

AFRICA · WILDLIFE · BEACHES · ISLANDS · MOUNTAINS · HIKING · HISTORY

 Tanzania

Tanzania is classic safari country: the Serengeti's great migration, the wildlife-packed Ngorongoro Crater and Kilimanjaro, Africa's highest peak, all lie in the north. Add the Indian Ocean beaches and Swahili history of Zanzibar's Stone Town, and wilder southern parks such as Nyerere, and you have one of Africa's most rewarding, if expensive, trips.

 **The UK Foreign Office (FCDO) advises against all but essential travel to parts of Tanzania.**
Read the latest FCDO travel advice before planning a trip. Your travel insurance may be invalid if you travel against FCDO advice.
FCDO advice last updated 20 October 2026.

 CAPITAL Dodoma	 CURRENCY Tanzanian shilling (TZS) £1 ≈ TZS 3,502	 LANGUAGE Swahili, English	 BEST TIME Jun–Oct
 DAILY BUDGET £45–£420 £££ Expensive	 PLUGS Type D, G 230V · UK plugs fit	 FLIGHT FROM LONDON 13h via Doha, Dubai, Nairobi or Amsterdam ~£650–£1,150 return	 TIME ZONE UTC+3 standard time

Most visitors divide Tanzania into three parts. The northern safari circuit, based in Arusha, links Tarangire, Lake Manyara, the Ngorongoro Crater and the Serengeti in a loop of five to ten days by 4x4. Kilimanjaro rises nearby, a six-to-eight-day trek for most climbers. Then comes the coast, usually a short flight to Zanzibar for Stone Town and the beaches of the island's north and east. Repeat visitors head south and west to Nyerere and Ruaha, or to the Mahale Mountains on Lake Tanganyika for wild chimpanzees.

A safari here is expensive because park and crater fees are high and many lodges are remote or fly-in, but the quality of game viewing is exceptional. The dry months concentrate animals around water and bring the busiest tracks, while the green season from November to May is cheaper and lusher, with calving in the southern Serengeti early in the year. Zanzibar is more relaxed and less costly, though its beaches change dramatically with the tides. Greetings matter and courtesy is valued. First-timers are often surprised by the scale of the Serengeti, and by how long drives between parks take.

Top 5 highlights

1

WILDLIFE

Serengeti National Park

Endless grass plains famed for the great migration of wildebeest and zebra, whose river crossings in the north peak from around July to October. Lions, cheetahs and leopards are seen year-round.

2

WILDLIFE

Ngorongoro Crater

A collapsed volcano whose floor, almost 20 km across, holds an extraordinary concentration of wildlife, including black rhino, lions and flamingos. Descend at dawn to beat the convoys, as time on the crater floor is limited.

3 ADVENTURE

Mount Kilimanjaro

At 5,895 m, Africa's highest mountain can be climbed without technical skills, but altitude makes it serious. Choose a longer route such as the Lemosho or Machame to acclimatise, and a reputable operator.

4 HISTORY

Stone Town, Zanzibar

Zanzibar's UNESCO-listed old town is a maze of coral-stone houses, carved doors and Omani palaces, with a memorial on the site of East Africa's last open slave market. Combine it with spice farms and white-sand beaches.

5 WILDLIFE

Nyerere National Park

Created from the northern part of the Selous Game Reserve, this huge southern wilderness offers boat safaris on the Rufiji River, walking safaris and African wild dogs, with far fewer vehicles than the north.

Biggest cities

LARGEST CITY

Dar es Salaam

≈ 5.4 million people

Tanzania's commercial capital and main port is hot and fast-growing; most visitors pass through for the Zanzibar ferry, but the National Museum, Kariakoo market and seafood stalls fill a day.

2ND LARGEST CITY

Mwanza

≈ 1.1 million people

A lakeside city of granite boulders on Lake Victoria's southern shore and a little-used western gateway to the Serengeti; Bismarck Rock and grilled lake fish are the local draws.

3RD LARGEST CITY

Dodoma

≈ 770,000 people

The official capital, home to parliament and fast-growing government districts but of limited interest to visitors; the new electric railway makes it an easy stop between the coast and the interior.

Ranked by urban-area population where available. Figures are rounded estimates, and sources define city limits differently, so rankings of similar-sized cities can vary.

Holiday regions in Tanzania

These areas have their own season and weather — see their guides for sea temperatures, resorts and flights.

Zanzibar

Tanzania Best: Jun–Oct, Jan–Feb

14h 30m from London Sea up to 29°C ~£110/day

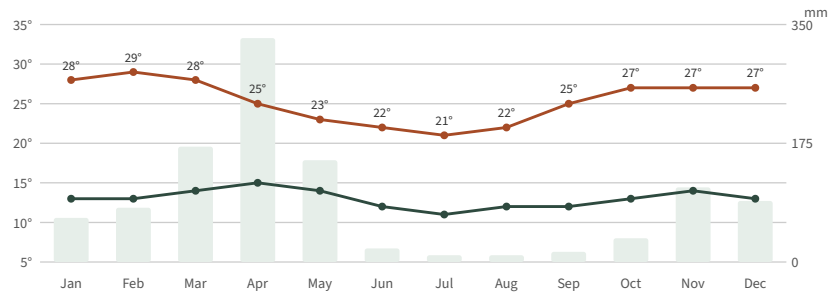
When to go to Tanzania

Best time: **Jun–Oct**.



Average climate in Arusha

— High °C — Low °C — Rain (mm)



Festivals & events

Feb–Mar

Sauti za Busara

Several days of African music in Stone Town, Zanzibar, with artists from across the continent; it is usually held in February, though some editions move into March.

Jun–Jul

Zanzibar International Film Festival

One of East Africa's biggest film festivals, screening African and international films at venues around Stone Town from late June into July, with concerts alongside.

Jul

Mwaka Kogwa

The Shirazi New Year in Makunduchi, southern Zanzibar, celebrated in July with mock fights using banana stems, the burning of a hut and feasting; visitors are welcome.

How much does Tanzania cost?

SHOESTRING

£45

per person / day
≈ TZS 157,608

hostels, street food, buses

MID-RANGE

£160

per person / day
≈ TZS 560,383

3-star hotels, restaurants, some taxis

COMFORTABLE

£420

per person / day
≈ TZS 1,471,006

4-star+, guided trips, private transfers

Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Nyama choma

Grilled goat or beef, chopped on a board and eaten by hand with salt, chilli, kachumbari salad and ugali, the stiff maize porridge; a sociable weekend ritual.

Chipsi mayai

A street-food omelette with chips cooked into it, sold at roadside stalls nationwide and served with tomato sauce, chilli and a little salad.

Urojo (Zanzibar mix)

A tangy Zanzibari soup of mango and tamarind loaded with bhajias, potato, cassava crisps and skewered meat; found at Forodhani Gardens' night market and Stone Town stalls.

Getting around

Safaris run in 4x4s with driver-guides, booked through Arusha operators or lodges. Domestic airlines such as Precision Air, Coastal Aviation and Auric Air connect Arusha, Dar es Salaam, Zanzibar and park airstrips. Azam Marine ferries cross from Dar es Salaam to Zanzibar in about two hours, and the new electric SGR train runs inland to Dodoma. In cities, the Bolt app works and bajaji tuk-tuks are cheap.

Practical information

PLUGS & VOLTAGE



D G

230V — UK plugs fit

DIALLING CODE

+255

TAP WATER

Not safe — drink bottled or treated water

TIPPING

Tips form an important part of guides' and porters' income: budget for safari drivers, Kilimanjaro crews and lodge staff, and leave about 10% in restaurants.

ETIQUETTE

Greet people before asking anything, and greet elders with 'shikamoo'. Dress modestly on Zanzibar and in coastal towns, covering shoulders and knees away from beaches, and ask before photographing Maasai or anyone else.

MAIN AIRPORTS

Julius Nyerere International Airport (DAR), Dar es Salaam; Kilimanjaro International Airport (JRO), Arusha and Moshi; Abeid Amani Karume International Airport (ZNZ), Zanzibar

EMERGENCY NUMBERS

Telephone: **112** (ambulance, fire, police)

Source: FCDO “Getting help”

TIME ZONE

UTC+3 (standard time)

DRIVING

On the left

Visas & entry for Tanzania

Shown for a British passport.

[Check the entry requirements](#)

You must have a tourist or business visa to enter Tanzania.

If you are planning to work or volunteer, you will also need a work permit. Information on how to apply is available from the Tanzanian Prime Minister's Office.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A

Tetanus

Typhoid

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya

Dengue

Hepatitis B

Measles

Meningococcal disease

Polio

Rabies

Tuberculosis

Yellow fever

YELLOW FEVER CERTIFICATE

No yellow fever certificate is required to enter.

MALARIA

High risk of malaria

- There is a high risk of malaria in all areas of Tanzania below 1,800m (including Zanzibar): antimalarial tablets recommended.
 - There is no risk of malaria above 1,800m: bite avoidance recommended.
- Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Tanzania

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Wed 9 Dec 2026	Independence and Republic Day
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Boxing Day
Fri 1 Jan 2027	New Year's Day
Tue 12 Jan 2027	Zanzibar Revolution Day
Wed 10 Mar 2027	Eid al-Fitr (date may shift)
Thu 11 Mar 2027	Eid al-Fitr (date may shift)
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Wed 7 Apr 2027	The Sheikh Abeid Amani Karume Day
Mon 26 Apr 2027	Union Celebrations
Sat 1 May 2027	International Workers' Day
Mon 17 May 2027	Eid al-Adha (date may shift)
Wed 7 Jul 2027	International Trade Fair
Sun 8 Aug 2027	Peasants' Day
Sun 15 Aug 2027	Prophet's Birthday (date may shift)
Thu 14 Oct 2027	The Mwalimu Nyerere Day and Climax of the Uhuru Torch Race

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in Swahili

ENGLISH	SWAHILI	SAY IT
Hello	Habari	<i>hah-BAH-ree</i>
Thank you	Asante	<i>ah-SAHN-teh</i>
Please	Tafadhali	<i>tah-fah-THAH-lee</i>
Excuse me	Samahani	<i>sah-mah-HAH-nee</i>
How much is this?	Hii ni bei gani?	<i>hee nee BAY GAH-nee</i>

Know before you go

Plastic carrier bags are banned in Tanzania and may be confiscated at the airport, so pack shopping and laundry in reusable fabric bags instead.

Bring recent-series US dollar notes in good condition: older or torn notes are often refused, and many safari extras, park fees and tips are quoted in dollars.

Book dry-season northern safaris and Kilimanjaro climbs well ahead, and choose climbing operators that follow fair porter-treatment guidelines, such as partners of the Kilimanjaro Porters Assistance Project.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.