

UDZUNGWA MOUNTAINS NATIONAL PARK

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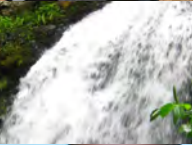
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ABOUT THE PARK



Udzungwa Mountains National Park (UMNP) is one of Tanzania’s most outstanding and exiting wilderness areas, with a variety of rare, endangered and endemic species. The UMNP has gained the title of the primate park given that it is the only national park in Tanzania playing host to 12 different species. Udzungwa Mountains National Park is one of the world’s thirty four “World Biodiversity Hotspots” and one of the 200 World Wide Fund For Nature Ecoregions of global critical importance. The UMNP is a hiker’s haven with easy access to forest trails, various waterfalls, mountain climbing to the peaks of the Luhomero and the Mwanihana and bird and butterfly watching.



Park History

Udzungwa Mountains National Park was first gazetted in 1992 and was inaugurated by the WWF founder and president at the time Prince Bernhard of The Netherlands. The park was formed from five forest reserves established in the 1950’s namely Mwanihana, West Kilombero Scarp, Nyanganje, Matundu and Iwonde forest reserves. It is believed that the forests survived for over 30 million years and were once connected to the forest of the Congo Basin.

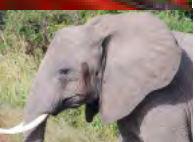
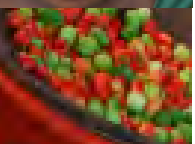


The name Udzungwa comes from the Kihehe word “Wadzungwa” which means the people who live on the sides of the mountains. The pristine mountains which have preserved their biodiversity and remained nearly untouched by humans still allow for the discovery of different species.



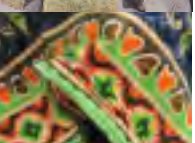
Location

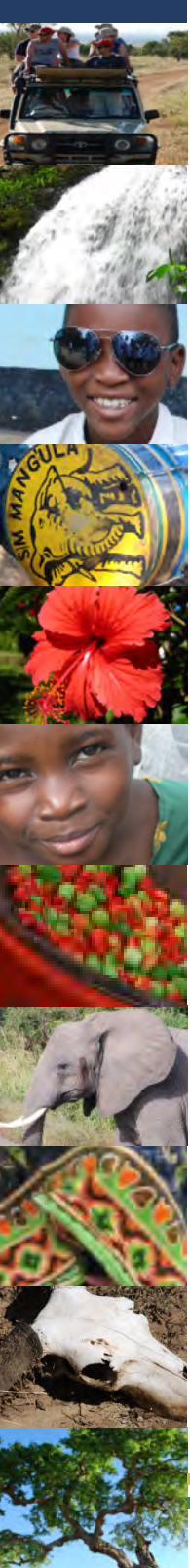
The park is a part of the Eastern Arc Mountains that stretch from Southern Kenya’s Taita hills to Makambako gap in Southern Tanzania. Often referred to as the “Galapagos Islands of Africa” because of their vast biodiversity and high rates of endemism they are of special importance to Tanzania because they contain roughly 30 – 40% of the country’s mammal and plant species as well as containing the second highest bird diversity on the continent. Udzungwa Mountains National Park is the only national park found along the Eastern Arc located in south-central Tanzania and covers about 1,990 km² of land with 80% lying in the Kilolo district and the remaining 20% in the Kilombero district. The park borders Mikumi National Park in the Northeast, Great Ruaha River in the North and Ruipa in the Southwest.



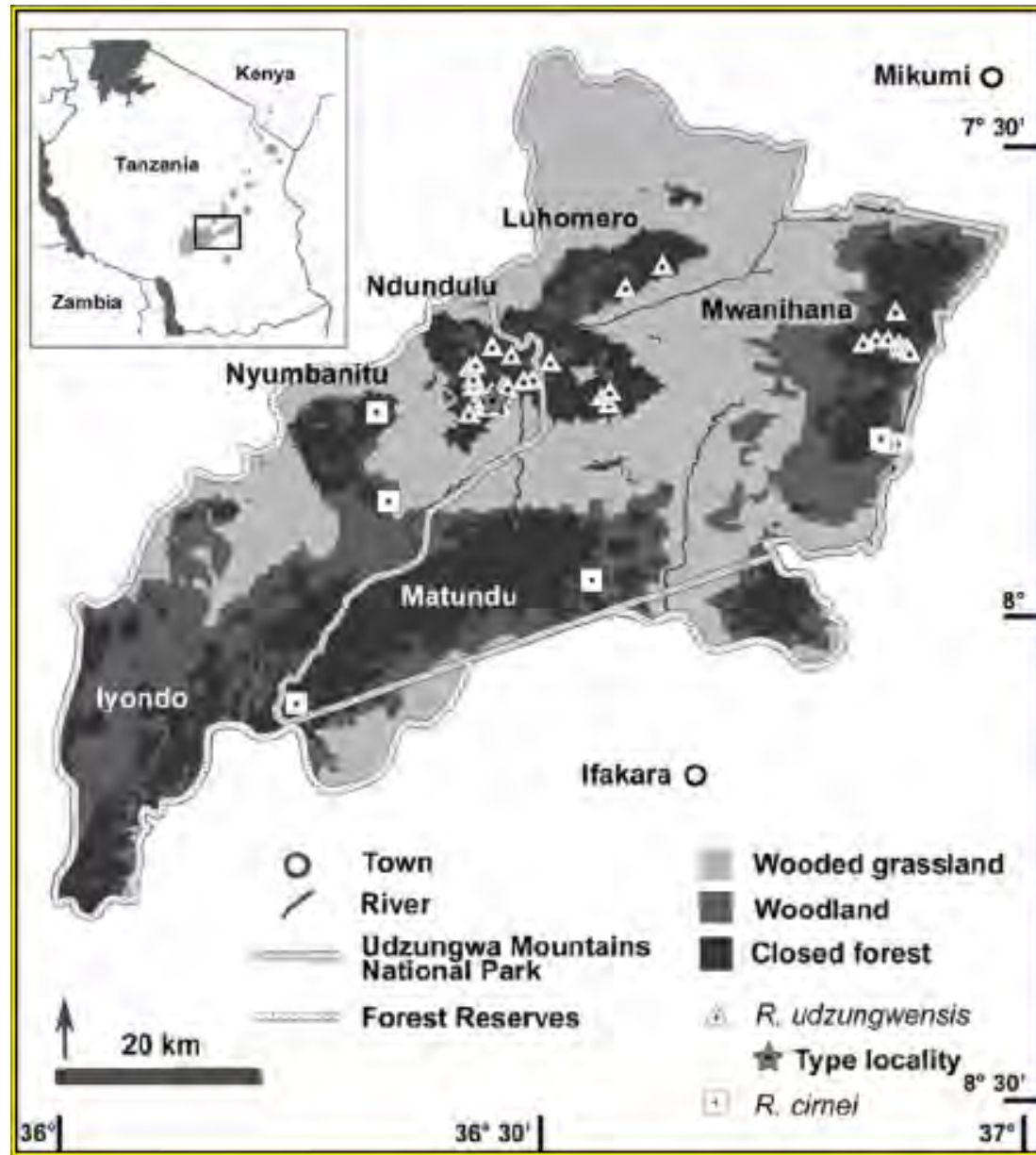
Climate & Best Time to Visit

The park receives the bulk of its rainfall from November to May. The annual rainfall in the eastern region can reach up to 2000 mm during times of heavy rainfall and 600 mm in the northwest regions. The dry season starts in September and ends in October with the temperatures ranging from 20°C (60°F) to 30°C (95°F). The park can be visited throughout the year however; you may want to plan your trip from late May to early October to experience the best weather!





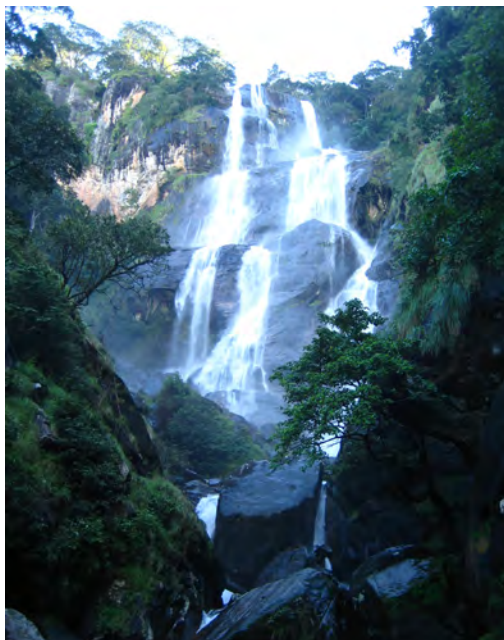
PARK MAP





PARK ATTRACTIONS & FEES

The natural sites of the park are absolutely breathtaking. After extensive travel to many countries, we agree that Tanzania hosts some of the world's most impressive landscapes. We were awe-struck by the massive ridges of the Eastern Arc Mountains, the Ruaha River that brings life to the vast Kilombero Valley, overwhelmingly powerful waterfalls fueled by the rainy season, and endless fields of tall, waving grasses.



Sanje Fall

WATERFALLS - The Udzungwa Mountains National Park offers a number of impressive waterfalls. The Sanje is the highest waterfall in the whole Tanzania National Park circuit. It consists of three different stages all of which are accessible to visitors hiking in the park. The first stage is 170m, the second is 30m and the third is 70m high. You may want to carry a bathing suit to take a dip in the pools at the different levels! The park also contains a few other waterfalls namely the Prince Bernhard; named after the park founder, Njokamoni, Mwaya and Sonjo.



Friends at Prince Bernhard Waterfall

RIVERS - One of the main reasons for the gazettement of the UMNP was to safeguard the various water catchments found within the Udzungwa Mountains. The river catchments protected within the park are important both locally and at a national scale. They supply over 700,000 people in villages close-by with water for consumption

and other use, such as small and large scale agriculture. The forests water catchments also serve to power two hydroelectric power plants in the area, namely Kihansi and Kidatu which provide roughly 70% of the country's hydroelectricity. Some of the main rivers found in the park are the Great Ruaha, Ruipa, Rumemo, Lofia, Msosa, Mwaya, Mkula and Sonjo.



Cooling off in the waterfall after a hike up the Njokamoni Trail





PARK ATTRACTIONS & FEES

Mountain Peaks and Trails

The Udzungwa Mountains range in elevation from 750 to 7,701 feet above sea level at the highest peak, Luhomero. The UMNP trails vary in degrees of difficulty offer magnificent views of the park forests, changes in vegetation, herds of elephants and buffalo, primates, birds, and butterflies. See the complete list in the Park Trails table.



Western Trails

NAME OF TRAIL	DISTANCE/DURATION	FOOD NEEDED?	CAMPING GEAR NEEDED?	ATTRACTIONS
Mbatwa-Mwemulwala Caves	1 mi/2 hrs	No	No	The historical Mwemulwala salt caves, elephant and buffalo habitats, birds
Mbatwa-Batwa-Ny'vag'araha Swamp	7 mi/3 days	Yes	Yes	Spectacular aerial views, historical abandoned villages, herds of elephants, buffalo, kudu and antelope
Mbatwa-Natarwa-Melena	5 mi/2 days	Yes	Yes	Spectacular aerial views, historical abandoned villages, herds of elephants, buffalo, kudu and antelope
Chai Camp – Nkusaluku-Cherwenko	28.5 mi/3 days	Yes	Yes	Spectacular aerial views, historical abandoned villages, herds of elephants, buffalo, kudu and antelope, variation of vegetation types
Chai Camp Lubwera Peak	40 mi/6 days	Yes	Yes	Summit, Magnificent view of the park forests and change of vegetation types, herds of elephants and buffalo, primates, birds, butterflies
Nyumburuti Trail	4.5 mi/5 hrs	Yes	No	Luhomero Peak, herds of elephants and buffalo, birds, butterflies, primates, spectacular views of the forest

Eastern Trails

NAME OF TRAIL	DISTANCE/DURATION	FOOD NEEDED?	CAMPING GEAR NEEDED?	ATTRACTIONS
Prince Bernhard Fall	0.60 mi/40 min	No	No	Small waterfall, primates, birds, skink, monitor lizard
Sanje Fall	3.75 mi/5 hrs	Yes	No	The largest waterfall in the Tanzanian Park System. Can incorporate an overnight camping trip.
Sanje Fall	.75mi/1 hr	No	No	Two waterfalls, primates, birds
Njokawazi Trail	3.25mi/5 hrs	No	No	Waterfall, primates, birds, skink, monitor lizard, view of Bokozi Mountain
Compsite S Trail	8.75mi/10 hrs	Yes	No	For hiking lovers – birds, primates, plants, butterflies, bushbuck, skinks
Mwanikwa Trail	23mi/3 days	Yes	Yes	Summit, herds of buffalo and elephants, skink, vegetation change, primates, butterflies, birds
Ransone Trail	40mi/5 days	Yes	Yes	Herds of buffalo and elephants, many other mammals, birds such as Puff' Fishing Owl, a path between the two highest peaks in the park

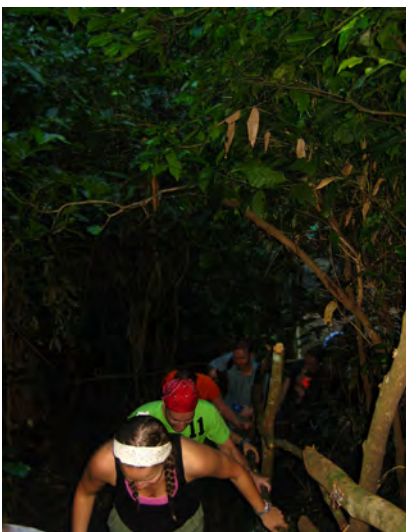


Entry Fees and Vehicle Registration Fees

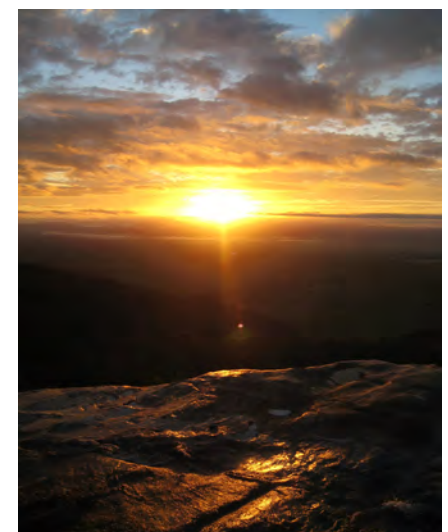
NON-CITIZENS AND RESIDENTS		
ACTIVITY	ADULTS	CHILDREN
Entry:	USD 20	USD 5
Camping:	USD 30	USD 5
Guide/Bongor:	USD 10 per group	
Walking Safaris:	USD 10 per group	

CITIZENS AND EAST AFRICANS		
ACTIVITY	ADULTS	CHILDREN
Entry:	TSHS 1,000	TSHS 500
Camping:	TSHS 1,000	TSHS 500
Guide/Bongor:	TSHS 500 per group	
Walking Safaris:	TSHS 500 per group	

VEHICLE		
WEIGHT	TANZANIAN REGISTRATION	FOREIGN REGISTRATION
Up to 2,000kg	TSHS 10,000	USD 40
2,000 – 3,000kg	TSHS 25,000	USD 150
3,000 – 7,000kg	TSHS 50,000	USD 200
7,000 – 10,000kg	TSHS 100,000	USD 300



Hiking the Sanje Fall Trail



Sunrise over the Kilombero Valley from the top of Sanje Falls



HISTORICAL SITES IN THE PARK

Within the park there are a number of historical and cultural sites that offer the chance to explore the history of the different tribes from the Southern regions of Tanzania. Many of these tribes inhabited Udzungwa Mountains National Park prior to its gazettement, but presently they live in settlements adjacent to the park.

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SACRED AREAS

Some of the must-see sights include the Bokela Mountain found in the eastern side of the park, a sacred area still used by the villagers as a place of worship during different times of hardship such as famine, drought and disease. Chavemba and Nyumbanitu are similar worship areas that can be found on the western side of the park.

Joachim Tesha



View of Bokela Mountain and its forest

Mbatwa Ruins on the north-west side of the park



Joachim Tesha

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ABANDONED VILLAGES

Mbatwa and Mdene are abandoned villages that can be found in the northwest region of the park. These settlements are good examples of the continued migration of the people within the area. The ancient Mwanalueve salt caves can also be found within this section of the park along with the Magombelema caves which were used by the locals during the colonial wars. These caves were used as a hide-out and are able to fit nearly 200 people.



BIODIVERSITY

The Udzungwa Mountains National Park is known for its rich and unique biodiversity characterized by high endemism of a variety of species. The Eastern Arc Mountains covers less than 2% of Tanzania's area but holds 30-40% of the country's plants and mammal species. The park provides a sanctuary for many unique plants, mammals, birds, amphibians, reptiles and butterflies species. This biodiversity is closely studied by the Udzungwa Ecological Monitoring Center just outside of the park office. In 2010, a hostel was built for traveling researchers by Italy's Trento Museum of Natural Science to strengthen international education and training activities at this center.



Plants

This national park's biodiversity covers both plants and animals. The park protects an astounding number of more than 2500 plant species, 50 of which are endemic to the area and 160 are used locally for medicinal purposes. The Udzungwa Mountains is also proud to have the largest amount of forest cover in the Eastern Arc Mountains, an impressive feat considering the increasing amount of deforestation in this region.

Iringa Red Colobus



Francesco Rovero

Primates

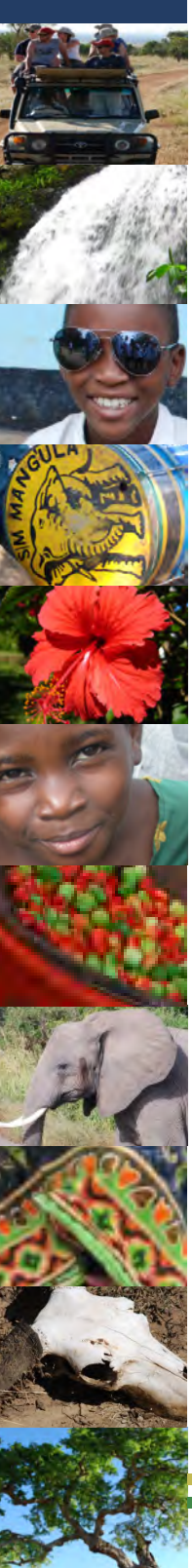
This park is home to twelve primate species. Two of these species, the Sanje Mangabey and Iringa Red Colobus, are found nowhere else in the world, and three species can only be found in Tanzania. Fortunately for tourists who wish to see the Sanje Mangabey, Udzungwa has opened an exhibit for observation of this unique species in their daily lives. It is recommended that those who wish to view these primates with a trained guide make prior reservations at the park headquarters.

Sanje Mangabey



Francesco Rovero

BIODIVERSITY



Michele Menegon

Birds and Butterflies

The Eastern Arc Mountains is famously known as the second highest biodiversity area of birds in Africa. Situated in the midst of this mountain region, Udzungwa is ranked among the top ten most important bird conservation areas in Africa. This park is an absolute paradise for bird watchers across the globe. Be sure to bring a birding guide and check list as you can observe over 250 species including the endemic Udzungwa Forest Partridge and Rufous winged sunbird. Additionally, the park has over 250 species of butterflies, many of which can be found nowhere else in the world. Don't forget to add a camera to the packing list to capture all of these incredible species!



Michele Menegon

Larger animals such as elephants, buffalo, lions, leopards, bushbucks, kudu, sable, duiker, civets, armadillos, bushy tailed mongoose, hyenas, porcupines, and hippos can be found in the more wild western side of the park.



Andy Bowkett

Reptiles and Amphibians

Udzungwa also has a wide variety of reptiles including seven different species of chameleons, snakes, and lizards. It also holds a number of endemic species of frogs and toads. Some of the most rare species of snakes like to call the UMNP their home. Be aware of the crocodiles and snakes such as Mambas, Adders, Cobras, and Pythons!



Michele Menegon

CHALLENGES OF HUMAN-PARK PROXIMITY

The Udzungwa Mountains National Park is known for its rich and unique biodiversity characterized by high endemism of a variety of species. In recent years, however, the population within the villages surrounding the Udzungwa Mountains National Park has steadily increased at an annual rate of 3.5% and threatened the park. Additionally, commercial agriculture fields have consumed much of the land available to the locals. This increase in population and agriculture has resulted in extremely limited resources for the communities, which in turn has led to villagers poaching the park's resources for survival. Some of the most common illegal activities that occur in the park are hunting of wild animals; timbering and lumbering, which account for 60% of all illegal activities; marijuana cultivation; mining; fishing; fire wood collection; wild fires for preparation of agriculture fields; livestock grazing; and even encroachment on park land by building homes and schools within the boundaries. Due to a lack of man power for enforcement of rules and regulations, many of these illegal activities occur without consequence. These different forms of encroachment threaten the conservation of resources and biodiversity.



Firewood collection from the forest

Conversely, animals within the park wander into the village shambas and agriculture fields for grazing. Annually, wildlife, including animals from birds to small rodents to elephants, destroys 40% of all crops in Tanzania. Agriculture is often a family's source of both sustenance and income, so the loss of crops poses a huge threat. Villagers will therefore shoot or spear any wild animal for both food and protection that comes too close to their homes. In fact, we heard rumor of a leopard that had just been speared days before our arrival in Mang'ula!



Village encroachment on UMNP land

EXPERIENCE THE VILLAGE

FOOD - The villages surrounding the UMNP host a number of markets that offer a diverse array of foods native to the area. The outdoor markets are typically set up in a semi-enclosed area out in the streets of the interested in trying your own cooking. There are also a number of ready-to-eat foods such as fried bananas, sugar cane and deep-fried catfish.



village. Some of the most common food items sold at the local markets include bananas, oranges, papaya, eggplant, albino eggplant, okra, potatoes, cabbage, kale, peppers, beans, lentils and dried fish. Purchase some of these raw ingredients if you're

You'll also want to try some of the local bars and restaurants in Mang'ula and Mwaya. We highly recommend a meal at the Mountain Peak Inn in Mwaya for traditional fare and a Tanzanian beer such as Serengeti or Safari Lager. Other local drinks sold in the bars and made right in the villages include a banana beer referred to as mbege among the villagers, raha; a banana based wine, pombe; a maize brew carbonated drink made in barrels in the villages over an open flame for three days, ulanzi; wine filtered through the stalk of a bamboo plant and mnazi; coconut water left to ferment overnight. A short walk down the streets of these villages will reveal many of the best kept roadside secrets of home cooking by welcoming villagers - just follow your nose.



AGRICULTURE - Mang'ula sits in the heart of the Kilombero Valley, an area of Tanzania that is highly dependent on agriculture because of its rich soil and close access to the Ruaha River. This industry drives the local economy with nearly 80% of Tanzanians in the Eastern Arc Mountains involved in some type of agricultural activity. Some of the most commonly grown crops are maize, rice, beans, cassava, and a variety of tropical fruits. To gain a well rounded understanding of the area, we recommend visiting agricultural sites from personal subsistence gardens known as shambas in Swahili to large scale commercial sugar cane fields owned by the ILOVO Kilombero Sugar Company. You may also want to stop by the corn mill in Mang'ula to witness flour production first hand or the Milimani Primary School to catch a glimpse of bee keeping and see how honey is harvested.

Visiting a commercial sugar cane field





EXPERIENCE THE VILLAGE

PEOPLE & PLACES - Include the following must-see stops on your itinerary for the authentic village experience:

ENTERTAINMENT

Watch traditional African drummers and dancers perform at the Hondo Hondo camp roughly 2 km east of the park office. This camp site is great for both overnight camping and nightly entertainment with local drumming

SOUVENIRS

and dancing. You'll also want to visit the local curio shop in Mang'ula for wood carvings. These ornamental statues have cultural roots in fertility, religion, and celebration.

CULTURAL DIFFERENCES

Although the area is full of local gems, expect a stark contrast to the Western way of life. There are a distinct set of cultural differences. In many areas you may not find the amenities that you are accustomed to such as clean drinking water, reliable electricity, or air conditioned rooms. However, bottled water is not hard to come across and many hotels are equipped with back-up generators which they run during specific times. Most likely you shall be well received by the community as a whole. The villagers are usually very welcoming of visitors. The little children particularly show great enthusiasm towards tourists often times shouting out greetings and waving.



Job deGraft



WORLD ENVIRONMENT DAY

Schedule your trip over World Environmental Day in early June if you're able! This national holiday is widely celebrated in Tanzania and particularly in



Local students performing at World Environment Day 2010

Mang'ula because of the conservation activity brought about by the park. In 2010, eleven of the surrounding primary schools came together in Mang'ula to perform original songs, dances, skits, and poems that promoted conservation of the park. Be warned that you'll be expected to take part in the dancing after the show!

VISIT A LOCAL MERCHANT

Buy a kanga from a shop owner or a seamstress. Kanga is the proper name for the brightly colored fabric you'll notice the

women in Tanzania wearing. Often you'll find sayings, political affiliation, puns, or social commentaries printed along the fabric edges. After you purchase your fabric you may want to take it to a local seamstress who will sew a

number of custom made clothing items for only a small fee.



ACCESSIBILITY

There are a number of ways to reach the Udzungwa Mountains National Park from the Julius Nyerere International Airport in Dar es Salaam:



LOCATION – The park is located six hours outside of Dar es Salaam to the Southwest and about 75km from Mikumi National Park.

BY CAR - To reach the park headquarters, turn south off the main Dar es Salaam – Iringa/Mbeya highway after the town of Mikumi, while following the signs towards Ifakara. Proceed on the paved road for about 36km until reaching the village

of Kidatu where a gravel road begins after crossing the Ruaha River. Follow the gravel road for about 24km until you arrive in Mang'ula, and the sign-



post for the park headquarters is on the right hand side.

BY BUS – At the Ubungo Bus Station in Dar es Salaam there are numerous bus companies that service the UMNP area. Ask one of the attendants at the ticket counter for buses headed to Ifakara.

BY PLANE – For those wishing to fly straight to Udzungwa, charter flights are available to the nearby airstrips such as Msolwa, and Kilombero Sugar Company.

The Mang'ula Train Station



BY TRAIN – The TAZARA train stops in Mang'ula en route from Dar es Salaam to Mbeya. The train departs from Dar es Salaam on Pugu Road, consult the TAZARA schedule for specific dates and times of departure. Once you have arrived in the area there are a variety of low-cost transportation methods:



BIKES - Local bike rentals for about TSHS 800 for a day from a roadside stand in Mang'ula. Bring your Swahili-English phrasebook to help with the rental. It is sometimes difficult to find villagers fluent in English, so try to incorporate a few Swahili transaction words into your vocabulary.

Buses known as dala dalas for about TSHS 2000 per ride locally. You can also take dala dalas out of the village area to Ruaha for TSHS 4000 or to Ifakara for TSHS 6000.

Most Tanzanians walk anywhere and everywhere. Since many attractions and nearby villages are within a close radius of the Park, trekking like a local is another preferred option.

Don't forget to plan a visit to the western side of the park! Msosa gate is only 10km from Mtandika and the Udekwa gate is 63km from Ilula on the Dar es Salaam/Iringa highway.

TRAVEL AGENT - Contact a travel agent through TANAPA to help you plan your trip to the Udzungwa Mountains National Park:

ACCOMMODATIONS

The Twiga Hotel

HOTELS

The Twiga Hotel - The most commonly advertised hotel is the Twiga Hotel because it is owned by the Tanzania Park Service (TANAPA). The Twiga is a quiet, off the beaten path hotel located at the base of the Udzungwas directly next to the park office. It was recently renovated in 2009-2010, so you'll find new furniture and clean accommodations here. The Twiga rooms and outdoor corridors line the perimeter of a grassy lawn, a sunny lounging area. A bar, restaurant, and television are located in the main lobby; however, if you prefer, you are welcome to enjoy a drink and a Tanzanian meal in an outdoor tiki hut.



Udzungwa Mountain View Hotel - Another charming hotel option is the Udzungwa Mountain View Hotel located less than a mile from the Twiga and the park office. After entering the gates, a vast compound awaits with separate buildings for rooms, a lobby, restaurant and bar with indoor and outdoor seating. You'll see views of the Udzungwas from the stone patio shaded



by bamboo and tall, broad leafed teak trees. For the more rugged crowd, a campsite is also available near the inn.



The Mountain Peak Inn - The third hotel option, is located in the heart of a nearby village named Mwaya. Those looking for a more social, community experience should choose this option. This hotel also offers a bar and restaurant with a comfortable porch for people watching along the main street. Town social events such as sporting event broadcasts, dances, and meetings are often held here. Mountain Peak is a popular gathering place for tourists and villagers because of its central location and impressive architecture.



Udzungwa Mountain View Hotel outdoor dining area

ACCOMMODATIONS CAMPSITES AND GUESTHOUSES

UMNP entrance to park office and camp sites



A low budget lodging options within the village is guest-houses. These are homes with rooms and a kitchen available for rent to guests. The Mangabey is a popular guesthouse just around the corner from the Mountain Peak Inn in Mwaya.



Lastly, the park has many designated camp sites for those wishing to stay next to nature. The options outside the park are the Udzungwa Mountain View Inn and the Hondo Hondo Camp. Here, you can witness traditional Tanzanian drumming and dancing with dinner if arrangements are made in advance. There are a number of campsites within the boundaries of the Udzungwa Mountains National Park perfect for a secluded night under the stars. The park does not provide campers with equipment, so be prepared with your own food and supplies.





“KEY” SWAHILI

Greetings

Habari za asubuhi – Good morning

Habari? – What’s the news? (common greeting)

Mzuri – Good (in response to habari)

Jambo – Hello

Mambo – What’s up (slang)

Poa – Cool (slang)

Safi – Great (slang)

Shikamoo – My respects (used to greet elders)

Marahaba – (response to shikamoo)

Common Question

How much is it? – Ni bei gani?

Where is the bathroom? – Choo ikowapi?

What time is it? – Ni saa ngapi?

Please – Tafadhali

Thank you - Asante

Emergencies

Stop! – Simama!

Help! – Saidia!

Fire! – Moto!

I’m sick – Mimi ni mgonjwa

Where is the police station? – Kituo cha polisi iko wapi?

Where is the hospital? – Tafadhali hospitali iko wapi?

Transportation and Directions

Turn left – Pinda kushoto

Turn right – Pinda kulia

Bus – Daladala or Basi

Train – Treni

Car – Ngari

Bicycle – Baisikeli

Walk – Tembea

Plane – Ndege

Numbers

Zero - Sifuri

One – Moja

Two – Mbili

Three – Tatu

Four – Nne

Five – Tano

Six – Sita

Seven – Saba

Eight – Nane

Nine – Tisa

Ten – Kumi

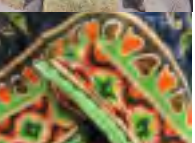
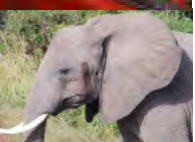
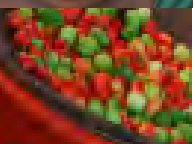
Fifty – Hamsini

One-Hundred – Mia moja

One-Thousand – Elfu moja



** You may probably want to purchase some Swahili phrase books a few weeks before your trip and practice these and even more common phrases. We recommend the *Lonely Planet Swahili Phrasebook*.





VIDEO VAULT





DONATING TO CONSERVATION

CONSERVATION EFFORTS

In the past years the World Wide Fund for Nature has shown a continued interest in providing communities adjacent to the park with alternative sources of energy. They have continued to encourage tree planting and agro-forestry within the area through outreach programs and raising awareness about the need for conservation. The WWF has also been involved in smaller scale projects in the region such as establishing the use of biogas among the locals and the distribution of energy efficient stoves. The main objective of these different initiatives has been to discourage use of the UMNP's resources and to provide the different villages with new, low-cost energy sources.

The Udzungwa Ecological Monitoring Center is currently involved with the monitoring of the different primate species within the UMNP, particularly the Sanjei Mangabey and the Red Colobus which are endemic to the Udzungwa Mountains region. It was also recently made part of the global TEAM Network (Tropical Ecology Assessment and Monitoring). The UEMC also has various projects which aim to benefit both the park and the communities such as ranger training and outreach through their various environmental education programs.



The UEMC also provides living quarters for researchers whose studies revolve around protection of the park or the species within its boundaries.

The Udzungwa Ecological Monitoring Center was donated by The Trento Museum of Natural Sciences in February of 2010 to strengthen education and training activities around the park. Trento has since been involved in carrying out a number of studies looking at the biodiversity within the UMNP.

DONATIONS

Due to UMNP's continued need for funding there are a variety of ways in which anyone can get involved with assisting the park. Donations can be sent to the UEMC office at Udzungwa Ecological Monitoring Center C/O Udzungwa Mountains National Park, P.O. Box 99, Mang'ula, Morogoro, TZ. Your donations will support conservation research of the Udzungwas as well as community planning for alternative income solutions to alleviate dependence on park resources.



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