



Administrative division Tanzania

Division by Region

Census 2022

Region	ISO-3166-2	Capital	Area (km²)	Population	Density (pers/km²)
Arusha	TZ-01	Arusha	36.654	2.356.255	64,28
Dar es Salaam	TZ-02	Dar es Salaam	1.632	5.383.728	3.298,85
Dodoma	TZ-03	Dodoma	41.854	3.085.625	73,72
Geita	TZ-27	Geita	19.723	2.977.608	150,97
Iringa	TZ-04	Iringa	36.482	1.192.728	32,69
Kagera	TZ-05	Bukoba	26.736	2.989.299	111,81
Katavi	TZ-28	Mpanda	46.881	1.152.958	24,59
Kigoma	TZ-08	Kigoma	36.343	2.470.967	67,99
Kilimanjaro	TZ-09	Moshi	13.275	1.861.934	140,26
Lindi	TZ-12	Lindi	64.838	1.194.028	18,42
Manyara	TZ-26	Babati	46.461	1.892.502	40,73
Mara	TZ-13	Musoma	21.089	2.372.015	112,48
Mbeya	TZ-14	Mbeya	37.920	2.343.754	61,81
Morogoro	TZ-16	Morogoro	70.125	3.197.104	45,59
Mtwara	TZ-17	Mtwara	17.823	1.634.947	91,73
Mwanza	TZ-18	Mwanza	11.569	3.699.872	319,81
Njombe	TZ-29	Njombe	21.258	889.946	41,86
Pemba North	TZ-06	Wete	526	272.091	517,28
Pemba South	TZ-10	Chake Chake	475	271.350	571,26
Pwani	TZ-19	Kisiju	31.907	2.024.947	63,46
Rukwa	TZ-20	Sumbawanga	21.917	1.540.519	70,29
Ruvuma	TZ-21	Songea	62.700	1.848.794	29,49
Shinyanga	TZ-22	Shinyanga	16.423	2.241.299	136,47
Simiyu	TZ-30	Bariadi	24.283	2.140.497	88,15
Singida	TZ-23	Singida	48.554	2.008.058	41,36
Songwe	TZ-31	Vwawa	21.696	1.344.687	61,98
Tabora	TZ-24	Tabora	75.383	3.391.679	44,99
Tanga	TZ-25	Tanga	27.910	2.615.597	93,72
Zanzibar North	TZ-07	Mkokotoni	464	257.290	554,50
Zanzibar South	TZ-11	Koani	885	195.873	221,33
Zanzibar West	TZ-15	Zanzibar	233	893.169	3.833,34
Total			884.019	61.741.120	69,82

Division by District

Census 2022

District	Own	Region	Capital	Area (km ²)	Population	Density (pers/km ²)
Arusha City	TZ-01-01	Arusha	Arusha	267	617.631	2.313,2
Arusha Rural	TZ-01-02	Arusha	Arusha	1.237	449.518	363,4
Babati Rural	TZ-26-01	Manyara	Babati	5.569	375.200	67,4
Babati Town	TZ-26-02	Manyara	Babati	471	129.572	275,1
Bagamoyo	TZ-19-01	Pwani	Bagamoyo	1.423	205.478	144,4
Bahi	TZ-03-01	Dodoma	Bahi	5.630	322.526	57,3
Bariadi Rural	TZ-30-01	Simiyu	Bariadi	4.737	383.385	80,9
Bariadi Town	TZ-30-02	Simiyu	Bariadi	747	260.927	349,3
Biharamulo	TZ-05-01	Kagera	Biharamulo	7.463	457.114	61,3
Buchosa	TZ-18-01	Mwanza	Nyehunge	1.311	413.110	315,1
Buhigwe	TZ-08-01	Kigoma	Buhigwe	1.506	240.005	159,4
Bukoba Municipal	TZ-05-02	Kagera	Bukoba	84	144.938	1.725,5
Bukoba Rural	TZ-05-03	Kagera	Bukoba	1.618	322.448	199,3
Bukombe	TZ-27-01	Geita	Ushirombo	8.055	407.102	50,5
Bumbuli	TZ-25-01	Tanga	Bumbuli	794	159.373	200,7
Bunda Rural	TZ-13-01	Mara	Bunda	2.078	243.822	117,3
Bunda Town	TZ-13-02	Mara	Bunda	1.015	182.970	180,3
Busega	TZ-30-03	Simiyu	Nyashimo	1.424	282.167	198,2
Busekelo	TZ-14-01	Mbeya	Busokelo	714	100.123	140,2
Butiama	TZ-13-03	Mara	Butiama	1.962	281.656	143,6
Chake Chake	TZ-10-01	Pemba South	Chake Chake	219	136.298	622,4
Chalinze	TZ-19-02	Pwani	Chalinze	7.032	316.759	45,0
Chamwino	TZ-03-02	Dodoma	Chamwino	9.123	486.176	53,3
Chato	TZ-27-02	Geita	Chato	3.074	584.963	190,3
Chemba	TZ-03-03	Dodoma	Chemba	7.289	339.333	46,6
Chunya	TZ-14-02	Mbeya	Chunya	17.505	344.471	19,7
Dar es Salaam City	TZ-02-01	Dar es Salaam	Dar es Salaam	365	1.649.912	4.520,3
Dodoma City	TZ-03-04	Dodoma	Dodoma	2.607	765.179	293,5
Gairo	TZ-16-01	Morogoro	Gairo	1.971	258.205	131,0
Geita Rural	TZ-27-03	Geita	Kharumwa	3.671	1.035.214	282,0
Geita Town	TZ-27-04	Geita	Geita	1.036	361.671	349,1
Hai	TZ-09-01	Kilimanjaro	Bomang'ombe	903	240.999	266,9
Hanang	TZ-26-03	Manyara	Katesh	3.674	367.391	100,0
Handeni Rural	TZ-25-02	Tanga	Handeni	6.529	384.353	58,9
Handeni Town	TZ-25-03	Tanga	Handeni	837	108.968	130,2
Ifakara Town	TZ-16-02	Morogoro	Ifakara Town	7.205	290.424	40,3
Igunga	TZ-24-01	Tabora	Igunga	7.064	546.204	77,3
Ikungi	TZ-23-01	Singida	Ikungi	8.860	411.262	46,4
Ileje	TZ-31-01	Songwe	Ileje	1.880	125.869	67,0
Ilemela Municipal	TZ-18-02	Mwanza	Mwanza	255	509.687	1.998,8

District	Own	Region	Capital	Area (km ²)	Population	Density (pers/km ²)
Iramba	TZ-23-02	Singida	Kiomboi	4.520	328.912	72,8
Iringa Municipal	TZ-04-01	Iringa	Iringa	369	202.490	548,8
Iringa Rural	TZ-04-02	Iringa	Kalenga	18.783	315.354	16,8
Itigi	TZ-23-03	Singida	Itigi	19.539	215.947	11,1
Itilima	TZ-30-04	Simiyu	Itilima	4.690	419.213	89,4
Kahama Municipality	TZ-22-01	Shinyanga	Kahama	1.363	453.654	332,8
Kakonko	TZ-08-02	Kigoma	Kakonko	2.209	178.419	80,8
Kalambo	TZ-20-01	Rukwa	Matai	5.569	316.783	56,9
Kaliua	TZ-24-02	Tabora	Kaliua	15.335	678.447	44,2
Karagwe	TZ-05-04	Kagera	Kayanga	5.433	385.744	71,0
Karatu	TZ-01-03	Arusha	Karatu	3.238	280.454	86,6
Kaskazini A Municipal	TZ-07-01	Zanzibar North	Kaskazini	230	157.369	684,2
Kaskazini B Municipal	TZ-07-02	Zanzibar North	Kaskazini	234	99.921	427,0
Kasulu Rural	TZ-08-03	Kigoma	Kasulu	7.195	537.767	74,7
Kasulu Town	TZ-08-04	Kigoma	Kasulu	912	238.321	261,3
Kati	TZ-11-01	Zanzibar South	Koani	506	132.717	262,3
Kibaha	TZ-19-03	Pwani	Kibaha	1.499	123.367	82,3
Kibaha Town	TZ-19-04	Pwani	Kibaha	705	265.360	376,4
Kibiti	TZ-19-05	Pwani	Kibiti	2.805	195.638	69,7
Kibondo	TZ-08-05	Kigoma	Kibondo	13.406	362.922	27,1
Kigamboni Municipal	TZ-02-02	Dar es Salaam	Somangila	578	317.902	550,0
Kigoma Municipal	TZ-08-06	Kigoma	Kigoma	93	232.388	2.498,8
Kigoma Rural	TZ-08-07	Kigoma	Kigoma	968	222.792	230,2
Kilindi	TZ-25-04	Tanga	Kilindi	6.455	398.391	61,7
Kilolo	TZ-04-03	Iringa	Kilolo	9.243	263.559	28,5
Kilosa	TZ-16-03	Morogoro	Kilosa	11.773	617.032	52,4
Kilwa	TZ-12-01	Lindi	Kilwa Masoko	14.999	297.676	19,8
Kinondoni Municipal	TZ-02-03	Dar es Salaam	Ndugumbi	270	982.328	3.638,3
Kisarawe	TZ-19-06	Pwani	Kisarawe	5.031	159.226	31,6
Kishapu	TZ-22-02	Shinyanga	Kishapu	4.182	335.483	80,2
Kiteto	TZ-26-04	Manyara	Kiteto	13.131	352.305	26,8
Kondoa Rural	TZ-03-05	Dodoma	Kondoa	4.373	244.854	56,0
Kondoa Town	TZ-03-06	Dodoma	Kondoa	1.419	80.443	56,7
Kongwa	TZ-03-07	Dodoma	Kongwa	3.958	443.867	112,1
Korogwe Rural	TZ-25-05	Tanga	Korogwe	3.203	272.870	85,2
Korogwe Town	TZ-25-06	Tanga	Korogwe	225	86.551	384,7
Kusini	TZ-11-02	Zanzibar South	Kusini	379	63.156	166,6
Kwimba	TZ-18-03	Mwanza	Ngudu	3.254	480.025	147,5
Kyela	TZ-14-03	Mbeya	Kyela	756	266.426	352,4
Kyerwa	TZ-05-05	Kagera	Kyerwa	2.506	412.910	164,8
Lindi Municipal	TZ-12-02	Lindi	Lindi	3.665	174.126	47,5
Liwale	TZ-12-03	Lindi	Liwale	34.311	136.505	4,0
Longido	TZ-01-04	Arusha	Longido	8.064	175.915	21,8
Ludewa	TZ-29-01	Njombe	Ludewa	5.952	151.361	25,4

District	Own	Region	Capital	Area (km ²)	Population	Density (pers/km ²)
Lushoto	TZ-25-07	Tanga	Lushoto	3.297	350.958	106,4
Madaba	TZ-21-01	Ruvuma	Madaba (?)	6.786	65.215	9,6
Mafia	TZ-19-07	Pwani	Kilindoni	643	66.180	102,9
Mafinga Town	TZ-04-04	Iringa	Mafinga	1.150	122.329	106,4
Magharibi A Municipal	TZ-15-01	Zanzibar West	Zansibar City	105	329.645	3.139,5
Magharibi B Municipal	TZ-15-02	Zanzibar West	Zansibar City	113	344.517	3.048,8
Magu	TZ-18-04	Mwanza	Magu	1.517	421.119	277,6
Makambako Town	TZ-29-02	Njombe	Makambako	883	146.481	165,9
Makete	TZ-29-03	Njombe	Makete	3.996	109.160	27,3
Malinyi	TZ-16-04	Morogoro	Malinyi	7.709	225.126	29,2
Manyoni	TZ-23-04	Singida	Manyoni	9.393	279.069	29,7
Masasi Rural	TZ-17-01	Mtwara	Masasi	4.005	314.778	78,6
Masasi Town	TZ-17-02	Mtwara	Masasi	753	137.585	182,7
Maswa	TZ-30-05	Simiyu	Maswa	3.667	427.864	116,7
Mbarali	TZ-14-04	Mbeya	Rujewa	14.438	446.336	30,9
Mbeya City	TZ-14-05	Mbeya	Mbeya	253	541.603	2.140,7
Mbeya Rural	TZ-14-06	Mbeya	Mbalizi	2.813	371.259	132,0
Mbinga Rural	TZ-21-02	Ruvuma	Mbinga	3.592	285.582	79,5
Mbinga Town	TZ-21-03	Ruvuma	Mbinga	1.248	158.896	127,3
Mbogwe	TZ-27-05	Geita	Mbogwe	2.281	362.855	159,1
Mbozi	TZ-31-02	Songwe	Mbozi	3.857	510.599	132,4
Mbulu Rural	TZ-26-05	Manyara	Mbulu	2.952	238.272	80,7
Mbulu Town	TZ-26-06	Manyara	Mbulu	848	138.593	163,4
Meatu	TZ-30-06	Simiyu	Mwanhuzi	9.018	366.941	40,7
Meru	TZ-01-05	Arusha	Usa River	1.226	331.603	270,5
Micheweni	TZ-06-01	Pemba North	Micheweni	231	123.379	534,1
Missenyi	TZ-05-06	Kagera	Bunazi	2.825	245.394	86,9
Misungwi	TZ-18-05	Mwanza	Misungwi	2.579	467.867	181,4
Mjini Municipal - Zanzibar City	TZ-15-03	Zanzibar West	Zansibar City	15	219.007	14.600,5
Mkalama	TZ-23-05	Singida	Nduguti	3.121	255.514	81,9
Mkinga	TZ-25-08	Tanga	Mkinga	2.712	146.802	54,1
Mkoani Town	TZ-10-02	Pemba South	Mkoani	256	135.052	527,5
Mkuranga	TZ-19-08	Pwani	Mkuranga	2.827	533.033	188,6
Mlele	TZ-28-01	Katavi	Inyonga	15.539	118.818	7,6
Mlimba	TZ-16-05	Morogoro	Mlimba	6.340	292.536	46,1
Momba	TZ-31-03	Songwe	Momba	4.708	259.781	55,2
Monduli	TZ-01-06	Arusha	Monduli	6.981	227.585	32,6
Morogoro Municipal	TZ-16-06	Morogoro	Morogoro	288	471.409	1.636,8
Morogoro Rural	TZ-16-07	Morogoro	Morogoro	12.457	387.736	31,1
Moshi Municipal	TZ-09-02	Kilimanjaro	Moshi	63	221.733	3.519,6
Moshi Rural	TZ-09-03	Kilimanjaro	Moshi	1.381	535.803	388,0
Mpanda Municipal	TZ-28-02	Katavi	Mpanda	318	245.764	772,8

District	Own	Region	Capital	Area (km ²)	Population	Density (pers/km ²)
Mpimbwe	TZ-28-03	Katavi	Mpimbwe	6.112	215.438	35,2
Mpwapwa	TZ-03-08	Dodoma	Mpwapwa	7.455	403.247	54,1
Msalala	TZ-22-03	Shinyanga	Msalala	2.630	378.214	143,8
Mtama	TZ-12-04	Lindi	Mtama	3.374	166.493	49,3
Mtwara Municipal	TZ-17-03	Mtwara	Mtwara	170	146.772	863,4
Mtwara Rural	TZ-17-04	Mtwara	Mtwara	1.925	158.504	82,3
Mufindi	TZ-04-05	Iringa	Mafinga (?)	6.937	288.996	41,7
Muheza	TZ-25-09	Tanga	Muheza	1.498	238.260	159,1
Muleba	TZ-05-07	Kagera	Muleba	3.502	637.659	182,1
Musoma Municipal	TZ-13-04	Mara	Musoma	66	164.172	2.487,5
Musoma Rural	TZ-13-05	Mara	Musoma	1.276	266.665	209,0
Mvomero	TZ-16-08	Morogoro	Mvomero	6.631	421.741	63,6
Mwanga	TZ-09-04	Kilimanjaro	Mwanga	1.967	148.763	75,6
Mwanza	TZ-18-06	Mwanza	Mwanza	183	594.834	3.250,5
Nachingwea	TZ-12-05	Lindi	Nachingwea	5.974	233.655	39,1
Namtumbo	TZ-21-04	Ruvuma	Namtumbo	21.764	271.368	12,5
Nanyamba Town	TZ-17-05	Mtwara	Nanyamba	1.766	132.624	75,1
Nanyumbu	TZ-17-06	Mtwara	Nanyumbu	5.203	204.323	39,3
Newala Rural	TZ-17-07	Mtwara	Newala	1.427	136.939	96,0
Newala Town	TZ-17-08	Mtwara	Newala	526	104.349	198,4
Ngara	TZ-05-08	Kagera	Ngara	3.305	383.092	115,9
Ngorongoro	TZ-01-07	Arusha	Loliondo	15.908	273.549	17,2
Njombe Rural	TZ-29-04	Njombe	Njombe	3.454	109.311	31,6
Njombe Town	TZ-29-05	Njombe	Njombe	3.536	182.127	51,5
Nkasi	TZ-20-02	Rukwa	Namanyere	9.824	425.420	43,3
Nsimbo	TZ-28-04	Katavi	Mpanda (?)	7.972	201.102	25,2
Nyang'hwale	TZ-27-06	Geita	Nyang'hwale	1.606	225.803	140,6
Nyasa	TZ-21-05	Ruvuma	Mbamba Bay	3.062	191.193	62,4
Nzega Rural	TZ-24-03	Tabora	Nzega	7.173	574.498	80,1
Nzega Town	TZ-24-04	Tabora	Nzega	691	125.193	181,2
Pangani	TZ-25-10	Tanga	Pangani	1.763	75.642	42,9
Rombo	TZ-09-05	Kilimanjaro	Rombo	1.470	275.314	187,3
Rorya	TZ-13-06	Mara	Rorya	2.002	354.490	177,1
Ruangwa	TZ-12-06	Lindi	Ruangwa	2.515	185.573	73,8
Rufiji	TZ-19-09	Pwani	Utete	9.942	159.906	16,1
Rungwe	TZ-14-07	Mbeya	Tukuyu	1.441	273.536	189,8
Same	TZ-09-06	Kilimanjaro	Same	6.220	300.303	48,3
Sengerema	TZ-18-07	Mwanza	Sengerema	1.842	425.415	231,0
Serengeti	TZ-13-07	Mara	Serengeti	11.156	340.349	30,5
Shinyanga Municipal	TZ-22-04	Shinyanga	Shinyanga	555	214.744	386,9
Shinyanga Rural	TZ-22-05	Shinyanga	Shinyanga	3.568	468.611	131,3
Siha	TZ-09-07	Kilimanjaro	Sanya Juu	1.271	139.019	109,4
Sikonge	TZ-24-05	Tabora	Sikonge	26.278	335.686	12,8
Simanjiro	TZ-26-07	Manyara	Orkesumet	19.816	291.169	14,7

District	Own	Region	Capital	Area (km ²)	Population	Density (pers/km ²)
Singida Municipal	TZ-23-06	Singida	Singida	721	232.459	322,4
Singida Rural	TZ-23-07	Singida	Singida	2.400	284.895	118,7
Songea Municipal	TZ-21-06	Ruvuma	Songea	578	286.285	495,3
Songea Rural	TZ-21-07	Ruvuma	Songea	7.258	178.201	24,6
Songwe	TZ-31-04	Songwe	Mkwajuni	11.164	229.129	20,5
Sumbawanga Municipal	TZ-20-03	Rukwa	Sumbawanga	1.374	303.986	221,2
Sumbawanga Rural	TZ-20-04	Rukwa	Sumbawanga	5.150	494.330	96,0
Tabora Municipal	TZ-24-06	Tabora	Tabora	1.461	308.741	211,3
Tandahimba	TZ-17-09	Mtwara	Tandahimba	2.048	299.073	146,0
Tanga City	TZ-25-11	Tanga	Tanga	597	393.429	659,0
Tanganyika	TZ-28-05	Katavi	Sitalike (?)	16.940	371.836	22,0
Tarime Rural	TZ-13-08	Mara	Tarime	1.371	404.848	295,3
Tarime Town	TZ-13-09	Mara	Tarime	163	133.043	816,2
Temeke Municipal	TZ-02-04	Dar es Salaam	Miburani	150	1.346.674	8.977,8
Tunduma Town	TZ-31-05	Songwe	Tunduma	87	219.309	2.520,8
Tunduru	TZ-21-08	Ruvuma	Tunduru	18.412	412.054	22,4
Ubungo Municipal	TZ-02-05	Dar es Salaam	Kwembe	269	1.086.912	4.040,6
Ukerewe	TZ-18-08	Mwanza	Nansio	628	387.815	617,5
Ulanga	TZ-16-09	Morogoro	Mahenge	15.751	232.895	14,8
Urambo	TZ-24-07	Tabora	Urambo	5.415	260.322	48,1
Ushetu	TZ-22-06	Shinyanga	Ushetu	4.125	390.593	94,7
Uvinza	TZ-08-08	Kigoma	Uvinza	10.054	458.353	45,6
Uyui	TZ-24-08	Tabora	Uyui	11.966	562.588	47,0
Wanging'ombe	TZ-29-06	Njombe	Igwachanya	3.437	191.506	55,7
Wete	TZ-06-02	Pemba North	Wete	295	148.712	504,1
Total				88.4019	61.741.120	69,8

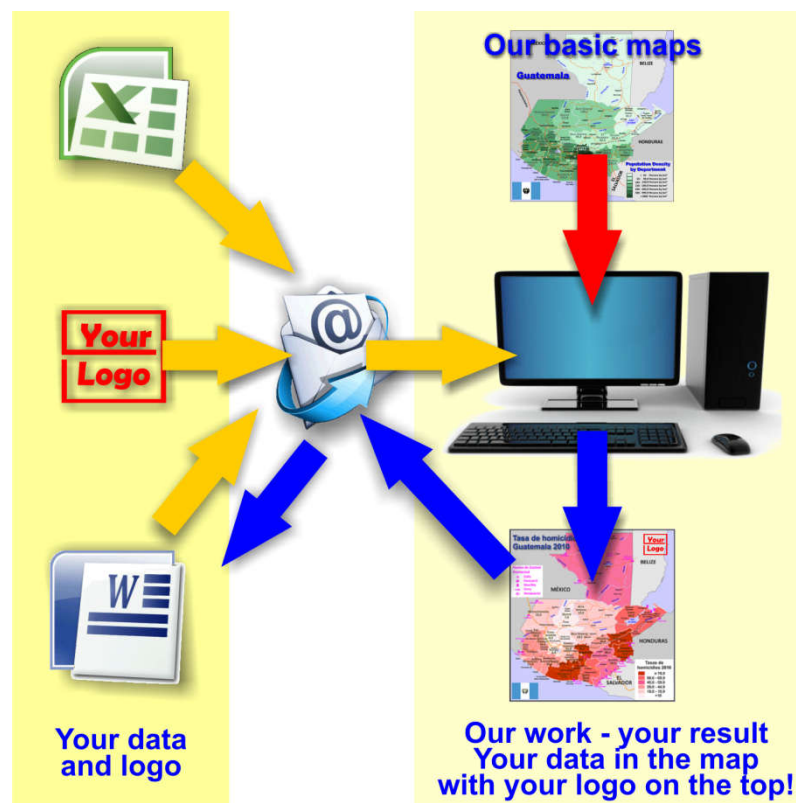
About the maps on www.geo-ref.net

Each map published on our web site is free to use without costs, meanwhile the same is not modified, especially concerning our own site logotype. This is valid for all published PNG and the PDF-files.

We have published on the country page usually the population density of the country, the mostly interesting thematic map. But the real power of our offer consists in the display of your own data, drawing so your own maps with your results or relevant data.

The so generated thematic maps you can order as illustrations for reports and publications, in huger format for maps – mostly till A0 format. Also for the inclusion in PowerPoint presentations we can offer the maps, as bitmap or in vector format

So it works:



Please visit the corresponding page for our detailed conditions of service and supply.

The price of a thematic map is visible on the corresponding country page.

Visit our page Services to find out about our additional services.

Your Team from

www.Geo-Ref.net