TANZANIA

0 km 65 130 195 km

© 2009 Ezilon.com All Right Reserved

National Capital (189,000 In 95)
over 1,500,000
over 100,000
over 50,000
other main city
other city
Chief town of province

4000 m
3000 m
2000 m
1500 m
1000 m
500 m
200 m
100 m
0 m

Jinja
Kampala
Kisumu
Nakuru
5199 MONT KENYA
Embu
Tana
Lake Edward
Lake Victoria
Shirati
Kagera
Kyaka
Bukoba
Bugene
Muleba
Musoma
Tarime
Mara
Goma
Lake Kivu
Kigali
Bukinma
Kibara
Bunda
Ikorma
Nansio
Banagi
Grumeti
Loliondo
RWANDA
KAGERA
Buchenzi
Mwanza
Nyahanga
Ngara
Bihoramulo
Nyamirembe
Lake Natron
Lake Amboseli
Bukavu
Lusahunga
Geita
Sengerema
Mantare
Bariadi
Longido
ARUSHA
3648 Loolmalassin
5895 KILIMANDJARO
Nyakanazi
Ngudu
Malampaka
Simiyu
BURUNDI
MWANZA
Arusha
4565 Meru
Moshi
Bujumbura
SHINYANGA
Lalago
Lake Eyasi
Mto Wa Mbu
Kibondo
Bukombe
Shinyanga
Makuyuni
Himo
Arusha Chini
Lembeni
Kahama
Isaka
Nzega
Sekenke
Babati
KILIMANDJARO
Mombasa
MAKAMBA
Igunga
Mbulu
MANYARA
Same
Kigoma
Kasulu
Ujiji
Uvinza
Singida
Ndala
Kondoa
Sambwa
Masai Steppe
Mandkeni
Moa
Pemba Island
PEMBA NORTH
Wete
Chake-Chake
PEMBA SOUTH
Tanga
Korogwe
Segera
Pangani
Mkoani
Tabora
SINGIDA
Kaliua
Urambo
Kibaya
Handeni
TANGA
Kalemie
Lake Tanganyika
Mishamo
Ugalla
Sikonge
TABORA
Issuna
Itigi
Manyoni
ZANZIBAR NORTH
Mkokotoni
Zanzibar
Mahonda
Koani
Zanzibar Island
CENTRAL
Makunduchi
ZANZIBAR SOUTH
Mwaniseniga
DODOMA
Kongwa
Mpwapwa
Magole
Mvomero
Wami
Bagamoyo
Chalinze
Dar es Salaam
Kalangali
Mpanda
DODOMA
2373 Makari Mounts
Ilumba
Shama
Kisigo
2356 Lugungo
Kilosa
Morogoro
Kibaha
INDIAN OCEAN
Karema
Kitunda
Rungwa
Chipogolo
Mtera
Manerompango
RUKWA
Mtakuja
Namanyere
Kipili
Great Ruaha
Mikumi
PWANI
Kisiju
Kipembawe
Msembe
Kidatu
Kibiti
Bweni
Kilindoni
Mafia Island
Lake Rukwa
Sumbawanga
2418 Mbizi Mountains
Iringa
2576 Udzungwa
Rufiji
Utete
Mohoro
MBEYA
IRINGA
Ifakara
Sao Hill
Kasanga
Matai
Mpui
Kalambo Falls
Ngamba
Makongolosi
Chunya
Tupiro
Mahenge
Kilwa Kivinje
Kilwa Masoko
Lake Mweru Wantipa
Mbeya
Kibau
Njinjo
Mbozi
Makumbako
Taveta
MOROGORO
Luhombero
LINDI
Lake Mweru
Mbala
2961 Kipengere Range
Tunduma
Tukuyu
Njombe
Bomaya Lindi
Matandu
Kyela
Ipyungi
Lukumburu
Ruhudji
Luwego
Mbarangandu
Makondé Plateau
Mtandi
Ljwale
Mchinga
Lindi
Mingoyo
Mtwara
Kasama
Gumbiro
Likuyu
Mtama
Nachingwea
Mikindani
Manda
Lituhi
Namtumbo
Songea
Mbinga
Mbamba Bay
RUVUMA
Muhuwesi
Masasi
Nangomba
MTWARA
Cape Delgado
Tunduru
Newala
Ruvuma
Masuguru
Chamba
Luangwa
Lundazi
Lake Malawi
MALAWI
ZAMBIA