

Index

A

- Abéné 501-2
Abidjan 309-11
Abomey 255
abseiling 830, 1133
Abuja 471-2
accommodation 1132-3, *see also individual countries*
Accra 341-7, **342, 344**
activities 1133-5, *see also individual activities*
Addis Ababa 681, **682-3**
Agadez 454-6, **455**
Agadir 167-8
Agbodorafo 528
AIDS 34, 246, 704, 820, 869, 894, 938, 1018-19, 1085, 1168
Ain Draham 223-4
Aïr Mountains 456
air travel
to/from Africa 1151-4
within Africa 1155-6
Aït Benhaddou 185
Akosombo 355-6
Aksum 690-2
Akwidaa Beach 349-50
Alexander the Great 84
Alexandria 103-6, **104**
Algeria 68-81, **70**
accommodation 77
border crossings 80
business hours 77
climate 69
costs 69
culture 72
dangers 77-8
embassies 78
history 69-72
holidays 78
itineraries 69
language 1174
money 68
population 68, 72
telephone services 79
time 68
tourist information 79
travel to/from 79-80
travel within 80-1
visas 68, 79
Algiers 72-6, **74**
Ali Sabieh 654
Al-Kharga Oasis 109
Ambalavao 919
Ambodifotatra 925-7, **927**
Ambositra 916-18
Amin, Idi 818-19
amoebic dysentery 1172
Andasibe 922-3
Aného 528-9
Angola 850-64, **852**
accommodation 861
border crossings 863
business hours 862
climate 850, 851
costs 851
culture 853-4
dangers 862
embassies 862
history 851-3
holidays 862
itineraries 851
language 1174
money 850, 862
population 850, 853-4
telephone services 862-3
time 850
travel to/from 863
travel within 863-4
visas 850
animals 52-3, 55-61, *see also safaris, wildlife, wildlife sanctuaries, individual animals*
itineraries 24, 25
animism 37
Anomabu 347
Antananarivo 909-16, **911, 912**
antelopes 60, 199, 497, 546, 559, 884, 945, 1076, 1119, 1127
Antsirabe 916, **917**
apartheid 1017-18, *see also Mandela, Nelson*
Apartheid Museum 1049
District Six Museum 1023
Robben Island 1023
Apollonia 135
Arlit 456

- Arquipélago dos Bijagós 381-3
arts 37-9, *see also literature, music*
Arusha 791-6, **792-3**
Asilah 156-7
Asmara 663-8, **664**
Assekrem 77
Assinie 312
Aswan 115-18, **116**
Atakpamé 530
Atâr 435-6
Atbara 206
ATMs 1141-2
Axim 350
Ayorou 450-1

B

- Bafatâ 383-4
Bafoussam 293
Bagamoyo 786
Bahariya Oasis 108
Bahir Dar 687-8
Bakuli 847
ballooning 733
Bamako 401-7, **402, 404**
Bamenda 291-2, **292**
Banana Islands 514
Bandiagara 412-13
Banfora 271-2
Bangui 543, **542-3**
Banjul 321-4, **322**
Bankass 414
bargaining 1142
Bassari Country 497
Basse Sante Su 332
Bata 599-600
bathrooms 1146
Bazaruto Archipelago 972
beaches 26
Beira 972-3
Ben Amira 436
Benghazi 134
Benguela 859-61
Beni 586-7
Benin 244-61, **246**
accommodation 257-8
border crossings 260
business hours 258
climate 244, 245
costs 245
culture 246-7

000 Map pages

000 Photograph pages

- embassies 258
 - history 245-6
 - holidays 258
 - itineraries 245
 - language 1174
 - money 244, 258-9
 - population 244, 246-7
 - telephone services 259
 - time 244
 - travel to/from 259-60
 - travel within 260-1
 - visas 244, 259
 - Benin City 470-1
 - Berber people
 - Algeria 72
 - Libya 127, 129, 135
 - Morocco 143, 145, 146, 185, 186, 187
 - Tunisia 216-17, 224, 233, 236, 430
 - Berbera 764
 - Bertoua 301
 - bicycle travel, *see* cycling
 - Big Five 55, *see also* buffaloes, elephants, leopards, lions, rhinoceros
 - bilharzia 1170
 - Bioko Island 599
 - birds 60-1, *see also* birdwatching, wildlife sanctuaries
 - birdwatching 61
 - Angola 864
 - Botswana 878, 879, 883, 884
 - Burundi 640
 - Cameroon 290
 - Djibouti 650
 - Eritrea 663, 671
 - Ethiopia 695, 696
 - Gambia, the 323, 325, 328, 330, 331
 - Guinea-Bissau 379, 384
 - Kenya 706, 719, 727, 731
 - Madagascar 919, 923, 928
 - Malawi 945
 - Mauritania 434-5
 - Morocco 184
 - Namibia 993
 - Niger 451
 - Nigeria 473
 - São Tomé & Príncipe 626, 629
 - Senegal 493, 496, 501
 - South Africa 1020, 1032, 1046
 - Swaziland 1074, 1077, 1078, 1079
 - Uganda 833, 834, 841
 - Zimbabwe 1124
 - Birni N'Konni 451-2
 - Bissau 379-81
 - black market 1143
 - Blantyre 948-52, **950**
 - Bloemfontein 1059
 - Bo 515
 - boat travel
 - to/from Africa 1154-5
 - within Africa 1156-7
 - Bobo-Dioulasso 269-71, **270**
 - Boffa 370
 - Boké 370
 - Bol 559
 - Bolgatanga 355
 - Boma 584-5
 - bonobos 584
 - Bonthe 516
 - books 16-18, 39, 1135, 1166
 - border crossings 1135-6, *see also individual countries*
 - Bossou 373
 - Botswana 865-89, **868**
 - accommodation 886
 - arts 869-70
 - border crossings 888
 - climate 865, 866
 - costs 866
 - culture 869-70
 - embassies 887
 - emergencies 887
 - food 870
 - holidays 887
 - itineraries 866-9
 - language 1174
 - money 865, 887
 - population 865
 - telephone services 887
 - time 865
 - tourist information 888
 - travel to/from 888
 - travel within 888-9
 - visas 865, 888
 - Bouaké 314
 - Boucotte 501
 - Brandberg 998
 - Brazzaville 566, **568-9**
 - Buba 384
 - Buea 289
 - buffaloes 60, 296, 298, 546, 571, 617, 731, 878, 945, 1092, 1099
 - Bujumbura 637-9, **638**
 - Bukavu 586
 - Bulawayo 1121-4, **1122**
 - Bulla Regia 224
 - Bunce Island 514
 - bungee jumping 831, 1034, 1099, 1127, 1133
 - Burao (Burao) 765
 - Burkina Faso 262-76, **264**
 - accommodation 274
 - arts 265
 - border crossings 275-6
 - business hours 274
 - climate 262, 263
 - costs 263
 - culture 265
 - embassies 274
 - food 265-6
 - history 263-5
 - holidays 274
 - itineraries 263
 - language 1174
 - money 262, 274-5
 - population 262, 265
 - telephone services 275
 - time 262
 - travel to/from 275-6
 - travel within 276
 - visas 262, 275
 - Burundi 634-42, **636**
 - accommodation 640
 - border crossings 641-2
 - business hours 640
 - climate 634, 635
 - costs 635
 - culture 637
 - embassies 640-1
 - food 637
 - history 635-7
 - holidays 641
 - itineraries 635
 - language 1174
 - money 634, 641
 - population 634, 637
 - time 634
 - travel to/from 641-2
 - travel within 642
 - visas 634, 641
 - bush travel 1161
 - bushwalking, *see* hiking
 - business hours 1136, *see also individual countries*
 - Busua 349-50
 - Butare 752
 - Bvumba Mountains 1119
- C**
- Cacheu 383
 - Cachouane 501

- Cairo 86-97, **88-9**, **94-5**
 accommodation 92-3
 attractions 90-2
 food 93, 96
 travel to/from 96-7
 travel within 97
- Calabar 471
 camel safaris
 Burkina Faso 273
 Egypt 99, 112-13
 Libya 138
 Mali 418
 Mauritania 435, 436, 438
 Morocco 185, 186, 188, 189
 Namibia 993
 Tunisia 235
- Cameroon 277-304, **280**
 accommodation 301
 arts 281
 border crossings 303-4
 business hours 302
 climate 277, 278
 costs 278
 culture 279-81
 embassies 302
 emergencies 302
 food 281
 history 278-9
 holidays 302-3
 itineraries 278
 language 1174
 money 277, 303
 population 277, 279
 telephone services 303
 time 277
 travel to/from 303-4
 travel within 304
 visas 277, 303
- Campo 296
- Canchungo 383
- canoeing 1133, *see also* kayaking,
 rafting
 Côte d'Ivoire 312
 Ghana 355, 356
 Liberia 393
 Mozambique 973
 São Tomé & Príncipe 629
 Sierra Leone 514
 South Africa 1032, 1036, 1043
 Tanzania 795
 Uganda 838
- Zambia 1095
- Zimbabwe 1117-18
- Cap Skiring 501
- Cape Coast 347-8, **348**
- Cape Maclear 955-6
- Cape Town 1021-31, **1024-5**, **1026-7**
 accommodation 1028
 attractions 1022
 food 1029
 travel to/from 1031
 travel within 1031
- car travel 1157-60
 hire 1160
 insurance 1160
- Carthage 28, 220
- Casablanca 161-5, **163**
- Casamance 497-502, **499**
- cell phones 1145
- Central African Republic 538-49, **541**
 border crossings 548-9
 business hours 547
 climate 538, 539
 costs 539
 culture 540
 dangers 547
 embassies 547
 food 540
 history 539-40
 language 1174
 money 538, 547-8
 population 538, 540
 telephone services 548
 time 538
 travel to/from 548-9
 travel within 549
 visas 538, 548
- Central Berg 1045
- Ceuta 151-2
- Chad 550-62, **552**
 accommodation 560
 border crossings 562
 climate 550, 551
 costs 553
 culture 553-4
 embassies 561
 food 554
 history 551-3
 holidays 561
 itineraries 551
 language 1174
 money 550, 561
 population 550, 553-4
 telephone services 561
 time 550
 travel to/from 562
- travel within 562
 visas 550
- cheetahs 59
- Benin 257
- Botswana 875
- Djibouti 650
- Namibia 1013
- Niger 451
- South Africa 1020
- Uganda 843
- Zambia 1086
- Chefchaouen 153-5, **154**
- children, travel with 1136-7
- Chimanimani 1120
- Chimioio 973
- chimpanzees 57-8, *see also* Goodall,
 Jane, wildlife sanctuaries
- Burundi 640
- Cameroon 289
- Congo 571
- Côte d'Ivoire 313
- Democratic Republic of Congo 586
- Equatorial Guinea 601
- Gabon 608
- Gambia, the 332
- Guinea 370, 373
- Liberia 393
- Nigeria 471, 475
- Rwanda 752-3
- Sierra Leone 514-15
- Tanzania 802, 803
- Uganda 827, 833, 835, 841
- Zambia 1094
- Chinguetti 436-7
- Chintsa 1036
- Chipata 1091
- Chizumulu Island 947
- cholera 1167
- climate 15, 1137, *see also individual*
countries
 climate change 48, 1152
 climbing, *see* rock climbing
- Cocobeach 613
- Coffee Bay 1036
- Cogo 600-1
- Conakry 365-9, **366**, **368**
- Congo 563-74, **564**
 accommodation 572
 border crossings 573-4
 business hours 572
 climate 563, 564-5
 costs 565
 culture 566
 dangers 566, 572
 embassies 572

- food 566
 - history 565-6
 - holidays 572
 - language 1174
 - money 563, 572-3
 - telephone services 573
 - time 563
 - travel to/from 573-4
 - travel within 574
 - visas 563, 573
 - consulates 1139, 1141, *see also individual countries*
 - coral reefs 50
 - costs 15-16
 - Côte d'Ivoire 305-17, **307**
 - accommodation 315
 - arts 308
 - border crossings 316-17
 - business hours 315
 - climate 305, 306
 - costs 306
 - culture 308
 - dangers 315
 - embassies 315
 - emergencies 315
 - history 306-8
 - holidays 316
 - itineraries 306
 - language 1175
 - money 305, 316
 - population 305
 - telephone services 316
 - time 305
 - travel to/from 316-17
 - travel within 317
 - visas 305, 316-17
 - Cotonou 247-52, **248-9**
 - coup-d'état* 309
 - courses 358, 1138
 - cooking 272
 - cultural 193, 409, 422
 - diving 784, 928, 946, 955, 1042
 - kitesurfing 649
 - language 249, 910
 - music 272, 347, 384, 403, 422
 - surfing 486
 - credit cards 1143
 - crime 1138, *see also dangerous regions*
 - crocodiles 695
 - Botswana 878, 879
 - Cameroon 298
 - Central African Republic 545
 - Côte d'Ivoire 314
 - Ethiopia 695
 - Gabon 615
 - Gambia, the 325, 330
 - Malawi 939
 - Niger 451
 - Senegal 497
 - Sierra Leone 514
 - Swaziland 1074, 1077
 - Uganda 834, 841
 - Zimbabwe 1116, 1126
 - Cuamba 975
 - culture 33-42
 - Cup of Nations 34
 - customs regulations 1138
 - cycling 1133, 1156
 - Cyrene 134-5
- D**
- Dadès Gorge 186-7
 - Dahab 99-100
 - Dahlak Archipelago 670
 - Dahshur 97
 - Dakar 484-91, **485, 487, 488**
 - Dakhla 169
 - Dakhla Oasis 109
 - Dalaba 371
 - Damaraland 997-8
 - dangerous regions 1139
 - Central African Republic 539, 547
 - Chad 551, 560-1
 - Congo 566, 572
 - Côte d'Ivoire 306
 - Darfur 198
 - Democratic Republic of Congo 577, 588
 - Ethiopia 697
 - Guinea 363
 - Guinea-Bissau 378
 - Niger 457
 - Puntland 759, 767
 - Senegal 498
 - Somalia 759, 761, 767
 - Somaliland 761
 - Sudan 198
 - Uganda 843
 - dangers 1138
 - Dankalia 670-1
 - Dapaong 532-3
 - Dar es Salaam 773-8, **774**
 - Darfur 198-9
 - Decan 650
 - deep vein thrombosis (DVT) 1166
 - deforestation 51
 - Democratic Republic of Congo 575-91, **577**
 - accommodation 587
 - border crossings 590
 - business hours 588
 - climate 575, 576
 - costs 576
 - culture 578-9
 - dangers 577, 588
 - embassies 588
 - history 576-8
 - holidays 588
 - language 1175
 - money 575, 588-9
 - population 575, 579
 - telephone services 589
 - time 575
 - travel to/from 589-90
 - travel within 590-1
 - visas 575, 589
 - dengue fever 1167
 - desertification 51-2
 - deserts 49, *see also desertification*
 - Kalahari 49, 870
 - Namib 49, 851, 983, 992, 995
 - Sahara 49, 76-7, 235, 418, 435, 560
 - Ténéré 456
 - Western 107-9
 - diarrhoea 1171-2
 - Diembéring 501
 - Diffa 454-6
 - Diosso 571
 - diphtheria 1167
 - Dire Dawa 693-4
 - disabilities, travellers with 1146
 - Madagascar 930-1
 - South Africa 1064
 - disputed regions
 - Ethiopia-Eritrea 661
 - Western Sahara 168-9
 - diving & snorkelling 24, 25, 1133-4
 - Djibouti 649
 - Egypt 98, 99, 102
 - Eritrea 670
 - Kenya 725, 726, 733
 - Madagascar 925, 928
 - Malawi 946, 955, 956
 - Mozambique 971, 972, 976, 977
 - São Tomé & Príncipe 24, 626
 - Somaliland 764
 - South Africa 1033, 1042, 1043, 1061
 - Sudan 208-9
 - Tanzania 781
 - Dixcove 349-50
 - Djenné 408-9

- Djibouti 643-57, **645**
 accommodation 654
 arts 646
 border crossings 656-7
 business hours 655
 climate 643, 644
 costs 644
 culture 646
 embassies 655
 emergencies 655
 food 646-7
 history 644-6
 holidays 655
 language 1175
 money 643, 655
 population 643, 646
 telephone services 655-6
 time 643
 tourist information 656
 travel to/from 656-7
 travel within 657
 visas 656
- Djibouti City 647-52, **648**
 Djifer 492
 Dodoma 799-800
 Dogon Country 7, 412-16, **413**, 7
 dolphins
 Gabon 615
 Guinea-Bissau 379
 São Tomé & Príncipe 624, 626
 Senegal 501
 South Africa 1034, 1042
- Dongola 205
 Douala 287-9, **286-7**
 Doucki 371
 Douentza 414
 Dougga 225
 Douguia 558
 Douz 234-5
 Drâa Valley 185-6
 Drakensberg, the 1044-6
 drinks 40
 driving, *see* car travel
 drugs 1138
 Dubréka 370
 Durban 1037-41, **1038-9**
- E**
 East African visa 1148
 East London 1035-6
 Ebadjé 296
- Ebola virus 1167
 Ebolowa 295-6
 economy 65-6
 Edfu 115
 Egypt 82-124, **84-5**
 accommodation 119
 border crossings 122-3
 business hours 119
 climate 82, 83
 costs 83
 culture 85-6
 dangers 120
 embassies 120
 festivals 120-1
 food 86
 history 28, 83-5
 itineraries 83
 language 1175
 money 82, 121
 population 82, 86
 telephone services 121
 time 82
 tourist information 121-2
 travel to/from 122-3
 travel within 123-4
 visas 82, 122
- electricity 1133
 elephants 55-6
 Angola 858
 Benin 257
 Botswana 875, 878, 883, 884, 886
 Burkina Faso 273
 Cameroon 296, 301
 Central African Republic 546
 Chad 559
 Congo 571
 Democratic Republic of Congo 587
 Equatorial Guinea 601
 Gabon 608, 614, 615, 617
 Ghana 348, 355
 Guinea-Bissau 384
 Kenya 717, 720, 731
 Liberia 393
 Libya 136, 137
 Malawi 939, 945, 953
 Mali 421
 Namibia 997, 1000
 Niger 451
 Nigeria 473, 475
 Senegal 497
 Sierra Leone 515
 South Africa 1046
 Sudan 199
- Swaziland 1076
 Tanzania 786, 799, 804
 Togo 530
 Uganda 834, 841, 843
 Zambia 1092, 1095, 1099
 Zimbabwe 1119, 1124
- Elinkine 501
 El-Jem 230-1
 Elmina 349
 El-Obeid 208
 embassies 1139, 1141, *see also individual countries*
 emergencies 1139, *see also individual countries*
 Ennedi 560
 Entebbe 827-9
 environment 47-53
 Equatorial Guinea 592-603, **594**
 accommodation 601
 arts 595
 border crossings 603
 business hours 601
 climate 592, 593
 costs 593
 culture 594-5
 dangers 602
 embassies 602
 history 593-5
 holidays 602
 itineraries 593
 language 1175
 money 592, 602
 population 592, 595
 time 592
 travel to/from 603
 travel within 603
 visas 592, 602
- Eritrea 658-74, **660**
 accommodation 671
 arts 662
 border crossings 673
 business hours 671
 climate 658, 659
 costs 659
 culture 661-2
 embassies 672
 food 662-3
 history 659-61
 holidays 672
 itineraries 659
 language 1175
 money 658, 672
 population 658, 662
 telephone services 672
 time 658

000 Map pages

000 Photograph pages

- travel to/from 673
 - travel within 673-4
 - visas 658, 672-3
 - Eshowe 1043-4
 - Essaouira 165-7, **166**
 - Ethiopia 675-99, **677**
 - accommodation 696
 - border crossings 698-9
 - business hours 696
 - climate 675, 676
 - costs 676
 - culture 679-80
 - dangers 697
 - embassies 697
 - food 680-1
 - history 676-9
 - holidays 697
 - itineraries 676
 - language 1175
 - money 675, 697
 - population 675, 679-81
 - telephone services 698
 - time 675, 698
 - travel to/from 698-9
 - travel within 699
 - visas 675, 698
 - Etosha National Park 1000-3, **1001**
 - events, *see* festivals
 - Évora, Cesária 45
 - Ezulwini Valley 1074-5
- F**
- Farafra Oasis 108
 - felucca travel 92, 112
 - female genital mutilation 37, 38
 - ferry travel, *see* boat travel
 - Fès, *see* Fez
 - festivals 17, 1139
 - Angola 857
 - Botswana 875
 - Burkina Faso 265, 268
 - Cameroon 294, 302
 - Côte d'Ivoire 316
 - Ethiopia 697
 - Gambia, the 333
 - Ghana 352, 357
 - Guinea 373-4
 - Guinea-Bissau 380
 - Kenya 735
 - Malawi 948
 - Mali 407-8, 418, 423
 - Morocco 146, 165, 173
 - Mozambique 978
 - Niger 445, 456
 - Nigeria 473, 477
 - São Tomé & Príncipe 631
 - Senegal 495, 503
 - Sierra Leone 517
 - Swaziland 1078-9
 - Tanzania 781
 - Togo 534
 - Tunisia 240
 - Zimbabwe 1114, 1128
 - Fez 169-75, **171, 172**
 - Fianarantsoa 918-19, **918**
 - filariasis 1167
 - Filingué 451
 - food 39-42
 - football 33-5, 281, 523
 - Fort Portal 831-2, **832**
 - Foumban 294-5
 - Fouta Djallon 371-2
 - Franceville 617-18
 - Francistown 885
 - Free State 1058-9
 - Freetown 509-13, **510-11, 512**
 - Fria 370
- G**
- Gabon 604-20, **606**
 - accommodation 618
 - arts 607-8
 - border crossings 620
 - business hours 618
 - climate 604, 605
 - costs 605
 - culture 607-8
 - embassies 618
 - emergencies 618
 - food 608
 - history 605-7
 - holidays 619
 - itineraries 605
 - language 1175
 - money 604, 619
 - population 604, 607
 - telephone services 619
 - time 604
 - travel to/from 619-20
 - travel within 620
 - visas 604, 619
 - Gaborone 870-5, **872-3**
 - Gabú 384
 - Gaddafi, Colonel Muammar, *see* Qaddafi, Colonel Muammar
 - Gamba 616
 - Gambia, the 318-34, **320**
 - accommodation 332
 - border crossings 334
 - business hours 332
 - climate 318, 319
 - costs 319
 - culture 320-1
 - embassies 333
 - emergencies 333
 - food 321
 - history 319-20
 - holidays 333
 - itineraries 319
 - language 1175
 - money 318, 333
 - population 318, 320
 - telephone services 333
 - time 318
 - tourist information 333
 - travel to/from 334
 - travel within 334
 - visas 318, 333-4
 - Ganvié 252
 - Gao 419-20
 - Gaouli 558
 - Garden Route, the 1032-4
 - Garoua 298
 - Garoua-Boulai 301
 - Gauteng 1048-58
 - gay travellers 1139-40
 - Algeria 78
 - Madagascar 929
 - Morocco 190-1
 - Zimbabwe 1128
 - Gedaref 207-8
 - geography 47-50
 - Germa 136-7
 - Ghadames 135-6
 - Ghana 335-60, **337**
 - accommodation 356
 - border crossings 359
 - business hours 356
 - climate 335, 336
 - costs 336
 - culture 339-40
 - embassies 357
 - emergencies 357
 - food 340
 - history 336-9
 - holidays 357
 - itineraries 336
 - language 1175
 - money 335, 357-8
 - population 335
 - telephone services 358
 - time 335
 - travel to/from 358-9
 - travel within 359-60
 - visas 335, 358

- Ghardaïa 76
 Ghat 137
 giardiasis 1172
 giraffes 60
 Botswana 875
 Cameroon 301
 Chad 559
 Namibia 997
 Niger 450
 South Africa 1046
 Sudan 199
 Swaziland 1074
 Tanzania 786, 797
 Uganda 841, 843
 Zambia 1099
 Zimbabwe 1117
 Gisenyi 751-2
 Gitega 640
 Giza, Pyramids of 4, 28, 83-4, 91-2, 4
 Goda Mountains 652-3
 Goma 585
 Gonder 688-90
 Goodall, Jane 365, 370, 803
 gorillas 57
 Cameroon 282, 289
 Central African Republic 546
 Congo 570, 571
 Democratic Republic of Congo 585, 586
 Equatorial Guinea 601
 Gabon 615, 617
 Rwanda 750-1
 Uganda 821, 836, 839-40
 Grand Bassam 311-12
 Grand Popo 254
 Graskop 1047-8
 Great Rift Valley 47-8
 Great Zimbabwe 1121
 Guinea 361-75, **363**
 accommodation 373
 arts 364
 border crossings 374-5
 business hours 373
 climate 362
 costs 362
 culture 364
 dangers 366
 embassies 373
 emergencies 373
 food 364
 history 362-4
 holidays 374
 itineraries 362
 language 1175
 money 361, 374
 population 361, 364
 telephone services 374
 time 361
 travel to/from 374-5
 travel within 375
 visas 361, 374
 Guinea-Bissau 376-86, **378**
 accommodation 384
 arts 378-9
 border crossings 386
 business hours 385
 climate 376, 377
 costs 377
 culture 378-9
 embassies 385
 emergencies 385
 food 379
 history 377-8
 holidays 385
 itineraries 377
 language 385, 1175
 money 376, 385-6
 population 376, 378
 telephone services 386
 time 376
 transport to/from 386
 travel within 386
 visas 376
 Gulu 842-3
 Gunjur 330-1
 Gweta 885
- H**
 Haile Selassie 678
 Harar 694-5
 Harare 1110-16, **1111, 1112-13**
 Hargeisa 760-4, **762**
 health 1164-73
 heat exhaustion 1172
 heatstroke 1172
 hepatitis 1167-8
 High Atlas Mountains 182-3
 hiking 26, 1134
 Cameroon 289, 301-2
 Djibouti 649-50, 652-3
 Ghana 356
 Guinea 371
 Lesotho 897
 Malawi 952, 956
 Mali 414-16
 Morocco 183, 187, 189-91
 Mt Kenya National Park 716-17
 Mt Kilimanjaro 8, 789-91, 8
 Namibia 1003, 1005-6
 São Tomé & Príncipe 626
 South Africa 1023, 1034, 1043, 1046, 1061
 Tanzania 806
 Togo 529
 Uganda 830, 835
 Himba people 999, 1000
 hip-life 340
 hippopotamus 60
 Benin 257
 Botswana 878, 883
 Burkina Faso 272
 Burundi 640
 Cameroon 298, 301
 Chad 558, 559
 Gabon 615, 616
 Ghana 355
 Guinea-Bissau 382, 383
 Kenya 731
 Liberia 393
 Malawi 943, 945, 953
 Namibia 1004
 Niger 451
 Nigeria 475
 Senegal 497
 Sierra Leone 515
 South Africa 1046
 Sudan 199
 Swaziland 1074
 Tanzania 786, 797
 Uganda 834, 835, 841
 Zambia 1092
 Zimbabwe 1119
 history 27-32, 62-6, *see also individual countries*
 hitching 1161
 HIV/AIDS 34, 246, 704, 820, 869, 894, 938, 1018-19, 1085, 1168
 Hluhluwe-iMfolozi Park 1043
 Hogsback 1035
 holidays 1140, *see also festivals, individual countries*
 Hombori 420-1
 horse riding 897, 956, 993, 1043, 1127
 hot-air ballooning 733
 Houmt Souq 235-8, **237**
 Huambo 860-1
 Hurghada 102-3
 Huye 752
 Hwange 1124
 hyenas 451, 694, 731, 841, 885, 1077

000 Map pages

000 Photograph pages

- I**
- Ibadan 469-70
 - Idehan Murzuq 137
 - Idehan Ubari 136
 - Île de Gorée 491
 - Île de Karabane 501
 - Île Sainte Marie 925-8, **926**
 - Îles de Los 370
 - Ilha de Bubaque 382
 - Ilha de Moçambique, *see* Mozambique Island
 - Inhambane 970-1
 - insect bites & stings 1172-3
 - insurance 1140-1, 1160, 1165
 - internet 35
 - access 1141
 - resources 18, 35, 1165-6
 - Inringa 803-4
 - Isiolo 717-18
 - Isla Corisco 601
 - itineraries 19-26, *see also individual countries*
- J**
- James Island 331
 - Janjangbureh 331-2
 - Jebel Acacus 137
 - Jebel Barkal 205
 - Jebel el-Kelaâ 155
 - Jebel Nafusa 135
 - Jebel Toubkal 183
 - Jebel Zagora 185
 - Jeffrey's Bay 1034-5
 - Jemberem 384
 - Jerba 235-8
 - jet lag 1166
 - Jinja 828-9, **829**
 - Joal-Fadiout 492
 - Johannesburg 1048-54, **1050, 1052**
 - Jos 472
 - Jufureh 331
- K**
- Kabale 837-8, **838**
 - Kafountine 501-2
 - Kairouan 228-30, **229**
 - Kalahari Desert 49, 870
 - Kampala 821-7, **822-3, 824**
 - Kamsar 370
 - Kankan 372
 - Kano 473-5, **474**
 - Kaokoveld 998-9
 - Kaolack 496
 - Kara 531-2
 - Kariba 1118
 - Karima 205-6
 - Karonga 943-4
 - Kartong 330
 - Kasama 1093-4
 - Kasane 882-3, **882**
 - Kasese 834
 - Kassala 206-7
 - Katete 1091
 - Katima Mulilo 1005
 - kayaking 25, 496, 631, 831, 946, 955, *see also* canoeing, rafting
 - Kayes 421-2
 - Kazungula 882-3, **882**
 - Kenema 516
 - Kenya 700-40, **702**
 - accommodation 733
 - arts 705
 - border crossings 738
 - business hours 734
 - climate 700, 701
 - costs 701
 - culture 704-5
 - dangers 709, 734
 - embassies 734-5
 - emergencies 735
 - food 705
 - history 701-4
 - holidays 735
 - itineraries 701
 - language 1175
 - money 700, 735-6
 - population 700, 704-5
 - telephone services 736
 - time 700, 736
 - travel to/from 737-8
 - travel within 738-40
 - visas 700, 736-7
 - Keren 668
 - Khartoum 200, **201, 202**
 - Kidepo Valley National Park 843-4
 - Kidjo, Angélique 247
 - Kigali 745-9, **746**
 - Kigoma 802
 - Kimberley 1059-60
 - Kindia 370
 - Kinsantu 584
 - Kinshasa 579, **580-1**
 - Kisangani 587
 - Kisoro 839
 - Kissidougou 372
 - Kisumu 718-19
 - kitesurfing 165, 649
 - Kitwe 1094
 - Knysa 1033
 - Kokrobite 347
 - Kouré 450
 - Koutammakou 532
 - Kpalimé 529-30
 - Kribi 295
 - Kumasi 350-3, **351**
 - KwaZulu-Natal 1037-44
- L**
- Laâyoune 168-9
 - Labé 371
 - Lac Abbé 652
 - Lac Assal 652
 - Lac Rose 491-2
 - Lagos 464-9, **465, 466, 468**
 - Lake Ahémé 254-5
 - Lake Bosumtwi 353-4
 - Lake Bunyonyi 838-9
 - Lake Chad 558
 - Lake Kasenda 833
 - Lake Naivasha 714
 - Lake Niassa 975-6
 - Lake Nkuruba 833
 - Lake Nyabikere 833
 - Lake Nyinabulitwa 833
 - Lake Tanganyika 802
 - Lake Togo 528
 - Lake Turkana 718
 - lakes 48-9
 - Lalibela 692-3
 - Lambaréné 614-15
 - Lamu 727-30, **728**
 - Langoué Bai 617
 - language 1174-85, *see also individual countries, inside front cover*
 - Amharic 1181
 - Arabic 1181
 - French 1178
 - Hausa 1182
 - Malagasy 1183
 - Portuguese 1179
 - Southern Sotho 1183
 - Swahili 1184
 - Swati 1185
 - Larabanga 354-5
 - Las Geel 763-4
 - Le Kep 224-5
 - Leishmaniasis 1168
 - lemurs 58, 909, 919, 920, 923
 - leopards 59
 - Benin 257
 - Botswana 885, 886
 - Congo 571
 - Kenya 714, 715
 - Malawi 944, 945
 - Niger 451

- leopards *continued*
 South Africa 1046
 Sudan 199
 Uganda 834, 841
 Zambia 1092
 Zimbabwe 1126
- Leptis Magna 133-4
 leptospirosis 1168
- Leribe 900
- Les Sept Frères Archipelago 653-4
- lesbian travellers 1139-40
 Algeria 78
 Madagascar 929
 Morocco 190-1
 Zimbabwe 1128
- Lesotho 890-902, **892**
 accommodation 900
 border crossings 902
 business hours 901
 climate 890, 891, 901
 costs 891
 culture 894
 embassies 901
 emergencies 901
 food 894
 history 891-4
 holidays 901
 itineraries 891
 language 1175
 money 890, 901
 population 890, 894
 telephone 901-2
 time 890
 travel to/from 902
 travel within 902
 visas 890, 902
- Liberia 387-95, **389**
 accommodation 393
 arts 390
 border crossings 395
 business hours 393
 climate 387, 388
 costs 388
 culture 390
 dangers 391, 393
 embassies 393
 food 390
 history 388-90
 holidays 393-4
 itineraries 388
 language 1175
- money 387, 394
 population 387, 390
 telephone services 394
 time 387
 travel to/from 394-5
 travel within 395
 visas 387, 394
- Libreville 608, **610-11**
 Libya 125-41, **128-9**
 accommodation 137-8
 border crossings 140
 business hours 138
 climate 125, 126
 costs 126
 culture 129-30
 embassies 138
 emergencies 138
 festivals 138
 food 130
 history 126-9
 holidays 138
 itineraries 126
 language 1175-6
 money 125, 139
 population 125
 telephone services 139
 time 125
 travel to/from 140
 travel within 140-1
 visas 125, 139-40
- Lichinga 975
 Likoma Island 947
 Lilongwe 939-43, **940**
 Limbe 289-91, **290**
 lions 58-9
 Benin 257
 Botswana 884
 Chad 559
 Kenya 714, 720, 731
 Namibia 997
 Niger 451
 Nigeria 475
 Senegal 497
 Sudan 199
 Swaziland 1076
 Tanzania 797, 799
 Uganda 834, 835, 841, 844
 Zimbabwe 1116, 1119, 1126, 1127
- literature 16-18, 39, 1135
 Livingstone 1096-8, **1097**
 Livingstone, David 30, 639, 769-70
 Livingstonia 944
 Liwonde 953
 Lomé 524-8, **525**
 Lower Omo Valley 695-6
- Loyangalani 718
 Luanda 854-8, **856**
 Luba 599
 Lubango 861
 Lüderitz 1006-8, **1007**
 Lusaka 1086-91, **1088-9**
 Lushoto 787
 Luxor 110-15, **111**
- M**
- Macenta 372
- Madagascar 903-34, **906**
 accommodation 927-8
 arts 908
 business hours 928
 climate 903, 904
 costs 904
 culture 907-8
 embassies 929
 emergencies 929
 festivals 929
 food 908-9, 929
 history 905-7
 holidays 929
 itineraries 904-5
 language 1176
 money 903, 930
 population 903, 908
 telephone services 930
 time 903
 tourist information 930
 travel to/from 931-2
 travel within 932-4
 visas 903, 931
- magazines 36
 Mahdia 230
 Makeni 515
 Malabo 595-9, **597**
 Malanville 257
 malaria 1168-70
 Malawi 935-60, **937**
 accommodation 956
 arts 938
 border crossings 958-9
 business hours 956
 climate 935, 936
 costs 936
 culture 938
 embassies 957
 food 938-9
 history 936-8
 holidays 957
 itineraries 936
 language 1176
 money 935, 957

- population 935, 938
 telephone services 957
 time 935
 tourist information 957
 travel to/from 957-9
 travel within 959-60
 visas 935, 957
- Malealea** 898
- Mali** 396-426, **398**
 accommodation 422
 arts 400
 border crossings 425
 business hours 422
 climate 396, 397
 costs 397
 culture 400
 dangers 422
 embassies 423
 emergencies 423
 food 401
 history 397-400
 holidays 423
 itineraries 397
 language 1176
 money 396, 423
 population 396, 400
 telephone services 423-4
 time 396
 tourist information 424
 travel to/from 425
 travel within 425-6
 visas 396, 424-5
- Malindi** 725-6
- Mali-Yemberem** 371-2
- Malkerns Valley** 1074-5
- Man** 314
- Mandara Mountains** 300
- Mandela, Nelson** 1017, 1018, 1023
- Mangilly** 922
- Manzini** 1075-6
- Mao** 559-60
- maps** 1141
- Maputo** 965-70, **968-9**
- Mar Lodj** 492-3
- Maradi** 452
- Marangu** 789
- Marburg virus** 1167
- Maroua** 298-300, **299**
- Marrakesh** 177-82, **180-1**
- Marsabit** 718
- Maseru** 894-6, **895**
- Massawa** 669-70
- Matadi** 584
- Matlapaneng** 879, **880**
- Matmata** 235
- Maun** 879-81, **880**
- Mauritania** 427-41, **429**
 accommodation 438
 arts 430
 border crossings 440-1
 business hours 438
 climate 427, 428
 costs 428
 culture 430
 dangers 438-9
 embassies 439
 food 430
 history 428-30
 holidays 439
 itineraries 428
 language 1176
 money 427, 439
 population 427, 430
 telephone services 439
 time 427
 travel to/from 440-1
 travel within 441
 visas 427, 439
- Maxixe** 971
- Mbabane** 1072-4, **1073**
- Mbala** 1093
- Mbale** 829-30
- Mbeya** 804
- Mbini** 600
- Mbombela** 1047
- Mbour** 492
- measures** 1133
- media** 35-6
- Meknès** 175-7, **176**
- Mellilla** 155-6
- meningococcal meningitis** 1170
- Merzouga** 188-9
- Metera** 669
- metric conversions, see inside front cover**
- M'hamid** 186
- Mikindani** 805
- Mikongo** 617
- Misirah** 493
- mobile phones** 1145
- Mochudi** 875
- Moçimboa da Praia** 977
- Moka** 599
- Mokhotlong** 900
- Mombasa** 721-5, **722, 724**
 money 15-16, 1141-4, *see also individual countries*
- Mongu** 1099
- Monkey Bay** 954
- monkeys** 56, 57-8
- Burundi** 640
- Gabon** 617
- Ghana** 348-9
- Kenya** 731
- Nigeria** 471, 475
- Rwanda** 752, 753
- Senegal** 497
- Tanzania** 785
- Togo** 530
- Uganda** 833, 840
- Monrovia** 391-2
- Mopti** 409-11, **410**
- Morija** 898
- Morocco** 142-94, **144**
 accommodation 189
 arts 146
 border crossings 193-4
 business hours 190
 climate 142, 143
 costs 143
 culture 145-6
 embassies 190
 emergencies 190
 festivals 190
 food 146-7
 history 143-5
 holidays 191
 itineraries 143
 language 1176
 money 142, 191
 population 142, 146
 telephone services 192
 time 142
 tourist information 192
 travel to/from 193-4
 travel within 194
 visas 142, 192
- Moshi** 787-9, **788**
- motion sickness** 1166
- motorcycle travel** 1157-60
- Moucha Island** 652
- Moundou** 558-9
- Mt Cameroon** 289
- Mt Kilimanjaro** 8, 48, 789-91, **790, 8**
- Mt Mulanje** 952
- Mt Sinai** 101
- Mozambique** 961-81, **963**
 accommodation 977
 arts 965
 border crossings 979-80
 business hours 977
 climate 961, 962
 costs 962
 culture 964-5

- Mozambique *continued*
 embassies 978
 emergencies 978
 food 965
 history 962-4
 holidays 978
 itineraries 962
 language 1176
 money 961, 978-9
 population 961, 965
 telephone services 979
 time 961
 travel to/from 979-80
 travel within 980-1
 visas 961, 979
- Mozambique Island 974-5
 Mpulungu 1093
 Mpumalanga 1046-8
 Mtwara 805
 Muanda 585
 Mugabe, Robert 1107-8
 Murchison Falls National Park 841-2, **841**
 Musanze 749-50
 music 43-6, 309, 340, 399, 495
 courses 356, 403
 Mwanza 800-2, **801**
 Mzuzu 945-6
- N**
- Na'ama Bay 97-9
 Nairobi 707-14, **708-9, 710-11**
 Nakuru 715
 Namib Desert 49, 851, 983, 992, 995
 Namibia 982-1013, **984**
 accommodation 1009
 arts 986
 border crossings 1011
 business hours 1009
 climate 982, 983
 costs 983
 culture 986
 embassies 1009-10
 emergencies 1009
 food 986
 history 983-6
 holidays 1010
 itineraries 983
 language 1176
 money 982, 1010
 population 982, 986
 telephone services 1010
 time 982
 travel to/from 1011
 travel within 1011-13
 visas 982, 1010-11
- Nampula 974
 Nanyuki 717
 Naro Moru 717
 national parks, *see* parks & reserves
 Natitingou 256-7
 Ndangane 492-3
 N'Djaména 554-8, **555**
 Ndola 1094
 Nelspruit 1047
 newspapers 36
 N'Gaoundéré 296-8, **297**
 Ngorongoro Conservation Area
 798-800
 Ngwempisi Gorge 1075
 Niafourang 502
 Niamey 446-50, **448-9**
 Niger 442-59, **443**
 accommodation 456
 border crossings 459
 business hours 457
 climate 442, 443
 costs 443
 culture 445
 dangers 457
 embassies 457
 food 445
 history 444
 holidays 457
 itineraries 443-4
 language 1176
 money 442, 457-8
 population 442, 445
 telephone services 458
 time 442
 travel to/from 458-9
 travel within 459
 visas 442
- Niger River 412, 446
 Nigeria 460-79, **462**
 accommodation 476
 arts 463-4
 border crossings 478-9
 business hours 476
 climate 460, 461
 costs 461
 culture 463-4
 dangers 476
 embassies 476-7
 food 464
 history 461-3
 holidays 477
 itineraries 461
 language 1176
 money 460, 477
 population 460, 463
 telephone services 477
 time 460
 travel to/from 478-9
 travel within 479
 visas 460, 478
- Nile River 83, 110-19, 640, 828, 841
 Nkhata Bay 946-7
 Nosy Boraha 925-8, **926**
 Nouádhibou 434
 Nouakchott 431-4, **432**
 Nuba Mountains 208
 Nukluft Mountains 996
 N'Zérékoré 372-3
- O**
- Obock 653-4
 Okavango Delta 5, 875-9, **876-7, 5**
 onchocerciasis 1170
 opening hours, *see* business hours
 Opuwo 999
 Oshogbo 470
 Ouadâne 437
 Ouagadougou 266-9, **267**
 Oualâta 438
 Oudtshoorn 1032-3
 Ouesso 571
 Ouidah 253-4, **253**
 Oussouye 500
 Oyem 614
- P**
- Palmarin 492
 Parakou 255-6
 parks & reserves 50-1, 55-61, 706,
 773, 870, 899, 1021
 Aberdare National Park 717
 Abuko Nature Reserve 330
 Amboseli National Park 730-1
 Arusha National Park 796-7
 Bale Mountains National Park 696
 Baobolong Wetland Reserve 331
 Bazaruto Archipelago 972
 Blyde River Nature Reserve 1047
 Bokong Nature Reserve 899
 Bunga Forest Botanical Reserve
 1119
 Bwindi Impenetrable National
 Park 836-7
 Cathedral Peak Nature Reserve 1045
 Chimanimani National Park 1120

- Chobe National Park 883-4
 Dzanga-Sangha Reserve 546-7
 Etosha National Park 1000-2
 Fish River Canyon National Park 1005-6
 Forêt du Day National Park 652-3
 Gambia River National Park 7, 332, 7
 Gashaka-Gumti National Park 475
 Ginal Island (Niimi National Park) 331
 Gombe Stream National Park 803
 Gonarezhou National Park 1121
 Gorongosa National Park 973
 Hell's Gate National Park 714-15
 Hlane Royal National Park 1076-7
 Hwange National Park 1124
 iSimangaliso Wetland Park 1043
 Ivindo National Park 617
 João Vieira – Poilão National Marine Park 383
 Kakamega Forest Reserve 719
 Kakum National Park 348-9
 Kgalagadi Transfrontier Park 1060
 Khaudom Game Reserve 1004-5
 Kiang West National Park 331
 Kibale Forest National Park 833-4
 Kidepo Valley National Park 843
 Kruger National Park 1046-7
 Kwa-Tuli Game Reserve 886
 Lake Abiata-Shala National Park 695
 Lake Chivero Recreational Park 1117
 Lake Manyara National Park 797
 Lake Nakuru National Park 715
 Lesotho 899
 Liwonde National Park 953-4
 Loango National Park 615
 Lower Zambezi National Park 1095-8
 Mago National Park 696
 Mahale Mountains National Park 802-3
 Malindi Marine National Park 725
 Malolotja Nature Reserve 1078
 Mana Pools National Park 1119
 Mantenga Nature Reserve 1074
 Masai Mara National Reserve 719-21
 Mashatu Game Reserve 886
 Matusadona National Park 1118
 Mayumba National Park 616-17
 Mgahinga Gorilla National Park 839-40
 Mikumi National Park 803
 Minkébé National Park 614
 Mkhaya Game Reserve 1076
 Mlawula Nature Reserve 1077
 Mokolodi Nature Reserve 875
 Mole National Park 355
 Monte Alen National Park 601
 Moremi Wildlife Reserve 878
 Mosi-oa-Tunya National Park 1098-9
 Mt Elgon National Park 830
 Mt Kenya National Park 715-17, **716**
 Mt Kilimanjaro National Park 8, 789-91, 8
 Murchison Falls National Park 841-2, **841**
 Namib-Naukluft Park 995-6
 Ngorongoro Conservation Area 798-800
 Niimi National Park 331
 Nouabalé-Ndoki National Park 571-2
 Nyanga National Park 1119-20
 Nyika National Park 944-5
 Okapi Wildlife Reserve 587
 Okavango Delta 5, 875-9, **876-7**, 5
 Orango Islands National Park 382
 Oribi Gorge Nature Reserve 1041
 Outamba-Kilimi National Park 515
 Parc National Conkouati-Douli 571
 Parc National d'Andasibe-Mantadia 923
 Parc National de Campo-Ma'an 296
 Parc National de Fazao-Malfakassa 530
 Parc National de Kahuzi-Biéga 586
 Parc National de la Bénoué 298
 Parc National de la Kibira 640
 Parc National de la Langue de Barbarie 496
 Parc National de la Pendjari 257
 Parc National de la Rurubu 640
 Parc National de la Rusizi 640
 Parc National de l'Isalo 920
 Parc National de Nyungwe 752-3
 Parc National de Ranomafana 919
 Parc National de Taï 313
 Parc National des Oiseaux du Djoudj 496
 Parc National des Virunga 585
 Parc National des Volcans 750-1
 Parc National du Niokolo-Koba 497
 Parc National du Waza 300-1
 Parc Regional du W 451
 Parque Nacional da Kissama 858-9
 Parque Nacional do Cantanhez 384
 Queen Elizabeth National Park 835-6
 Quirimbas National Park 976
 Ras Mohammed 98
 Réserve de la Lopé 617
 Réserve Spéciale de l'Analamazaotra 923
 Royal Natal National Park 1044-5
 Ruaha National Park 804
 Rwenzori Mountains National Park 835
 Saadani National Park 786
 Sapadi National Park 393
 Sehlabathebe National Park 899
 Selous Game Reserve 805
 Semuliki National Park 834
 Seregeti National Park 5, 798, 5
 Simien Mountains National Park 690
 Skeleton Coast Park 997
 South Luangwa National Park 6, 1091-3, 6
 Sperrgebiet National Park 1008-9
 Table Mountain National Park 1022-3
 Tacuqama Chimpanzee Reserve 514-15
 Tarangire National Park 797-8
 Toro-Semliki Wildlife Reserve 834
 Tsavo National Park 731-3
 Ts'ehlanyane National Park 899
 Tsitsikamma National Park Area 1034
 Vwaza Marsh Wildlife Reserve 945
 Watamu Marine National Park 726
 Waterberg Plateau Park 1003
 Yankari National Park 472-3
 Zakouma National Park 559
 Zambezi National Park 1127
 Zimbabwe 1110
 Pays Dogon 7, 412-16, **413**, 7
 Pema 785-6, 976
 Perinet 922-3
 Petite Côte 492-3
 phonecards 1145
 photography 1144
 Pietermaritzburg 1042
 Pigs Peak 1077-8
 planning 15-18, *see also* itineraries
 Plettenberg Bay 1033-4
 Point Denis 613
 Pointe St George 501
 Pointe-Noire 570-1
 poliomyelitis 1170
 population 13, 33
 Port Elizabeth 1035
 Port Said 101-2
 Port St John 1036-7
 Port Sudan 207
 Port-Gentil 614
 Porto Novo 252-3, **252**

Possotomé 254-5
 postal services 1144-5
 Pretoria 1054-8, **1056-7**
 Príncipe 630-1
 Puntland 757-60, 767, **759**, *see also*
 Somalia, Somaliland
 Pyramids of Giza 4, 28, 83-4, 91-2, 4

Q

Qacha's Nek 898-9
 Qaddafi, Colonel Muammar 127
qat 646
 Qohaito 669
 quad biking 993
 Queen of Sheba 28, 680
 Quelimane 973-4
 Quinhámel 383
 Quirimbas Archipelago 6, 976-7, 6
 Quthing 898

R

Rabat 157-61, **158-9**
 rabies 1170
 radio 36
 rafting 25, 48, 1133, *see also*
 canoeing, kayaking
 Ethiopia 828, 831
 South Africa 1042, 1061
 Swaziland 1076
 Zambia 1099
 Zimbabwe 1127
 Ranohira 920
 regional visas 1147-9
 religion 36, 37
 responsible travel 53, 54, 1212
 restaurants 41-2
 rhinoceros 59-60
 Botswana 875, 885-6
 Kenya 706, 715, 731
 Namibia 997, 1000, 1003
 Swaziland 1076, 1077
 Tanzania 799
 Uganda 827, 840-1
 Zambia 1099
 Zimbabwe 1117, 1118
 Rift Valley 714-15
 Rift Valley fever 1170
 Rift Valley lakes 695
 Rio Muni 599-601
 river blindness 1170
 road distances 1158

Robben Island 1023
 Robertsport 392
 rock climbing 25, 420, 714, 830,
 956, 1016
 Rock-Hewn Churches of Lalibela 692-3
 Rock-Hewn Churches of Tigray 692
 Roma 897
 Ruhengeri 749-50
 Rundu 1003-4
 Rwanda 741-56, **743**
 accommodation 753
 border crossings 755-6
 business hours 753
 climate 741, 742
 costs 742
 culture 744-5
 dangers 753-4
 embassies 754
 food 745
 history 742-4
 language 1176
 money 741, 754
 population 741, 745
 telephone services 755
 time 741
 travel to/from 755-6
 travel within 756
 visas 741, 755
 Rwandan genocide 743-4, 747, 748

S

Sabratha 133
 safaris 15, 56, 1134-5
 Botswana 886-7, 889
 Ghana 355
 Kenya 720, 734
 Morocco 189
 Namibia 1012-13
 Swaziland 1076
 Tanzania 794, 806
 Uganda 844
 Zambia 1099
 Zimbabwe 1117-18
 Sahara Desert 49, 76-7, 235, 418,
 435, 560
 Sahel, the 273-4
 Saint-Louis 493-5, **494**
 Salé 161
 Samfya 1094
 San Pedro 313-14
 Sanga 413-14
 Sani Pass 1045
 Sani Top 899-900
 Santo António 630
 São Domingos 383

São Tomé & Príncipe 621-32, **623**
 accommodation 631
 business hours 631
 climate 621, 622
 costs 622
 culture 623-4
 embassies 631
 food 624
 history 622-3
 holidays 631
 itineraries 622
 language 1177
 money 621, 631
 population 621, 623
 time 621
 travel to/from 632
 travel within 632
 visas 621, 632
 São Tomé Town 624-8, **625**
 Saqqara 97
 Sarh 559
 Sassandra 312-13
 Savuti 884
 scams 1138-9, 1140
 schistosomiasis 1170
 seals 997
 Ségou 407-8
 Sekondi 349
 Selassie, Haile 678
 Semonkong 897-8
 Senafe 669
 Senegal 480-504, **482**
 accommodation 502
 border crossings 504
 business hours 502
 climate 480, 481
 costs 481
 culture 483
 dangers 486, 498
 embassies 502
 emergencies 503
 food 483
 history 481-3
 holidays 503
 itineraries 481
 language 1177
 money 480, 503
 population 480, 483
 telephone services 503
 time 480, 503
 travel to/from 503-4
 travel within 504
 visas 480, 503
 Senga Bay 947-8
 Serekunda 324-9, **326-7**

- Serengeti National Park 5, 798, 5
 Sesriem 995-6
 Setté Cama 616
 Sévaré 411-12
 sexual harassment 1149-50
 Sfax 231-3, **232**
 Shakaland 1044
 Sharm el-Sheikh 97-9
 Sheekh 765
 Shela 730
 Shiva Ng'andu 1094
 Siavonga 1095
 Sierra Leone 505-19, **506**
 accommodation 516
 border crossings 518
 business hours 516
 climate 505, 506
 costs 507
 culture 508
 embassies 516-17
 food 508
 history 507-8
 holidays 517
 itineraries 506-7
 language 1177
 money 505, 517
 population 505, 508
 telephone services 517
 time 505
 tourist information 517
 travel to/from 518
 travel within 518-19
 visas 505, 517-18
 Sikasso 421
 Sinai 97-100, 101
 Sindou Peaks 272-3
 Siné-Saloum Delta 492-3
 Siwa Oasis 107-8
 Skeleton Coast 997
 skiing 1134
 skydiving 993
 slavery 30, 64, 347, 491, 514
 snake bites 1173
 snorkelling, *see* diving & snorkelling
 soccer, *see* football
 Sodwana Bay 1043
 Sokodé 530-1
 solo travellers 1145
 Somalia 757-67, **759**, *see also*
 Puntland, Somaliland
 Somaliland 757-67, **759**
 accommodation 765
 border crossings 766
 business hours 765
 climate 757, 758
 costs 758
 culture 760
 dangers 759, 761, 765
 embassies 765
 food 760
 history 758-60
 language 1177
 money 757, 765
 population 757, 760
 telephone 765
 time 757
 travel to/from 766
 travel within 767
 visas 757, 765-6
 Somba people 257
 Sossusvlei 8, 995-6, 8
 Sousse 225-8, **227**
 South Africa 1014-67, **1016**
 accommodation 1061
 border crossings 1065-6
 business hours 1062
 climate 1014, 1015
 costs 1015
 culture 1019-20
 dangers 1062
 embassies 1062-3
 food 1020
 history 1015-19
 holidays 1063
 itineraries 1015
 language 1177
 money 1014, 1063
 population 1014
 telephone services 1063-4
 time 1014
 tourist information 1064
 travel to/from 1064-6
 travel within 1066-7
 visas 1014, 1064
 Southern Drakensberg Wilderness
 1045-6
 Soweto 1049-51
 Sphinx, the 91-2
 Spitzkoppe 998
 Springbok 1060
 Ssesse Islands 840
Star Wars 233, 238
 Stellenbosch 1031-2
 Stone Town 779-84, **780**
 Storms River 1034
 studying, *see* courses
 Suakin 207
 Sudan 195-212, **197**
 accommodation 208
 border crossings 211-12
 business hours 209
 climate 195, 196
 costs 196
 culture 199
 embassies 209
 food 199-200
 history 196-9
 holidays 209
 itineraries 196
 language 1177
 money 195, 209
 population 195
 telephone services 210
 time 195
 travel to/from 211-12
 travel within 212
 visas 195, 210-11
 Suez Canal 101-2
 Sun City 1058
 surfing 189, 1028, 1033, 1034-5,
 1061, 1134
 sustainable travel 53, 54, 1212
 Swakopmund 992-5, **994**
 Swaziland 7, 1068-81, **1070**, 7
 accommodation 1078
 arts 1072
 border crossings 1080
 business hours 1078
 climate 1068, 1069
 costs 1069
 culture 1071-2
 embassies 1078
 food 1072
 history 1069-71
 holidays 1079
 itineraries 1069
 language 1177
 money 1068, 1080
 population 1068, 1072
 telephone services 1080
 time 1068
 tourist information 1080
 travel to/from 1080
 travel within 1081
 visas 1068, 1080
- T**
 Tabarka 223
 Table Mountain 1022-3
 Tadjoura 653
 Tafroute 183-4
 Taka Mountains 206
 Tamale 354
 Tamanrasset 77
 Tamatave 923-5, **924**

- Tambacounda 496-7
 Tanga 786-7
 Tangier 147-51, **149**
 Tanji 330
 Tanzania 768-815, **770**
 accommodation 805-6
 arts 772
 border crossings 809-12
 business hours 806
 climate 768, 769
 costs 769
 culture 771-2
 dangers 794
 embassies 806-7
 emergencies 807
 food 772
 history 769-71
 holidays 807
 language 1177
 money 768, 808
 population 768, 771-2
 telephone services 808
 time 768, 808
 tourist information 808
 travel to/from 809-12
 travel within 813-15
 visas 768, 808-9
 websites 807
 Taroudannt 184-5
 Tataouine 238-9
 taxi travel 1161-2
 Tekoradi 349
 telephone services 1145, *see also*
 individual countries
 television 36-9
 temples
 Funerary Temple of Hatshepsut 112
 Luxor Temple 110
 Temple of Apollo 134
 Temple of Artemis 134
 Temple of Hathor 119
 Temple of Horus 115
 Temple of Kawa 205
 Temple of Philae 118
 Temple of Ramses II 118
 Temple of Ramses III 112
 Temple of Sobek & Haroeris 115
 Temple of Zeus 134
 Teriya Bugu 408
 Terjit 436
 Tete 973
- Tetouan 152-3
 Teyateyaneng 900
 Thaba-Bosiu 897
 Timbuktu 29, 416-19, **417**
 time 1145-6, **1159**, *see also individual*
 countries
 Toamasina 923-5, **924**
 Tobruk 135
 Todra Gorge 187-8
 Tofo 971
 Togo 520-36, **521**
 accommodation 533
 arts 523
 border crossings 535
 business hours 533-4
 climate 520, 521
 costs 522
 culture 522-3
 embassies 534
 food 523
 history 521-2
 holidays 534
 itineraries 521
 language 1177
 money 520, 534
 population 520, 523
 telephone services 534
 time 520
 travel to/from 535
 travel within 535-6
 visas 520, 535
 Togoville 528
 toilets 1146
 Toliara 920-2, **921**
 Tombouctou, *see* Timbuktu
 Toubakouta 493-5
 tourist information 1146, *see also*
 individual countries
 tours 1162, *see also* safaris
 Tozeur 233-4, **234**
 traditional medicine 1173
 train travel 1162-3
 travel advisories 1139
 travellers cheques 1144
 trekkers, *see* hiking
 Tripoli 130-3, **131**
 truck travel 1163
 trypanosomiasis 1171
 Tsodilo Hills 881-2
 Tsumeb 1002-3
 Twareg Rebellion 444
 tuberculosis 1171
 Tukuyu 805
 Tuléar 920-2, **921**
 Tuli 886
- Tunis 218-23, **219, 220**
 Tunisia 213-42, **215**
 accommodation 239
 arts 217
 border crossings 241-2
 climate 213, 214
 costs 214
 culture 216-17
 dangers 239
 embassies 240
 festivals 240
 food 217
 history 214-16
 holidays 240
 itineraries 214
 language 1177
 money 213, 240
 population 213, 216-17
 telephone services 240
 time 213
 tourist information 240-1
 travel to/from 241-2
 travel within 242
 visas 213, 241
 turtles 24, 296, 350, 383, 571, 613,
 629, 630, 858, 1043
 Tutankhamen 112
 TV 36-9
 Twyfelfontein 998
 typhoid 1171
- U**
 Ubari Lakes 136
 Uganda 816-48, **818**
 accommodation 844
 border crossings 846-7
 business hours 844
 climate 816, 817
 costs 817
 culture 820-1
 dangers 843
 embassies 845
 emergencies 845
 food 821
 history 817-20
 itineraries 817
 language 1177
 money 816, 845
 population 816, 820-1
 telephone services 846
 time 816
 travel to/from 846-7
 travel within 847-8
 visas 816, 846
 Uppington 1060

urbanisation 33
Usambara Mountains 787

V

vacations 1140, *see also* festivals,
individual countries
vaccinations 1165-73
Valley of the Kings 112
Varela 383-4
vegetarian & vegan travellers 42
Victoria Falls 5, 1098-9, 1124-7,
1125, 5
Vilankulo 971-2
Visa des Pays de l'Entente 1147-8
visas 1147-8
 East Africa 737
 West Africa 1147-8
volunteering 1148
 Morocco 192-3
 Sudan 211
voodoo 247, 253, 254

W

Wadi Halfa 204-5
Wadi Medani 207
Wadi Methkandoush 136-7
walking, *see* hiking
Wan Caza 137
war zones 1139, *see also* dangerous
regions
Wassu Stone Circles 331
Watamu 726-7
water 1173
Waw Al-Namus 137
weather 15, 1137, *see also individual*
countries
websites 18, 35
 health 1165-6
West African visa 1147-8
West Nile fever 1171
Western Sahara 168-9
whale-watching 24, 513, 526, 615,
626, 922, 925, 928, 1043
white-water rafting, *see* rafting
wildebeest 25, 60, 559, 701, 719, 798,
885, 1000
wildlife 52-3, 55-61, *see also*
safaris, wildlife sanctuaries,
individual animals
 itineraries 24, 25
wildlife sanctuaries 58, *see also* parks
& reserves
 Ballabu Conservation Project 330
 Bally Vaughan Sanctuary, the 1116
 Bigodi Wetland Sanctuary 834

 Bioko Biodiversity Protection
 Program 596
 Chimfunshi Wildlife Orphanage
 1094-5
 Crater Lake Game Sanctuary 714
 Crocodile Ranch & Wildlife Nature
 Sanctuary 1126
 Khama Rhino Sanctuary 885-6
 Lésio Louna Gorilla Reserve 570
 Limbe Wildlife Centre 289
 Lola Ya Bonobo Sanctuary 584
 Mahale Mountains National
 Park 802
 Mlilwane Wildlife Sanctuary 1074-5
 Moremi Wildlife Reserve 878
 Mosi-oa-Tunya Game Park 1099
 Nata Sanctuary 884
 Ngamba Island Chimpanzee
 Sanctuary 827
 Okapi Wildlife Reserve 587
 sea turtle conservation project 296
 Tacugama Chimpanzee Reserve
 514-15
 Tchimpounga Chimpanzee
 Sanctuary 571
 Tiwai Island Wildlife Sanctuary 515
 Wechiau Hippo Sanctuary 355
 Ziwa Rhino Sanctuary 840-1
wildlife watching, *see* safaris, wildlife,
wildlife sanctuaries, *individual*
animals
Windhoek 987-92, **988**, **990**
Winelands, the 1031-2
wineries 1031-2
women in Africa 36-7
women travellers 1148-50
 Benin 259
 Democratic Republic of Congo 589
 Egypt 122
 Equatorial Guinea 603
 Gabon 619
 Libya 140
 Madagascar 931
 Mauritania 439
 Morocco 193
 Togo 535
 Tunisia 241
working 1150
World Cup 33
World Heritage Sites 17

Y
Yamassoukrou 313-14
Yaoundé 282, **283**, **284**
yellow fever 1171, 1172

Z

Zagora 185-6
Zaire, *see* Democratic Republic of
Congo
Zambia 1082-104, **1084**
 accommodation 1099
 border crossings 1102-3
 climate 1082, 1083
 costs 1083
 culture 1085-6
 embassies 1100
 food 1086
 history 1083-5
 holidays 1100
 itineraries 1083
 language 1177
 money 1082, 1101
 population 1082, 1085
 telephone services 1101
 time 1082
 tourist information 1101
 travel to/from 1102-3
 travel within 1103-4
 visas 1082, 1101-2
Zanzibar 778-86, **778**
zebras 60, 843, 875, 944, 954, 996,
997, 1000, 1074, 1099, 1117,
1119
Ziguinchor 498-500, **500**
Zimbabwe 1105-31, **1107**
 accommodation 1127
 border crossings 1130
 business hours 1127-8
 climate 1105, 1106
 costs 1106
 culture 1108-9
 dangers 1128
 embassies 1128
 food 1109
 history 1106-8
 holidays 1128
 itineraries 1106
 language 1177
 money 1105, 1129
 population 1105, 1108
 telephone services 1128
 time 1105
 tourist information
 1129
 travel to/from 1130
 travel within 1130-1
 visas 1105, 1129
Zinder 452-4, **453**
Zomba 952-3
Zululand 1043-4

GreenDex

The following attractions, activities, tours, accommodation and restaurants have been selected by Lonely Planet authors because they demonstrate a commitment to sustainability. Our criteria for inclusion in the GreenDex covers environmental (minimising negative environmental impacts and, where possible, making positive contributions), social or cultural (respecting culture and traditions and fostering authentic interaction and greater understanding between travellers and hosts) and economic (providing financial benefits for the host community and operating on the principles of fair trade) issues. For more tips about travelling sustainably in Africa, turn to the Responsible Travel chapter (p54). We want to keep developing our sustainable-travel content. If you think we've omitted someone who should be listed here, email us at talk2us@lonelyplanet.com.au. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel.

ANGOLA

accommodation

Okavango Polers Trust 879

activities

Okavango Polers Trust 879

attractions

Parque Nacional da Kissama 858

BENIN

accommodation

Camping de Possotomé 254

Centre Songhai 253

activities

Eco-Bénin 254

Perle de l'Atakora 257

attractions

Centre Songhai 252

BOTSWANA

attractions

Mokolodi Nature Reserve 875

BURKINA FASO

accommodation

Campement Edjef 273

Campement Kenignigohi –

Chez Seydou 272

Campement Soutrala 273

Espace Culturel Napam-Beogo 268

Gîte Aounaf 273

Relais du Campement Edjef – Chez

Rissa 273

drinking & entertainment

Nabissa 272

information

Association Soutrala Tyera 272

Couleurs d'Afrique 268

CAMEROON

activities

Mt Cameroon Ecotourism

Organisation 289

attractions

KUDU Cameroun 296

Limbe Wildlife Centre 289

Parc National de Campo-Ma'an 296

Parc National du Waza 300

CENTRAL AFRICAN

REPUBLIC

attractions

Dzanga-Sangha Reserve 546

CONGO

attractions

Lésio Louna Gorilla Reserve 570

Parc National Conkouati-Douli 571

Parc National Nouabalé-Ndoki 571

Rénatura Congo 570

CÔTE D'IVOIRE

attractions

Nick Amon's art gallery 312

DEMOCRATIC REPUBLIC OF CONGO

attractions

Lola Ya Bonobo Sanctuary 584

Okapi Wildlife Reserve 587

Parc National de Kahuzi-Biéga 586

Parc National des Virunga 585

information

Yole! Africa 585

DJIBOUTI

accommodation

Campement Touristique d'Asbole

652

Campement Touristique de Bankoualé

653

Campement Touristique de Dittilou

653

Campement Touristique de la Forêt

du Day 653

Village Mer Rouge 654

activities

Dolphin Excursions 649

La Caravane de Sel 650

Lagon Bleu 649

attractions

Decan 650

shopping

Association des Femmes de Tadjoura
653

EGYPT**accommodation**

Adrère Amellal 107
Desert Lodge 109
Eskaleh 119
Flower of Light 113
Shark's Bay Umbi Diving Village
98
Taziry Ecolodge 107

activities

Centre for Sinai 99
Man & the Environment Dahab
99

attractions

Ras Mohammed 98
St Katherine Protectorate 100

food

Jewel of the Nile 114

information

Backpacker Concierge 90

ERITREA**activities**

Dahlak Sea Touring 670
Eritrea Diving Centre 670

information

Explore Eritrea Travel & Tours
663
Travel House International 663

ETHIOPIA**accommodation**

Bishangari Lodge 695
Gheralta Lodge 692
Simien Park Lodge 690

activities

Tourism in Ethiopia for Sustainable
Future Alternatives 693
Yenege Tesfa 689

shopping

Alert handicraft shop 686

GABON**accommodation**

Lopé Hotel 617
Mikongo 617

activities

Africa's Eden 615
Fondation Internationale Gabon
Eco-tourisme 617

**GAMBIA, THE
accommodation**

Badi Mayo Camp 332
Balaba Nature Camp 330
Footsteps Eco Lodge 330
Mandina River Lodge 330
Safari Garden 328
Sandelee Eco-Retreat 330
Stala Adventures 330

attractions

Abuko Nature Reserve 330
Ballabu Conservation Project
330
Chimpanzee Rehabilitation Trust
332
Gambia is Good Farm Yard 329
Makasutu Culture Forest 330
Sakura Arts Studio 325

food

Gambia is Good Farm Yard 329
Gaya Art Café 328
Solar Project 328

information

Cultural Encounters 325
Gunjur Environmental Protection &
Development Group 330

shopping

Equigambia 329
Salam Batik 329

GHANA**accommodation**

Biakpa Mountain Paradise 356
Green Turtle Lodge 350
Lou Moon Lodge 350
Safari Beach Lodge 350

attractions

Wechiau Hippo Sanctuary 355

GUINEA**accommodation**

Tafory 370

activities

Fouta Trekking Aventure 371

information

Guinée Ecologie 365
Jane Goodall Institute 365, 370

shopping

Association des Couturières de
Tangama 371
Cooperative des Cordonniers 371
Maison des Artisans 371

**GUINEA-BISSAU
accommodation**

Orango Parque Hotel 382
U'Anan Camp 384

information

Casa do Ambiente 382

shopping

Artissal 383

KENYA**accommodation**

Basecamp Masai Mara 720
Kilalinda 733
Nanyuki River Camel Camp 717
Turtle Bay Beach Club 727

attractions

Elsamere Conservation Centre 714
Tsavo East National Park 732

LIBERIA**accommodation**

Nana Lodge 392

MADAGASCAR**accommodation**

Princesse Bora Lodge & Spa 927

activities

Boogie Pilgrim 934
La Varangue whale-watching trips 928
Mad Cameleon 934

attractions

Analamazaotra Forest Station 923
Anja Reserve 919
CétaMada 928

**MALAWI
accommodation**

Kaya Mawa 947
Kayak Africa 955
Mufasa Rustic Camp 954
Mushroom Farm 944
Njobvu Cultural Village 954
Sanctuary Lodge 941

activities

Kayak Africa 955

attractions

Liwonde National Park 953

**MALI
accommodation**

Djenné-Djenno 409
Hôtel Ya Pas de Probleme 411
Teriya Bugu 408

attractions

Ndomo 407
Galerie Soroble 407

food

Teriya Bugu 408

**MAURITANIA
accommodation**

Le Maure Bleu 437

**MOZAMBIQUE
accommodation**

Matemo Community Campsite 977
Nkwichi Lodge 976

activities

Explore Gorongosa 973
Mozambique EcoTours 973

attractions

Gorongosa National Park 973
Kulungwana Espaço Artístico 966
Núcleo de Arte 966
Quirimbas National Park 976

shopping

Artedif 970
Bazart 970

**NAMIBIA
accommodation**

Chameleon Backpackers Lodge &
Guesthouse 989
Kunene Village Rest Camp 999
N'Kwazi Lodge 1004
Spitzkoppe Rest Camp 998
Waterberg Wilderness Resort 1003

NIGER

accommodation
Île aux Mangues 451

**NIGERIA
attractions**

Afi Mountain Drill Ranch 471
Cercopan 471
Gashaka-Gumti National Park 475
Yankari National Park 472

information

Namibia Tourism Board 987
Namibia Wildlife Resorts 987

**RWANDA
accommodation**

Kinigi Guesthouse 751
One Love Club 747
Solace Ministries Guest House 747

food

Lalibela Restaurant 748

**SÃO TOMÉ & PRÍNCIPE
accommodation**

Bom Bom Island Resort 630
Hotel Bombaim 629
Jalé Ecolodge 629
Residencial Roça Abade 630
Roça Monte Forte 628
Roça Ponta do Sol – Casa do João 630
Roça São João 629

activities

Club Maxel 626
Floga Excursões 626

information

Navetur-Equatour 624
Principe Tours 630

shopping

Ossobo Ecosocial 627

**SENEGAL
accommodation**

Campement Villageois d'Elinkine 501
Campement Villageois d'Oussouye 500
Ferme de Saly & Les Amazones 492
Gîte de Bandiala 493
Keur Bamboung 493
Tilibo Horizons 502

activities

Océanium 486

attractions

Pointe St George 501

information

TPA 486

SIERRA LEONE**attractions**

Outamba-Kilimi National Park 515
Tacugama Chimpanzee Reserve 514
Tiwai Island Wildlife Sanctuary 515

information

Conservation Society of Sierra Leone
509

**SOUTH AFRICA
accommodation**

Amapondo Backpackers 1037
Australian Arms Guesthouse 1060
Backpack, The 1029
Bulungula Backpackers 1036
Daddy Long Legs 1029
Dijembe Backpackers 1034
Heerengracht Guesthouse 1060
Soweto Backpackers 1051

attractions

District Six Museum 1023
Dlinza Forest Aerial Boardwalk
1044
iSimangaliso Wetland Park 1043
Meerkat Experience 1032

Soweto Bicycle Tours 1051
 Storms River Adventures 1034
 Table Mountain National Park
 1022

SWAZILAND

accommodation

Mahamba Gorge Lodge 1079
 Phophonyane Lodge & Nature
 Reserve 1077
 Shewula Mountain Camp 1079

TANZANIA

accommodation

Bongo Camping 805
 Lake Shore Lodge & Campsite 802
 Ngare Sero Mountain Lodge 795
 Rhino Lodge 799
 Sable Mountain Lodge 805
 Tent With A View 786
 Treehouse 800

activities

Hoopoe Safaris 794
 IntoAfrica 794
 Kilimanjaro Porter Assistance Project
 791
 Runwe Tea & Tours 805

attractions

Ngorongoro Conservation Area 798
 Serengeti National Park 798
 Village Museum 775

food

Arusha Masai Café 795
 Binti Maringo 800
 Coffee Shop 789
 Mawazo Art Gallery & Café
 777

information

Nyumba ya Sanaa 775
 Wildlife Conservation Society of
 Tanzania 773

shopping

Mawazo Art Gallery & Café
 777
 Moto Handicrafts 783
 Neema Crafts 804
 Shanga Shangaa 796

TOGO

activities

Adetop 529

shopping

Afasa 532

UGANDA

accommodation

Boomu Women's Group 842

activities

Kayak the Nile 831
 Nkuringo Walking Safaris 837

attractions

Bwindi Impenetrable National Park 836
 Home of Edirisa 837
 Kibale Forest National Park 833
 Mgahinga Gorilla National Park 839
 Murchison Falls National Park 841
 Ngamba Island Chimpanzee
 Sanctuary 827
 Queen Elizabeth National Park 835
 Toro-Semliki Wildlife Reserve 834
 Uganda Wildlife Education Centre 827
 Ziwa Rhino Sanctuary 840

transport

Nkuringo Walking Safaris 837

ZAMBIA

accommodation

Eagles Rest 1095
 Flatdogs Camp 1092
 Kapani Lodge 1092
 Kawaza Village 1092
 Wildlife Camp 1092

activities

Tikondane Community Centre 1091

attractions

Chimfunshi Wildlife Orphanage 1094

ZIMBABWE

accommodation

Pamushana 1121

MAP LEGEND

ROUTES

	Tollway		One-Way Street
	Freeway		Street Mall/Steps
	Primary Road		Tunnel
	Secondary Road		Walking Tour
	Tertiary Road		Walking Tour Detour
	Lane		Walking Trail
	Under Construction		Walking Path
	Track		Pedestrian Overpass
	Unsealed Road		

TRANSPORT

	Ferry		Rail
--	-------	--	------

HYDROGRAPHY

	River, Creek		Canal
	Intermittent River		Water
	Swamp		Lake (Dry)
	Mangrove		Lake (Salt)

BOUNDARIES

	International State, Provincial		Regional, Suburb
	Disputed		Ancient Wall
	Marine Park		Cliff

AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian		Rocks
	Cemetery, Other		Sports
	Forest		Urban

POPULATION

	CAPITAL (NATIONAL)		CAPITAL (STATE)
	Large City		Medium City
	Small City		Town, Village

SYMBOLS

	Beach		Eating		Bank, ATM
	Buddhist		Drinking		Embassy/Consulate
	Canoeing, Kayaking		Café		Hospital, Medical
	Castle, Fortress		Entertainment		Information
	Christian		Shopping		Internet Facilities
	Hindu		Sleeping		Police Station
	Islamic		Camping		Post Office, GPO
	Monument		Transport		Telephone
	Museum, Gallery		Airport, Airfield		Toilets
	Point of Interest		Border Crossing		Hazard
	Pool		Bus Station		Lighthouse
	Ruin		General Transport		Lookout
	Sikh		Parking Area		Mountain, Volcano
	Trail Head		Petrol Station		National Park
	Zoo, Game Reserve		Taxi Rank		Pass, Canyon
					Picnic Area
					River Flow
					Shelter, Hut
					Spot Height
					Waterfall

LONELY PLANET OFFICES

Australia (Head Office)

Locked Bag 1, Footscray, Victoria 3011

☎ 03 8379 8000, fax 03 8379 8111

talk2us@lonelyplanet.com.au

USA

150 Linden St, Oakland, CA 94607

☎ 510 250 6400, toll free 800 275 8555

fax 510 893 8572

info@lonelyplanet.com

UK

2nd fl, 186 City Rd,

London EC1V 2NT

☎ 020 7106 2100, fax 020 7106 2101

go@lonelyplanet.co.uk

Published by Lonely Planet

ABN 36 005 607 983

© Lonely Planet 2010

© photographers as indicated 2010

Cover photograph: Lion running, Africa, Chase Swift/Corbis. Many of the images in this guide are available for licensing from Lonely Planet Images: lonelyplanetimages.com.

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher.

Printed by Toppan Security Printing Pte Ltd.

Printed in Singapore.

Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries.

Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.





Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order.

Prices in this guide are given for rooms with bathroom. Exceptions are noted in specific listings.

For details of map symbols, see the Map Legend on the last page of this book.

 telephone	apt	apartments
 opening hours	d	double rooms
 parking available	dm	dorm beds
 nonsmoking	f	family rooms
rooms/areas available	q	quad rooms
 air-con available	r	rooms
 internet available	s	single rooms
 wi-fi available	ste	suites
 swimming pool	tr	triple rooms
	tw	twin rooms

AFRICA IN A WORD

See the Language chapter for more information.

Algeria – *marhaba* or *salaam* (hello)

Angola – *tudo bem?* (how's things?)

Benin – *neh - neh dèh gbò* (how are you?)

Botswana – *dumela* (hello)

Burkina Faso – *yee bay roh* (good morning)

Burundi – *bwa* (hello)

Cameroon – *no ngoolu daa* (hello)

Central African Republic – *bara mo* (hello)

Chad – *al-salaam alaykum* (hello)

Congo – *bonjour* (hello)

Côte d'Ivoire – *I ni cheh, I kah kée?* (hello, how are you?)

Democratic Republic of Congo – *bonjour* (hello)

Djibouti – *salaam aleikum* (greetings)

Egypt – *inshallah* (God willing)

Equatorial Guinea – *mbôte* (hello)

Eritrea – *salaam* (hello)

Ethiopia – *denkenesh* (you are wonderful)

Gabon – *mbôlo* (hello)

The Gambia – *I be naading* (hello)

Ghana – *hani wodzo* (let's dance)

Guinea – *I be si* (hello)

Guinea-Bissau – *bom dia* (good morning)

Kenya – *hujambo* (hello)

Lesotho – *lumela* (hello)

Liberia – *how-de-go* (greeting)

Libya – *ahlaan wasahlaan* (welcome)

Madagascar – *manaô ahoana ianao?* (how are you?)

Malawi – *moni* (good morning)

Mali – *bonjour* (hello)

Mauritania – *salaam aleikum* (greetings)

Morocco – *salaam aleikum* (greetings)

Mozambique – *ixile* (good morning)

Namibia – *hallo* (hello)

Niger – *bonjour* (hello)

Nigeria – *sannu* (hello)

Rwanda – *muraho* (hello)

São Tomé & Príncipe – *olá* (hello)

Senegal – *sallam aleikum* (greetings; literally 'peace')

Sierra Leone – *owdibody?* (how's the body? or, how are you?)

Somalia – *ma nabad baa?* (greeting; literally 'is it peace?')

South Africa – *howzit*

Sudan – *taman* (good)

Swaziland – *sawubona* (hello)

Tanzania – *vipi mambo?* (how are things?)

Togo – *un lah wah lay* (good morning)

Tunisia – *bari kelorfik* (thank you)

Uganda – *muzungu!* (white man!)

Zambia – *muli shani* (hello)

Zimbabwe – *mhoro* (hello)

CONVERSIONS

1in = 2.54cm

1cm = 0.39in

1m = 3.3ft = 1.1yd

1ft = 0.3m

1km = 0.62 miles

1 mile = 1.6km

1kg = 2.2lb

1lb = 0.45kg

1g = 0.04oz

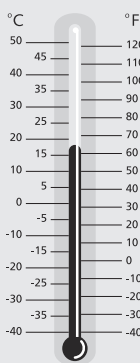
1oz = 28g

1 imperial gallon = 4.55L

1L = 0.26 US gallons

1 US gallon = 3.8L

1L = 0.22 imperial gallons



ISBN 978-1-74104-988-6



9 781741 049886



5 3 6 9 9
USA \$36.99
UK £22.99

12TH EDITION
Published Jul 2010
First Published Nov 1977

© Lonely Planet. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'