



MamboViewPoint

In conjunction with JamiiSawa community based organization

Usambara Tours & Treks

2017



Treks and walks, birding, mountainbiking, cultural program, all-in programs

MamboViewPoint Usambara Activities

In conjunction with JamiiSawa community based organization

Sunga is a community in the Usambara Mountains with 8 villages and about 20,000 inhabitants. We offer tours and treks in this beautiful area. Explore the beautiful landscapes, be part off the local community and examine local culture. At you own pace and never in a hurry. "Pole Pole", as we say in Swahili!



JamiiSawa means "community together". We are a community based NGO with a focus on sustainable development. The development of our environment is the main goal. We don't give aid but we want to be partners. Exchange ideas and stimulate the creation of new businesses. Bring knowledge. Stimulate local entrepreneurship and solidarity as leading principles. A new approach. And not for a short period, but on a permanent base.



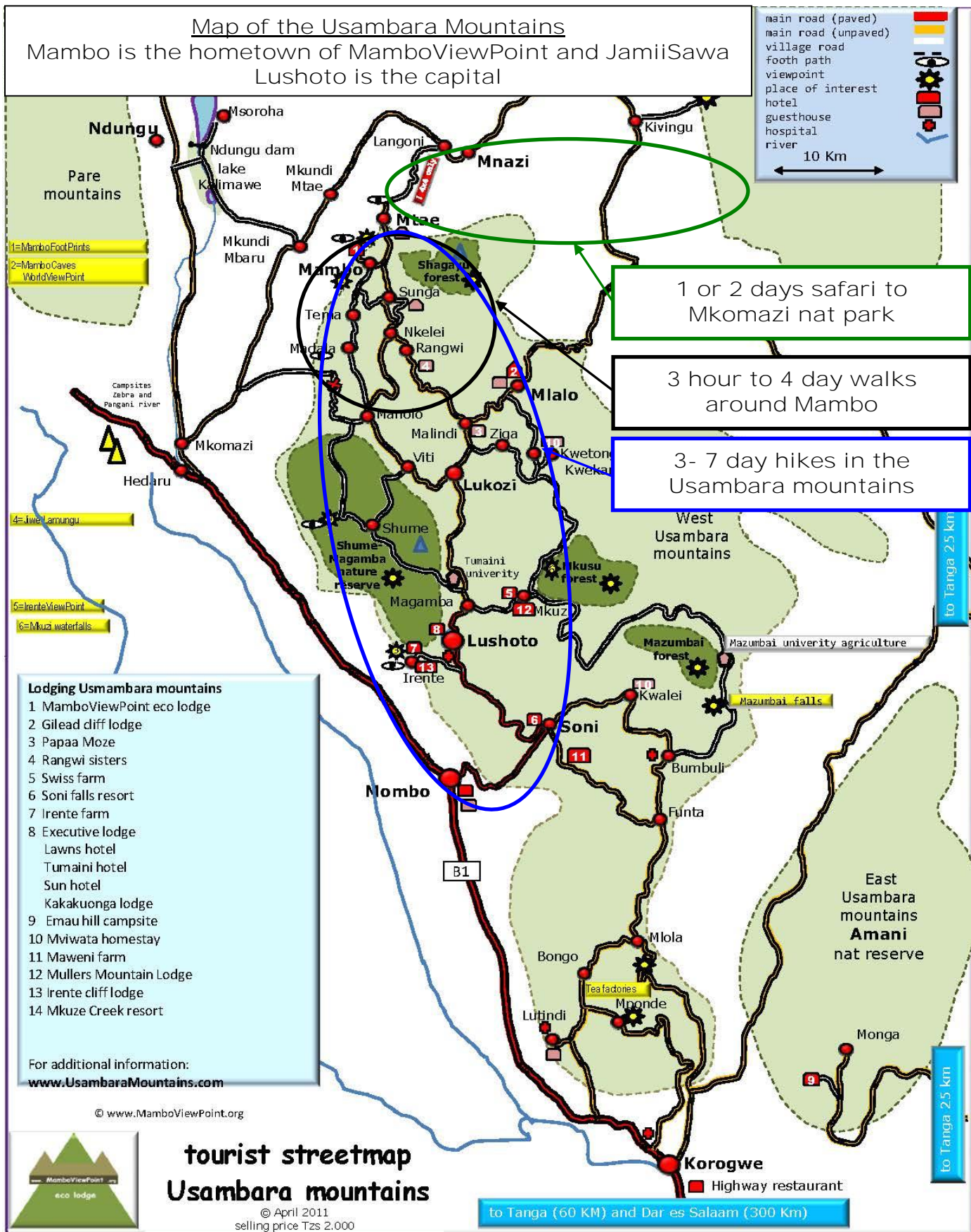
Part of **JamiiSawa's** activities are related to community based tourism. On this issues we work together with MamboViewpoint. On the following pages you can examine our walks, cultural tours and treks.

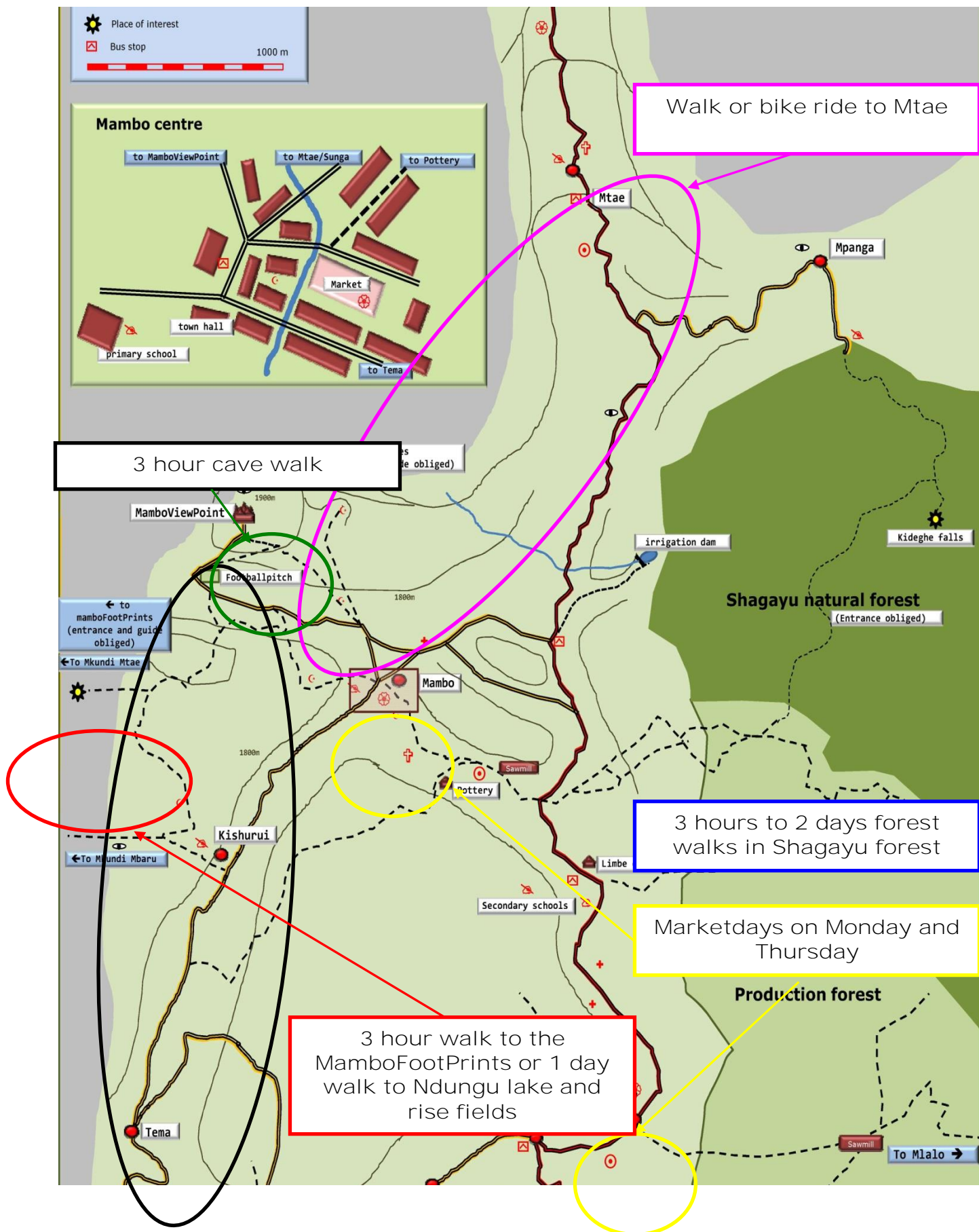
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Map of the Usambara Mountains

Mambo is the hometown of MamboViewPoint and JamiiSawa
Lushoto is the capital





Tiny *Mambo Village*, on the far northwestern rim of the Usumbara's, is perched on a cliff overlooking the Masaai plains and Mkomazi National Park. Authentic, easy going and a place to experience rural African life as it comes and goes.....

Rustic **MamboViewPoint EcoLodge** is in the middle of things, and is also the homebase for some unique community projects. The beautiful cottages, build in an authentic style, are comfortable and with beautiful views.



- + Altitude 1900m, breathtaking views.
- + Comfortable, rustic lodging.
- + Fusion cooking with a nice local touch.
- + Eco-standards and sustainable tourism.
- + Experience "the real Africa" .
- + Get in touch with local Mambo people.
- + View the sunset from your own terrace.
- + Great walking and hiking-opportunities.
- + Unique nature in Shagayu Rainforest.
- + Let time "pass by" and feel nature.



Homestays are situated in Mambo and a few other villages around. It will give you a unique insight view on the daily life in a small Usambara agricultural village. You can experience the daily problems and challenges that the local community has to cope with. Talk, work and "live" with local people and dinner, overnight and breakfast in home-stays with local people.



JamiiSawa contributes to the development of the region and is the umbrella organization of Sungu area where the local people and donor organizations join to improve the development. The board has representatives from the village and the donor organizations. One of its activities is guiding and organizing local tours. This is creating jobs and income for the community projects.



BOOKING AT THE RECEPTION (ALLY KANIKI) FROM MamboViewPoint Ecolodge DAY BEFORE UNTIL 17.00.

Name	Description	Length	Class.
WALKS			
Cliff and Village	A beautiful introduction walk that takes you along the Southern Cliffs and Mambo Village	½ day	Easy
Kideghe Falls an Shagayu Rainforest	Through primary Rainforest with enormous Magnolia- and Parasol trees to the Kideghe Falls	½ day	Easy
Cultural Village Walk	Through the fields to tiny Mambo Village. Rural village life with authentic charm. Many add-ons possible.	½ day	Easy
TREKKINGS			
Mambo Footprints	Stunning views over the Maasai Plains, down to mysterious Mambo Footprints.	½ day	Difficult
Mambo Caves	500 meter steep down to Mambo Caves. A holy place for the local people. Beautiful views.	½ day	Hard
Shagayu Forest	Untouched Rainforest, unique biodiversity and a wide variety of plants and birds. Shagayu has it all!	Full day	Mode-rate
Ndungu lake and rice fields*	Walk all the way, 1300 meters down to the plains and visit the rise fields and lake. A stunning nature walk. Back by car	Full day	Hard
BIRDWALKS			
Taita Falcon Walk*	Along the cliffs searching for Raptors and the rare Taita Falcon. Incredible views	½ day	Mode-rate
Barbet Walk*	Barbets, Woodpeckers, Doves, Waxbills, Weavers and Sunbirds are expected on this beautiful walk	½ day	Hard
Endemic Rainforest Walk	Shagayu Rainforest offers a perfect habitat form some endemic “specials”.	½ day	Easy
CULTURAL WALKS			
Traditional Healthcare	These 4 cultural walks will give you a unique insight view on the daily life in a small Usambara rural village. Apart from the cultural aspects you will admire the incredible landscapes which you will cross while walking.	Full day	Easy
Agriculture and Food		Full day	Easy
Water and Eco-Systems		Full day	Mod.
Education and Work		Full day	Easy
CULTURAL EXPERIENCES (ADD-ONS)			
Cook with Mama*	Visit a local family and learn how to cook Usambara Food	2 hrs.	-
Pottery	Visit the local Pottery and make your own pot!	1 hr.	-
Natural Healer	Visit a traditional healer and experience their healing crafts	1 hr.	-
MOUNTAINBIKING			
Tema Tour*	The Usambara’s offer unique opportunities for Mountainbiking. We offer some “easy going” half day tours as well as some “moderate” full day routes. A Mambo Mountainbike is included.	½ day	Easy
Mtae Tour*		½ day	Easy
Forest Tour*		½ day	Easy
Mbaru Tour*		Full day	Mod.

**) booking at least 1 day in in advance required.*

Find the pricelist at the last page

HALF DAY WALKS

WALKING AROUND MAMBO AT YOUR OWN PACE, ENJOYING THE INCREDIBLE VIEWS



Cliff and Village Walk

On this walk you will be hiking along the cliffs and admire the stunning views over the Maasai Plain, more than 1300 meters down. Raptors will be circling in the sky and you can see farmers walking up and down to their small lands. In Tema village you can have a look at the rural houses, decorated in natural colours and see the children play with their “home made” toys and experience rural life.

8 kilometers

3-4 hrs

Moderate walk

Kideghe Falls & Shagayu Forest

After a 30 minutes car-ride you'll arrive at the entrance of Shagayu Rainforest. It's a primary forest, with enormous Magnolia- and Parasol trees. Walking through the Rainforest you have a good chance of spotting the elusive Colobus- and Blue Monkeys. Shagayu is famous for some endemic birds and plants. We'll end this walk at Kideghe Falls, where you'll have some time to relax, experience the jungle.

4 kilometers

3 hrs

Moderate walk



Cultural Village Walk

Through the fields you will walk to tiny Mambo Village. This rural village has an authentic charm. Children playing on the streets, greeting you with “Mzungu!”. Elder people on a bench talking about local politics. Cloth makers with their Singer Sewing machines near the bridge. Women bringing their vegetables to the Thursday market. There are lots of additional things to do, like visiting a Natural Healer, the local Pottery, visit the Primary School etc. You can talk it over with your guide.

4 kilometers

2-3 hrs

Easy walk

TREKKINGS



TREKKING TO MYSTERIOUS PLACES, STRENOUS BUT REWARDING



Mambo Footprints Trek ½ day

Mysterious Mambo Footprints are supposed to be marks from Homo Erectus who were living in these regions 1 ½ million years ago. Scientifically not proved yet, but the trek down to the Footprints is a real marvel. Stunning views over the Maasai Plains, farmers walking up and down and the footprints as a reward for your efforts.

6 kilometers

3-4 hrs

Difficult

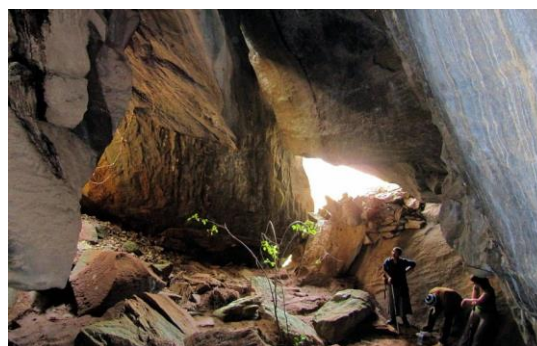
Mambo Caves Trek ½ day

This demanding trek takes you 500 meters down to the Mambo Caves. You have beautiful views on Mtaa and over the valley. Mambo Cave itself is a holy place for the villagers. They go there to worship and look for medical plants as a protection against diseases. On the way back, climbing towards Mambo you'll discover the Pare Mountains to the north.

4 kilometres

3 hrs

Hard



Shagayu Forest full day

Shagayu forest is an very old natural forest, more untouched than other forest near crowded Lushoto. Besides of the important value for the biodiversity the forest are important for water catchments. You find very old huge trees and a wide variety of plants and small animals.. This full-day trek takes you to the heart of the jungle, and you'll experience the sheer and untouched beauty.

15 kilometres

7hrs

Moderate (but long)

Ndungu lake full day

A stunning 3 hour nature walk 1300 meters down from MvP to the plains. There a car will pick you to bring you to the rice fields and the lake in a totally different environment. You walk another hour along the rice field. From there you go back to MvP by car.

15 kilometres

8hrs

Hard(for your knees)



BIRDWALKS



The Eastern Arc Mountains form one of the best birding spots in Tanzania. A rich biodiversity and a mixture of different habitats give you the chance to add some specialties to your “life-list”. Around Mambo you can find seven endemic species (like the Usambara Akalat and the Usambara Weaver). But also for guests who are interested in general nature our bird walks offer a great experience. You will be accompanied by a birdguide.



Taita Falcon Walk

The cliffs around Mambo are one of the best places in Eastern Africa to spot this rare falcon. From a distance you'll have the chance to observe its nest on the steep cliffs. Lanner and Peregrine Falcons, Augur Buzzard, Black Chested Snake Eagle and Verreaux's Eagle may circle around. Our birdguide can show you the best spots.

4 kilometers 4 hrs (starting 6:00) Moderate

Barbet Walk

This walk goes partly along the North Cliffs and agricultural areas. Some bushes and shrubs form a good habitat for Crested- and Red and Yellow Barbet. Cardinal Woodpecker, Dusky Turtle Dove, Various Waxbills, Weavers, Sunbirds and Boubous complete the menu. Near Mambo Caves you can see Tinkerbirds, Wabblers and Red Rumped Swallows.

3 kilometers 3 hrs (starting 6:00) Hard



Endemic Rainforest Birds

Shagayu Forest offers a perfect habitat for some endemic “specials” like Usambara Akalat, Usambara Double-collared Sunbird and the Usambara Thrush. But also beautiful species like Hartlaub's Turacco, African Hill-Babbler and different Greenbills and Flycatchers. You will surely enjoy the beautiful trees and plants on this walk, partly on open roads and partly in the jungle.

4 kilometers 4 hrs (starting 6:00 by car) Easy

CULTURAL WALKS 1.



The cultural walks will give you a unique insight view on the daily life in a small Usambara rural village. You can experience the daily problems and challenges that the local community has to cope with. Apart from the cultural aspects you will admire the incredible landscapes which you will cross while walking.



Traditional Healthcare

Healthcare is a real issue in this part of Tanzania. It's still partly based on traditional methods. You will walk along the beautiful cliffs to Tema. The views are really incredible. On the way you will meet a "Natural Healer" and be able to be part of the rituals and the "healing" process. After picnic lunch we have an appointment at the Sunga Dispensary to experience how "modern" healthcare works in the Usambara's.

13 kilometers

6 hrs.

Easy walk

Agriculture and Food

After breakfast you walk a more "inland" route around Mambo. You'll meet lots of playing kids on the way and pass by the small lands which are so common here. You'll be able to "talk to a Farmer" and experience the way agriculture and cattle rising is done. One of the highlights of this tour is "cooking with Mama", where you'll prepare and eat your own lunch together with a local "Mama".

8 kilometers

6 hrs

Easy walk





CULTURAL WALKS 2

The cultural walks will give you a unique insight view on the daily life in a small Usambara rural village. You can experience the daily problems and challenges that the local community has to cope with. Apart from the cultural aspects you will admire the incredible landscapes which you will cross while walking.



Water and Eco-Systems

You will walk along the cliffs and later through a pristine Rainforest. In Mambo you will see the water pumps and the way the women carry the water. After picnic lunch we will continue to Shagayu Rainforest to see the system for collecting the water. Of course you'll have the chance of experiencing the natural beauty of this serene eco-system! We end this trip by walking along some beautiful cliffs back to your lodge.

15 kilometers

6 hrs.

Moderate walk

Education and Work

After breakfast you'll walk through beautiful landscape along the cliffs for some beautiful views. In Mambo you will visit a school and "be part off" a lesson. You will experience the remarkable differences between the Western and Tanzanian education system. Picnic lunch. Very interesting is a workshop pottery making in which you'll be able to create your own pot together with some local women. In the afternoon we walk back to the lodge

10 kilometers

6 hrs

Easy walk



CULTURAL EXPERIENCES

GET AN INSIDE LOOK IN LOCAL CULTURE



Cook with Mama.

Visit a local family and learn how to cook local meals. Ugali, Rice & Beans and other Usambara Specialities. You'll be preparing your own meal and eat with the family.

Pottery

Visit the local Pottery and work together with this women group to create your own pot!



Natural Healer

Traditional healthcare still plays an important role in the Mambo society. Visit a Natural Healer and experience their healing crafts!

MOUNTAINBIKING



BIKE THE BEAUTIFUL USAMBARA'S, ".....AT YOUR OWN PACE....."



Cliffs, Rural Country, Mountains

The Usambara's offer unique opportunities for Mountainbiking. The landscapes, the good roads and treks make it one off Africa's best destinations for biking.

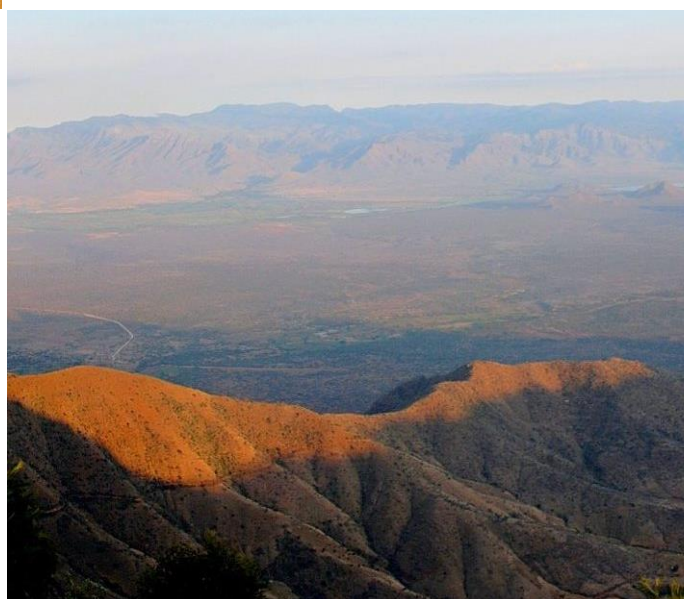
We offer some "easy going" half day tours as well as some "moderate" full day routes. A Mambo Mountainbike is included in the price.

Half Day Tours

Tema Tour. You'll be taking small backroads, along villages and rural fields. The distance is 17 kilometers, going up and down with one serious climb from 1730 to 1920 meters. Time 3 hours.

Mtae Tour. On this tour you'll have some tremendous views over the Maasai plain on the way to Mtae. The distance is 12 kilometers. The way back from Mtae to Mambo is rewarding climb most of the time. 3 hours.

Forest Tour (moderate) On this tour you'll pass the fringes of beautiful Shagayu forest and pass the typical Usambara rural landscape. It's "up and down" all the time in this 20 kilometer tour. Give it 4 hrs.



Full Day Tour

Mbaru tour. On small roads, along the cliffs you'll start this beautiful 38 kilometer tour. Later on you'll pas Mbaru village and tiny Manolo. Back to Mambo along some beautiful agricultural fields where you can see the men working and maybe the women carrying water on their heads. 7 hours.



BOOKING IN ADVANCE AT: WELCOME@MAMBOVIEWPOINT.ORG

Name	Description	Length	Class.
CULTURAL TOURS			
Mtae “Insight”	The cultural tours give you a unique insight view on the daily life in a small Usambara agricultural village. You can experience the daily problems and challenges that the local community has to cope with. Talk, work and “live” with local people and dinner, overnight and breakfast in home-stays. Every tour will be accompanied by an English speaking guide.	2 night	Easy
Tema “Experience”		2 night	Easy
Mtae & Tema “Cultural”		3 night	Easy
WALKING AND TREKKING TOURS STARTING AND ENDING AT MAMBO VIEWPOINT			
Rangwi Sisters Walk	A beautiful 2-day / 2 night walk to the Rangwi Convent. Cliffs, valleys, rural landscape, small villages.	2 night	Mode-rate
Ndungu “down and up” trek	1200 meter steep down to Ndungu Lake. Usambara’s best views. Lake and Ricefields in the Maasai Plains. Up to Mtae.	2 night	Hard
Kideghe Peak Expedition	Camping expedition through untouched Shagayu Rainforest to Kideghe Peak. Unbeatable experience	2 night	Hard
MOMBO TO MAMBO: WALKING TOURS LUSHOTO – MAMBO OR VICE VERSA			
Trek to the Mountains	The best of Usambara’s. On these Lushoto – Mambo walks (or Mambo – Lushoto) your efforts will be rewarded with beautiful landscapes, incredible views and unique cultural exchanges. 15 – 20 kilometers per day. Luggage transport, English speaking guide. Good lodges and hotels. A lifetime experience!	4 night	Mode-rate
Mountains and Rainforest		5 night	Mode-rate
Mountains and Valleys		6 night	Mode-rate
MKOMAZI SAFARI			
Mkomazi Adventure	A stunning combination: the dry baobab studded savannah from Mkomazi and Ndungu Lake. Private safari	2 night	Easy
MOUNTAINBIKING			
Lushoto Tour	The Usambara’s offer unique opportunities for Mountainbiking. We offer some full or more day routes. A Mambo Mountainbike can be included.	Full day	Mod
Korogwe tour		3 days	Hard



The cultural tourism program gives you a unique insight view on the daily life in a small Usambara agricultural village. You can experience the daily problems and challenges that the local community has to cope with. Talk, work and “live” with local people and dinner, overnight and breakfast in home-stays with local people. Every tour will be accompanied by an English speaking guide.



Day 1. Mambo - Mtae

You will walk through the fields and later through a pristine Rainforest to the tiny village of Mtae. In Mambo you will see the water pumps and the way the women carry the water. Later we'll be at the Mambo Pottery where you'll be able to create your own pot. After lunch we will continue to pristine Shagayu Rainforest to see the system for collecting the water! We end this trip by walking along some beautiful cliffs to the village of Mtae. Dinner and overnight at Mtae Homestay. **16 km 6 hrs**

Day 2. Mtae - Mambo

After breakfast you will visit a school in Mtae and “be part off” a lesson. Later on you'll be “working together” with some locals on the Sugarcane Mill. The Mtae iternity is concluded with a visit to the Healthcentre, where you can see how modern healthcare is functioning. Leaving Mtae you'll walk through beautiful landscape along the cliffs. Dinner, overnight and breakfast the next morning at your Mambo lodge.

12 kilometers 6 hrs



Your **Mtae-homestay**, consisting of a small private house with a living/sleeping room, a second bedroom and an outside drop-toilet and bucket-shower room. The Mbalaghile family will be happy to meet you!



2 DAY CULTURAL PROGRAM

TEMA “EXPERIENCE”



The cultural tourism program gives you a unique insight view on the daily life in a small Usambara agricultural village. You can experience the daily problems and challenges that the local community has to cope with. Talk, work and “live” with local people and dinner, overnight and breakfast in home-stays with local people. Every tour will be accompanied by an English speaking guide.



Day 1. Mambo - Tema

You will walk a more “inland” route to Tema. You’ll meet lots of playing kids on the way and pass by the small lands which are so common here. You will visit the Tema Primary School and be “part of” a lesson. After lunch you you’ll visit a “Natural Healer” and be able to be part of the rituals and the “healing” process. In our homestay in Tema you will cook together with a “local Mama” and experience the cosy kitchen life in an Usambara house. Dinner and overnight at the Tema Homestay.

6 kilometers

3 hrs.

Easy walk

Day 2: Tema - Mambo

After breakfast you will visit the Tema Pottery where you can make your own pot. Later on we’ll visit Tema Dispensary, where you can admire the nice wallpaintings made by Makanyaga. Later we will walk along the beautiful cliffs in the direction of Mambo. The views are really incredible. Lunchbox. In the afternoon you’ll be able to “talk to a Farmer” and experience the way agriculture and cattle rising is done. Dinner, overnight and breakfast at your lodge.

10 kilometers 5 hrs Easy walk



Your **Tema-homestay**, consisting of a private apartment within the family house with a living/sleeping room, a second bedroom, shower and drop-toilet. The Chombe family will be happy to meet you!



3 DAY CULTURAL PROGRAM

MTAE AND TEMA "CULTURAL"

The cultural tourism program gives you a unique insight view on the daily life in a small Usambara agricultural village. You can experience the daily problems and challenges that the local community has to cope with. Talk, work and "live" with local people and dinner, overnight and breakfast in home-stays with local people. Every tour will be accompanied by an English speaking guide.



Day 1: Mambo-Mtae

You will walk along the cliffs and later through a pristine Rainforest to the tiny village of Mtae. In Mambo you will see the water pumps and the way the women carry the water. Later we'll be at the Mambo Pottery where you'll be able to create your own pot. After picnic lunch we will continue to Shagayu Rainforest to see the system for collecting the water. Of course you'll have the chance of experiencing the natural beauty of this serene eco-system! We end this trip by walking along some beautiful cliffs to our Mtae Homestay for dinner.

16 kilometers

6 hrs.

Moderate walk

Day 2: Mtae - Tema

After breakfast you will visit the Healthcare Centre in Mtae. Experience the great differences between the "Western" and the "Tanzanian" healthcare system. Later on you'll be "working together" with some locals on the Sugarcane Mill. Leaving Mtae you'll walk through beautiful landscape along the cliffs. We'll have lunch on the way. In Tema you'll be cooking together with a local Mama in your homestay and experience the cosy kitchen life. Dinner, overnight and breakfast the next morning at our Tema Homestay.

15 kilometers

6 hrs

Easy walk



Day 3: Tema - Mambo

Healthcare is a real issue in this part of Tanzania. It's still partly based on traditional methods. After breakfast you will visit a "Natural Healer" and be able to be part of the rituals and the "healing" process. Later we'll visit Tema Primary School and you'll be taking part of a lesson. We will start our walk from Tema to Mambo along the beautiful cliffs. The views are really incredible. Lunch on the way. Walk back to your Mambo lodging for dinner, overnight and breakfast. 10 kilometers 6 hrs Easy walk



Your **Tema-homestay**, consisting of a private apartment within the family house with a living/sleeping room, a second bedroom, shower and drop-toilet. The Chombe family will be happy to meet you!



Your **Mtae-homestay**, consisting of a small private house with a living/sleeping room, a second bedroom and an outside drop-toilet and bucket-shower room. The Mbalaghile family will be happy to meet you!



2 DAY RANGWI SISTERS WALK



".....staying with the Rangwi Sisters was definitely one of the highlights of our trip to Tanzania. While hiking through the Usambara Mountains we were happy to stop for the night at their convent. They were warm and amazing hosts....."



Day 1: To the Rangwi Sisters

On the first day you will walk for some kilometres along the cliffs and have beautiful views. Later on you'll pass via small tracks and quiet back roads a valley with small agricultural lands. Lunchbox "on the way". You can see the farmers collecting the water for irrigation with buckets "on their heads". In Rangwi you'll overnight in the Convent from the Usambara Sisters. They'll prepare and serve a good, honest meal and breakfast.

17 kilometers

6 hrs.

Moderate walk

Day 2: Back to Mambo

The second day we follow a more inland route, also by back roads and smaller paths. We pass by the edges of Shagayu Rainforest and later you go down to Mambo Village. Small villages, townships and farming lands make it a very lively stroll. Lunchbox "on the way". The final climb to your lodge is always rewarding!

Dinner, overnight and breakfast the next morning at your lodge.

16 kilometers

6 hrs

Easy walk



2 DAY HIKING EXPEDITIONS



We are offering these two day adventures for serious hikers. It are really beautiful hikes “on itself” but they can also function as a training session for a Kilimanjaro or Meru climb.



Ndungu Lake “down & up”

After breakfast an early start trekking down the cliffs to Mkundi Mbaru. The views are stunning, “the best you can get” in the Usambara’s. After lunch we take a pick-up to Ndungu Lake and the Rice fields. We’ll be doing a 1 1/2 hour walk through the rice fields and be able to spot various waterbirds. Later on transport to Mnazi. Dinner, overnight and breakfast in a good local Guesthouse. The second day we’ll climb 1200 metres up again to Mtae. It’s a strenuous but very rewarding walk! After lunch we’ll walk back along the cliffs to Mambo. Overnight, dinner and breakfast next day in your lodge.

2 days. Difficult hike

Kideghe Peak Expedition

On this 2 day jungle expedition you will climb Kideghe Peak. With 2228 meter it’s the highest peak in the Usambara Mountains. We take you by car to the fringes of Shagayu Ranforest. On the climb you will trek through this beautiful jungle reserve, following small paths. Lunchbox “on the way”. You will be accompanied by your guide, a cook and porters with the camping equipment. After a good dinner you will camp near the top. On the second day -after early breakfast- you’ll reach the top and may have some good views on the surrounding mountains. The descent is spectacular, and halfway you reach Kideghe Falls. Return to Mambo by car. Overnight, dinner and breakfast at your lodge.

2 days. Difficult hike



4/5/6 DAYS WALKING MOMBO to MAMBO

The best of Usambara's. On these Lushoto – Mambo walks (or Mambo – Lushoto) your efforts will be rewarded with beautiful landscapes, incredible views and unique cultural exchanges. A lifetime experience!

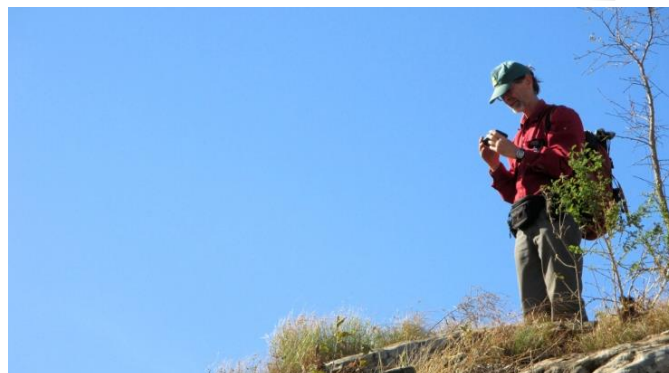
You can start or end in Mombo, Lushoto or Malindi depending on the number of days you have.

The Lushoto to Mambo walks (or vice versa) are very rewarding. It's "up and down" along paths, tracks and backroads. Rural life, beautiful Rainforests, Valleys and Cliffs. You'll get it all! Guide and full board included. Your luggage will be transported every day. The tours start in Lushoto where you'll be met by your guide after your arrival. You'll be staying this first night at Avocado Lodge. After dinner and breakfast on the second day your tour starts. On an average the daily walking distance of all these tours is 15 kilometres.



MOUNTAINS AND RAINFOREST

Day 1. Arrival in Lushoto. Avocado Lodge.
Day 2. Walk from Lushoto to Mkuzi. Mullers Lodge.
Day 3. Walk from Mkuzi to Kwekanga Homestay.
Day 4. Walk from Kwekanga to Rangwi. A long beautiful day. Overnight at Rangwi Convent.
Day 4. Walk from Rangwi to Mambo. Overnight in MamboViewPoint .Taxi to Lushoto.



TREK TO THE MOUNTAINS

Day 1. Arrival in Lushoto. Avocado Lodge.
Day 2. Walk from Lushoto to Mkuzi. Mullers Lodge
Day 3. Drive from Mkuzi to Malindi. Walk to Rangwi. Overnight at Rangwi Convent.
Day 4. Walk from Rangwi to Mambo. Overnight in MamboViewPoint . Next morning taxi to Lushoto.



MOUNTAINS AND VALLEYS

Day 1. Arrival in Lushoto. Avocado Lodge.
Day 2. Walk from Lushoto to Mkuzi. Mullers Lodge
Day 3. Walk from Mkuzi to Kwekanga Homestay.
Day 4. Walk from Kwekanga to Papaa Moze.
Day 5. Walk from Papaa Moze to Rangwi. Over-night at Rangwi Convent.
Day6. Walk from Rangwi to Mambo. Overnight in MamboViewPoint . Next morning taxi to Lushoto.

2 DAY MKOMAZI ADVENTURE.

A UNIQUE COMBINATION OF MKOMAZI GAME RESERVE AND NDUNGU LAKE AND RICEFIELDS



Mkomazi and Ndungu Lake

A stunning combination: the dry baobab studded savannah from Mkomazi and the freshwater lake and rice fields near Ndungu. You'll get it all on this private safari: birdwatching, gamedrives and beautiful landscapes. And, if you have the guts and energy: additional a 5 hours trek down from Mambo to the Maasai Plains.

Day 1: Lake and Ricefields

After breakfast we start going down with our 4wd Safari Vehicle with an open roof from the Cliffs to the Maasai Plains. It's a steep but beautiful drive . The views are stunning, "the best you can get" in the Usambara's. Late in the morning we'll arrive at Ndungu Lake and the Rice fields. We'll be doing a 1 1/2 hour walk through the ricefields and be able to spot various waterbirds like colourful Kingfishers, Bee-eaters, Waders and Storks. Velvet monkeys may be seen in the trees. We take our time for a siesta lunch, and after that on we'll be doing a boattrip on the Lake in a local canoe. Transport to Gonja and overnight in a clean and cosy Guesthouse. Dinner. *You might do the "trek down" by walking with your guide! It is a beautiful but strenuous hike and it takes 4-5hrs. The car will pick you up after arrival.*



Day 2: Game drives Mkomazi

On the second day an early start for a whole day Mkomazi Adventure. Mkomazi National Park is located in the northern part of Tanzania, between Kilimanjaro and Tanga region. It's adjacent to Tsavo National in Kenya. All wild animals are free to cross the border. The Park has a large population of Giraffe, Eland Antelope, Gerenuk and Oryx. The great landform diversity creates small mosaic habitats with a rich biodiversity. This diversity gives extremely good opportunities for bird watching, with over 400 recorded species. Doves, hornbills, weavers and guinea fowl are all present in large numbers. Striking species like the Martial Eagle and Violet Wood-Hoopoe can be spotted. Picnic lunch in the park and a late return to MamboViewPoint.



4 DAY ALL-IN MAMBO “POLE POLE”

Mambo “pole pole”. Mambo “at a pace”. A relaxing 4 day all-in package, with transport by taxi from Lushoto and back, 4 days in a comfortable MamboViewpoint Ecolodge Cottage, 3 day activities, guiding and full board.

On your first day we give you a free pick-up by taxi in Lushoto. After a stunning 2 hours drive you'll arrive at MamboViewpoint Ecolodge. You'll be staying in a rustic, comfortable Grassroof Cottage for four nights. We give you full board (breakfast, lunch and dinner) so all the food, water, coffee & tea is included! Enjoy the beautiful views from your terrace or from on of the many viewpoints on our 6 ha terrain. Every day we organize a guided half day activity. At the end of your stay we offer you a free taxi back to Lushoto.



Day 2: Cliff and Village Walk

On this half day walk you will be hiking along the cliffs and admire the stunning views over the Maasai Plain, more than 1300 meters down. Raptors will be circling in the sky and you can see farmers walking up and down to their small lands. In Tema village you can have a look at the rural houses, decorated in natural colours and see the children play with their “home made” toys and experience rural life.

Day 3: Kideghe Falls & Shagayu

After a 30 minutes car-ride you'll arrive at the entrance of Shagayu Rainforest. It's a primary forest, with enormous Magnolia- and Parasol trees. Walking 4 km through the Rainforest you have a good chance of spotting the elusive Colobus- and Blue Monkeys. Shagayu is famous for some endemic birds and plants. We'll end this walk at Kideghe Falls, where you'll have some time to relax, experience the jungle.



Day 4 Cooking with Mama.

On this relaxing day you'll be offered the opportunity to cook your own lunch together with a local “Mama”. You'll be working in her kitchen, experiencing the cosy family-life in a rural Usambara household. And of course you'll be “invited to the table” to examine the results!

After a last night and breakfast at MamboViewPoint we'll arrange your taxi to Lushoto!

4 DAY ALL-IN SUNGA CULTURAL

Sunga Cultural. Experience local life . A 4 day all-in package, with transport by taxi from Lushoto and back, 2 days in a comfortable MamboViewpoint Ecolodge Cottage and 2 days in a homestay. Lots of cultural activities, beautiful walks and full board I Guiding included.

On your first day we give you a free pick-up by taxi in Lushoto. After a stunning 2 hours drive you'll arrive at MamboViewpoint Ecolodge. You'll be staying in a rustic, comfortable Grassroof Cottage the first and fourth night on a full board base. We will take you on a guided three day/two night trip in the Sunga Ward. You can experience local life, talk, work and "live" with local people. Dinner, overnight and breakfast in home-stays with local people. At the end of your stay we offer you free taxi-transport back to Lushoto



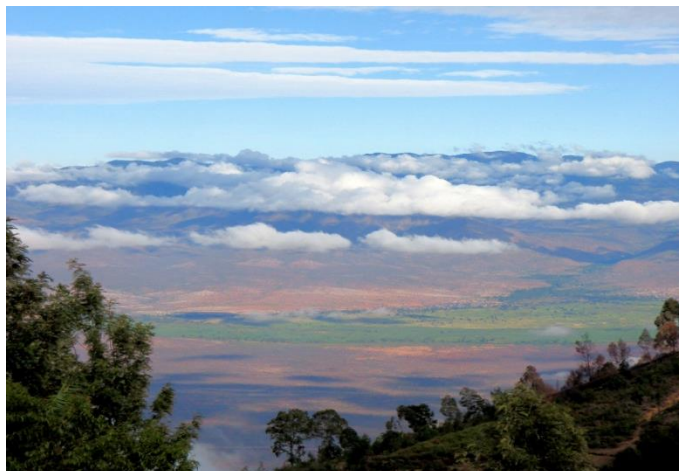
Day 2: Mambo-Mtae

You will walk along the cliffs and later through a pristine Rainforest to the tiny village of Mtae. In Mambo you will see the water pumps and the way the women carry the water. Later we'll be at the Mambo Pottery where you'll be able to create your own pot After picnic lunch we will continue to Shagayu Rainforest to see the system for collecting the water. Of course you'll have the chance of experiencing the natural beauty of this serene ecosystem! We end this trip by walking along some beautiful cliffs to our Mtae Homestay for dinner.



Day 3: Mtae - Tema

After breakfast you will visit the Healthcare Centre in Mtae. Experience the great differences between the "Western" and the "Tanzanian" healthcare system. Later on you'll be "working together" with some locals on the Sugarcane Mill. Leaving Mtae you'll walk through beautiful landscape along the cliffs. We'll have lunch on the way. In Tema you'll be cooking together with a local Mama in your homestay and experience the cosy kitchen life. Dinner, overnight and breakfast the next morning at our Tema Homestay.





Day 4: Tema - Mambo

Healthcare is a real issue in this part of Tanzania. It's still partly based on traditional methods. After breakfast you will visit a "Natural Healer" and be able to be part of the rituals and the "healing" process. Later we'll visit Tema Primary School and you'll be taking part of a lesson. We will start our walk from Tema to Mambo along the beautiful cliffs. The views are really incredible. Lunch on the way. Walk back to your Mambo lodging for dinner and overnight.



After breakfast we'll arrange your taxi to Lushoto!

Your **Tema-homestay**, consisting of a private apartment within the family house with a living/sleeping room, a second bedroom, shower and drop-drop-toilet. The Chombe family will be happy to meet you!



Your **Mtae-homestay**, consisting of a small private house with a living/sleeping room, a second bedroom and an outside drop-toilet and bucket-shower room. The Mbalaghile family will be happy to meet you!



4 DAY ALL-IN USAMBARA ACTIVE

Usambara Active. Some days good trekking. Be stunned by the incredible landscapes. A 4 day all-in package, with transport by taxi from Lushoto and back, 4 days in a comfortable MamboViewpoint Ecolodge Cottage. Lots of activities, beautiful walks and full board! Guiding included.

On your first day we give you a free pick-up by taxi in Lushoto. After a stunning 2 hours drive you'll arrive at MamboViewpoint Ecolodge. You'll be staying in a rustic, comfortable Grassroof Cottage for four nights. We give you full board (breakfast, lunch and dinner) so all the food, water, coffee & tea is included! Enjoy the beautiful views from your terrace or from on of the many viewpoints on our 6 ha terrain. Every day we organize a good guided hike. At the end of your stay a free taxi to Lushoto.



Day 3: Shagayu Forest

Shagayu forest is an very old natural forest, more untouched than other forest near crowded Lushoto. Besides of the important value for the biodiversity the forest are important for water catchments. You find very old huge trees and a wide variety of plants and small animals.. This full-day trek takes you to the heart of the jungle, and you'll experience the sheer and untouched beauty. Full day trek.



Day 2: Mambo Footprints Trek

Mysterious Mambo Footprints are supposed to be marks from Homo Erectus who where living in these regions 1 ½ million years ago. Scientifically not proved yet, but the trek down to the Footprints is a real marvel. Stunning views over the Maasai Plains, farmers walking up and down and the footprints as a reward for your efforts. Half day trek.



Day 4: Mambo Caves Trek

This demanding trek takes you 500 meters down to the Mambo Caves. You have beautiful views on Mtae and over the valle. Mambo Cave itself is a holy place for the villagers. They go there to worship and look for medical plants as a protection against diseases. On the way back, climbing towards Mambo you'll discover the Pare Mountains to the north. Half day. After a last night at MamboViewPoint your taxi back to Lushoto!



We are offering this two day mountainbike adventure for serious bikers. We give you our Mambo Mountainbikes but you can use your own bike as well (reduced price)



Day 1. From Mambo to Mullers

After breakfast we check the Mambo Mountain- bikes and get them ready. We cycle along small roads with stunning views down and up to Lukozi. We have a break and a local lunch and in the afternoon we continue this stage. We cross Magamba Forest and take a backroad to Mullers Lodge near Mkuzi. Dinner, overnight and breakfast.

65 kilometres. Moderate

Day 2. From Mullers to Mambo

On this day we take another route back. We pass by Kwai, a beautiful place, and from there on to Papaa Moze through agricultural lands and small villages. We'll have a good lunch at the local restaurant. In the afternoon we do the last 25 kilometres up to Mambo.

60 kilometres. Moderate



4 DAYS MOUNTAINBIKE MAMBO TO KOROGWE

Mountainbiking from Mambo to Korogwe. From the mountains to the valley. The best you can get! Thrilling!

A tough but very rewarding mountainbike tour. You'll get the best from the Usambara's: valleys, mountains, cliffs and rainforest. The tour starts in Lushoto, where you'll be met by our taxidriver for the 2 hour ride to MamboViewPoint Ecolodge. Dinner and overnight in a Grassroof Cottage. After breakfast we check-up your Mambo Mountainbike before we start. You're be accompanied by a guide and the tour is on a full board base. Your luggage will be transferred to Korogwe at the end of the tour.



Day 2. Mambo – Kwekanga.

This 65 kilometer ride takes you along cliffs on the first part, some beautiful villages and agricultural areas. Local lunch at a Lukozi restaurant. In the afternoon the remaining part through valleys and rural farmlands.

Overnight at Kwekanga Homestay. Dinner and breakfast.

Day 3. Kwekanga - Soni

On this day you'll be riding more than 70 kilometer "up and down". The first part is through beautiful farmlands. We pass Mkuzi Rainforest and then down to Lushoto for lunch. In the afternoon the remaining 20 kilometer to Soni.

Overnight at Maweni Farm or Soni Falls Hotel. Dinner and breakfast



Day 4. Soni - Korogwe

From Soni we climb up to the Mponde Tea factory. It's a steep morning climb and a long day (100 km)! If you want we can do this first part by car! From there down to Kwemilungu for lunch. The last part to Korogwe is up and down through rainforest and tea-plantations to Lutindi and from there relaxing down to Korogwe. You'll pick up your luggage and overnight at White Parrot Inn. Full board. End of the trip.



DAY TOURS

BOOKING ONE DAY IN ADVANCE (UNTIL 17.00)

AT THE RECEPTION OR WITH THE TOUR MANAGER FROM

MamboViewPoint Ecolodge

ALLY KANIKI, guide manager MamboViewPoint

+255 078 52 72 150 in case of no answer +255 769 522 420

In general, the guides are present at 9:00. If they are not booked you can decide from there, if they are we can find other guides but this will take time.

MamboViewPoint DAY PROGRAMS 2017	LENGTH	PRICE IN USD PER PERSON			DEPARTURE	
		1 – 4 Persons	Additional per person	Lunch box per person	9.00	14.00
DAY WALKS, included guiding, entrance fees						
Cliff and Village Walk	½ day	\$ 20.00			*	*
Kideghe Falls and Shagayu Forest with own car 1,2)	½ day	\$ 20.00	\$ 10		*	*
Kideghe Falls&Shagayu Forest with Mambo car 1,2)	½ day	\$ 35.00	\$ 10		*	*
Cultural Village Walk	½ day	\$ 20.00			*	*
Ndungu walk incl taxi back to Mambo 1,2)	1 day	\$ 120.00	\$ 5	\$ 10	8:00	
Walk down and drop off @ the highway for the bus	½ day	\$ 50	\$ 10	\$ 10	8:00	
Taxi services to shorten walks per trip		\$ 15				
TREKKINGS. included guiding. entrance fees						
Mambo Footprints Trek 1,2)	½ day	\$ 20.00	\$ 5		*	-
Mambo Cave Trek 1,2)	½ day	\$ 20.00	\$ 5		*	*
Shagayu Rainforest 1,2)	full day	\$ 30.00	\$ 10	\$ 10	*	-
Shagayu Rainforest 1,2)	Full day	\$ 30.00	\$ 10	\$ 10	*	-
Ndugu lake and risefields incl car 2)	Full day	\$ 100.00		\$ 10	8.00	-
BIRDWALKS. included birdguide. entrance fees						
Taita Falcon Birdwalk 2)	½ day	\$ 20.00		\$ 10	6.00	-
Barbet Birdwalk 2)	½ day	\$ 20.00		\$ 10	6.00	-
Endemic Rainforest Birds with own car 1,2)	½ day	\$ 20.00	\$ 10	\$ 10	6.00	-
Endemic Rainforest Birds with Mambo Car 1,2)	½ day	\$ 35.00	\$ 10	\$ 10	6.00	-
CULTURAL WALKS. included guiding. entrance fees and Lunchbox or Local Lunch						
Traditional Heathcare 2)	Full day	\$ 30.00	\$ 10.00		*	-
Agriculture and Food 2)	Full day	\$ 30.00			*	-
Water and Eco Systems 2)	Full day	\$ 30.00			*	-
Education and Work 2)	Full day	\$ 30.00			*	-
CULTURAL EXPERIENCE. added to a walk.						
Cook with Mama 2)	2 hrs	\$ 10.00	\$ 10.00		Timing on demand	
Natural Healer 2)	2 hrs	\$ 10.00	\$ 10.00			
MOUNTAINBIKING. included guiding. Mambo Mountain bike						
Tema Tour	½ day	\$ 20.00	\$ 15.00		*	*
Mtae Tour	½ day	\$ 20.00	\$ 15.00		*	*
Forest Tour 1)	½ day	\$ 20.00	\$ 15.00		*	*
Mbaru Tour	Full day	\$ 30.00	\$ 20.00	\$ 10.00	*	-
Navigate yourself by GPS!						
Day rate for renting GPS incl tracks	Full day	\$ 10,00 per day (MvP guest only)				

1) incl. entrance fees 2) guide obligatory

MORE DAY TOURS

MamboViewPoint Ecologne

**BOOKING IN ADVANCE AT: Welcome@MamboviewPoint.org
+255 078 52 72 150 in case of no answer +255 769 522 420**

MamboViewPoint TOURS 2017	LENGTH	INCLUDED		
		1 Person	Surplus per extra person	
Rangwi Sisters Walk	2 nights	\$ 240,-	\$ 120,-	Guiding, full board, all activities, 1x lodging, 1 x MVP Cottage
Ndungu Lakes "down and up"	2 nights	\$ 240,-	\$ 120,-	
Kideghe Peak Climbing Expedition	2 nights	\$ 240,-	\$ 120,-	
"Trek to the Mountains"	4 nights	\$ 480,-	\$ 240,-	Guiding, full board, luggage transport, activities, lodging, taxi to/from Lushoto
"Mountains and Rainforest"	5 nights	\$ 600,-	\$ 300,-	
"Mountains and Valleys"	6 nights	\$ 720,-	\$ 360,-	
Mtae "Insight"	2 nights	\$ 240,-	\$ 120,-	Guiding, full board, all activities and entrances, Homestays, MVP Cottage
Tema "Experience"	2 nights	\$ 240,-	\$ 120,-	
Mtae and Tema "Cultural"	3 nights	\$ 360,-	\$ 180,-	
Mountain bike Adventure	2 nights	\$ 240,-	\$ 120,-	Guiding, full board, MVP Mountainbike, 1 x Mullers Lodge, 1 x MVP Cottage
"From the Mountains to the Valley"	4 nights	\$ 600,-	\$ 400,-	Guiding, full board, MVP Mountainbike, all lodging, luggage transport, taxi from Lushoto & to Korogwe
Mambo "Pole Pole"	4 nights	\$ 480,-	\$ 240,-	Guiding, full board, all excursions, 4 nights MVP Cottage, taxi to & from Lushoto
Usambara Active	4 nights	\$ 480,-	\$ 240,-	
Sunga Cultural	4 nights	\$ 480,-	\$ 240,-	
Mkomazi & Ndungu Lakes Private	2 nights	\$ 900,-	\$ 250,-	Guiding, 4WD Safari Car, full board, entrances, lodging
GPS Tracks	Max 5 days	\$ 100,-		Tracks, hotel reservations and backup service