

## SACRED CAVES

Caves in Zanzibar are revered as places of spirits and ancestors. Kuza Cave has been traditionally used for making wishes through ceremony and for healing rituals. Local people recognise this as a place that was used by their forefathers long before Islam and Christianity came to Africa. So please respect Kuza Cave as you would a European sacred space, like a church. Dip into the cool waters and explore the underwater sculptures. Feel free to make a wish of your own and meditate before the Elephant Alter in the middle of the cave.

Ancient humans spread from mainland Tanzania, where some of the oldest bipedal pre-human footprints are preserved in mud in the Rift Valley, to the East African coast and eventually the whole world. Come and see a timeline of human history and understand how the ancient Island port of Zanzibar has connected parts of Europe, Asia and the Middle East to nations in Africa for thousands of years.

## KUZA CAVE CULTURE TOUR

An expert guided tour that includes at least three caves and other Archaeological sites on the South and East Coast of Zanzibar. The full-day package includes a Swahili Cooking lesson, lunch and cave-swimming in crystal clear fresh water in Kuza Cave followed by traditional African dancing and drumming. Step into peaceful sacred spaces with a Zanzibari local who will tell you the story of his family and their spiritual connection to sacred caves. The tour includes transport from main pick up points in Paje and Jambiani. Transport from town or direct to your hotel can be arranged for an extra fee.



8:30 am - East Coast

pick ups begin

9 - 1 pm- Meet the

guardians of sacred caves that are still used to appease and implore spirits to solve problems. Explore the connection between healing, medicine and religion. Watch or participate in a wishing ceremony

1 pm Enjoy a Swahili Cooking Lesson with a fantastic Chef

3 pm - Kuza Cave swimming and exploring. See artefacts and learn about their significance in understanding human history

4 pm Join in a drumming and dancing jam session to celebrate Swahili culture

From  
\$55 pp

