



# CULTURAL WALKS

B R O U G H T   T O   Y O U   B Y



MERU  
**CULTURAL**  
TOURISM

**iThemba** is a Belgian Foundation that supports the Baraa Primary School, a government school in Arusha. When this collaboration started in 2009, the first imperative was to improve the overall infrastructure and the construction of new classrooms, sanitary blocks, library, computer room... as well as providing the children with books, stationery and everything else to create better conditions to learn. For the future our focus is on the quality of education and to improve the teaching methods and the overall academic performance of the

children. Because we believe that a good education is the key to a better future. Two of the cultural walks encompass an actual visit to the Baraa Primary School. A unique way to see how a primary school in Tanzania works and to discover how iThemba created a pleasant learning environment for the children and what projects are being followed-up or launched (the vegetable garden project, the annual health check,...) by iThemba to focus on the quality of education and on the quality of the children's lives.



**ifhemba** VZW

DONATED

## **Meru Cultural Tourism**

Meru Cultural Tourism is a local organisation specialised in cultural tours. Their expert guides know the greater Arusha area like the back of their hands and are walking encyclopedias on subjects ranging from local life, plants and birds, arts and crafts, local food, agriculture and so on.

It will be a pleasure for them to take you on an unforgettable walk that will be off the beaten track in more than one way. On the following pages you will discover the cultural walks on offer. Although they all have their own specificity, all the cultural tours have one thing in common: they all give you an in-depth experience of the local surroundings and a unique insight into the people and their way of living. And most importantly, the profit goes entirely to the local community.

**MERU  
CULTURAL  
TOURISM**



# HALF-DAY TOURS



## MERU VILLAGE TOUR

A local guide will take you to Tengeru (5km from Onsea House) where you get the chance of interacting with the villagers and learning more about their culture and day-to-day habits. On Wednesday and Saturday, you can also visit the Market – usually an unforgettable experience.

**PRICE: \$30 WITHOUT LUNCH • \$35 WITH LUNCH**



## VISITING WOMEN GROUPS

An interesting part of African society is the determination of women to help each other. During this visit, you get a unique insight into local women groups, how they support each other and empower themselves through all sorts of small-scale projects.

**PRICE: \$30 WITHOUT LUNCH • \$35 WITH LUNCH**



## VISITING THE POTTERY PLACE

This program takes you to the heart of a local industry. You'll get the chance of learning about –and participating in- the entire process of making clay pots, and you will also visit a school for future pottery makers

**PRICE: \$30 WITHOUT LUNCH • \$35 WITH LUNCH**



## FLOWER FARM TOUR

If you fancy vibrant colors and smells, this tour is just right for you. We'll take you to both a local and an international flower farm where you'll get to know all there is about producing flowers

**PRICE: \$30 WITHOUT LUNCH • \$35 WITH LUNCH**



## CULTURAL WALK WITH VISIT TO BARAA PRIMARY SCHOOL

After a short exposé on Tanzania you will start your walk to the school. During this trip you will learn about the local community, ranging from the social structure in a village to the agriculture. In the school, your guide will team up with a pupil and you will learn about the day-to-day life in a Tanzanian primary school and about the iThemba projects. After this you will visit a local crafts shop. Whether it be a fundi (mechanic), a butcher or a recycling project, you're sure to encounter a part of Tanzania few people get to discover.

**PRICE: \$30** WITHOUT LUNCH  
**\$35** WITH LUNCH



# FULL-DAY TOURS



## COFFEE TOUR

This full-day trip takes you to two coffee farms, one run by an individual, and another run by a cooperative. As you walk through the plantations and factories, you will be educated on the entire coffee-processing, and you'll enjoy a cup of coffee with the farmers.

**PRICE: \$40 WITHOUT LUNCH • \$45 WITH LUNCH**



## MOUNT MERU WALKING SAFARI

You will be taken to the slope of Mount Meru for an 8km walk through the Mount Meru Forest, an old, thick forest with a magnitude of birds, Colobus monkeys and small antilopes. You will have lunch in a beautiful spot at the top of the waterfall where you have a stunning view over Arusha town.

**PRICE: \$40 WITHOUT LUNCH • \$45 WITH LUNCH**



## LAKE DULUTI FOREST RESERVE TOUR

The Duluti-tour takes you to the caldera lake where you can choose between a lake forest walk or a canoe-trip on the lake. What makes this trip so interesting is that, according to local beliefs, the lake hides many stories and is a popular place for worshipping.

**PRICE: \$40 WITHOUT LUNCH • \$45 WITH LUNCH**



## MASAI VILLAGE TOUR

About 30km along the Namanga-road is the village of Oldonyoshambu, a traditional Masai village in the middle of the Rift Valley. This trip promotes people-to-people tourism and encourages multicultural friendship.

**PRICE: \$65 WITHOUT LUNCH • \$70 WITH LUNCH**

(includes the use of a private CAR)



## CULTURAL WALK WITH VISIT TO BARAA PRIMARY SCHOOL

After an introduction to Tanzania the first part of your walk, on your way to Baraa Primary School will submerge you in the local way of life, housing, social structure, agriculture,... In the school your guide will be joined by a pupil and together they will tell you everything about a Tanzanian primary school and all past and future iThemba projects. You will see the brand new classrooms, sanitary block, kitchen and all the other infrastructure iThemba built for the school and learn everything about the projects to ensure a greater quality of education and a higher quality of life. Next: a visit to a local crafts shop, a daladala trip to the Banana Beer Factory for a visit and then a meal in a local restaurant. Your day ends with an unforgettable visit to the local market.

**PRICE: \$50** WITHOUT LUNCH  
**\$55** WITH LUNCH



FOR MORE INFO OR TO BOOK A TOUR,  
PLEASE CONTACT RECEPTION.



ONSEA HOUSE

COUNTRY INN  
GUEST COTTAGE



MACHWEO

WELLNESS RETREAT  
FINE DINING



SIRINGIT

KILIMANJARO GOLF  
SAFARI RETREAT

All proceedings from these walks are paid directly to  
MCT and iThemba and profit entirely to the local community  
and the children of Baraa Primary School.

CHILD POLICY: Age under 7 = free of charge • Age 8-15 = 50% discount