

Lushoto & Usambara Mountains

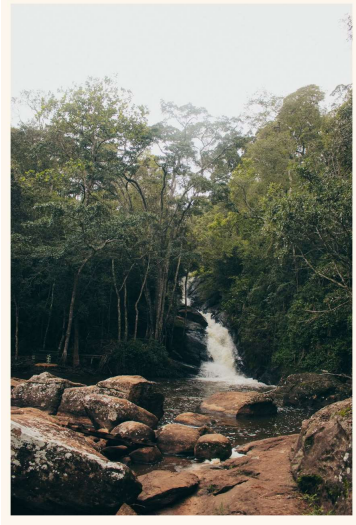
Combined Activity Sheet · Resident & Non-Resident Rates · 2026/27 Season

Welcome to Swiss Farm Cottage

Nestled in the West Usambara Mountains at 1,500 metres above sea level, Swiss Farm Cottage is your gateway to one of the world's great biodiversity hotspots — part of the ancient Eastern Arc. These misty highlands have been home to the Sambaa people for centuries and once formed the heart of the historic Sambaa kingdom. Today they offer cool air, rainforest trails, waterfalls, viewpoints and warm village hospitality.

This sheet lists every guided activity available to our guests, with resident, non-resident and Tanzanian rates side by side.

We look forward to showing you the Tanzanian Swiss Alps.



Swiss Farm Cottage Activities

Hikes, viewpoints, waterfalls, culture & day trips — all departing from Swiss Farm Cottage's doorstep

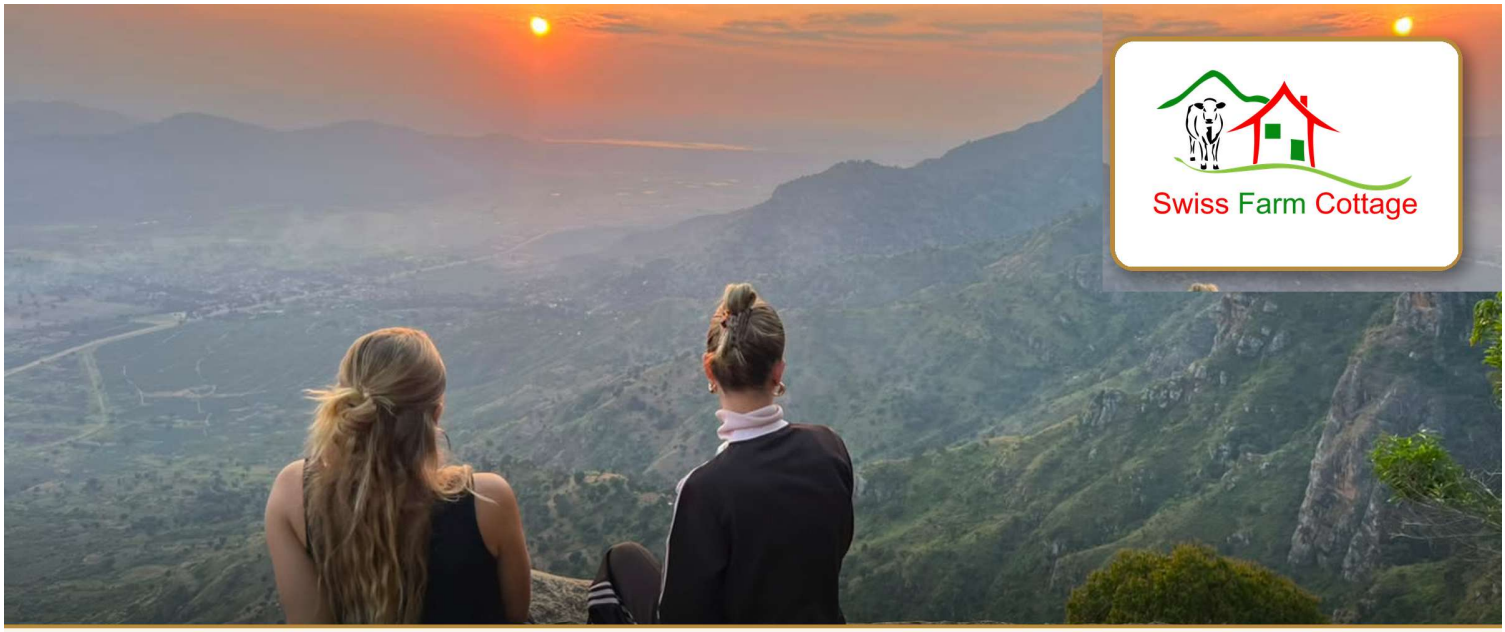
Activity	Duration	Resident	Non-Resident	Tanzanian
Swiss Farm Viewpoint *Departs from your cottage doorstep. Climb a small height for a full overview of the farm, neighbouring village, forests and mountains.*	2.2 hrs to & fro	TZS 30,000	US$ 20 / TZS 54,000	TZS 20,000
Mount Mhande *A steep but rewarding climb. Enjoy the mountains and breathtaking views below. Explore a small village and meet the warm smiles of children along the way.*	4 hrs to & fro	TZS 45,000	US$ 25 / TZS 67,500	TZS 35,000



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Mkuzi Waterfalls* *Walk through villages and farmland. Experience rich vegetation around streams and waterfalls. Swim in the falls if you wish. (Picnic lunch available on request the night before — extra charge.)*	3 hrs walk to & fro + 40 min drive to & fro	TZS 55,000	US$ 30 / TZS 81,000	TZS 35,000
Magamba Rainforest & German Caves *Walk through natural rainforest; admire rich vegetation, birds, colobus monkeys and colourful butterflies. You may also spot the two-horned chameleon of the West Usambara Mountains.*	6 hrs walk to & fro + 1.5 hr drive to & fro	TZS 85,000	US$ 50 / TZS 135,000	TZS 40,000
Irente Sunset *Drive to Irente for sunset over the Maasai plains. (Lunch not included.)*	1.5 hr drive to & fro (part-day)	TZS 60,000	US$ 30 / TZS 67,500	TZS 50,000
Irente Viewpoint *Incredible views of the Maasai plains. Farm sandwich lunch at Irente Farm included; cheese and jam available to take home.*	7 hrs walk to & fro	TZS 90,000	US$ 50 / TZS 135,000	TZS 50,000
Kisasa Waterfalls *Hike through village and farmland, passing the historic town of Lushoto. Guiding fee, village development fund, packed lunch and water included.*	8 hrs hike to & fro	TZS 90,000	US$ 50 / TZS 135,000	TZS 50,000
Growing Rock (Jiwe la Mungu) *Challenging walk to Kwamongo peak (2,220 m), also known as Jiwe la Mungu — "God's Rock". Breathtaking panoramic views of rolling hills, deep valleys and lush forests.*	Full day · 4 hr drive to & fro	TZS 100,000	US$ 60 / TZS 162,000	TZS 60,000
Coffee Tour *A community-driven experience where coffee farming and local life meet in the Usambara Mountains. Step into the story of the Sambaa people — coffee trees, mountains and a warm family welcome.*	2–3 hrs (activity)	TZS 60,000	US$ 40 / TZS 108,000	TZS 40,000
Potter – Kibubu Ufinyanzi Project† *Join the Kibubu Ufinyanzi women's pottery group in Mtae. Get your hands messy with clay, learn traditional skills and take home your own handmade piece. Scenic views of forests, villages and farmlands. Transport excluded — approx. 60 km / 2 hours drive one way from Swiss Farm Cottage.*	Half day · visit ~2 hrs	TZS 60,000	US$ 25 / TZS 81,000	TZS 50,000



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Lushoto History Tour *Guided walk through the former German colonial town of Lushoto — history, architecture and local life.*	4–5 hrs (activity)	TZS 60,000	US$ 40 / TZS 108,000	TZS 40,000
Sakarani Wine Tour *Visit the Catholic monks who make table and altar wine. Botanical tour of the grape farm and a greeting to their farm animals.*	Full day · 2.5 hr drive to & fro (self-drive)	TZS 100,000	US$ 60 / TZS 162,000	TZS 60,000
Mkomanzi National Park Day Trip *Hidden gem with all animals.Special conservation for the black rhino and African wild dog. Quiet, unspoiled wilderness, wide open landscapes and views of the Pare and Usambara Mountains.*	**Full day (transport)** One way USD 250 To & Fro USD 500 Additional lunchbox per head $20 Tanzanian US$ 200	Entry Fee US$ 65 Rented safari cars in the Park USD$ 220	Entry Fee US$ 65 Rented safari cars in the Park USD$ 220	Entry Fee TZS 18,000 Rented safari cars in the Park USD$ 200
Tour 1: The Mshelemle & Kwemonko Heritage Trail *Heritage trail through Mshelemle and Kwemonko — stories, landscapes and local culture.*	3 hrs (activity)	US$ 25	US$ 25 / TZS 67,500	US$ 25
Tour 2: African Kitchen Experience *Hands-on traditional cooking experience with local ingredients and flavours.*	3 hrs (activity)	US$ 30	US$ 30 / TZS 81,000	US$ 30
Tour 3: Traditional Dance Showcase *Traditional dance performance showcase.*	1 hr (activity)	US$ 30	US$ 30 / TZS 81,000	US$ 30
Tour 4: Traditional Healer Visit *Visit with a traditional healer.*	2 hrs (activity)	US$ 25	US$ 25 / TZS 67,500	US$ 25
Tour 5: Handicrafts & Artisan Workshop *Handicraft and artisan workshop — learn local skills and*	3 hrs (activity)	US$ 30	US$ 30 / TZS 81,000	US$ 30



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create something to take home.				
Tour 6: Sacred Sites & Ritual Grounds *Visit sacred sites and ritual grounds of the Usambara Mountains.*	3 hrs (activity)	US$ 35	US$ 35 / TZS 94,500	US$ 35
Tour 7: Mountain Farming Experience *Experience everyday mountain farming practices with local families.*	1.5 hrs (activity)	US$ 25	US$ 25 / TZS 67,500	US$ 25

Notes

- **After you have paid for** the **Mkuzi Waterfalls** activity, you will have access to **Miti Asilia tree-top adventures** (ten challenging obstacles and seven thrilling ziplines, high in the canopy, with a world-class safety system). These activities should be paid for directly at **Miti Asilia** (see their rates below).

Ticket	Price
Citizen / Resident 14+	TZS 40,000
Citizen / Resident Child	TZS 35,000
Non-Resident 14+	TZS 60,000
Non-Resident Child	TZS 50,000
Extra 30 minutes (any ticket)	TZS 20,000
Shoe Rental	TZS 5,000

Closed-toe shoes required. .
Hours: Mon, Tue, Thu 10 am – 5 pm · Fri, Sat, Sun 10 am – 6 pm · Closed Wednesdays

- All rates exclude transport, to hire our vehicle contact reservations for our rate sheet.

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