

## Itinerary: A Cultural Adventure in Dar es Salaam (4D)

Day	Route	Activities/Description
DAY 1	National Museum-Kariakoo Market-TAZARA Railway Station-Slipway Shopping Centre	<p><b>1000-1200 National Museum and House of Culture</b> (open daily 0930-1800): the flagship museum of the country, the largest and the oldest museum in Tanzania to learn the history and culture; the museum is located in the city centre, making it a great chance to explore the centre by walking;</p> <p><b>1200-1400 Lunch</b> and walk in Kisutu district, a busy centre business district with a great selection of restaurants serving local and international cuisine; (Chinese: Tai Huo; Indian: Summy's Barbecue Centre; Chef's Pride: Tanzanian and Asian; Chowpatty: Indian vegetarian;)</p> <p><b>1400-1530 TAZARA Railway Station:</b> the longest railway in sub-Saharan Africa at its completion, financed and supported by China, connecting Kapiri Mposhi, Zambia to Dar es Salaam, Tanzania; it has a significant stimulative influence in the large-scale economic developments in the region; there are still weekly passenger trains operating between, making it a unique 48-hour train experience in east Africa;</p> <p><b>afterwards Slipway Shopping Centre:</b> a beautiful shopping centre by the sea, there is a nice painting market where you can find some signature Tingatinga art pieces, and many other souvenirs; enjoy your dinner and a drink with the beautiful sunset view;</p>
DAY 2	Bagamoyo Historical Town-Sea Cliff Hotel/Coco Beach	<p><b>Bagamoyo Historical Town (5-7 hours including transportation):</b> Designated as Tanzania's 7th world heritage site, Bagamoyo's history has been influenced by Indian and Arab traders, by the German colonial government and by Christian missionaries. Strolling through Bagamoyo's narrow, unpaved streets takes you back to the mid-19th century, when the town was one of the most important settlements along the East African coast and the terminus of the trade caravan route linking Lake Tanganyika with the sea. Slaves, ivory, salt and copra were unloaded here before being shipped to Zanzibar Island and elsewhere, and many European explorers, including Richard Burton, Henry Morton Stanley and David Livingstone, began and ended their trips here. The slow pace in this seaside town with a beautiful white beach will make it a nice day getting away from the hustle of Dar es Salaam. Bagamoyo lies about 75km north of Dar es Salaam, so it is likely you will spend most of the day time there.</p> <p><b>Sea Cliff Hotel:</b> if you fancy a relaxing urban evening, sea cliff is a nice place to visit around sunset time; enjoy a seafood feast in the restaurant enjoying the ocean breeze and stunning view; the 24-hr casino is also a fun place to explore how native Tanzanians and foreign expats live their night lives;</p>

	<p><b>Kitimoto Coco Beach:</b> near Sea Cliff Hotel, a popular and beautiful beach among the locals; if you feel a bit adventurous, visit Coco Beach in the evening to explore the local beach bar with one of the best barbecue and bar food in town; don't miss the Karaoke night on every Wednesday;</p>
<p>DAY 3</p> <p>Makumbusho/Village Museum-Mwenge Woodcarvers Market-University of Dar es Salaam</p>	<p><b>1000-1200 Makumbusho/Village Museum:</b> it is a great place to learn about the diverse ethnic groups in Tanzania; traditional dance, farming methods and homesteads are on display at this open-air living museum;</p> <p><b>1200-1300 Lunch:</b> for some good quality food, you can go to Samaki Samaki Mlimani City, which is a local chain restaurant serving great Swahili seafood and meat cuisine;</p> <p><b>1300-1500 Mwenge Woodcarvers Market:</b> walking distance (1km) from Mlimani City shopping centre, Mwenge Woodcarvers Market is probably the best local market in the country to find some nice souvenirs especially wooden crafts)</p> <p><b>Afterwards Univeristy of Dar es Salaam:</b> UDSM is the top university of the country, established in 1961 as an affiliate college of the University of London, then as an affiliate of the University of East Africa (UEA) in 1963; in 1970, UEA split into three independent universities: Makerere University in Uganda, the University of Nairobi in Kenya, and the University of Dar es Salaam; the main campus is right behind Mlimani City, with a large campus built on the mountain; it can be a very nice experience to have a walk on the campus and try out some delicious Swahili food and drinks in the university cafeterias/restaurants;</p>
<p>DAY 4</p> <p><b>Choose Between:</b> Bongoyo/Mbudya Island-Kunduchi Wet'n'Wild Waterpark-Learn and Paint Tingatinga-Swahili Cooking Workshop</p>	<p><b>Bongoyo/Mbudya Island (3-6 hours including transportation):</b> for those who do not get the chance to enjoy a beautiful beach holiday in Zanzibar, this can be a great and easy option; simply take a ferry boat from the port at Slipway Shopping Centre and you arrive at a peaceful and quiet island in half an hour; there you can enjoy a sunny beach day without any hustle from the city;</p> <p><b>Kunduchi Wet'n'Wild Waterpark (4-6 hours):</b> for those who are interested in a relaxing/fun/chill day with better facilities, this waterpark is a great place to go because it is also part of Kunduchi Hotel, which has its private beach; after some fun rides at the waterpark, you can enjoy a lovely buffet with Swahili features at the hotel restaurant and a peaceful afternoon/sunset on the private beach;</p> <p><b>Learn and Paint Tingatinga (2-4 hours):</b> Tingatinga is a painting style that developed in the second half of the 20th century in the Oyster Bay area in Dar es Salaam and later spread to most East Africa; you will visit the Tingatinga artists in Mwenge Woodcarvers Market and learn to paint Tingatinga;</p> <p><b>Swahili Cooking Workshop (2-4 hours/ provided by TheCookingClubTZ):</b> for food/cooking lovers, why not sing up for a Swahili cooking workshop session to bring your favourite recipe back home? The Cooking Club also offers private lunch/dinner and other food/wine events, so make sure you do not miss this chance if you fancy Swahili food;</p>

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### **Some inspirations for restaurant selection:**

Kariakoo Market (fresh fruit/snacks)

Coco Beach (date smoothie/juice ya tende, snacks, full meal)

Samaki Samaki (local chain seafood restaurant)

University of Dar es Salaam Cafeterias (local food is all over the city but the university is always one of the best places to find the best and authentic ones. there are many cafeterias/restaurants on campus, offering a very diverse selection)

Indian/Middle Eastern Food (Summy's Barbecue Center, located in Kisutu district, where you can find many temples, mosques and of course great native food; Khana Khazana, located in Oyster Bay district)

Turkish Food (Anatolia Turkish Restaurant, located in Oyster Bay district, full of shops and restaurants with good vibes, close to Coco Beach)

Chinese Food (Chengdu Sichuan Restaurant, Tai Huo Hong Kong Seafood Restaurant, Great Wall Restaurant)