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Tanzania Holidays are the Perfect Stress Busters by [Jack Leroy's](#)

Article published on July 7th 2012 | [Travel](#)

Working in your office, day in and day out can be really tiring. You also experience a lot of stress at work when dealing with clients, your boss or co-workers. If you have been working hard the whole year round then you really deserve a holiday. You need to spend a few days away from work to relax and get rid of all the stress in your body. If you want a holiday getaway then Tanzania is the best destination for you. The landscape is very beautiful and just the sight of it will relieve you of all the stress you are feeling. The beaches are amazing and the wildlife is just magnificent.

There are many things that you can do on Tanzania holidays but the most popular activity is the safari. You can go on a safari in the various national parks in Tanzania and get to see animals in their natural habitat. This is a very memorable experience because it is not everyday that you get to see these wild beasts in their most natural behavior. It is incomparable to visiting the zoo and seeing all those caged animals. On a safari, the animals are in their natural habitat and they are not enclosed in cages. You get to see how they stalk and hunt their prey. The grace of these predators as they stalk and pounce on their prey is just spectacular. Famous destinations for safaris in Tanzania are Lake Manyara, the Serengeti and the Ngorongoro crater among many other great safari destinations. Lake Tanganyika is also a great safari destination because of its large chimpanzee population. A safari is a great holiday activity for both adults and kids.

Mountain climbing is also an exciting activity on Tanzania holidays. You can climb the highest peak in Africa which is Mount Kilimanjaro in Tanzania. There are lots of animal species that you can see during the climb up the peak. You can also make a quick stopover at the Olduvai Gorge that is famous for being the location of the Leakeys discovery of the evolution of man's heritage. When climbing the mountain, you can get a guide from the local tribes of the Maasai and the Iraqw. You can learn a lot about the terrain and the animals that you will come across from the local guides.

Tanzania holidays will not be complete without a trip to the beach. The beaches in the area are known to be really pristine. You can spend at day at the beach to just bask in the warm weather and swim in the clear waters of the Indian Ocean. While at the beach, you may also try some water sports such as diving, snorkeling, kayaking or go deep sea fishing. It is also a must to visit the beautiful island of Zanzibar during your Tanzania holidays.

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Article Keywords:

Tanzania Safaris

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