UDZUNGWA MOUNTAINS NATIONAL PARK

Biodiversity Hotspot



2025/2

English



Welcome to the Park

This unique park hosts some of the endemic flora and fauna that cannot be found anywhere on earth hence referred to as the *"centre of endemism."* The vegetation is absolutely pristine with closed canopy cover, woodland and moorland at higher altitude. The park is honored to be the *"Galapagos"* of Africa and one of the fewer remaining "biodiversity hotspots" of the world.

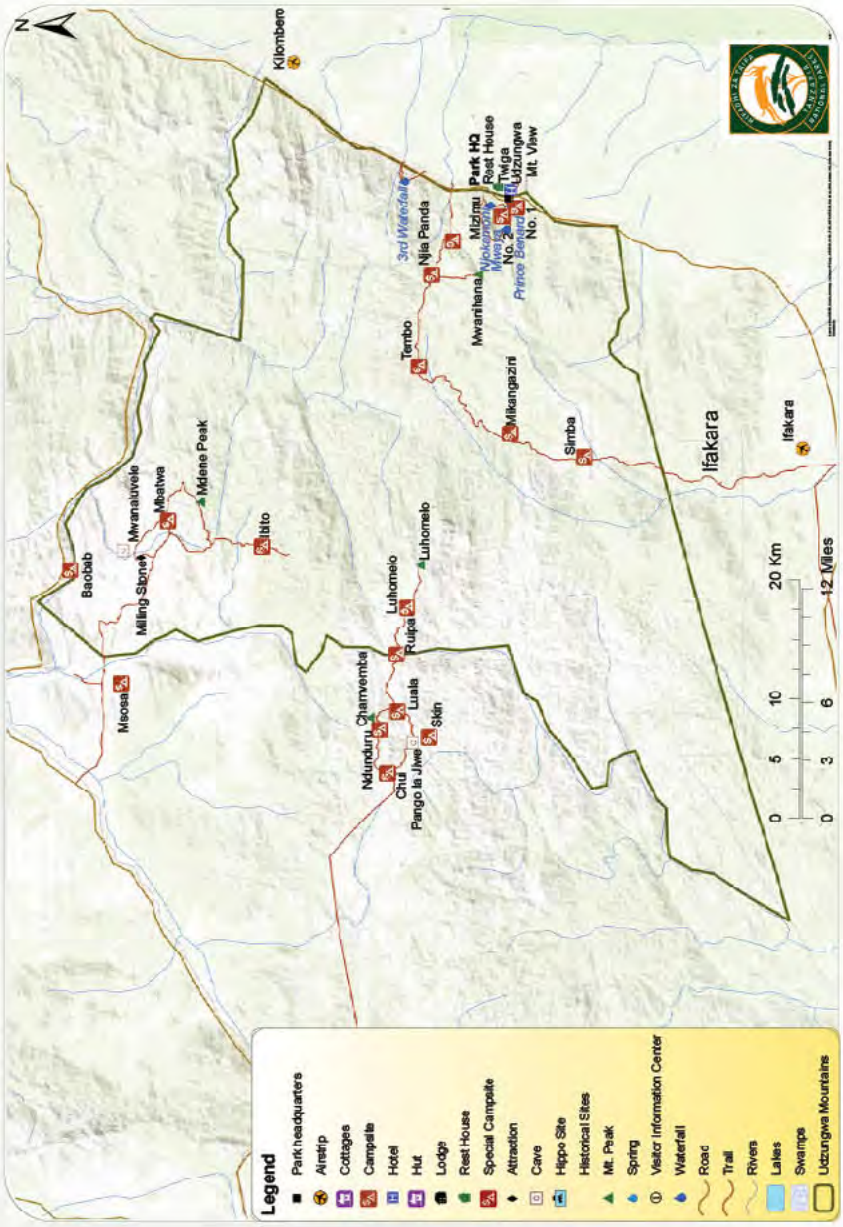
Udzungwa is a magnet for hikers; with an excellent network of forest trails that include the popular half-day ramble to Sanje waterfall which visitors are attracted to see primates like endemic sanje mangabey and Iringa red colobus Monkey, forest birds, amphibians, reptiles, plants and much more. This park can be explored through mountain hiking to enjoy the attractions like waterfall, sanje mangabey, colobus monkeys as well as bird species.

We are delighted to have you here in our park and hope that the experience will be beyond your expectation!

Thank you!

Brief History

The area was gazzeted as a National Park in 1992 with an area of 1,990 km^2. The park name "Udzungwa" originated from the word "Wadsungwa" referring to one of the native sub tribes of the "Hehe" people who once lived on the lower slopes of the mountains.



Getting there

By Road: The park can be accessed by road network from Dar es salaam (380km) or from Arusha, Kilimanjaro and Mbeya.

By Train: TAZARA railway from Dar Es Salaam to Zambia that passes through local town of Mang'ula takes you close to the park's gate.

By Air: Charted flights through nearby two airstrips of Msolwa and Kilombero.



Climate

The park receives short rains from October to November and heavy rains from mid-March to May. Dry season starts from June to September and short rains from October to November. Throughout the wet season (November to April) wild flowers flourish and there are plentiful of butterflies. For bird watchers, December to February is their best time as most migratory birds are nesting in the park and easily spotted. The maximum temperature is 31°C in October, with the minimum temperature of 21 °C in July.

Attractions

- **Waterfalls**

  There is a number of waterfalls including the famous Sanje waterfall which plunges 170 metres through a misty spray into the forested valley below. This waterfall is the highest waterfalls in the National Parks system in Tanzania. Other waterfalls include; Prince Bernhard, Njokamoni, Mwaya, Sonjo and Msolwa that spice your visit.

- **Reptiles**

  A number of Reptiles and Amphibians with the endemic Udzungwa lizards *(Cnemaspis Udzungwae)* and (*Phrynobatrachus Udzungwensis)* also with endemic chameleons are also available.



- **Primates**

  Udzungwa is a primate park and currently 11 species has been identified. Among of them two species found nowhere else in the world, the Sanje Crested Mangabey (***Cercocebus galeritus sanjei)*** and Iringa Red Colobus Monkey *(Colobus gordonolum)*.



- **Butterflies**

  Over 250 species of butterflies including the endemic *Charaxes Lucyae Mwanihanae*, *Papilio hornimanii Mwanihanae* and *Baliochilla Mwanihanae* have been identified making udzungwa an ideal place for those who wish to see this paradise of butterfly.

- **Natural Spring**

  Natural springs on the upper stream of the catchment forest forming various permanent rivers (Lofia, Msosa, Mwaya, Mkula, Rumemo, Sonjo, Ruipa) that flow and pour water to the famous Kilombero Valley. Visiting these springs listening water splashing on the rocks leaves a memory to remember.

- **Cultural and Historical sites:**

  Udzungwa Mountains National Park contains more documented cultural and historical sites than any other Tanzanian Park. Within the park there are a number of historical and cultural sites that offer the chance to explore the history of different tribes from the Southern regions of Tanzania. Many of these tribes inhabited Udzungwa



Mountains National Park prior to its gazettement, but presently they live in settlement adjacent to the park.

The forest itself is also considered of great spiritual value to adjacent communities as it is home to numerous deities false god/goddess.



- **Bird species**

  The park has 400 different bird species including migratory and non -migratory species; with two being endemic to the park (Udzungwa forest partridge and Rufous winged sunbird).

Tourist Activities

- **Hiking to the waterfalls and forest:** Hiking in the forest while enjoying watching most primates, waterfalls, birds, reptiles and amphibians makes your day. Hiking is mostly done throughout the year but more ideal during dry season.

- **Mountain climbing:** The park offers a chance of summiting the highest peaks of Luhomero and Mwanihana peaks while enjoying the scenic view of the lower slopes together with the farms on the Kilombero valley.





- **Photographing and Filming:** This activity can be done throughout the year. During short rains, photographic safaris can be more exciting in the park as it is the time when wild flowers flourish and there are abundant butterflies. Moreover, most migratory birds can be seen during this time.

- **Cycling Tour:** Bicycle touring is the taking of self-contained cycling trips for pleasure, adventure or independence rather than sport, commuting or exercise. This tour can made successful in collaboration with tourism office. The tour can be aranged from single-day trips, to multi-day trips.

  Bicycle riding can be organized starting from the park main entrance gate to the villages adjacent to the park approximately 30 kms governed by cycling tourists in collaboration with their knowledgeable guides.

  Bird Watching: This can be done along designated trails and roads where most bird species (native and migratory) are seen depending on seasonal variations, availability of food and nesting materials. Also, the endemic Udzungwa Forest Partridge and Rufous Winged Sunbird can be seen dwelling inside the forest.





- **Cultural Tourism:** Traditional dance can be organized from the officiated local groups inhabited around this place; this activity can be prearranged by Tourism Office in collaboration with your tour guide wherever preferred to suite your visit at Udzungwa Mountains National Park at a negotiated cost.

- **Local Handcraft Market:** This is the market where the bordering communities can come in contact with visitors and sell their products to tourists to develop new economy opportunities in the area and tangibly uplift the economy of the local communities.

Available tourist facilities

- **Campsites:** There is public and private campsite which offers camping grounds for nature lovers. While on camping one can view and feel the natural forest, the voices from forest birds, insects and nocturnal animals without forgetting amazing sounds of water flowing downstream the whole night.

  NOTE: Campers need to bring their own camping equipment.

- **The Twiga Hotel:** Twiga Hotel is nestled in an active mixed farm located high on the spectacular Eastern Arc Mountain Ranges escarpment area with commanding forest panoramic views of the amazing Udzungwa Mountains Forest .Twiga hotel has a maximum capacity of 30 beds with self-contained hot shower bed rooms.

- **Visitor Information Centre:**

  This area facilitates the provision of information about the park including education, sensitization and orientation of the park to visitors visiting the park.





Park rules and regulations

Please do not:

- Enter the park without a valid permit;
- Litter;
- Block other visitors access, disturb or the animals they are watching;
- Exceed the speed limit of 50k.p.h;
- Take pets, plant seeds or fire arms into the park;
- Uproot, pick, cut or damage or be in possession of any part of the plant from the park;
- Kill, harass, disturb or feed any wild animals in the park;
- Feed animals;
- Ignite wildfires;
- Erect, mark or remove any signboard in the park;
- Enter or leave the park at points other than the official entry/exit gates stipulated in your permit;
- Push yourself to go if your body is exhausted or if you have extreme mountain sickness;
- Hike and camp at undesignated trail and campsites;
- Take children under 10 years of age above 3700m above sea level;
- Exceed 25kgs of luggage to porters (including their belongings) during the climb.

Visit and support!

Visit and experience the beauty of this amazing park. You can support the park and the surrounding communities by visiting and contribute to conservation projects.

Thank you!



For further information, please contact:

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