TANZANIA
ZAMBIA
ZIMBABWE
SOUTH AFRICA
SWAZILAND
MALAWI
Lake Niassa
(Lake Malawi)
Lake Niassa
4
Likoma Island (Malawi)
Cóbuè
Mbueca
Metangula
Macaloge
Mtomoni
Segundo Congresso (Matchedje)
Rovuma
River
Niassa Reserve
Mecula
Negomano
Ngapa
Mueda
Nangade
Kilambo
Namoto
Palma
Moçimboa da Praia
Quirimbas Archipelago
3
Chai
Pangane
Mucojo
Macomia
Quirimbas NP
Quissanga
Tandanhangue
Salimo
CABO DELGADO
Metuge
Pemba
Murrébuè
Mecúfi
Montepuez
Marrupa
Lugenda River
Balama
Mt Maco (1219m)
NIASSA
Fernão Veloso
Nacala
Chocas
1
Mozambique Island
NAMPULA
Lúrio
River
Ribáuè
Namialo
Monapo
Nampula
104
Nametil
Mogincual
Quinga
Angoche
Moma
Pebane
Olinga
Namacurra
Zalala Beach
Quelimane
Micaúne
Chinde
Marromeu Special Reserve
Marromeu
Chupanga
Catapu
Caia
Nicoadala
EN1
Mutarara
Sena
Mutuáli
Cuamba
Entre Lagos
Mandimba
Lichinga Plateau
Lichinga
Meponda
Senga Bay
Kasungu
Mzuzu
Kasama
Mpika
Chipata
LILONGWE
Mlolo
Cassacatiza
Dedza
Ulóngwe
Morávia Plateau
Angónia Plateau
Mt Ulóngwe (1416m)
Zumbo
Luangwa
Luangwa
River
Cahora Bassa Dam
Lake Cahora Bassa
TETE
Songo
Mágoe NP
Mukumbura
Tete
Boroma Mission
Blantyre
Zóbué
Zomba
Limbe
Milange
Mt Namúli (2419m)
Malema
Gurúè
Nauela
Alto Ligonha
Alto Molócuè
ZAMBÉZIA
Gilé
Gilé National Reserve
Errego
Nampevo
Namarrói
Lugela
Mocuba
Mt Chiperone (2054m)
Vila Nova da Fronteira
Zambezi River
EN103
Changara
Nyamapanda
Malei
Guro
HARARE
Marondera
Catandica
Inhaminga
Mt Gorongosa
Gorongosa
5
Gorongosa National Park
Machipanda
Mutare
Manica
Chimoio
Inchope
Chitengo
EN6
Mt Binga (2436m)
6
Chimanimani Mountains
Chimanimani NP
Gweru
Shurugwi
Masvingo
Dondo
Savane
Beira
Búzi River
Sofala
SOFALA
Sofala Bay
EN1
Espungabera
MANICA
Gonarezhou NP
Save
River
Zinave NP
Inhassoro
8
Bazaruto Archipelago
Manyikeni
Vilankulo
Mapinhane
INHAMBANE
Great Limpopo TP
Pafuri
Limpopo River
Banhine NP
Louis Trichardt
Kruger NP
Limpopo NP
Giriyondo
GAZA
Massingir
Pomene
Zalala Beach
Massinga
Tropic of Capricorn
Morrumbene
Maxixe
Barra
Tofo
Linga Linga
Inhambane
7
Lindela
Inharrime
Helene
Závora
Quissico
Chókwè
Chidenguele
Xai-Xai
Zongoene
Bilene
Magude
Kruger NP
Nelspruit
Ressano Garcia
MAPUTO
Moamba
Marracuene
N4
MAPUTO
2
Namaacha
Goba
Inhaca Island
Maputo Special Reserve
Salamanga
Ermelo
MBABANE
Zitundo
Ponta Malongane
Ponta d'Ouro
Kosi Bay
Kosi Bay
INDIAN OCEAN
(Mozambique Channel)
LEGEND
NP National Park
TP Transfrontier Park
0 200 km
0 100 miles