

Amani Nature Reserve and East Usambara Mountains in Tanzania

# Amani Nature Reserve



TIPS FOR RESPONSIBLE TOURISM

# TABLE OF CONTENTS

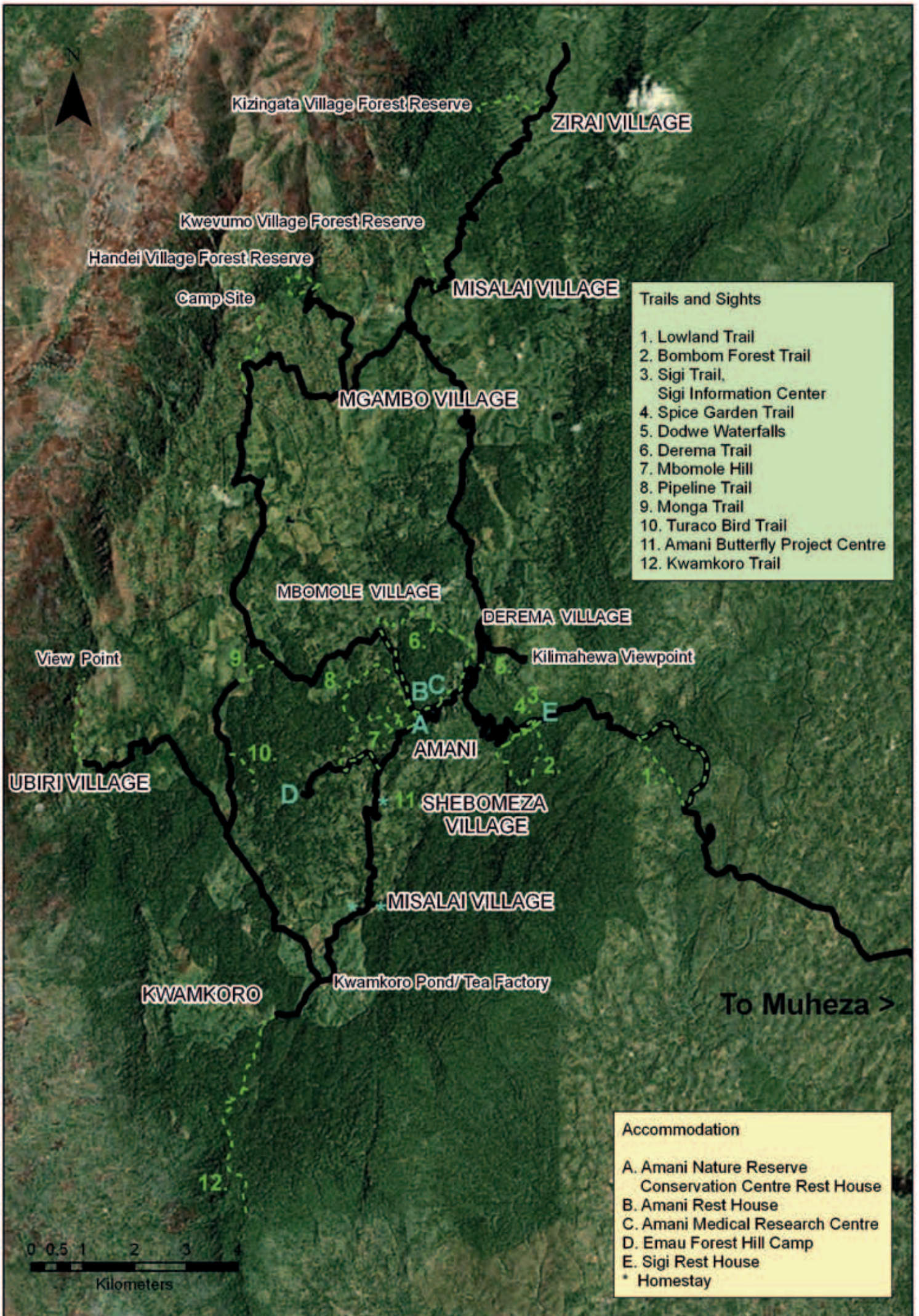
---

MAP OF THE AREA .....	3
EAST USAMBARA MOUNTAINS .....	4
AMANI NATURE RESERVE .....	6
AMANI BUTTERFLY PROJECT .....	10
FAUNA AND FLORA .....	12
BIRDLIFE .....	16
TRAILS AND SIGHTS .....	18
ACCOMMODATION OPTIONS .....	22
SIGHTS AND VILLAGES OUTSIDE OF AMANI NR. ....	26
THINGS TO KEEP IN MIND / TIPS FOR VISITORS .....	28
COMBINING THE COAST WITH YOUR VISIT .....	30



© Elina Piekkola

Cover photos: © Elina Piekkola, © Juha-Pekka Kervinen / WWF  
Text: Elina Piekkola  
Maps: © 2011 Microsoft Corporation and its data suppliers  
2012



Kizingata Village Forest Reserve

ZIRAI VILLAGE

Kwevumo Village Forest Reserve

Handei Village Forest Reserve

Camp Site

MISALAI VILLAGE

MGAMBO VILLAGE

**Trails and Sights**

1. Lowland Trail
2. Bombom Forest Trail
3. Sigi Trail,  
Sigi Information Center
4. Spice Garden Trail
5. Dodwe Waterfalls
6. Derema Trail
7. Mbomole Hill
8. Pipeline Trail
9. Monga Trail
10. Turaco Bird Trail
11. Amani Butterfly Project Centre
12. Kwamkoro Trail

MBOMOLE VILLAGE

DEREMA VILLAGE

View Point

Kilimahewa Viewpoint

BC

A  
AMANI

D  
SHEBOMEZA  
VILLAGE

MISALAI VILLAGE

UBIRI VILLAGE

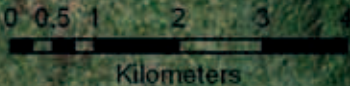
KWAMKORO

Kwamkoro Pond/Tea Factory

To Muheza >

**Accommodation**

- A. Amani Nature Reserve  
Conservation Centre Rest House
- B. Amani Rest House
- C. Amani Medical Research Centre
- D. Emau Forest Hill Camp
- E. Sigi Rest House
- \* Homestay



# EAST USAMBARA MOUNTAINS

The Usambara Mountains are part of the Eastern Arc Mountain chain that consisted of twelve scattered mountain blocks, winding from Southern Kenya to Southern Tanzania. These geologically ancient mountains harbor an unusual number of endemic species and are highly important for African as well as for global biodiversity. The Eastern Arc Mountains are recognised as one of the world's 25 Biodiversity Hotspots and are often referred as the "Galapagos Islands of Africa".

## The Usambara Mountains

The Usambara Mountains forests in Tanzania are one of the most important conservation areas in Africa. Including some of the world's oldest, remaining unspoiled tropical forests. The Usambara Mountains are 110 km long and 30-60 km wide and the highest point reaches up to 2440 meters. These mountains are situated between the Mt. Kilimanjaro and Indian Ocean. The Usambara Mountains have two sub-mountain ranges namely the East and the West Usambara. Western parts of the mountains can be accessed through Lushoto and

the Eastern parts through Amani. East Usambara is relatively smaller than the West but it receives more rainfall since it is geographically closer to the Indian Ocean.

The Usambara Mountains were formed more than 30 million years ago. For the last 10 million years the forests have been separated from the west and central African forests and because of this the forest blocks have been able to develop as a refuge for many species as well as an area with high biodiversity. Geological and climate history as well as geographical features such as rainfall and the range of latitudes are the main reason for extensive variety of tree, shrub and animal species. These mountains have many highly forest dependent animal species and the combination of different habitats has made it possible to maintain a varied number of animal species. The main forest types in the Eastern Arc Mountains are Montane, Submontane, Lowland and Dry Lowland forests.

The East Usambara Mountains are situated approximately 40 km from the Tanzanian north-east coast. Even though the East and West Usambara Mountains are separated by the 4 km

wide Lwengera river valley, they still create a homogenous ecological and geological unity. The uniqueness and the richness of the area in terms of biodiversity is the result of the geographical position of the area and stability in geological and climate factors. The endemism among species is remarkable which makes the area an interesting and unrivalled ecotourism and research destination.

The number of species found in the Eastern Arc Mountains is very high and new species are regularly discovered. The entire mountain range is a home to about 2960 species of plants, 394 species of butterflies, 371 species of birds, 106 species of mammals, 101 species of reptiles, 38 species of amphibians and 61 species of linyphiidae spiders.

In terms of tourists, the West Usambara Mountains receive most of the visitors since the accessibility, general infrastructure and services are more developed. People, who visit the East Usambara, mostly stay in Amani and in the West Usambara, in Lushoto.

Since the mountain area receives substantial amounts of rainfall and the forests



maintain the soil fertility, the area is also good for agriculture. Unfortunately many of the forests have been cleared for ever expanding farm lands. The Eastern Arc Mountains also provide firewood, building material, electricity through hydroelectric power plants, medical plants and a perfect environment for animals and plants.

### Human impact, history

During the years, about 70% of the original forest cover has been chopped down, first for wood production and now by turning the remaining forests into a farm land. It has been estimated that in 2003 there were less than 3 300 sq. km of the original forest cover remaining. The mountains have been influenced by human activities and inhabited by local farmers for over 2000 years but in the past decades the pressure towards the use of the forests has become unsettling. During German colonialism, new cash crops, like coffee and tea, were introduced to the local agriculture. This transformation can be seen in the diverse

landscape that changes from tea fields and local farms into a lush mountainous forest. German and British colonial period and its influence can also be seen in the old remaining deteriorated buildings and the significant tea cultivation, especially at Amani Nature Reserve. In Amani, the East Usambara Tea Company owns more than 1000 ha of land which has a significant impact on the regional landscape.

### Future challenges

The remaining forest cover is threatened by forest fires, illegal logging and mining and the constant expansion of agricultural land. The current population in the Usambara Mountains is estimated to be 420,000 inhabitants, living in 61 villages and numerous sub-villages. These people are directly dependent on the existence of the forests. Different Organizations, such as Tanzanian Forest Conservation Group (TFCG), World Wildlife Fund (WWF) and NORAD (the Norwegian Agency for Development Cooperation) have worked

in the region for many years and developed approaches that at the same time benefit local communities and protect the remaining forests. These projects have included for instance establishing community forests, beekeeping activities and fish pond and butterfly farming. Raising awareness of the importance of the mountain forests has been promoted in the area through World Environment Day celebrations on 5th June.

The East Usambara Mountain forests and their wellbeing is crucial for sustaining the lives of millions of people. The mountain forests regulate and sustain the water supply for the area and for the city of Tanga and its surrounding area. The forests also act as carbon sinks and storage and provide non timber forest products. One of the alternative income revenues to the area can be developed from sustainable ecotourism that is based on saving and protecting the remaining forests and their biodiversity. In the end, the forest and its animals and plants are the main reason visitors are attracted to the area.

View from the road on the way from Amani Conservation Rest House towards Shebomeza village.



# AMANI NATURE RESERVE

---

Amani Nature Reserve offers an alternative and diverse side of Africa's nature to be discovered. This peaceful, lush and mountainous region offers visitors a chance to immerse themselves into relaxed and unique mountain forest surroundings and enjoy the beauty of nature. As the Usambara Mountains are globally recognised as highly valuable in terms of biodiversity, the Tanzanian government, with foreign donors, has made efforts to ensure the future protection of the area. The **rich biodiversity** and the uniqueness of the location is also the reason for high number of endemic species in the area.

Amani Nature Reserve is situated in northeast Tanzania, 35 km from Muheza and 45 km from Tanga, in the southern section of the East Usambara Mountains. Amani Nature Reserve was **the first nature reserve** in Tanzania and it has been protected since 1997 under the Director of Forest and Beekeeping Division. Assembled from six different forests reserves, Amani Nature Reserve is the biggest protected area in the East Usambara Mountains, covering approximately 8360 ha that

includes low and highlands. As the biggest forest reserve, Amani has a high value in terms of the regional nature conservation. Due to multiple factors, Amani not only has a variety of different endemic flora and fauna species but also a wide variety of different landscapes.

The establishment of **Amani Botanic Garden** in the early 1900s introduced many new and exotic trees as well as scrub species to the area. Even though the botanic garden was moved to Nairobi, Kenya in 1948, a vast amount of exotic species were left behind and are nowadays naturalised into the landscape. This makes the Amani Nature Reserve's existing plant collection probably **one of the largest homogeny collections of exotic plants in tropical Africa**. Consequently, the area has a very unique collection of endemic and introduced plant species important to local and global botany. Over time Amani forests have developed into a lush, and interesting forests rich in biodiversity, that provides shelter to an immense number of different animals.

Humans have resided in the Eastern Arc Mountains for at least 2000 years. Evidences

like pottery, preheated iron-smelting furnace and presence of charcoal are all indicators of local people's early habitation and exploration. After and during colonial times, the Germans and the British made many efforts to explore the mountain area and its resources, mainly to supply timber. Forestry also provided other important non-timber products as well as shelter. Also a railway line (Tanga-Muheza) and a power mill were built to support the timber transportation and access to the markets.

People have been influencing the area for more than 2000 years and there are still some fragments of the old history left visible in the area. Beside of the old colonial buildings and short colonial history we should not forget the history and culture of the local peasants and their influence to the area.

German colonialists introduced coffee plantations, among sisal, cinchona, cocoa and rice. Coffee plantations were later changed into tea plantations and today The East Usambara Tea Company owns more than 1000 hectares of land and some of these plantations are

part of Amani Nature Reserve. Even though the local's attitudes towards the tea company has been mainly negative, the company has made efforts towards nature conservation by donating more than 1000 hectares under protection to be part of Amani Nature Reserve. At present, the landscape in ANR is very diverse and rich in tones. The landscape is coloured by old colonial buildings, now mainly empty, that are reminding reminder of the old colonial period.

The long colourful history, together with numerous plant and animal species makes the place excellent for research purposes, botanical research and ecotourism purposes as well as for relaxing. Hiking and biking along trails and sandy roads through beautiful mountainous forests, as well as bird watching, are the most common activities enjoyed by tourists visiting the ANR. There are some accommodation options available in the reserve (see accommodation section) but also camping in designated sites is common. Amani Nature Reserve also has a community based butterfly project centre, which can be visited in order to get familiar with butterfly breeding and spot some beautiful butterflies of the area. Along the trails there are also numerous picnic sites,

viewpoints, waterfalls and most of all the surrounding forests. During the night it is recommended to go for a guided night walk to spot some animals that are otherwise difficult to see (for example chameleons and bats).

The conservation value of these mountains is high and the forests in Amani maintain the Sigi Rivers watershed, its quality and quantity for the future.

Entrance Fee to the Amani Nature Reserve is 10 USD per person.

## How to get to the Amani Nature Reserve

### By car

Highway A14 runs along the northern coast, heading towards Dar es Salaam it changes into the A7.

From **Tanga** you drive about 38 km towards South, to a town called **Muheza** and from there you turn inland to reach the Amani Nature Reserve. From **Muheza**, drive northwest towards Amani Nature Reserve, it is about 25 km but the sandy road can be quite hilly and often in poor condition. Prepare to travel slowly and enjoy the landscape.

From Muheza up to the Amani plateau, it takes about 1 hour 15 minutes but this totally depends on the road quality at that time.



© Elina Pirkkio

From **Dar es Salaam**, take the A7 and then A14. The distance between Dar es Salaam and Muheza is about 317 km. From Dar es Salaam prepare to spend about **4-5 hours** on the road before reaching Muheza. However, this time estimation depends highly on a possible roadwork's along the way.

If coming from the west, you still need to pass through Muheza town. From **Arusha** it takes about 5-6 hours, from **Moshi** about 5 hours and from **Lushoto** 2-3 hours.

### By bus

There are several local buses operating from Dar es Salaam to Muheza or from Tanga to Muheza. From Muheza to Amani there should be a daily bus (Tsh 2000).

## Facts

### **Amani Nature Reserve, Tanzania**

**Long./lat.:** 5°14'10"-5°04'30" S,  
38°30'34"-38°40'06" E

**UTM:** 94 21640-94 39000 S,  
45 0600-46 3200 E

**Elevation:** 190-1130 AMSL

**Mean annual rainfall:** 1910 mm

**Mean daily max. temperature:** 24.6 C

**Mean daily min. temperature:** 16.3 C

Nature Reserve, established in 1997 through joining six different forest reserves (Amani-Sigi, Amani-east, Amani-west, Kwamsambia, Kramkoro and Mnyuzi Scarp). A Man and the Biosphere Reserve (MAB). Topographically the catchment area of the Sigi River.

**Hectares:** 8380 ha, including 1065 ha, owned by the East Usambara Tea Company.

Amani means peace in Kiswahili which represents the area well since it has a very tranquil and quiet atmosphere.



## Guides to contact

### **Martin Joho**

(specialist in birds, Amani NR)  
Martinjoho2008@yahoo.com  
Phone: (+255) 0786108086

### **Victor Mkogewa**

(specialist in birds, Amani NR)  
victormkongewa@yahoo.com  
Phone: (+255) 0784623759

### **Alloyce J. Mkongewa**

### **Abdual B. Kajiru**

### **Maria R. John**

Since the phone numbers and other contact information might change from time to time, all of the guides can be contacted through the available staff, either through your accommodation or through the conservation centre. The guides normally charge 25 USD per day/person, but groups normally pay less. It is recommended that you book your guide in advance to make sure that one is available for you while you are staying in Amani.

# THE AMANI BUTTERFLY PROJECT

---

The Amani Butterfly project is a non-profit organisation that markets and sells butterfly pupae, bred by the local farmers in the East Usambara Mountains. The mission of the project is to alleviate local people's poverty by providing an alternative income option and to enforce the nature conservation. The Amani Butterfly Project is a scheme run by the Tanzania Forest Conservation Group (TFCG) which provides important support to butterfly farmers and guidance on regarding various issues related to the butterfly keeping.

**Butterfly farming** concentrates on providing alternative, sustainable and reliable income to the local people and at the same time encourages people to protect their environment. The butterfly farming has a direct connection to the forest conservation since the breeding activities are directly dependent on forestry.

To start with, the farmers will capture some female butterflies from the forest, place them into a cage and plant the specific host plants for the female to lay their eggs and feed on. Many species of butterflies prefer seed-

lings for their egg laying so the farmers are highly dependent on the forests for regularly collecting new seeds.

The farmers' direct access to the forests is very important in terms of wellbeing of the farmers and their butterflies. Occasionally farmers need to also catch some male butterflies in the forests in order to maintain the genetic flow. The butterfly farmers also need moisture and shade for their enclosures, provided by the forests. Since the project has been working in the Amani Reserve, farmers' attitudes towards forest conservation have become more positive and interactive. The connection between the forest conservation and income revenue has also been recognised.

**The butterfly life cycle** starts from an egg, continuing into larva, pupa and finally turns into an adult butterfly. The different stages take different amounts of time to undergo, depending on the species. For example – an adult butterfly can live for a week or up to one year and the egg state can last from few weeks up to many months. If the butterflies are transported, sold onwards into butterfly

exhibits, they are normally shipped as a pupa and when they reach their destination they begin to hatch. Getting the timing right and ensuring the wellbeing of the butterflies makes selling pupae very challenging.

Two villages in the Amani Nature Reserve and two villages outside of the reserve are involved in butterfly farming. Many of the people involved make a significant income from the farming. Being part of the farming initiative and starting to raise butterflies normally involves the whole family which means that women and children also get an important chance to participate. The main concern of the butterfly project in the future is the changing stability of the markets and the degradation of the forests.

The Amani Butterfly project started in 2001 and first sales of pupae were conducted in 2004. The main markets for pupae are USA and Europe. Pupa price differ according to the butterfly species and varies between 1 USD to 3 USD. Pupae are mainly sold into butterfly houses abroad but some dried butterflies are also sold to dealers or collectors. The income

revenue is divided between the farmers (65%), project management (28%) and to the community development (7%).

**The Butterfly Centre** also makes earrings and necklaces out of the butterfly wings. The production employs some of the local women and the revenue is used for the maintenance of the centre and the project. In the future, the centre will also sell framed butterflies.

In the Butterfly Centre there is a live exhibit of butterflies but since some of the species are seasonal and rare, the best time to visit the centre in order to see most of the butterflies is between March and October. During that period you might see 10-20 different species of butterflies at once.

The centre is situated in a village called Shebomeza, 2 km from the Amani Nature Reserve Conservation Centre (see map page 3).

### Entrance Fee

Tourists **2500 TSH**

(if under 13 years **1500 TSH**),

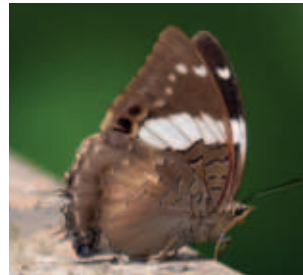
Tanzanian Residents **1500 TSH**

Tanzanian Citizens **500 TSH**

**Notice; prices may change.**



*Hypolimnna Usambara*



*Euphaedra neophron*



*Papilion demodocus*



Male *Chamaeleo deremensis* next to Emau Hill Camp Site.

# FAUNA AND FLORA

---

In terms of biodiversity, Amani Nature Reserve has a vast number of endemic and threatened species and therefore it offers an extensive amount of opportunities for research as well as ecotourism potential. Amani is a perfect place for bird watching, trekking, relaxing and for instance going for mountain biking, along the mountainous dirty and sandy roads. Even though the big African mammals are not present in East Usambara Mountains (although there used to be leopards), they offer a spectacular landscape, an astonishing amount of different species and a small scale tourism experience.

**Amani Botanical Garden**, arboretum, was established by German colonialists in 1902 for agricultural and experimental research. Different botanical trial plots of plants were introduced and planted in the area from different parts of the world. Mainly exotic economic and ornamental trees and crops were planted in order to see the economic potential of the plants. Originally the size of the Garden was 350 hectares but nearly half of it was outside the protection area and without

any control the endemic and exotic species have mixed together, creating an interesting assembly of plant species. The Botanical Garden was moved to Nairobi in the 1950 but it is still likely the **largest Botanical Garden in Africa** and adds a significant input to the regional biodiversity and conservation. However, some of the plants have become naturalised and some of them even invasive, which has now become a considerable problem to the local ecology. Good example of the invasive species is *Maesopsis eminii* (occupies vast areas near the Kwamkoro Nature Trail). Other invasive species are *Cedrela odorata*, *Clidemia hirta*, *Rubus* spp., *Phyllostachys bambusoides* and *Landolphia* sp.

The Amani plateau has a perfect elevation for submontana forest species. You can find about **650 different species of trees** from which 40 are endemic to the area. Among some rare species, the most common near-endemic species of trees and shrubs that can be seen in Amani are: *Leptonychia usambarensis*, *Cephaosphaera usambarensis* and *Allanblackia stuhlmannii*. Allanblackia is

a tree that everybody knows in the area. Their seeds are collected for their kernels that produce hard white fat that can be used as a cooking oil or soap. One fruit may contain more than 40 seeds. Allanblackia is now being planted by local farmers as a part of silviculture.

The East Usambara Mountains are also famous for **African Violets**, the Usambara violet (Genus *Saintpaulia*). The Europeans discovered African violets around 1892 (by the German, Baron Walter von Saint Paul Illaire) and commercial selling began in 1927. Nowadays, these very common perennial household plants grow naturally in specific environments, flourishing in shaded steep rock surfaces. A closed canopy is very important for African violets, since it maintains the vital shade and humidity. All eight species of African violets can be found in the Eastern Arc Mountains and there are also many subspecies.

Since the variety of plants and tree species is numerous, the number of different habitats is also numerous. Amani has rich

reptilian fauna, **26 snake species**, seven species of chameleons, geckos, skinks, agama lizard (*Agama agama*) and in total **34 different amphibian species** (8 of them being endemic). Common snakes are *Python sabae*, *Atheris ceratophorus*, *Dendroaspis angusticeps* and *Philothammus hoplogaster*. Common chameleons are *Bradypodion fischeri*, *Bradypodion tenue*, *Chamaeleo dilepis* and *chamaeleo deremensis*.

The area has also a large number of **invertebrates**. Some of the species include butterflies, moths, lea- and rove beetles, bugs, crickets, grasshoppers, wasps, millipedes and gastropods. For example, the millipedes who have limited dispersal indicate high level of endemism. Also the 94% of the ground beetles are believed to be endemic. Wherever you look, you can see something moving or snuffling and no wonder the place is called the “Galapagos Islands of Africa”.

Most of the vertebrates are highly forest dependent and their existence and future relies on the abundance of the forest. Among these 74 species, there are 40 endemic and 16 near-endemic vertebrate species. At least

7 species of vertebrates are strictly endemic in the area and in the Eastern Arc as a total, there are 74 endemic vertebrates.

There are an estimated **16 species of bats** and about **400 different species of butterflies** living in the East Usambara Mountain forests. Of these butterfly species about 112 can be found in Amani NR (species like; *Hypolimnas antevorte*, *Hypolimnas usambarae*). Of these 112, two species of butterflies are endemic and nine are near endemic. Also a number of different moths can be easily spotted during the night (families of Saturniidae, Sphingidae, Microlepidoptera).

**Small mammals** like Zanj elephant shrews (*Rhynchocyon petersi*.) can be seen especially during the rainy season but others like **blue monkeys** (*Cercopithecus mitis neumanni*), black and white colobus monkeys (*Colobus angolensis palliatus*), **squirrels** and **bush babies** are abundant in the area. On top of the different shrews there are also some African soft-furred rats. Also tree hyraxes, Abbot’s duikers and East African collared fruit bats might be spotted, but rarely. You might also hear stories about wild pigs. The efforts

Next page from left:

Canonball tree flower, Beetle from Amani, Squirrel, Caterpillar, Small Black Mamba, One of the many lizards in the area, Allanblackia stuhlmannii (Clusiaceae) fruit, Black and White Colobus Monkey, One of the many frogs in the area

to connect forests patches with corridors will hopefully help the animals to move between different patches and hopefully in the future some of the rarely spotted animals will become more common.

**Bird watching** is very common among tourists since there are numerous different bird species. Vulnerable Sokoke scops owls can be seen very rarely in lowlands but other bird species like Amani sunbirds, Long-billed Tailorbirds, Usambara eagle owl, Fischer’s turaco and East coast akalat can be spotted with a talented local guide and a little bit of luck.

The number of different plant and animal species differs from one origin to another. The uncertainty on the actual amounts of species can be explained by the fact that during the last ten years more than 400 different species have been discovered in the Coastal East Africa region.



# BIRDLIFE

A high diversity of bird species in East Usambara Mountains makes the Amani Nature Reserve and the surrounding forest areas an excellent place for bird watching. The



Long-crested Eagle sitting on a papaya tree.

remaining habitats in the East Usambara Mountains are one of the most important bird sites on the African mainland. The area is recommended in many bird guides since the amount of different bird species is high and some of the birds can be found only in these mountains. The birds are the best known animals of these mountains and you will be able to spot vast amount of birds during a day. In Amani alone there are at least 110 bird species and some of them are listed to be globally threatened.

Amani Nature Reserve offers many opportunities to spot different species of bird since there are lowland forests and submontane forests (above 850 metres). This means that both lowland and highland species can be seen in the area. A good network of trails provides an excellent opportunity for bird watching and hiking. Also the existing road network helps on transportation around and means it is possible to cover large areas during the day. The bird specialist guides have the knowledge of the different territories of different birds. Since the birds are highly

forest dependent the ongoing habitat disturbance has a significant influence on the bird population levels and their future.

Some of the birds have very restricted distribution and specific territories since the birds can be very specific on their habitats. In the Amani Nature Reserve and areas next to the Reserve the differences in landscape (fields, thick forests, river banks, and ponds) offers an excellent mosaic of different habitats. Some of the birds in the area that can be spotted include: globally threatened **Long-billed tailorbird (*Orthotomus moreaui*)**, vulnerable **Amani sunbird (*Anthreptes pallidigaster*)**, **Banded green sunbird (*A. rubritorques*)**, **Usambara eagle owl (*Budo vosseleri*)**, **Blue-mantled crested flycatcher (*Trochocercus cyanomelas*)** vulnerable **Dappled mountain robin (*Modulatrix orostruthus*)**, **Fischer's turaco (*Tauraco fischeri*)**, **Usambara weaver (*Ploceus nicolli*)**, **Little yellow flycatcher (*Erythrocerus holochlorus*)**, the list is endless.



Half Collared Kingfisher



Common Hornbill at Amani Nature Reserve.



A sunbird



Dodwe waterfalls in September.

# TRAILS AND SIGHTS

## Bombom forest trail (see map)

Bombom forest trail begins from the Sigi Information Centre, the old station Master's House, and this is a "difficult" trail. First the trail follows the bank of the Sigi River but then the trail continues all the way up to the hill. At the very beginning you need to cross the Sigi River and during the rainy season this might be hard or even impossible. The hike up to the hill is hard and the trail is very steep and thick with leaf cover. Just before you reach the top, you can see Amani village, with Amani Conservation centre, on your right hand side. You know that you have reached the top when you see a hole that was dug a long time ago, when people were looking for rubies. On this trail you might see some baboons, frogs and crabs beside the river base, chameleons, spiders and birds like the Usambara Thrush and Red Tailed Ant-Thrush.

## Derema trail

This trail is very easy to walk and basically mostly follows the road. The road meanders through tea estates, natural forest patches,

villages and crosses some rivers. On the trail you can see the different landscapes of Amani including tea plantations, forests, hills and local farming. Since the trail has many different landscapes and habitats, it is easier to spot different species of birds. For example this trail has two different territories of Long-billed Tailorbird (*Orthotomus moreaui*). Also birds like the Long-crested Eagle (*Lophaetus occipitalis*) can be seen. Chameleons can also be spotted early in the morning, as well as frogs beside the river banks. As the trail is not marked and it is easy to take the wrong road, a guide is highly recommended.

## Kwamkoro- Kimbo trail

At the beginning of the trail on the right hand side there is a tree nursery of *Allanblackia stuhlmannii* trees. In the nursery there are some fishponds which attract Half-collared kingfishers. When you continue along the road, soon after the nursery, there is a place next to the river where you can spot some Saint Paulias (African violets), growing on the cliff beside the river. Along the trail, you might see some



small fishes, crabs and frogs in the river. On the way up towards the old forest rest house, there is a camping site, a place called Kiganga but since the place does not receive visitors or hikers very often the camp site is basically just an open area where you can set up your tent.

The trail follows an old road that goes all the way up to the place called the old forest rest house. Unfortunately the house has been destroyed but you can still find some traces of the existence of the house. From the old forest rest house, there is a beautiful view into the valley of Lwengela, the valley that separates West and East Usambara. On the trail you can also see, if lucky, some black and white colobus monkeys, different bird species (Usambara thrush), snakes and if you are especially fortunate, duikers.

### Kwamkoro Tea Factory pond (see map)

Early in the morning, you can sometimes hear, even just by waking up in Amani, the siren calling the workers to work. This is the place where the sound comes from. Next to the tea factory, in Kwamkoro, there is a big pond which affords a great opportunity to spot and watch different birds, especially those living next to the water, like the Giant and Half Collared Kingfishers, different Swallows (Mosque swallow and Lesser Striped swallow, African pied wagtail and different Sunbirds (coral sunbird). Also other animals can be found that like to stay next to water, such as frogs.

### Dodwe waterfall

This waterfall can be easily accessed from the road, even though the way down is quite steep.



There are two rivers that join together at this site. It is a perfect place for picnic. Further down from the waterfall, when the water is not too high you can find good places to sit and admire the beautiful waterfall. Children are sometimes swimming and playing in a small pond on top of the waterfall. You can dip your toes into the water and even have a swim if you wish. However, there may be some snakes, fishes and crabs that might be harmful.

### Mbomole Hill (see map)

The short and easy walk up to the hill can be done easily. The walk through the Botanical garden, that was planted around 1902, gives a visitor a good over view of how exotic and endemic species have become naturalised and mixing with endemic species, together creating a lush forest. Along the trail many birds, monkeys, frogs, butterflies (especially at the top) and other animals can be spotted. On the path you can see some fallen fruits of *Allanblackia stuhlmannii* (Msambu). The seeds from this coconut-like fruit can be prepared and used as cooking oil or as a local soap. During the night, this trail is also easy to follow. On a night walk, you might see chameleons, frogs, bats etc. From the hilltop, there is a wide view over

Amani and the East Usambara mountains. Towards North, you can see Mt. Nilo (1509 m), Mgambo tea estate and some primary forest of the Monga forest, in the valley. From the hilltop, you can find the Long-crested eagle, normally sitting on the top of the decayed tree trunk. At the top, there is also a picnic site with benches. During the day the bench site gets really hot so if you wish to use them, go early enough in the morning. There is no one responsible for emptying the rubbish bin at the site so please do not leave anything behind.

### Lowland trail

The lowland trail follows the forest boarder and farm land. On this trail you may be able to spot some bird species that can be only seen in lowland areas. This includes Usambara Hyliota (*hyliota usambara*), Plain-backed Sunbird (*Anthreptes reichenowi*), Chestnut-fronted Helmet-shrike (*prionops scopifrons*) and Retz's Helmet-Shrike. The lowland trail is short and easy, a loop, where the other half of the trail is walked on the side of the road.

### Pipeline trail (see map)

This trail follows the water pipeline up to the Amani water catchment area. At the catch-

ment pond you will be able to see some crabs. After the water catchment area the trail goes into a dense forest and leads out from people's shambas (fields).

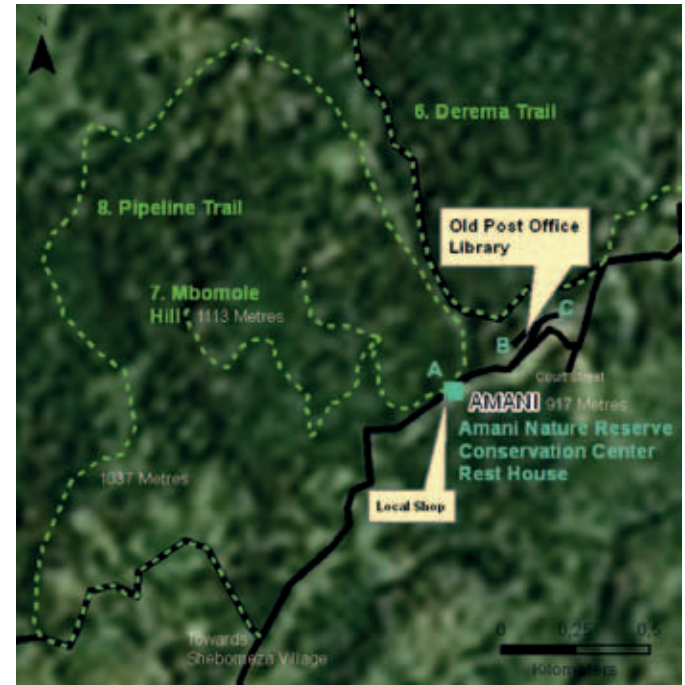
### Spice trail

This is a very short walk that leaves from beside of the bridge crossing the Sigi River and ends shortly at a spice farm. At this farm you can see black pepper, cloves, cinnamon and cardamom seedlings and plants. The trail follows the Sigi River and you can walk back to the starting point just by following the road.

### Turaco bird trail

This trail goes up the hill through primary forest. Most of the thrushes (over 75%) can be seen on this trail but also other birds (e.g. Orange ground-thrush, Usambara thrush,

Sharpe's Akalat and White-chested Alethe). The turaco trail is a short trail that goes up to the hill and you must follow the same route back. This trail has been used for bird monitoring and research purposes so it is a good place to spot many different bird species.





Tented banda at Emau Forest Hill Camp.

# ACCOMMODATION

## Amani Conservation Centre Rest House ~25 USD/night/person, incl.meals

Amani Conservation centre offers hostel style accommodation with small, clean rooms, beds with mosquito nets and rooms with bathrooms. For hot water, there are generators. This government owned rest house is in a good location next to the local small shop and Mbomole Hill. The Rest House provides meals (breakfast, lunch, dinner) for extra costs and there is a small shop in the dining area for some souvenirs and books (if available). Soft drinks and beer can also be purchased. The restaurant provides filtered drinking water and you can also fill in your water bottle. It is mostly researchers, who are working in the area, that stay at this hostel since it is very convenient if moving around daily and also quite cheap. Monkeys pass by almost on a daily basis and the outside shed next to the restaurant provides a good place for spotting different birds. However, this shed is also used by locals to

watch TV and relax so it is often quite a noisy place.

## Amani Rest House ~30 USD/night/person, incl. meals

Amani Rest House is situated in the top of a small hill next to the library and few minutes walk from the Amani Conservation Centre Rest House. This rest house offers pleasant and friendly accommodation at a reasonable price. The rooms are spacious, clean and there is an old colonial stone house atmosphere that can easily take you back in time. In the dining room there is an old fireplace and a bookshelf with some old, dusty books that can be borrowed while you are staying. However if you wish to borrow them, please return the books before leaving. The place also has a spacious backyard lawn, a library just next to the rest house and amazing view over the hills. Although the staff are very friendly, their English vocabulary is limited so that you might want to learn some basic Swahili.



Amani Conservation Center office building.

© Elna Piekola



Amani Rest House

© Elna Piekola



Dining area at Emau Forest Hill Camp.

## Sigi Rest House

~20 USD/night/person

Sigi Rest House is situated at the base of the Amani Nature Reserve. If the roads are in poor condition the bus will stop here. It is budget accommodation. Sigi Rest House offers rooms, with two or three beds that have mosquito nets and the toilet and shower facilities are adequate. On the other side of the road you can see the beautiful wooden German Station Master's House, built in the early 1900s. This house has been used as an information centre but at the moment it is abandoned. In the future, there is a plan to reopen this building as a tourism information centre.

In all of the accommodation places it is possible to put up your own tent, when of course the price is much lower (for e.g. at Emau Forest Hill Camp, 7 USD per person). Amani Nature Reserve is a place to turn off our mobile phones and enjoy the nature that surrounds you. However, almost all of the telephone operators work in the area (airtel, tico) but there are some dead zones. Internet connection is available in the library but if you have your own wireless internet from local operator you might find places that you can

access the internet, at least close to the Amani Rest House. The library at Amani also has an internet access available.

## Emau Forest Hill Camp

~65 USD/night/person depending on the room

This accommodation option is situated at the edge of Amani Nature Reserve and offers options of tented bandas or a camp site for camping with your own tent. This place is the best accommodation option in terms of facilities and service. The place is surrounded by beautiful forest, hillsides and a garden which has some specific plants to attract different species of birds, like the sunbirds. The place itself is small, charming and offers a comfortable stay for singles and families alike. Some environmental issues have also been addressed by minimising the impact on the surrounding environment. Emau Forest Camp site uses solar panels for solar-powered lamps, bush showers and compost toilet facilities. Meals are eaten in a dining banda and they contain, amongst other things, local products and a variety of vegetables available from the area. Emau offers a relaxing, small scale

accommodation option although the facilities are limited. From the Emau Hill Forest Camp you will be able to make some short walks (maps are provided) in the surrounding area and local guides can be arranged. Tented Bandas are 65 USD/ night and cottage rooms are 80 USD/night. Make your reservation early as the hill camp is small and can be often fully booked.

More information and reservations from: [www.emauhill.com](http://www.emauhill.com), [emauhill@gmail.com](mailto:emauhill@gmail.com), +255 782 656 526

### Amani Medical Research Centre

This building has a historical significance as it has been occupied by different institutions in the past. Currently, there is ongoing research on mosquito susceptibility to insecticides. Accommodation possibilities are not guaranteed.

### Go local, choose a homestay

If you wish to stay in somebody's home as a guest, you can try to find a lady called **Batuli Saidi** at Shebomez village. She can offer a bed for two and she lives next to the Amani Butterfly Centre.

In the next village called Mlesa, there is also a homestay possibility. Contact a lady

called **Zabibu Salehe**. She can accommodate two persons and more places can be found if needed. Also beside the river, lives an old lady called **Monica Joseph Msigiti** and she can also accommodate some guests.

Keep in mind that there is no fixed fee for staying in someone's home. Locals would like you to provide the money needed for food if you wish to eat something that they prepare. Locals would also like you to leave some money for the bed provided. If you wish to stay in someone's home, bear in mind the cultural differences and the fact that these homes does not have any "homestay standards". It is very generous that you are allowed to stay in someone's home.

As the Amani Nature Reserve does not receive many tourists (about 520 per year) you might want to learn some basic Swahili words in order to get along with locals. In most of the accommodation places, the staff members can speak some English. The Amani Nature Reserve does not have well developed tourism network and only few people are involved in the business.

**All rates are subject to change.**



Batuli Saidi's home at Shebomez village.

# SIGHTS AND VILLAGES OUTSIDE OF AMANI NATURE RESERVE

© Elina Pekkola



View to Lwengera river valley, Ubiri Village.

Many of the villages outside the Amani Nature Reserve do not receive any tourists but some of the places are worth of a visit if you can arrange transportation and a guide. The main attractions in these villages are the village forest reserves. In order to enter the village forest reserves you usually need to pay a small fee (~5,000-10,000 TSh) to the village office. In all of the villages, it is also possible to camp but it is polite to ask where you can set up camp.

## Mgambo village

Close to the Mgambo village there is a Handei village forest reserve, which is managed and protected by the villagers. This forest reserve has a dense and lush forest and it is not often visited. A visitor needs definitely a local guide to enter the forest. In the forest you can find historical “graves”. In the past, children born with disabilities and people who were believed to be witches were thrown down from the cliff or executed.

There are no skulls or bones visible, but the place has a significant cultural value to the villagers and its history. From the forest, you

can find a cave which was used for execution purposes during the colonial era. In the forest, there is also a hole, where you can drop a stone and wait until you hear echo. Another hole apparently makes stones to rise high up into the air. Also the forests in this area, especially this forest reserve, have been used for ritual purposes, like rain making.

In the Handei village forest reserve you can also see a huge rock that is mainly occupied by Saint Paulia plants. If you wish to see these African violets and other attractions you must walk down towards the valley. The way down is challenging since there are no paths and it is very steep. Getting back up is also tricky!

## Misalai village

Next to the Misalai village there is a Kwevumo village forest reserve. The forest is a source of fresh water for the village. It has been said that there is a spring in the summit of the hill. In the forest the main attractions, among the animals, is the Kibamiza Wai rock, which roughly translated means “the missing couple”. At Kibamiza Wai there used to be a cave. In the

olden days, young couples were sent together to live in this cave before they got married. During their stay, they were supposed to get to know each other better but there were also some rules that needed to be followed. Unfortunately these rules were broken one day by a couple and because of this the cave was closed, a stone fell down and shut the cave. This couple were never found and the place was named after them. Today, if you visit the place you can see that the fallen rock is leaning towards a big tree. There is also a nice view point from the rock.

### Zirai village

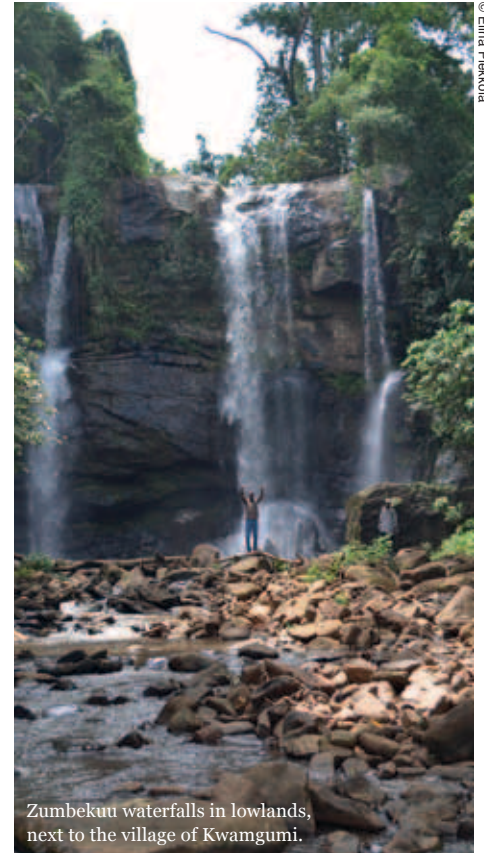
In Kizingata village forest reserve, next to Zirai village, there are some big trees and a ritual cave. In order to visit the cave a sacrifice must be made to the village ancestors. This includes buying a rooster and local alcohol and taking them into the cave. Then the rooster will be sacrificed inside the cave and later in the evening, the villagers will enjoy the meal together with local alcohol. The forest reserve can be still visited without entering the cave. The cave can fit three persons and there are also some bats living in the cave.

### Vuga village (outside the map, North from Zirai Village)

Vuga village is situated high up on the hill and the view over the landscape is magnificent. In Vuga village forest reserve (24 hectares) there is also a ritual site and plenty of different animals. Next to the village, on a hilltop, you can see the top of Mt. Kilimanjaro on a good weather. On the way back to the village you can enjoy the open views over the plains. Vuga village has a small accommodation place where you can stay but there is no running water and the restrooms are outdoors.

### Ubiri village

Uribi village is rarely visited by tourists, like most of the other villages outside of the Amani Nature Reserve. A local Roman Catholic priest, from the Amani Nature Reserve, Father Baruti, manages ongoing projects to plant more trees into the village area. In the village there are no accommodation possibilities but camping is possible. From the village you can walk and follow the top of the hills and admire the spectacular Lwengera Valley that separates East and West Usambara.



Zumbekuu waterfalls in lowlands, next to the village of Kwamgumi.

# THINGS TO KEEP IN MIND / TIPS FOR VISITORS

---

- *Amani Nature Reserve can be described as a beautiful and tranquil although a remote area. There is electricity and internet connections but power cuts are normal. Power cuts can last for several days.*
- *Local people are mostly farmers and their livelihood depends on their small farms. They have a valuable and important knowledge about their environment, so hiring a local guide is strongly recommended. The locals don't speak English (except the guides and some staff members in accommodation places) so it is recommended to learn some basic Swahili words.*
- *Some of the trails are marked but most of them are not. Some of them can be quite rough but most of them are easy or moderate. Take plenty of water and some snacks with you to keep your energy going.*
- *Please do not pick any plants and try not to disturb animals. It is best to keep on trails and camp only in the areas that are specified for camping.*
- *Local food is mostly vegetables and fruit grown in the area. Chicken and goat meat are also eaten.*
- *Prepare to spend some time on the bumpy roads since the road network can be quite challenging, especially after the rainy season.*
- *Do not litter and if you smoke, collect the butts and take them with you in order to prevent forest fires and littering. The locals tend to have a habit of throwing rubbish onto the road side, please do not follow their example.*
- *The African way of life is rather relaxed so bear in mind that it is very common to be behind schedule.*
- *In order to enter the village forest reserves you need to pay a small fee to the village office, which is normally about 5,000-10,000 TSh. This money will be used for forest conservation activities such as forest patrols.*
- *If you wish to stay in a homestay keep in mind that the local style of living is very basic.*
- *In Amani it is safe to travel alone also for women. Walking alone is also safe but if you decide to do any longer walks, a guide is recommended.*
- *About 35% of the Tanzanians are Muslims and it is important to respect their culture and dress properly. Please respect the local culture and avoid low-cut necklines for example.*
- *In Amani, the difference between the day and night temperature can be remarkable so take some warm clothes with you. It is also important to protect yourself from mosquitoes.*
- *There are no ATMs available nor any kind of shops (pharmacy, post office) so make sure you have enough cash with you in order to settle your bill. Next to the Amani Nature Conservation Centre there is a small local shop, but the selection is very limited.*
- *Cash donations are not recommended except if you wish to leave some tip.*

By using your common sense you can make your stay better for the environment as well as for the next visitors.

The international ecotourism society lists following principles of ecotourism.

### Principles of Ecotourism

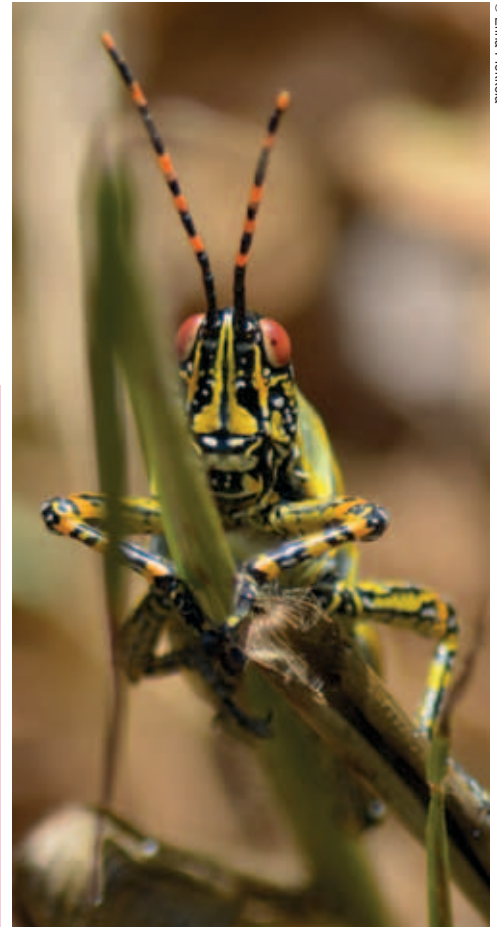
Ecotourism is about uniting conservation, communities, and sustainable travel. This means that those who implement and participate in ecotourism activities should observe the following ecotourism principles:

- *Minimise impact.*
- *Build environmental and cultural awareness and respect.*
- *Provide positive experiences for both visitors and hosts.*
- *Provide direct financial benefits for conservation.*
- *Provide financial benefits and empowerment for local people.*
- *Raise sensitivity to host countries' political, environmental, and social climate.*



### English - Swahili Phrases

Yes	<i>Ndiyo</i>
No	<i>Hapana</i>
Please	<i>Tafadhali</i>
Thank you	<i>Asante (sana)</i>
You're welcome	<i>Karibu</i>
Excuse me	<i>Samahani</i>
Sorry	<i>Pole</i>
1. How are you?	<i>Habari?</i>
I'm fine	<i>Nzuri</i>
2. How are you?	<i>Mambo?</i>
I'm fine	<i>Poa</i>
3. How are you?	<i>Hujambo?</i>
I'm fine	<i>Sijambo</i>
Fine	<i>Salama</i>
My name is ...	<i>Jina langu ni ...</i>



# COMBINING THE COAST WITH YOUR VISIT

---

The visit to the Amani Nature Reserve can also be combined with a visit to the coastal region. Amani Nature Reserve is part of Tanga region, which as a region offers a variety of different attractions to visit. Since Tanga town is not far from the Amani Nature Reserve (63 km), the coast of Tanzania can be also explored in the same trip. The coast offers different activities such as diving, snorkelling, kayaking, windsurfing, sailing and fishing. Tanga is a town with more than 300,000 inhabitants. Old colonial buildings are a reminder of its history as one of the oldest settlements in the East African coast. During the old colonial days, Tanga town was an important slave and ivory trade harbour for the region. Later, the regional landscape was transformed into sisal plantations and also other agricultural activities expanded due to the high fertility of the East Usambara Mountains hinterland.

The Tanga region has a tourist operator called TATONA (Tanga Tourism Network Association). TATONA aims to build a culturally sensitive, socially responsible, ecologically

friendly and environmentally sustainable tourism network into the region. Through TATONA you can organise accommodation, transport, activities and other facilities in the area. They also provide tailor-made package trips, including transportation, accommodation and activities.

## Tatona

Independence Avenue P.O.BOX 6164,  
Tanga,Tanzania, +255 (0)272645254  
Tatona55@yahoo.com  
www.tangatourism.com

Tanga can be accessed by main roads, boat or by air. At the moment Coastal Aviation and Tropical Air offer flights from Dar es Salaam to Tanga and into various other destinations. Boats travel to Tanga from Pemba and Zanzibar.

Further south, 45 km, there is another town called **Pangani** which is also located on the coast. A hotel called **Mkoma Bay** is recommended for accommodation but also other possibilities are available.

## Other sights to visit close to Tanga

**Amboni Caves** are situated 8 km north of Tanga town. These limestone caves are worth visiting, especially if you haven't done caving before. The entrance fee is currently 20,000 TSh, including a guide.

Other attractions are **Hot Sulphur Springs** about 3 km from the Amboni Caves. These springs are visited by local people mainly for healing purposes.

**Tongoni Ruins** are situated 17 km south of Tanga. The ruins consist of mosques and tombs and ruins of the first Shirazi houses.

**Toten Island** is located opposite of Tanga harbour. From the island you can find huge baobab trees, beaches, coastal forest, ruins of two mosques and German tombs. Other islands also have many ruins, tombs and other interesting sights.

**Ulenge Island** is a typical fossilised coral island situated to the north of Tanga. The island has highly specialised plant community, the remains of a German lighthouse and sanatorium ruins of an old Bombo



Amboni caves entrance.

Hospital. The surrounding waters have great coral reefs suitable for snorkelling.

**Yambe Island** is mostly covered by coastal rag and mangrove forests and old



View from the Raskazone swimming club towards Tanga Yacht Club. Both places serve meals.

tombs with herringbone patterns.

**Old Ndumi Village Ruins** can be found from the Ras Nyamakuu peninsula. From the ruins you can find old graves, wells

and an amazing archaeological site.

The coast has plenty to offer in terms of history and nature. It is definitely worth to visit the coastal sights if possible.



SUPPORTED BY OFFICIAL  
DEVELOPMENT AID FROM THE MINISTRY  
FOR FOREIGN AFFAIRS OF FINLAND



## MORE TO READ:

---

### **Usambara**

[www.easternarc.or.tz/eusam](http://www.easternarc.or.tz/eusam)

[www.tzwildlifecorridors.org/corridors/usambaras-east](http://www.tzwildlifecorridors.org/corridors/usambaras-east)

[www.worldwildlife.org/what/wherework/coastaleastafrica/ceapublications.html](http://www.worldwildlife.org/what/wherework/coastaleastafrica/ceapublications.html)

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

### **Amani Nature Reserve**

[www.pohjonen.org/veli/usambara/amani.htm](http://www.pohjonen.org/veli/usambara/amani.htm)

<http://easternarc.or.tz/downloads/E-Usam/EUCAMP/tecpap52.pdf>

[www.wildthingsafaris.com/location/Amani%20Nature%20Reserve](http://www.wildthingsafaris.com/location/Amani%20Nature%20Reserve)

[www.utalii.com/Tanga/Amani\\_Forest.htm](http://www.utalii.com/Tanga/Amani_Forest.htm)

[www.flickr.com/photos/vonesh-balcomb/1537181441/in/photostream](http://www.flickr.com/photos/vonesh-balcomb/1537181441/in/photostream)

[www.tz.undp.org/news/Amaninatureinfo.pdf](http://www.tz.undp.org/news/Amaninatureinfo.pdf)

<http://easternarc.or.tz/downloads/E-Usam/EUCAMP/tecpap17.pdf>

[www.mwuce.com/fileadmin/Mwuce/eCampus/Geography/Bagambilana-\\_2006\\_.pdf](http://www.mwuce.com/fileadmin/Mwuce/eCampus/Geography/Bagambilana-_2006_.pdf)

[www.tropical-biology.org/admin/documents/pdf\\_files/Fieldguides/AmaniNR\\_FINAL.pdf](http://www.tropical-biology.org/admin/documents/pdf_files/Fieldguides/AmaniNR_FINAL.pdf)

### **Plants, Flora**

[www.tropical-biology.org/research/dip/amani.htm](http://www.tropical-biology.org/research/dip/amani.htm)

[www.worldagroforestry.org/projects/allanblackia/report/tech/1k\\_Tz.pdf](http://www.worldagroforestry.org/projects/allanblackia/report/tech/1k_Tz.pdf)

[www.dumaexplorer.com/amani\\_about.html](http://www.dumaexplorer.com/amani_about.html)

### **Animals**

[www.easternarc.or.tz/downloads/East-Usambara/Butterfly\\_E.Usambara.pdf](http://www.easternarc.or.tz/downloads/East-Usambara/Butterfly_E.Usambara.pdf)

[www.cepf.net/Documents/bilingual\\_field\\_guide\\_eacf.pdf](http://www.cepf.net/Documents/bilingual_field_guide_eacf.pdf)

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

### **Birds**

[www.birdingtanzania.blogspot.com/2011/04/amani-nature-reserve-april-6-9-2011.html](http://www.birdingtanzania.blogspot.com/2011/04/amani-nature-reserve-april-6-9-2011.html)

### **Others**

[www.pohjonen.org/veli/usambara/tecpap59.pdf](http://www.pohjonen.org/veli/usambara/tecpap59.pdf)

[www.tangaturism.com](http://www.tangaturism.com)