



MATEMWE
Activities
GUIDE



Matemwe private pools

Welcome to Matemwe!

We hope you enjoy your stay here with us. Whether you are here to relax or get out and explore, this is our selection of the very best experiences Zanzibar has to offer.

If you are looking for inspiration turn to page 3 where we have selected the best experiences for romance, family, adventure and culture.

If you have any questions about the activities please ask reception for more details. Also keep an eye on the board at reception for daily specials.





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Our suggestions for...

families

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romantics

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culture vultures

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The rhythm of the tides

On Zanzibar life is governed by the tides. The ebb and flow of the Indian Ocean dictates the pace of life for both locals and us here at Maremwe. Many of our sea-based activities are governed by the tides and water levels. For example, during low tide swimming off the main Matemwe beach is difficult because the water is shallow but instead why not take time to walk on the reef and explore the rock pools.

Please check the board at reception for the timing of the tides and the team will help you to plan your day accordingly.

Matemwe Beach low tide



Please be advised that during the Kuzi monsoon period from April to August, Zanzibar experiences stronger than normal winds and Matemwe receives seaweed deposits on the beach. We do not remove the sea-weed deposits from the beach because they are key to preventing the erosion of our beautiful sand beach. However, there is always a comfy sun lounger and white sand for you to sink your toes into and our water-based activities are largely uninterrupted.



Matemwe beach high tide



Activities
THE SEA



Activities THE SEA

Snorkelling excursion to Mnemba Reef

When Swedish sisters Helen and Katharina set foot in Zanzibar in 1989 to set up a small lodge, they had the whole island to choose from. They chose Matemwe, perfectly situated opposite the spectacular diving and snorkelling reefs of the Mnemba atoll. Regularly voted as one of the best snorkelling and dive sites off the African coast, the Mnemba Reef is home to a startling diversity of tropical fish and a resident pod of bottle nose dolphins.

The journey out to the reef will be on the Matemwe dhow and you will be accompanied by our water sports staff who will guide you through this underwater world.

What's included? The cost of the trip includes the marine park fee, all equipment, as well as water and fresh tropical fruit served on the boat.

What should I bring? It is advisable to wear a t-shirt whilst snorkelling to protect your back for the sun and remember to bring plenty of sun block.

Subject to availability, and at an additional cost, a private snorkelling excursion can be arranged.

**THIS ACTIVITY HAS A DURATION OF
APPROXIMATELY 2 HOURS.**



Low tide reef walk

Activities THE SEA

Reef walk

As the tides goes out, so it reveals a whole new world of underwater creatures! Join one of our water sports guides as he takes you on a walk through the lagoon towards the fringing reef. Here you will find all kinds of marine creatures you might not encounter on a snorkelling trip; octopus, sea urchins and sea cucumbers to name but a few. Learn about the seaweed farms and where the dried seaweed is exported to and its uses. The trip starts at the water sports centre from where you will walk up to the infringing reef.

What's included?

Neoprene booties to protect from sea urchins are provided.

What should I bring?

Plenty of sunblock and a hat.



Activities THE SEA

Ngalawa Sailing

Ngalawas (or dhows) are an iconic sight on the Swahili coast. These traditional boats have changed very little in the past 1000 years and are still hand carved locally out of wood. Traditionally used for fishing, on this excursion one of our water sports staff will lead you on a sailing trip on the inside of the reef, hugging the coastline.

This activity can accommodate 2 guests but an additional boat can be rented if more guests would like to join.

What should I bring?

Sunblock is essential and it is recommended to wear a t-shirt over your swimwear as you will get splashed.

THIS ACTIVITY TAKES APPROXIMATELY
AN HOUR.



Activities THE SEA

Kayaking

Whether you are keen for an energetic paddle or just to gently cruise along, kayaking is a wonderful way to explore the area around Matemwe. We have both double and single sit-on-top kayaks available.

What's included?

Kayaks are available free of charge at the watersports centre. A member of staff will gladly assist you with carrying your kayak down to the water.

What should I bring?

Sunblock is essential and it is recommended to wear a t-shirt over your swimwear as you will get splashed.



Activities THE SEA

Mnarani Turtle Trip

Here at Matemwe we are passionate about the green turtles that inhabit the waters around us. The Green Turtle is recognised as an endangered species and is protected in most countries around the world. Here at the lodge we collect green turtle nests from areas that are unsafe for hatchlings and move them to a safe place which is guarded on our beach. We protect about 10 - 15 nests per year and make sure the young turtles reach the sea safely thus increasing their chances of survival significantly.

The Mnarani (Lighthouse in Swahili) project in Nungwi was started in 1993 to help injured turtles as well as protect hatchlings from the Nungwi area and provide community education and awareness to reduce the negative impact of fishing and egg poaching on turtles around Zanzibar. We bring any injured or weak hatchlings from our Matemwe nests to Mnarani to give them a better chance of survival.

At the Mnarani pool, you can always see turtles and get the chance to get up close and personal by taking a dip in the turtle pool. The turtles there will be released back into the wild when they are ready.

The journey to Nungwi takes about 45 minutes, where you can visit the turtle centre, and learn about the efforts in protecting this amazing animal. Guests can enjoy lunch in Nungwi town, before returning back to Matemwe.

What's included? transfers to and from Nungwi, entry into the turtle sanctuary.

What should I bring? Money for lunch in Nungwi, swimming costume so that you can take a dip with the turtles.



Activities THE SEA

Escape to Infinity

Imagine your own private, uninhabited sand bank beach, lapped by the warm waters of the Indian Ocean.

Every month, for just a few days during the full and new moon spring tides, this pristine sand bank beach is accessible. We will take you there by dhow, stopping on the way at the Mnemba reef for some snorkelling. On arrival at the beach you can explore, relax and enjoy a picnic with a glass of chilled sparkling wine.

Please note this is a private activity for couples or groups and guests will not be mixed.

What's included?

Dhow transfer to the sandbank, snorkelling, picnic lunch and a bottle of sparkling wine.

What should I bring?

Plenty of sunblock, a t-shirt for snorkelling in and whatever you need for a day of beach bliss.



Activities THE SEA

Muyuni Trip

If the tides are not quite right for our escape to infinity trip, don't worry, the Muyuni trip is just as beautiful! Enjoy a boat trip along the shore on a traditional dhow, jump off and snorkel round the Mnemba Atoll then land on the white sand Muyuni Beach for a picnic and day in the sun. Swim, snorkel or just relax, this is your beach for the day!

What's included?

Drinks, a picnic basket, snorkel equipment.

What should I bring?

Plenty of sunblock, a t-shirt for snorkelling in and whatever you need for a day of beach bliss.



Activities THE SEA

Living with Scubafish Zanzibar

Scubafish is our conveniently located dive centre on Matemwe Beach. SCUBAFISH offers a range of PADI courses from Discover Scuba Diving up to Dive Master. Novices will be able to learn in the Matemwe swimming pool. All the instructors and dive masters are highly qualified professionals and all Scubafish equipment is in top condition. There is a qualified SCUBAPRO technician who checks and services the Scubapro regulators and equipment regularly.

Whether you are diving for the first time or are an experienced diver, the underwater paradise of the Mnemba Atoll will not disappoint. The atoll covers an area of 15 square kilometers and takes approximately 30 minutes by local boat (provided by Scubafish) from Matemwe. This conservation area is home to bottlenose dolphins, turtles, Spanish dancers, giant groupers, sharks, barracudas and other impressive marine life. The coral gardens, walls and even some wrecks will satisfy even the most experienced diver's appetite for adventure.

If you are not a diver but would like to accompany someone who is going for a dive you are welcome on the boat and have the option to go snorkelling instead.

PLEASE ASK AT RECEPTION FOR A DETAILED DIVING PRICE LIST OR GO AND VISIT SCUBAFISH JUST DOWN THE BEACH FROM THE LODGE.



Activities THE SEA

Safari Blue

A wonderful way to spend a full day on the water, exploring some of Zanzibar's secret sand banks and reefs. After breakfast you will depart to Fumba Village in the South West of Zanzibar, where you will board a dhow with other guests to experience the beautiful Menai Bay conservation area. Menai bay has several naturally occurring sandbanks with safe swimming and great snorkelling. Alternatively relax on the white sand beach.

From there it is on to Kwale Island where you can explore the natural lagoon.

The day is finished off by returning to Fumba by a Traditional lanteen sail, where your vehicle will be waiting to bring you back to Matemwe.

A chance to see dolphins, swim at one of the pristine sandbanks, and snorkel the beautiful coral reefs!

What's included?

Use of snorkelling equipment with guides and instructors, ice cold sodas, mineral water, beer, buffet lunch (seafood), fruit and coffee

What should I bring?

Plenty of sunblock, a hat



Activities THE SEA

Big game fishing

The Swahili coast is a prime fishing destination, boasting no less than six different types of billfish in Zanzibar's Pemba channel just north of Nungwi.

Besides the billfish there are yellow fin and Dogtooth tuna, large wahoo, king mackerel, dorado, barracuda, and record breaking size giant trevally .

In peak Marlin season, the bill fish move right up to the coast line to gorge themselves on the tuna, making the north of Zanzibar a must for enthusiastic anglers. These fish show inexhaustible displays of strength and a chance at a personal best is very good.

The tuna season runs from August to October, and then the billfish season for marlin and sailfish runs from November till March. In between, the resident game fish are always there. The main striped marlin season runs from December through to March whilst large black and blue marlin are caught in September till December.

Different charters are available. The boats vary in size, trip length and targeted fish and can be customized to your wishes.

PLEASE ASK AT RECEPTION FOR MORE
DETAILS AND PRICING.



Sunset Catamaran Cruises

A sunset cruise is a wonderful way to end a day on Zanzibar.

You, and other guests will be collected by dingy from the beach in Nungwi at approximately 4pm. From here you will be transported to a catamaran to begin your sailing adventure.

Upon arrival you will be greeted and helped aboard by the captain and his friendly staff. The engines are switched off after a few kilometres and the sails hoisted. You will enjoy snacks, drinks and great music while you sail up the coastline.

Before the end of your trip, the catamaran will stop to let you enjoy the African sunset, giving you the opportunity to take beautiful photos.

What's included?

All soft drinks, sparkling wines, beers, wine, water, snacks and the transfers to and from Nungwi

What should I bring?

Your camera and a jumper in case it gets cooler when the sun sets.



Kite surfing

Activities THE SEA

Kite Surfing

Kite surfing is one of the newest and fastest growing extreme sports. What makes it so appealing is that it is safe and easy to learn, and is an exciting sport for all ages and abilities. Zanzibar is a kite surfer's paradise, with crystal clear, warm shallow water, lagoons, islands and bays.

Our kiteboarding partner uses Cabrinha and NPX equipment with fully equipped and experienced staff who ensure the safety of our clients at all times. They offer courses, group lessons, private lessons and equipment rental.

PLEASE ASK AT RECEPTION FOR MORE
DETAILS AND PRICING.

Water Sports

If high adrenalin activities are your thing then we can organise a wide range of watersports such as water skiing, wake boarding, knee boarding, banana boating and ringos.

For a different view of Zanzibar try parasailing. Enjoy a spectacular view from 300 metres in the air and look down at the white sand beaches of Nungwi and Kenda and the brilliant colours of the coral reefs around the northern tip of Zanzibar.

For speed, try jet skiing. No experience necessary but you will follow a guide on an adrenalin fuelled adventure of Zanzibar's coastline.



Romantic beach dinner

Activities

THE LAND



Nutmeg pod - The Spice Tour

Activities THE LAND

Spice Tour

If you have ever wondered where your kitchen spices come from then this enjoyable and insightful tour will reveal the journey from plant to plate. Spices have been a key part of the history of Zanzibar ever since the 16th century when they were first traded.

The spice tour begins with a drive through the countryside, seeing smelling and tasting a variety of spices and mouth-watering fruits – some of which you may have never seen before.

Learn how the spices grow and are harvested and their uses; not only in traditional dishes but also as cures for ailments and even for dyeing traditional ceremonial outfits for weddings and festivals. You will also be shown some of the traditional uses of Zanzibar's plants, including the lipstick tree and heena bush.

This activity works well combined with a Stone Town tour or the trip to Jozani Forest.

ALTERNATIVELY ENJOY THE SPICE TOUR
ON YOUR WAY TO THE AIRPORT ON YOUR
FINAL DAY.

Historical Stone Town and Prison Island Tour

The historical Stone Town tour is a wonderful introduction to Zanzibar, and gives you a feeling of the island's rich cultural heritage. A melting pot of Arabic, African and European influences, walk Stone Town's narrow alleys to uncover the history of the slave trade. Magnificent architecture, forts, and museums all have a story to tell.

Prison Island or Changuu Island is the middle island of the three visible from Stone Town. It takes approximately 30 minutes to get there by boat. Earning its name because it was a former prison for slaves and a quarantine station for Zanzibar and the mainland, nowadays the island is home to giant tortoises who were brought to the island in the 1820s from the Seychelles.

Once on the island, you can meet the tortoises, explore the forested interior where you will see a wide variety of birds, colorful peacocks, bats, and beautiful butterflies. Keep your eyes peeled too for the shy and elusive Duikers – an unusual tiny antelope species. The island is fringed with a beautiful coral reef, ideal for snorkeling, and has a lovely white beach for sunbathing. Look back at Stone Town from the sea as many old maritime legends would have done.

What's included? All entry fees

What should I bring? Please dress modestly in Stone Town and women should cover their shoulders and wear knee length skirts or shorts. You can do your souvenir shopping while on the Stone Town tour so be sure to bring some cash.

THIS EXCURSION COMBINES WELL WITH THE SPICE TOUR.



Red Colobus Monkeys

Activities THE LAND

Jozani Forest Tour

Jozani Forest lies 35km South-East of Zanzibar Town, and has an area of about 1000 hectares. It is the only remaining natural forest on Ungaju Island, where long ago you could find leopard and antelope.

Today Jozani Forest is home to the Red Colobus Monkey, which is one of the most endangered primate species in the world, as well as the Blue Sykes Monkey. The red Colobus monkeys are very friendly and love to be photographed. With the help of your guide, you are able to get quite close.

What's included?

Transfers and entry fee

What should I bring?

Please wear closed shoes and bring some sunblock and a hat.



Activities THE LAND

Swahili Cooking Lesson

For hobby cooks or culinary enthusiasts eager to learn more join Matemwe's singing chef, Rama, for a Swahili cooking experience! Chef Rama, will introduce you to the main spices used in authentic Swahili cooking, as well as providing a cultural insight onto the Spice Island.

Each guest will have their own cooking station, with a traditional Zanzibar charcoal stove, and will cook a meal in a demonstration-style class. Guests can enjoy a complimentary glass of wine with what they have cooked for lunch.

THIS ACTIVITY IS ONLY AVAILABLE A FEW DAYS A WEEK, PLEASE INQUIRE AT RECEPTION FOR MORE DETAILS.



Activities THE LAND

Matemwe Village Walk

Matemwe Village is home to 4000 people and this informative village tour will give you a glimpse of the local way of life. Join a local guide as he walks you through the village. Watch as the local fishermen come in from a morning at sea and sell their catch at the fish market, one of the largest on Zanzibar. Meet local families and visit the school which provides a primary education to over 500 students. If you took part in Pack for a Purpose then you can drop off your donations directly. You may even be able to join in a game of football!

What's included?

This is a complimentary activity.

What should I bring?

Please dress modestly and ladies should take care to cover shoulders and knees. Please bring your camera but out of respect we ask that photographs only be taken once permission has been given. We ask that you do not hand out any money, instead please inquire at reception about the various local projects that you may donate towards.



Activities THE LAND

The Sea and Spice Spa

New to Matemwe is the Sea and Spice Spa. Set on a cliff overlooking the Indian Ocean and Mnemba Atoll, the Sea and Spice Spa offers international standard treatments which take their inspiration from the Spice Island and African continent. Whether you have been on safari, climbed Kilimanjaro or are just relaxing on the beach, the Sea and Spice spa is the ideal place to rejuvenate.

The Sea and Spice spa is proud to only use products made in Africa. The spa stocks Healing Earth, a premium organic spa brand inspired by Africa's ancient energy, healing traditions and natural richness. All the Sea and Spice signature treatments start with a foot ceremony called African Foot Cleanse as many African cultures believe that cleaning the feet is essential before entering a home in order to leave negative energy and worries outside the door. The Foot Cleanse helps the therapist connect with the client, feel their energy and assess their needs, ensuring both are completely ready to begin the treatment.

The Sea and Spice Spa's signature massage is the African Wood Massage which draws from traditional African healing beliefs. The body is enveloped in natural shea butter and then two coconut wood sticks are used to deliver a rhythmic massage, as the shea butter melts your skin is hydrated and your body is left relaxed. For those who have over indulged in the sunshine, the spa also offers a natural aloe vera treatment to cool post sun bathing skin. The aloe vera could not be fresher, as it is picked from the lodge's garden just moments before the treatment. In room massages are available, as well as couples massages and a hydrotherapy room with a bath overlooking the Indian Ocean.

FOR MORE INFORMATION PLEASE VISIT THE SPA OR
CONSULT THE SEPARATE SPA MENU.



Activities PRICE LIST

Tours & excursions

Transfers to & from Stone Town/Zanzibar Airport are available at \$60 (max 6 pax)

THE SEA	ESCAPE TO INFINITY	MUYUNI TRIP	SAFARI BLUE	THE LAND	SPICE TOUR	STONE TOWN	PRISON ISLAND	JOZANI FOREST
1 GUEST	N/A	N/A	\$207 PER PERSON	1 GUEST	\$132 PER PERSON	\$132 PER PERSON	\$138 PER PERSON	\$174 PER PERSON
2 GUESTS	(MINIMUM) \$180 PER COUPLE	(MINIMUM) \$140 PER COUPLE	\$146 PER PERSON	2 GUESTS	\$71 PER PERSON	\$71 PER PERSON	\$82 PER PERSON	\$98 PER PERSON
3 GUESTS	N/A	N/A	\$109 PER PERSON	3 GUESTS	\$54 PER PERSON	\$54 PER PERSON	\$60 PER PERSON	\$68 PER PERSON
4 GUESTS	\$150 PER COUPLE	\$120 PER COUPLE	\$99 PER PERSON	4 GUESTS	\$46 PER PERSON	\$46 PER PERSON	\$49 PER PERSON	\$59 PER PERSON
5 GUESTS	N/A	N/A	\$90 PER PERSON	5 GUESTS	\$38 PER PERSON	\$38 PER PERSON	\$41 PER PERSON	\$49 PER PERSON
6 GUESTS +	(MAXIMUM) \$130 PER COUPLE	(MAXIMUM) \$100 PER COUPLE	\$90 PER PERSON	6 GUESTS +	\$38 PER PERSON	\$38 PER PERSON	\$41 PER PERSON	\$49 PER PERSON

Ask at reception
for detailed price list

SCUBAFISH DIVING

BIG GAME FISHING

BOAT CRUISES

KITE SURFING

WATERSPORTS

SNORKELING \$30 PER PERSON

NGALAWA SAILING \$45 PER BOAT, MAX 2 PEOPLE

Free of charge

MATEMWE VILLAGE WALK

RICE & SPICE: COOKING LESSONS

The Sea and Spice Spa

PLEASE SEE SEPARATE SPA BROCHURE