800; Imported Beer (0.33 litre): TSH4200



Index**18. Shopping**

Tanzania offers an abundance of customary expressions and artworks, and Arusha is one of the best places in the nation to look for these. For a shopping atmosphere, you can't beat Village Supermarket Arusha and another beneficial stop is Trade Routes. In case you're occupied with wood carvings, make sure to visit the Antique Makonde Carvers Workshop and the Masaai Market for Tanzanian local arts and flavors.



Index**19. Tourist benefits**

VAT in Tanzania is at 18% of purchases and services. Foreign tourists are allowed to reclaim their value added tax on a collective purchase of VAT at multiple offices for refund in the city. The VAT office for refund is also set up at the International Airport. Duty free shopping is available at the airport.



20. Essential local apps

Arusha travel guide is a must use app for people visiting Arusha. You can also use Uber to book a cab anywhere in the city. These apps are available on android platforms on the Google Play Store.



Index**21. Driving**

Driving in Tanzania can be a difficult task. Drivers either need a Tanzanian Driving License or an International Driving License. Outside guests can drive in Tanzania with their residential driver licenses and International driving grants for 90 days.



22. Travel essentials

The standard electricity supply in the Tanzania is 230 volt – 50 Hz AC, 15 A and plugs have two or three prong round pins. North American appliances that work only on 110V (most work on 110–240V) will also need a transformer. Remember to bring an adapter or converter if you need it.



Index**23. Essential clothes**

The standard electricity supply in the Tanzania is 230 volt – 50 Hz AC, 15 A and plugs have two or three prong round pins. North American appliances that work only on 110V (most work on 110–240V) will also need a transformer. Remember to bring an adapter or converter if you need it.



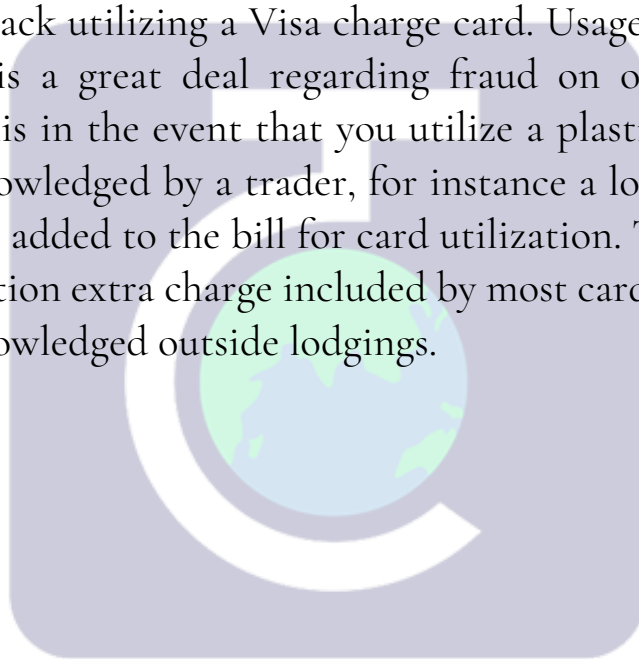
Index**24. Local currency**

The local currency of Tanzania is the Tanzanian Shilling. 1USD= 2180.30 TSH.



Index**25. Change vendor's commission, ATM charges**

Changing cash in Tanzania is not an issue in most populated regions. Inns as a rule have a more awful rate than banks, so you ought to go to a Forex office (otherwise known as Bureau de Change) or bank if possible. ATMs (money focuses) are situated in almost all banks with 24-hour get to and give the same exchange scale as the bank. They may require a Visa card. Ask if there is any extra expense for pulling back utilizing a Visa charge card. Usage of debit cards is not instructed as there is a great deal regarding fraud on occasion and you are extremely open to this in the event that you utilize a plastic. On the off chance that the card is acknowledged by a trader, for instance a lodging, expect a 5% or 6% extra charge to be added to the bill for card utilization. This notwithstanding the 3% remote utilization extra charge included by most card issuers. Credit cards are not broadly acknowledged outside lodgings.



26. Staying connected

Most hostels, hotels, cafes and restaurants in Tanzania offer free wi-fi facility to their customers. As far as cell phone connectivity goes, the city is covered by the GSM 900/ 1800/ GPRS/ HSPDA network. There are three main operators in the city i.e MTN, Cell C and Virgin Mobile and Telkom.



27. Time Zone

Tanzania observes East Africa Time Zone. It is CET (UTC+3)



Index**28. Languages**

Kiswahili and English are the official languages. The terms Swahili and Kiswahili are utilized reciprocally, however the term Swahili typically refers to the general population while Kiswahili alludes to the language. Starting along the coast, Kiswahili is a Bantu dialect with numerous words got from Arabic. Other African dialects, for example, Bantu and those of Nilo-Hamitic and Khoisan birthplace are likewise talked in more remote areas.



Index**29. Political Scenario**

Tanzania remains in the potential danger of violence and turmoil. You ought to stay watchful and keep away from all group and exhibits. In the event that you get to be mindful of any adjacent dissents, leave the territory quickly. Screen neighbourhood media for updates and ensure you have entry to a way to communication. A re-run running of races occurred in Zanzibar (Unguja and Pemba) in 2016. There's a proceeding with danger of elevated pressure and distress in Zanzibar.



30. Economic Scenario

The United Republic of Tanzania is the second biggest economy in the East African Community and the twelfth biggest in Africa. The nation is generally dependent on agribusiness for jobs, representing about portion of the utilized workforce. An expected 34 percent of Tanzanians right now live in poverty. The economy has been transitioning from an order economy to a business sector economy since 1985. The Tanzanian economy is vigorously taking into account agribusiness, which represents 24.5 percent of GDP and Mining contributed 3.3 percent of GDP.



Index

31. Religious belief

Roughly 33% of Tanzanians distinguish themselves as Christian, another third as Muslim. The remaining one third practice one of the nation's various indigenous religions. Alongside Christianity and Islam, the Hindu, Sikh, and Buddhist beliefs are rehearsed by individuals from the Asian minorities on the terrain and the islands.



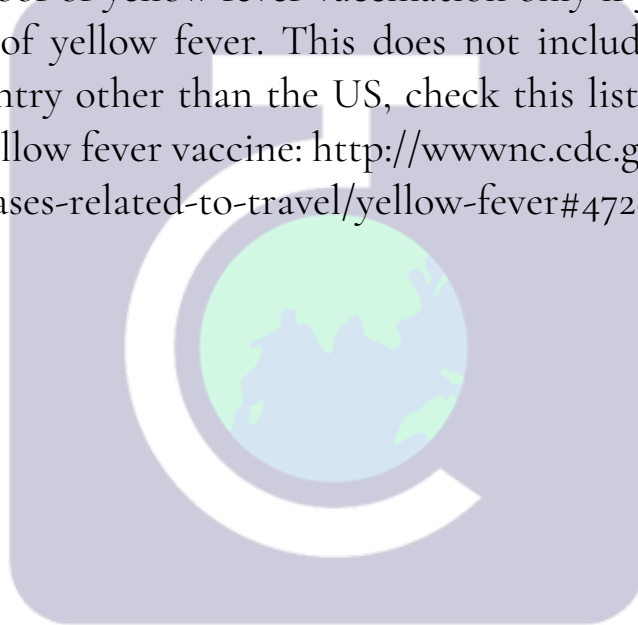
Index**32. Visa requirements**

The visa requirements are different for different countries of residence of the traveller. Visa requirements depending on the country of residence can be found on: http://tanzaniaembassy-us.org/?page_id=76 It is advisable to keep 2 pages free in your passport for arrival and departure stamps. In certain cases, it has been observed that applying and receiving a visa can be a process of 20-30 days. Hence, it is essential that you check the timeline with the relevant authority in the country where you intend to make the visa application.



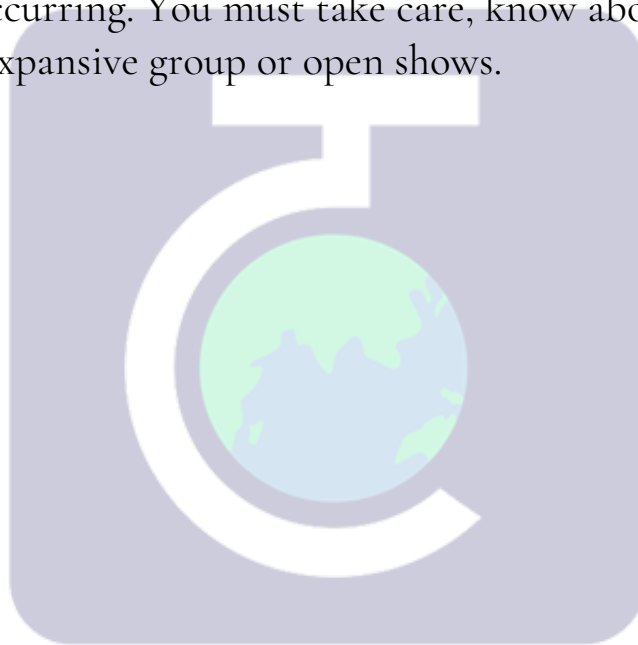
Index**33. Essential vaccination**

One does not need to take any specific vaccination before entering this country. Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. Advice: There is no risk of yellow fever in Tanzania. The government of Tanzania requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: <http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever#4728>



Index**34. Theft and Safety**

Tanzania has lately been host to a number of political issues. Visitors are requested to avoid public political rallies in Tanzania. All crimes must be reported to the nearby police station and must be returned with a copy to make insurance claims. In the event of a dangerous situation it is advisable to comply with demands. Tazara station, Ubungu Bus Station, Downtown ferry has high chances of assaults occurring. You must take care, know about your environment and stay away from expansive group or open shows.



Index**35. Embassy/Consulate**

A list of foreign embassies and consulates of Tanzania can be seen online at:
<http://embassy.goabroad.com/embassies-of/tanzania>



Index**36. Accessibility**

Tanzania does not pose major problems for people with disabilities in accessing places within the city. However, the role of the government is minimal in terms of revamping or developing the conditions and facilities for people with restricted accessibility.



37. Emergencies

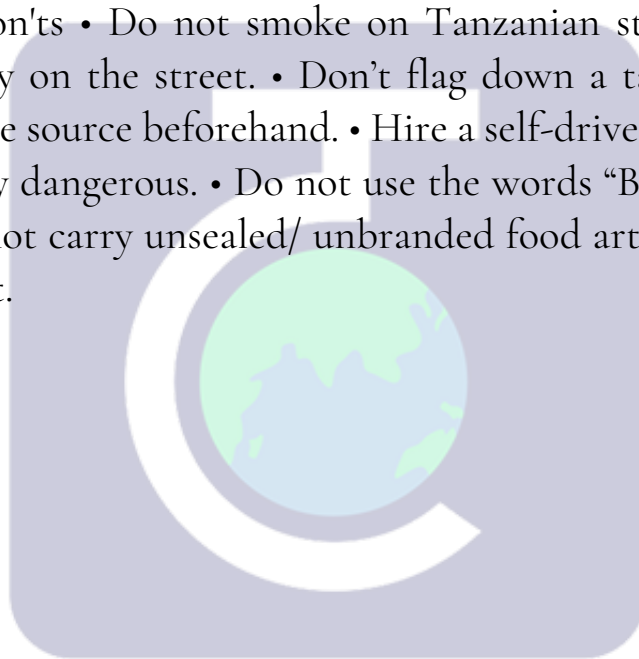
Emergency services can be reported on 112. The major hospitals in Tanzania are state of the art with complimentary pharmacies that also remain 24X7. These hospitals have highly trained doctors. Travelers are advised to carry medical insurance plans prior to the trip that cover them against all emergencies. These plans may include valuable medical expense coverage, trip interruption, medical emergency assistance and treatment services and more. Hospitals that cover travelers under the international travel insurance scheme are: 1. AICC Hospital
Note: The Hospital accepts all health insurance and travel insurance.



Index

38. Do's and Don'ts

Do's • Do keep an eye on your belongings at all times, especially in the tourist areas. • Exchange greetings with everyone you meet. It lasts at least a minute or two. • Ask permission before clicking someone's photograph • Do bargain at all shopping areas and carry change with you at all times. • It is advisable to carry a certified doctor's prescription along with the medicines to ensure hassle free import clearance. Don'ts • Do not smoke on Tanzanian streets • Never count/exchange your money on the street. • Don't flag down a taxi on the street buy book it from a reliable source beforehand. • Hire a self-drive car. It is expensive to drive and it is equally dangerous. • Do not use the words "Black" and "nigga". • It is advisable that do not carry unsealed/ unbranded food articles as the same may be banned for import.



Index**39.Tipping basics**

At inns, doormen can be tipped anything from 2200 shillings to 4500 shillings. In restaurants, the server serving you would commonly expect 10%-15% of the bill to be offered as a tip. Make certain to hand the tip to the server in individual to guarantee that they get it, and not to abandon it on the table. It is exhorted that you pay the tip in Tanzanian Shillings as they experience difficulty getting foreign currency traded.



Index

40.Pet info

Tanzania does not quarantine healthy pets if they meet the following requirements: • Import Permit. • Airlines Captain Affidavit stating that your pet was on a direct flight to Kenya. • ISO compliant pet microchip (unless entering from a rabies free country where your pet has resided for 6 months). • Ticks and Tapeworm Test (completed within 48 hours of entry). • USDA (or CFIA) accredited veterinarian must complete a Veterinary Certificate for Kenya.



Index

Conclusion – Why to select this destination

Arusha is a true and appropriate representation of an authentic African vacation. Known for multiple national game reserves around the area that offer wildlife in its natural habitat is a perfect setting to enjoy the natural settings. Hikers and mountaineering enthusiasts can take special interest in the mountaineering and hiking activities at Mount Kilimanjaro and Mount Meru. It is also an important centre for diplomacy in the world with its own share of history. It can also be leveraged as an important centre for shopping in Tanzania for local Tanzanian artefacts and products.



Index

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