



## NNV – 21 DAY EAST AFRICAN ADVENTURE – SOUTH

### Activity Package

This is an optional payment that covers what we consider to be ‘essential activities’ on our tours. Ideally we would include all of these, but not everyone can afford this. This payment is 100% transparent and is listed below. The Activity Package can be pre-purchased prior to your arrival or through your guide on day 1 of your tour. **This dossier has been written with the inclusion of the Activity Package items.**

Activity	Price
Masai Museum, Arusha	R60
Zanzibar excursion plus ferry	R2380
Village tour Malawi	R60
South Luangwa NP sunset game drive	R650
Textile village visit South Luangwa	R300
	<b>R3450</b>

*\*For the price of the Serengeti Excursion, please refer to the “Optional Activities” section on the next page.*

### Countries Visited

Kenya, Tanzania, Malawi, Zambia, Zimbabwe

### Vehicle

Adventure Truck

### Malaria

Malaria prophylactics are required throughout the route.

### Departure Point

8:00am from the Meridian Court Hotel, Muranga Road, Nairobi, Kenya. Tel: +254 20 313 [www.meridianhotelkenya.com](http://www.meridianhotelkenya.com)

### End Point

Vic Falls Adventure Lodge, Stand 954, Corner Pioneer Road and Chinotimba Drive, Victoria Falls, Zimbabwe. Tel: +263 134 1354 [www.adventurezonevicfalls.com/accommodation-detailed.html?accomdet:acode=3](http://www.adventurezonevicfalls.com/accommodation-detailed.html?accomdet:acode=3)

### What’s included

Meals as indicated on the itinerary (unless otherwise specified, all meals are prepared and served at the Overland truck), accommodation, registered guides and transport. We also include some of the highlights. These highlights are listed below in the day-by-day descriptions as “included highlights”.

### What’s excluded

All items of a personal nature, alcohol, snacks, souvenirs, tips and optional activities (see list for an indication of prices.)

### Health

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disability that you may have.

### Insurance

All clients require adequate Travel Insurance. Medical Insurance is not sufficient. Activity providers can refuse participation of activities, if the correct valid Travel Insurance is not provided.

### Visas

Please note that these are your responsibility. Most nationalities require visas for East African countries. Although most nationalities can obtain their visa at the border, we prefer that you obtain it before arrival to save time at immigration when crossing from one country to another. Visas for Malawi are not obtainable at the borders. See Pre Departure Booklet for more information.

### Climate

The African sun is very strong. Please use a factor 30 sunscreen and wear a hat. You should drink at least 3 litres of water per day to avoid dehydration. It can also get very cold during winter months on this route. Please see Pre Departure Booklet for detailed information.

### Currency and Banking

USD (United States Dollars) is the best currency for East Africa. Travellers Cheques can take a long time to change into cash and often incur unreasonable charges. Credit Cards cannot always be processed – especially in remote areas. USD Notes printed before 2004 (i.e. the old style notes) will not be accepted and many places will not accept USD100 notes, so make sure to bring lots of \$1, \$5 and \$10 notes for tips and craft markets. USD20 and USD50 notes are good to change in to local currency. Please see Pre Departure Booklet for detailed information.

### Vaccinations

A Yellow Fever Certificate is required for this tour. Please see the Pre Departure Information booklet for detailed information on vaccinations in Africa.

## Onward Travel

You can extend your travels by doing the Masai Mara and Gorillas tour before this tour or the Victoria falls to Cape town tour or the Okavango and Chobe Trail (South) after this tour.

## Pre and Post Tour Accommodation

If you require accommodation before or after your tour we can arrange this for you. We can also arrange airport transfers

## Arrival

Please be sure to arrive 1 day before your tour is due to depart. This will avoid any problems such as forgotten luggage, misplaced bags or any unforeseen problems such as airline strikes or delayed flight arrival.

## Departure

Please book your flight to depart the day after the tour officially ends. This is to account for any delays that we may experience due to unpredictable road conditions.

**Note: All information is subject to change without prior notice. Travel times and campsites can change depending on road or weather conditions, etc. These are used as a guideline only. On our longer tours it is possible that your crew, truck and fellow travelers will change due to our unique tour linking system. On some of our tours, camping and accommodated clients will be travelling together with a maximum number of participants of 18.**

## Did you receive your Pre Departure Information Booklet?

If not please contact us at [info@shapshaptravel.com](mailto:info@shapshaptravel.com) and we will e-mail you the document; alternatively you can also download from our website at [www.shapshaptravel.com](http://www.shapshaptravel.com).

## OPTIONAL ACTIVITIES:

COUNTRY	AREA	ACTIVITY	PRICE RANGE
Kenya	Nairobi	Dinner at Local Restaurant	\$30 to \$45
Tanzania	Serengeti	Serengeti Camping Excursion 4-Days	R4950
Tanzania	Serengeti	Tips for Guide - Per Day	\$25 to \$30
Tanzania	Serengeti	Ballooning over Serengeti National Park – Pre Book	\$500 to \$550
Tanzania	Serengeti	Guided day walk-Ngorongoro Forest (group of 5 people)	\$80 to \$100
Tanzania	Serengeti	Guided mountain biking around villages & coffee plantations	\$70 to \$80
Tanzania	Serengeti	Kudu Lodge to Karatu – various day safaris options	\$200 to \$300
Tanzania	Zanzibar	Scuba Diving - Per Dive	\$65 to \$75
Tanzania	Zanzibar	Zanzibar Meals - Per Day	\$25 to \$35
Tanzania	Zanzibar	Motorbike Hire - Per Day	\$45 to \$60
Tanzania	Zanzibar	City Tour - Half Day (Min 2 x Clients), walking tour	\$25 to \$30
Tanzania	Zanzibar	Spice Tour - Half Day (Min 2 x Clients)	\$35 to \$40
Tanzania	Zanzibar	Swimming with Dolphins	\$45 to \$55
Tanzania	Mikumi	Mikumi NP game drive: Price p.p. with minimum 6 clients:	\$35 to \$45
Malawi	Chitimba Beach	Local Boat Trip	\$15 to \$20
Malawi	Chitimba Beach	Livingstonia Hiking Day Trip	\$15 to \$20
Malawi	Kande Beach	Scuba Diving - Per Dive (licensed divers)	\$50 to \$60
Malawi	Kande Beach	One day Scuba Diving for PADI Open water course	\$320 to \$400
Malawi	Kande Beach	Horse Riding (2 hours)	\$85 to \$95
Malawi	Kande Beach	Dinner at Local Restaurant	\$25 to \$30
Malawi	Kande Beach	Snorkeling	\$5 to \$10
Malawi	Kande Beach	Water Sports Equipment Hire	\$6 to \$30
Malawi	Lilongwe	2 hour city tour	\$8 to \$15
Zambia	South Luangwa NP	Game Walk - Inside National Park	\$75 to \$85
Zambia	South Luangwa NP	Game Walk - Outside National Park	\$35 to \$45
Zambia	South Luangwa NP	Morning Game Drive	\$65 to \$75
Zambia	Victoria Falls	Dinner at local restaurant	\$45 to \$55

## Note

There are more optional activities being created every day – we have listed only the most popular. If there is something specific you would like to do then speak to your guide as they will be able to assist you with the booking of your activities.

## Some useful Swahili words to know

Hello – Jambo	Today – Leo	Food - Chakula
How do you do - Habari gani	Tomorrow - Kesho	To sleep - Kulala
Thank you - Ahsante	Tea – Chai	Goodbye - Kwaheri
Mister - Bwana	Coffee - Kahawa	How much - Ngapi
Go away - Enda	Milk - Maziwa	Come here - Njoo hapa
Slowly - Pole pole	Water - Maji	Welcome again - Karibu tena
Yes - Ndiyo	Sugar - Sukari	See you - Tutaonana
No - Hapana	Bring here - Lete hapa	To eat - Kula

## Day 1 Arusha

Today we depart the bustling capital of Kenya and cross the border into Tanzania. This afternoon we make our preparations for the optional excursion to the Serengeti NP and Ngorongoro Crater.

Meals:	Lunch, Dinner
Accommodation:	Meserani Oasis or Snake Park: <a href="http://www.meseranisnakepark.com">www.meseranisnakepark.com</a>
Facilities:	Shared ablutions, hot showers, bar.
Route:	Nairobi to Arusha ±306 km
Travel time:	±4-5 hrs and a border crossing
Activity Package:	Masai Museum <i>*Please note that this activity could either take place on this day or after the Serengeti/Ngorongoro Crater Excursion.</i>
Border posts:	Kenya: Namanga, Tel: +254 455 132002, Open: 24 hrs. Tanzania: Namanga, No telephone number, Open: 24 hrs.

## Arusha

Arusha is surrounded by some of Africa's most famous landscapes and national parks. Beautifully situated below Mount Meru on the eastern edge of the eastern branch of the Great Rift Valley, the city has a temperate climate due to its position on the slopes of Mount Meru. It is close to Serengeti, Ngorongoro Crater, Lake Manyara, Olduvai Gorge, Tarangire National Park, and Mount Kilimanjaro, as well as having its own Arusha National Park on Mount Meru. The primary industry of the region is agriculture, with large vegetable and flower producers sending high-quality produce to Europe. Small-scale agriculture was badly affected by the coffee crisis of recent years and is now largely subsistence farming. Arusha has several factories including a brewery, tyre and fibreboard plant, and a large pharmaceuticals maker.

## Day 2/3/4 Serengeti & Ngorongoro Crater

These 4 days are set aside for the optional 3-night excursion into the Serengeti National Park and Ngorongoro Crater. This area has one of the most densely inhabited large animal populations in Africa. The excursion is in open topped 4x4 safari vehicles in order to tackle the challenging side roads in the parks. For those not going to the parks, take this chance to absorb some of the fascinating local culture. *Optional Activities: Various Serengeti & Ngorongoro Excursion packages, Lake Manyara game drives, day hiking & village tours and many more various day trips.*

## Day 2/3/4 - For those going on the Serengeti NP/Ngorongoro Crater Excursion:

Meals:	Breakfast, Lunch, Dinner
Accommodation:	<b>Day 2:</b> Camp: Seronera Campsite <a href="http://www.tanzaniaparks.com/serengeti.html">http://www.tanzaniaparks.com/serengeti.html</a> <b>Day 3:</b> Camp: Seronera Campsite <a href="http://www.tanzaniaparks.com/serengeti.html">http://www.tanzaniaparks.com/serengeti.html</a> <b>Day 4:</b> Camp: Simba Campsite <a href="http://www.tanzaniaparks.com/serengeti.html">http://www.tanzaniaparks.com/serengeti.html</a> or return to Karatu (Kudu Camp)
Facilities:	Water not drinkable, shared ablutions, cold showers.
Route:	Arusha to Serengeti ± 260 km
Travel time:	± 3-4 hours

### What you should take along:

- Daypack with one change of clothes
- Binoculars, cameras & film
- Some warm clothes, as it is always cold on the rim of the crater
- Lots of insect repellent
- A few dollars (small notes) for tips, curios etc
- Snacks, cold drinks, cigarettes etc. for the excursion
- Sleeping bag

## For those not going on the excursion:

*Optional Activities: Day walk inside Ngorongoro Forest, Mountain biking around the villages, various day safaris options (Kudu Lodge to Karatu)*

Meals: Breakfast, Lunch, Dinner  
Accommodation: Kudu Camp: [www.kuducamp.com](http://www.kuducamp.com)  
Facilities: Restaurant, Bar, Swimming pool, hot showers, en-suite, gift shop & internet cafe

## Serengeti National Park

The Serengeti is most famous for the largest and longest overland migration in the world. This migration is one of the ten natural travel wonders of the world. Around October, nearly 2 million herbivores travel from the northern hills toward the southern plains, crossing the Mara River, in pursuit of the rains. In April, they then return to the north through the west, once again crossing the Mara River. This phenomenon is sometimes called the Circular Migration. Over 250 000 wildebeest alone will die along the journey from Tanzania to Masai Mara Reserve in upper Kenya, a total of 800 km. Death is often caused by injury, exhaustion, or predation. Approximately 70 larger mammal and some 500 avifauna species are found there. This high diversity in terms of species is a function of diverse habitats ranging from riverine forests, swamps, kopjes, grasslands and woodlands. Blue Wildebeests, gazelles, zebras and buffalos are some of the commonly found large mammals in the region. The Ngorongoro area is part of the Serengeti ecosystem, and to the north-west it adjoins the Serengeti NP and is contiguous with the southern Serengeti plains. These plains also extend to the north into the unprotected Loliondo division and are kept open to wildlife through transhuman pastoralism practiced by Masaai. The south and west of the area are volcanic highlands and the southern and eastern boundaries are approximately defined by the rim of the Great Rift Valley wall, which also prevents animal migration in these directions.

## Day 5 Karatu, Tanzania

Today those that went into the Serengeti NP and Ngorongoro will meet up with the truck in Karatu, where there will be time to share stories of the wonderful African animals seen in the park.

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: Kudu Camp: [www.kuducamp.com/](http://www.kuducamp.com/)  
Facilities: Shared ablutions, hot showers, swimming pool, bar, internet café & gift shop  
Route: Serengeti to Karatu ± 100 km  
Travel time: ± 2 hours

## Day 6 Lushoto

On route to Lushoto, we will stop in Arusha to visit the local Masai Mara Museum and the snake park. Lushoto is the major town and district centre, albeit small, in the Usambara Mountains, halfway between the coast and the parks. The popular pot plant Saintpaulia has its only wild occurrences in Tanzania, and particularly in the Usambara Mts. Here you will have the chance to hike in the surrounding area, or just relax.

Meals: Breakfast, Lunch, Dinner  
Accommodation: Camp: The Lawns Hotel: [www.lawnshotel.com](http://www.lawnshotel.com)  
Facilities: Shared ablutions, hot showers, internet, bar  
Route: Karatu to Lushoto ±480 km  
Travel time: ± 7-8 hours  
Included Highlights: Hike in surrounding area or relax

## Day 7/8/9 Zanzibar

After an early wake up, we leave Lushoto and head for Dar es Salaam, where a local ferry will take us from Dar es Salaam (where we leave the truck) to Stone Town, the capital of Zanzibar. We spend the first night exploring the historical and unique architecture. There are also spice and seafood markets to be explored. The following day we take a transfer to the northern part of the island where we will spend 2 days relaxing on the beach. *Optional Activities: Lunch & Dinner, Swimming with Dolphins, Scuba Diving, Snorkelling etc.*

### Day 7

Meals: Breakfast  
Accommodation: Two per room: Stone Town - Shangani Hotel: [www.shanganihotel.com](http://www.shanganihotel.com)  
Facilities: En-suite, hot shower, coffee shop, laundry services  
Route: Lushoto to Zanzibar ± 360 km  
Travel time: ±2 hours ferry ride to Zanzibar, ±6-7 hours drive in truck

## Day 8/9

Meals:	Breakfast
Accommodation:	Two per room: Nungwi Beach – Nungwi Inn: <a href="http://www.nungwiinnhotel.co.tz">www.nungwiinnhotel.co.tz</a>
Facilities:	En-suite, hot shower
Route:	Stone Town to Nungwi Beach ± 60-70 km
Travel time:	±2 hrs

## Zanzibar

You do not need to take your whole backpack; you can leave this locked in the truck in Dar es Salaam as one of the guides normally remain behind. A day pack is enough. Once on the island you will be met by a local tour operator who will make your other arrangements for spice tours, snorkelling and other optional activities.

### Appropriate Clothing

Islam is Zanzibar's dominant religion and appropriate clothing should be worn in Stone Town. Beachwear should only be worn on the beach and women are advised to wear a t-shirt and knee-length shorts or a skirt in the town. It is not appropriate to show the arms above the elbow or legs above the knee. Shoulders should remain covered and revealing necklines are not acceptable. Men's clothing is less restrictive and a t-shirt and pair of shorts are fine. On the beach or in the resort there are no dress restrictions other than the normal ones in pool/public areas.

### Religious Holidays

If you are visiting Zanzibar in the month of fasting (Ramadan) please speak to your local guide about the customs during this time. Normally eating during the sunlight hours is not allowed and some locals will make sure that you are aware of this (sometimes very loudly if you are seen). Most shops and restaurants are closed during this period, but it is acceptable (as a foreigner) to eat at the hotel or resort. The guide will tell you what is appropriate and when.

## Zanzibar

Zanzibar is a semi-autonomous part of the United Republic of Tanzania. It comprises the Zanzibar Archipelago in the Indian Ocean, 25–50 kilometres off the coast of the mainland, and consists of a number of small islands and two large ones: Unguja (the main island, informally referred to as Zanzibar), and Pemba. Zanzibar was once a separate state with a long trading history within the Arab world; it united with Tanganyika to form Tanzania in 1964 and still enjoys a high degree of autonomy within the union. The capital of Zanzibar, located on the island of Unguja, is Zanzibar City, and its historic center, known as Stone Town, is a World Heritage Site.

Zanzibar's main industries are spices, raffia, and tourism. Zanzibar is also the home of the extremely endangered Red Colobus Monkey.

The word "Zanzibar" probably derives from the Persian, Zangi-bar ("coast of the blacks"). However, the name could also have been derived from the Arabic Zayn Z'al Barr ("fair is this land"). "Zanzibar" often refers especially to Unguja Island and is sometimes referred to as the "Spice Islands," though this term is more commonly associated with the Maluku Islands in Indonesia.

Some trivia: Zanzibar was the first region in Africa to introduce colour television, in 1973. The current TV-station is called TvZ. The first television service in mainland Tanzania was not introduced until some twenty years later.

The musician Farrokh Bulsara (a.k.a Freddie Mercury) of Queen was born in Unguja, Zanzibar on September 5, 1946 to Indian-Parsi parents, who were employed by the British colonial administration. There is a restaurant named 'Mercury's' on the beachfront of Stone Town. In September 2006, a radical Islamic group on the archipelago, Uamsho, forced organizers to abandon plans to mark his 60th birthday, saying he violated Islam with his openly gay lifestyle. Zanzibar criminalized homosexuality in 2004, but despite this it remains a popular resort destination for the South African gay community.

## Day 10 Dar es Salaam

Today we leave Zanzibar and catch a late ferry back to Dar es Salaam and return to our truck and campsite.

Meals:	Breakfast, Dinner
Accommodation:	Camp: Kipepeo Camp <a href="http://www.kipepeocamp.com">www.kipepeocamp.com</a>
Facilities:	Water not drinkable, shared ablutions, hot showers, bar.
Route:	Nungwi Beach to Stone town: ± 60-70 km; Zanzibar to Dar es Salaam by ferry
Travel time:	± 2 hour to Stone town, ± 2 hour ferry ride to Dar es Salaam

## Dar es Salaam

Dar es Salaam (Arabic translation: "house of peace"), formerly Mzizima, is the largest city in Tanzania. With a population estimated around 2 500 000, it is also the country's richest city and an important economic centre. Though Dar es Salaam lost its official status

as capital city to Dodoma in the mid-1970s, it remains the centre of the permanent central government and continues to serve as the capital for the surrounding Dar es Salaam Region.

In 1859, Albert Roscher of Hamburg became the first European to land in Mzizima ("healthy town"). In 1866 Sultan Seyyid Majid of Zanzibar gave it its present name. Dar es Salaam fell into decline after Majid's death in 1870, but was revived in 1887, when the German East Africa Company established a station there. The town's growth was facilitated by its role as the administrative and commercial centre of German East Africa and industrial expansion resulting from the construction of the Central Railway Line in the early 1900s.

Being situated so close to the equator and the warm Indian Ocean, the city experiences generally tropical climatic conditions, typified by hot and humid weather throughout much of the year. Annual rainfall is approximately 1 100 mm and in a normal year there are two distinct rainy seasons: "the long rains", which fall during April and May, and "the short rains", which fall during October and November.

## Day 11 Mikumi

Our journey today leads us to Mikumi National Park. Mikumi is home to lion, zebra, wildebeest, impala, buffalo and elephant and today we have the opportunity enjoy an optional afternoon game drive through the park. *Optional Activity: Afternoon game drive in Mikumi NP.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Tan-Swiss Lodge: <a href="http://www.tan-swiss.com">www.tan-swiss.com</a>
Facilities:	Bar, hot showers, shared ablutions
Route:	Dar es Salaam to Mikumi ± 260 km
Travel time:	± 4-5 hours

## Day 12 Iringa

Today we leave Mikumi and travel to Iringa in the highland tea growing area. This evening our dinner is in a local Masai Hut where we enjoy a traditional Tanzanian evening.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kisolanza Farm: <a href="http://www.kisolanza.com">www.kisolanza.com</a>
Facilities:	Water not drinkable, shared ablutions, hot showers, bar, restaurant
Route:	Mikumi to Kisolanza ± 280 km
Travel time:	± 5-6 hours
Included Highlights:	Dinner in a local Maasai hut

## Iringa

Tanzania is mountainous in the northeast where Mount Kilimanjaro, Africa's highest freestanding mountain, is situated. To the north and west are the Great Lakes of Lake Victoria (Africa's largest lake) and Lake Tanganyika (Africa's deepest lake, known for its unique species of fish). Central Tanzania comprises a large plateau, with plains and arable land. The eastern shore is hot and humid, with the island of Zanzibar lying just offshore.

Tanzania has a tropical type of climate. In the highlands, temperatures range between 10°C and 20°C during cold and hot seasons respectively. The rest of the country has temperatures rarely falling lower than 20°C. The hottest period extends between November and February (25°C - 31°C) while the coldest period occurs between May and August (15°C - 20°C).

## Day 13 Malawi – Northern Lake Malawi

Leaving Tanzania we descend through scenic mountain passes to our lakeshore camp at Chitimba. Lake Malawi is a beautiful destination and for those wanting more variety there is a short hike to the Manchawe Falls. *Optional Activities: Watersports etc.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Chitimba: <a href="http://www.chitimba.com">www.chitimba.com</a>
Facilities:	Shared ablutions, bar, beach
Route:	Iringa to Chitimba Beach ±640 km
Travel time:	±10-11 hrs plus border crossing
Included Highlights:	Short hike to the Manchawe falls

Border posts:	Tanzania: Chi'zumulu, Tel: +265 15 357 207, Open: 06h00-18h00 Malawi: Songwe (no telephone), Open: 06h00-18h00.
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## Day 14/15 Kande Beach

We will spend the next 2 days enjoying the many optional activities available, such as horse riding and different water sports. We will go on a guided village walk in order to meet the local people and learn more about Malawian life. *Optional Activities: Water Sports, Horse Riding, Craft Shopping etc.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Kande Beach: <a href="http://www.kandebeach.com">www.kandebeach.com</a>
Facilities:	Water not drinkable, shared ablutions, bar, craft market, restaurant and beach
Route:	Chitimba Beach to Kande Beach ±250 km
Travel time:	±4-5 hrs
Activity Package:	Guided village Walk

## Malawi

The Republic of Malawi (formerly Nyasaland) is a democratic, densely populated country. A large part of Malawi's culture is its dances, and the National Dance Troupe (formerly the Kwacha Cultural Troupe) was formed in November 1987 by the government. Traditional music and dances can be seen at most ceremonies and celebrations.

Soccer is the most common sport in Malawi, introduced during British colonial rule. Basketball is also growing in popularity. The native tribes of Malawi have a rich tradition of basketry and mask carving, and some of these goods are used in traditional ceremonies still performed by native peoples. Wood carving and oil painting are also popular in more urban centers, with many of the items produced being sold to tourists. There are several internationally recognized literary figures from Malawi, including poet Jack Mapanje, history and fiction writer Paul Zeleza and authors Legson Kayira, Felix Mnthali, Frank Chipasula and David Rubadiri.

## Lake Malawi

The lake, third largest in Africa and eighth largest in the world, is situated between Malawi, Mozambique, and Tanzania. The lake's tropical waters teem with more fish species than any other lake on earth, and offers wonderful snorkelling and diving experiences. The fish also support the local people, who depend on the lake for survival, using dug-out canoes to set out long nets. There are many different ethnic groups living in the vicinity, and many different dialects are spoken. Many are Christians, as a result of the numerous missionaries that passed through the area, while many have retained their traditional belief systems.

In 1859 David Livingstone reached Lake Malawi, when he was trying to put an end to the slave trade. He then returned in 1861 accompanied by seven missionaries. They opened a mission station in the south lake area, but suffered from malaria, illness and conflict with slavers. In 1864 the surviving missionaries withdrew to Zanzibar. Livingstone then returned to the region in 1866 as part of an expedition to find the source of the Nile. In 1869 he pushed north and was out of contact for two years. He was found by journalist Henry Stanley on the banks of Lake Tanganyika in 1871 and Stanley uttered the famous words "Dr Livingstone I presume". Livingstone continued on his mission and died at a village called Chitombo in Zambia in 1873. His death rekindled a desire in missionaries to come to Malawi and eventually, after setting up missions in various bad malaria areas, they set up a mission called Livingstonia in the highlands of the eastern escarpment (with no malaria) It is still in operation today and visitors can hike to the mission. The walk is quite strenuous and you should be reasonably fit especially if it's hot. It's about a 6 to 8-hour round trip.

## Day 16 Lilongwe

Today we visit the Lilongwe Wildlife Centre, Malawi's only sanctuary for rescued, orphaned and injured wild animals. The Centre is set in 180 hectares of beautiful woodland, Lilongwe's only protected wilderness. *Optional Activities: City Tour*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Barefoot Lodge: <a href="http://www.barefoot-safaris.com/index_files/BarefootLodge.htm">www.barefoot-safaris.com/index_files/BarefootLodge.htm</a>
Facilities:	Shared ablutions, bar
Route:	Kande Beach to Lilongwe ± 380 km
Travel time:	± 6-7 hours
Included Highlights:	Lilongwe wildlife centre

## Day 17 Zambia - South Luangwa National Park

Early in the morning we drive from Malawi and cross in to Zambia and continue to the South Luangwa National Park where we spend the next two nights right on the banks of the Luangwa River. You can often see hippos and other animals from the camp bar. This afternoon we enjoy an included sunset game drive in the South Luangwa NP.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Wildlife Camp: <a href="http://www.wildlifecamp-zambia.com">www.wildlifecamp-zambia.com</a>
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool, bar.
Route:	Lilongwe to South Luangwa National Park ±330km

Travel time:	±10-11hrs
Activity Package:	South Luangwa National Park sunset game drive
Border posts:	Malawi: Mchinji, Tel: +265 124 2217, Open: 06h00-18h00. Zambia: Chipata / Nwami, Tel: + 265 622 1652, Open: 06h00-18h00.

## Day 18 South Luangwa National Park

In the morning you have the opportunity to take another game drive. The park is known for its high concentration of leopards and hippos. After lunch we visit the community run tribal textile project and a local village. *Optional Activities: Morning Game Drive and Game Walk.*

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Wildlife Camp: <a href="http://www.wildlifecamp-zambia.com">www.wildlifecamp-zambia.com</a>
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool, bar
Activity package:	Village and textile visit.

## South Luangwa National Park

South Luangwa National Park in eastern Zambia is a world-renowned wildlife haven, and famous for walking safaris. It supports large populations of Thornycroft's Giraffe, and herds of elephant and buffalo often several hundred strong, while the Luangwa River supports abundant crocodiles and hippopotamus. Founded as a game reserve in 1938, it became a national park in 1972 and now covers 9 050 square km.

Hippos thrive here due to the patches of flooded grassland habitats (floodplains) that are found close to the river, on which they graze at night. It is possible to see pods of up to 500 hippos in the dry season as the river shrinks and they are confined to areas of deep pools. On average there are probably 35 – 42 hippos per km! They are integral to the ecosystem here, their dung released into the river fertilises its waters and sustains the fish population which in turn sustains the crocodiles. The park is also reputed to have the highest concentration of leopard in Africa. It is estimated that there is one leopard for every km of river in the Luangwa Valley, so your chances of seeing this elusive nocturnal cat are very high.

## Day 19 Chipata

We leave South Luangwa and have a relatively short drive through to Chipata where we will relax in the afternoon. Zambia is truly Africa, with its lush, sub-tropical vegetation.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Mama Rulas: <a href="http://www.mamarulas.com">www.mamarulas.com</a>
Facilities:	Water not drinkable, shared ablutions, hot showers, swimming pool.
Route:	South Luangwa NP to Chipata ±120 km
Travel time:	±6-8 hrs (bad road conditions)

## Chipata

Chipata has a population of around 75 000, and is the capital of the Eastern Province of Zambia. Formerly known as Fort Jameson, the city is located near the border with Malawi, on the highway connecting the capitals Lilongwe (130 km) and Lusaka (550 km). As we drive from Chipita to Lilongwe in Malawi there is a steady stream of people and transport bringing in supplies that are not always readily available elsewhere in Africa. You will also find colourful fruit and vegetable markets and an unexpected amount of ornate mosques due to its large Islamic Indian community.

## Day 20 Lusaka

The journey towards the bustling Zambian capital of Lusaka takes us along an interesting route. On week days there may be the opportunity to visit one of the interesting local markets of the Zambian capital city.

Meals:	Breakfast, Lunch, Dinner
Accommodation:	Camp: Eureka: <a href="http://www.eurekacamp.com">www.eurekacamp.com</a>
Facilities:	Hot showers, shared ablutions, swimming pool, bar.
Route:	Chipata to Lusaka ±756 km
Travel time:	±10-12 hrs (bad road conditions)

## Lusaka

Lusaka is the capital and largest city of Zambia. The two main languages spoken in Lusaka are English and Nyanja. It is located in the southern part of the central plateau of the country, at an elevation of 1300 m and has a population of 3 100 000 (2007 estimate).

With one of the fastest growing city centres in Africa, Lusaka is located in a productive farm area, and is the administrative, financial, and commercial center of Zambia. It is thought that with proper and effective economic reforms, Lusaka as well as Zambia as a whole will develop considerably. Lusaka is home to a diverse community of foreigners, many of whom work in the aid industry as well as diplomats, representatives of religious organizations and some business people.

According to history, Lusaka was once the site of a village named after its headman Lusaka, which was located at Manda Hill, near where the National Assembly building now stands. In the local Nyanja language, *manda* means graveyard. The area was expanded by European (mainly British) settlers in 1905 with the building of the railway. In 1935, due to its fairly central location on the railway and at the crossroads of the Great North Road and Great East Road, it was chosen to replace Livingstone as the capital of the British colony of Northern Rhodesia. After the federation of Northern and Southern Rhodesia in 1953, it was a centre of the independence movement which led to the creation the Republic of Zambia. In 1964 Zambia became the ninth African state to gain independence from the British crown, and President Kaunda took power, with Lusaka as its capital.

## Day 21 Zimbabwe - Victoria Falls

On the last day of the journey we drive from Lusaka, across the Zimbabwean border into Victoria Falls. Although your tour ends here we do recommend that you spend another 1-2 nights in this area to experience Victoria Falls and many exciting adrenaline activities here, such as white water rafting or walking with lions. *Optional Activities: Dinner out in Victoria Falls*

Meals:	Breakfast, Lunch
Accommodation:	Own Arrangements / Post Tour accommodation can be booked through ShapShap
Route:	Lusaka to Victoria Falls ±500 km
Travel time:	±7-8 hrs and a border crossing
Border posts:	Zambia: Vic Falls Bridge, no telephone number, Open: 06h00-20h00. Zimbabwe: Vic Falls Bridge, no telephone number, Open: 06h00-20h00.

## Victoria Falls

Victoria Falls, 1 700 m wide and 108 m high – is said to be the largest falls in the world. David Livingstone, the Scottish explorer, is believed to have been the first European to view the Victoria Falls, and wrote: "It has never been seen before by European eyes, but scenes so wonderful must have been gazed upon by angels in their flight". The older, indigenous name of Mosi-oa-Tunya ('the Smoke that Thunders') is the name in official use in Zambia. Due to its immense power and size, the waterfall is surrounded by a rich mythology. The local Tonga people of the Zambezi believe that a river god, Nyaminyami, resides in the water in the form of an immense snake. When the Kariba Dam was built in the 1950s, the Zambezi River flooded three times, causing many deaths and much destruction. The local people believe Nyaminyami caused the terrible floods in his anger at the construction.

The unusual form of Victoria Falls enables virtually the whole width of the falls to be viewed face-on, at the same level as the top, from as close as 60 metres, because the whole Zambezi River drops into a deep, narrow slot like chasm, connected to a long series of gorges. Few other waterfalls allow such a close approach on foot.

The falls are formed as the full width of the river plummets in a single vertical drop into a chasm 60–120 m wide, carved by its waters along a fracture zone in the basalt plateau. The depth of the chasm, called the First Gorge, varies from 80 m at its western end to 108 m in the centre. The only outlet to the First Gorge is a 110 m-wide gap about two-thirds of the way across the width of the falls from the western end, through which the whole volume of the river pours into the Victoria Falls gorges.

There are two islands on the crest of the falls that are large enough to divide the curtain of water even at full flood: Boaruka Island (or Cataract Island) near the western bank, and Livingstone Island near the middle. At less than full flood, additional islets divide the curtain of water into separate parallel streams. The main streams are named, in order from Zimbabwe (west) to Zambia (east): Leaping Water (called Devil's Cataract by some), Main Falls, Rainbow Falls (the highest) and the Eastern Cataract.

## Tour Ends

We will drop you off at the Vic Falls Adventure Lodge [www.adventurezonevicfalls.com](http://www.adventurezonevicfalls.com). Should you wish to extend your tour for another night, kindly pre book this accommodation through ShapShap Travel.

## TIPPING ON TOUR

Southern / East Africa: In general tipping in restaurants is expected and is around 10% for good service, more if you have received exceptional service, and, feel free not to tip at all if you received poor service. Tipping taxi drivers etc is really at your own discretion and not always expected. If in doubt please ask your guides. It is expected to tip Porters and Car-guards etc. Ask your guides how much is appropriate in local currency.

Our guides do work hard, but they are also paid at (and often above) industry levels for this work. Our Crew can be tipped if you feel that they have done a good job and/or gone above and beyond the call of duty. The recommended amount is between USD1-2 per person, per day, per crew member.

The best way to arrange tips is to elect one person in the group to collect the money. So if you have 3-crew on a tour, we would recommend that 3 envelopes are used and each crew member's name written on one. Place what you feel is fair in to each envelope and the elected person can give these to the crew at the end of the tour. If you do not feel that the crew deserves a tip, please, do not tip them

### **THANK YOU FOR CHOOSING SHAPSHAP TRAVEL**

At the end of your tour you will be provided with feedback forms. These forms are confidential and should be given to your crew in a sealed envelope. If you are not sure of the confidentiality of the feedback form please feel free to email us as well on [info@shapshaptravel.com](mailto:info@shapshaptravel.com). Please make sure to also complete the feedback form as we use the answers on these forms to improve and maintain our service levels.

*Accommodation providers are subject to change without notice, the accommodation listed in this dossier is our preferred supplier, but sometimes due to availability, we are unable to make use of the property listed in this dossier. If we cannot use the accommodation provider as listed we will substitute another property of similar standards.*