HARTEBEEST
SAFARIS



SAMPLE ITINERARY

6 Days Udzungwa Sanje and Mwanihana Trek

Waterfalls, rare monkeys and a night deep in the rainforest in Tanzania's wildest mountains.

DURATION	STARTS	STYLE	PRICE
6 Days / 5 Nights	Dar es Salaam	Mid-range	On request

Route: Dar es Salaam → Udzungwa Mountains

Makao Mapya, Arusha, Tanzania

+255 754 481 831

YOUR JOURNEY

THE OVERVIEW

Udzungwa is a park with no roads inside, so you see it all on foot. Walk to the Sanje Waterfalls for a swim, then climb through the rainforest on the Mwanihana Trail, watching for monkeys found nowhere else on Earth.

HIGHLIGHTS

- Sanje Waterfalls
- Mwanihana Peak at about 2,150 m
- Udzungwa red colobus
- A night in the rainforest
- Walking only, no roads

YOUR ROUTE



Journey start · Stop · By road

Illustrative map, not to be used for navigation.

Day 1	Arrival in Dar es Salaam
Day 2	Dar es Salaam – Mang'ula
Day 3	Sanje Waterfalls
Day 4	Mwanihana Trail: Forest Camp
Day 5	Mwanihana Peak – Mang'ula
Day 6	Mang'ula – Dar es Salaam and Departure

Day by day

DAY 1

Arrival in Dar es Salaam

Arrive in Dar es Salaam, where a Hartebeest Safaris representative meets you and provides a private transfer to your hotel. Rest after the flight and go through the plan for the days ahead.

Personal airport welcome | Private transfer | Briefing and route review

TRAVEL
Usually 30–60 minutes from the airport, depending on traffic.

MEALS
Dinner, depending on arrival time

STAY
Hotel in Dar es Salaam, confirmed in the final quotation.

DAY 2

Dar es Salaam – Mang'ula

Leave early for the long drive inland through Morogoro and Mikumi, with wildlife often visible from the road, to the foot of the Udzungwa escarpment.

Road through Mikumi | Udzungwa escarpment | Relaxed evening

TRAVEL
A long road transfer of about 6–8 hours.

MEALS
Breakfast, lunch and dinner

STAY
Lodge in Mang'ula, confirmed in the final quotation.

DAY 3

Sanje Waterfalls

Walk with a park guide through the forest to the Sanje Waterfalls, watching for Udzungwa red colobus and Sanje mangabey, and swim in a pool below the falls.

Sanje Waterfalls | Rare monkeys | Forest swimming pool

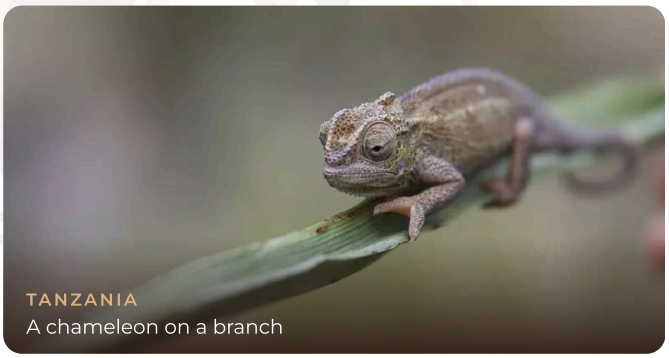
TRAVEL
Usually 4–5 hours of walking.

MEALS
Breakfast, lunch and dinner

STAY
Lodge in Mang'ula, confirmed in the final quotation.



TANZANIA
Green hills from the air



TANZANIA
A chameleon on a branch

DAY 4

Mwanihana Trail: Forest Camp

Set out with a ranger on the trail into the heart of the park, climbing through forest to a simple camp.

Deep rainforest | Few other walkers | A night in the forest

TRAVEL
Usually 6–7 hours of walking, with a crew carrying the camp.

MEALS
Breakfast, lunch and dinner

STAY
Tented forest camp, about 1,600 m.

DAY 5

Mwanihana Peak – Mang'ula

Climb to the viewpoint and peak at about 2,150 m, for views across the Kilombero Valley, then make the long walk back down to Mang'ula.

Mwanihana Peak | Kilombero Valley views | Long forest descent

TRAVEL
Usually 8–10 hours in total.

MEALS
Breakfast, lunch and dinner

STAY
Lodge in Mang'ula, confirmed in the final quotation.

DAY 6

Mang'ula – Dar es Salaam and Departure

Leave early for the drive back to Dar es Salaam, in time for your onward connection.

Road transfer | Mikumi on the way | Departure transfer

TRAVEL
A long road transfer of about 6–8 hours. Please book evening flights or stay an extra night.

MEALS
Breakfast and lunch

STAY
No accommodation included unless an extension is requested.



Mid-range

Local lodges and a forest camp

Comfortable local lodges, with one night in a tent on the Mwanihana Trail. Exact properties are confirmed in your tailored quotation.

Included

- Private vehicle and driver-guide for road transfers
- Local walking guides and rangers where required
- Park, forest reserve and village walking fees
- Accommodation and meals as listed in the itinerary
- Airport transfers

Not included

- International flights
- Tanzania visa and travel insurance
- Personal walking clothing and boots
- Crew tips and personal expenses
- Drinks not listed as included

Make this journey yours

This itinerary is a starting point. Tell us your dates, travellers and interests, and we will reply with a tailored proposal and quotation, usually within 24 hours.

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Every journey is priced individually, based on dates, group size and confirmed accommodation. Routes, times and wildlife sightings can vary with season, weather and park rules. Exact properties and final inclusions are confirmed in your quotation.