

Contents

On the Road	4	Catembe	70
		Inhaca Island	71
		Marracuene & Macaneta Beach	72
		North of Marracuene	73
Mozambique Highlights	5		
Destination Mozambique	11		
Getting Started	12		
Itineraries	16		
History	19		
The Culture	28		
Food & Drink	37		
Environment	42		
Diving	49		
Maputo	54		
History	55		
Orientation	55		
Information	56		
Dangers & Annoyances	57		
Sights	61		
Activities	62		
Walking Tour	62		
Courses	63		
Maputo for Children	64		
Tours	64		
Festivals & Events	64		
Sleeping	64		
Eating	66		
Drinking & Entertainment	68		
Shopping	68		
Getting There & Away	69		
Getting Around	70		
AROUND MAPUTO	70		
		Southern Mozambique	74
		Ponta d'Ouro & Ponta Malongane	75
		Maputo Special Reserve	78
		Namaacha	79
		Bilene	79
		Limpopo National Park	80
		Xai-Xai	81
		Around Xai-Xai	82
		Quissico	82
		Závora Beach	83
		Lindela	83
		Inhambane	83
		Around Inhambane	86
		Tofo	87
		Tofinho	88
		Barra	89
		Maxixe	90
		Morrumbene	90
		Ponta Linga Linga	90
		Massinga	91
		Morrungulo	91
		Pomene	92
		Vilankulo	92
		Bazaruto Archipelago	96
		São Sebastião Peninsula	99
		Inhassoro	99
		Bartolomeu Dias (Ponta Macovane)	99
		Central Mozambique	100
		Beira	102
		Around Beira	106
		Chimoio	108
		Around Chimoio	111
		Manica	111
		Penha Longa	112
		Chimanimani Mountains	113
		Tete	114
		Cahora Bassa Dam & Songo	117
		Zóbuè	118

Zumbo	118	Around Mozambique Island	137
Sena & Mutarara	118	Nacala	139
Caia	118	Cuamba	140
Marromeu	119	Mandimba	141
Quelimane	119	Lichinga	142
Around Quelimane	122	Around Lichinga	144
Pebane	122	Lake Niassa (Lake Malawi)	144
Gilé National Reserve	123	Niassa Reserve	147
Mocuba	123	Montepuez	149
Milange	123	Pemba	149
Gurùè	123	Around Pemba	154
Alto Molócuè	125	Quirimbas Archipelago	155
Northern Mozambique	126	Macomia	159
Nampula	127	Chai	160
Angoche	131	Pangane	160
Mozambique Island (Ilha de Moçambique)	133	Mueda	161
		Moçimboa da Praia	162
		Palma	164

Directory 166

Transport 180

Health 193

Language 201

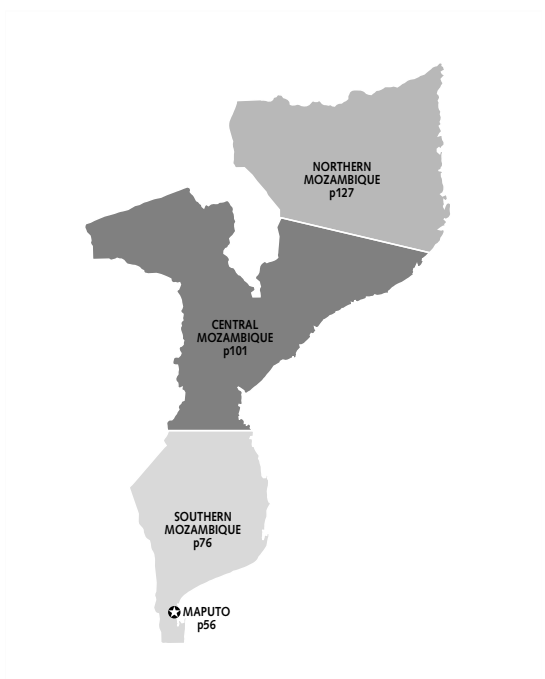
Glossary 206

Behind the Scenes 208

Index 211

Map Legend 216

Regional Map Contents





LAKE NIIASSA (p144)
Remote and rugged lakeshore beauty
in Mozambique's most far-flung province

NIIASSA RESERVE (p147)
A vast, wildlife-filled
wilderness

QUIRIMBAS ARCHIPELAGO (p155)
Idyllic islands strewn amid azure seas,
including magical Ibo, with its silversmiths,
fort and crumbling mansions

PEMBA (p149)
Small, lively beach town, and
jumping-off point to the far north

MOZAMBIQUE ISLAND (p133)
Unesco World Heritage site, with a
time-warp atmosphere and cobbled
streets lined with colonial-era buildings

CAHORA BASSA DAM (p117)
One of the world's largest dams,
surrounded by magnificent hill panoramas

GORONGOSA NATIONAL PARK (p106)
Excellent birdwatching, wildlife, bush walks and
a sublime setting in this newly revived park

GURUÉ (p123)
Hiking amid verdant hill
panoramas, tea plantations and
jacaranda-lined lanes

ZAMBIA

TANZANIA

CABO DELGADO

NIIASSA

MALAWI

NAMPULA

ZIMBABWE

ZAMBEZIA

TETE

HARARE

Mutare

Chimoio

Nata

Chitengo

Marroneu

Micaúne

Quelimane

Namacurra

Olinga

Pebane

Moma

Angoche

Quinga

Mogincual

Liúpo

Nomepil

Alto Molocúe

Alto Ligonha

Namialo

Monapo

Fernão Veloso

Nacala

Mozambique Island

Quissanga

Quirimbas Archipelago

Muçojo

Metuge

Mecúti

Pemba

Macomia

Chai

Diaça

Mocimboa da Praia

Namiranga

Kilambo

Palma

Mtwarra

Cabo Delgado

Mt Muavi (884m)

Mueda

Mecúla

Salimo

Marrupa

Montepuez

Mt Maco (1219m)

Mecúti

Mt Quissimdo (1162m)

Mt Txitonga (1848m)

Likoma Island (Malawi)

Cobuê

Sanga

Metaloge

Unango

Lichinga Plateau

Lichinga

Meponda

Senga Bay

Dedza

Ulongwe

Chanida

Cassacatiza

Chipata

Kasungu

Mpika

Kasama

Mt Ulongwe (1416m)

Moravia Plateau

Angonia Plateau

Ulongwe

Zumbo

Luangwa

Cahora Bassa Dam

Songo

Missão de Boroma

Tete

Changara

Guro

Catandica

Penha Longa

Mt Gorongosa (1862m)

Gorongosa National Park

Inhamitanga

Marroneu

Chupanga

Nicoadala

Mocuba

Lugela

Namarrói

Erregevo

Namvevo

Limbe

Mt Chiperone (2084m)

Mt Morrumbala (1172m)

Mutarara

Cala

Chupanga

Marroneu

Nicoadala

Mocuba

Lugela

Namarrói

Erregevo

Namvevo

Limbe

Mt Morrumbala (1172m)

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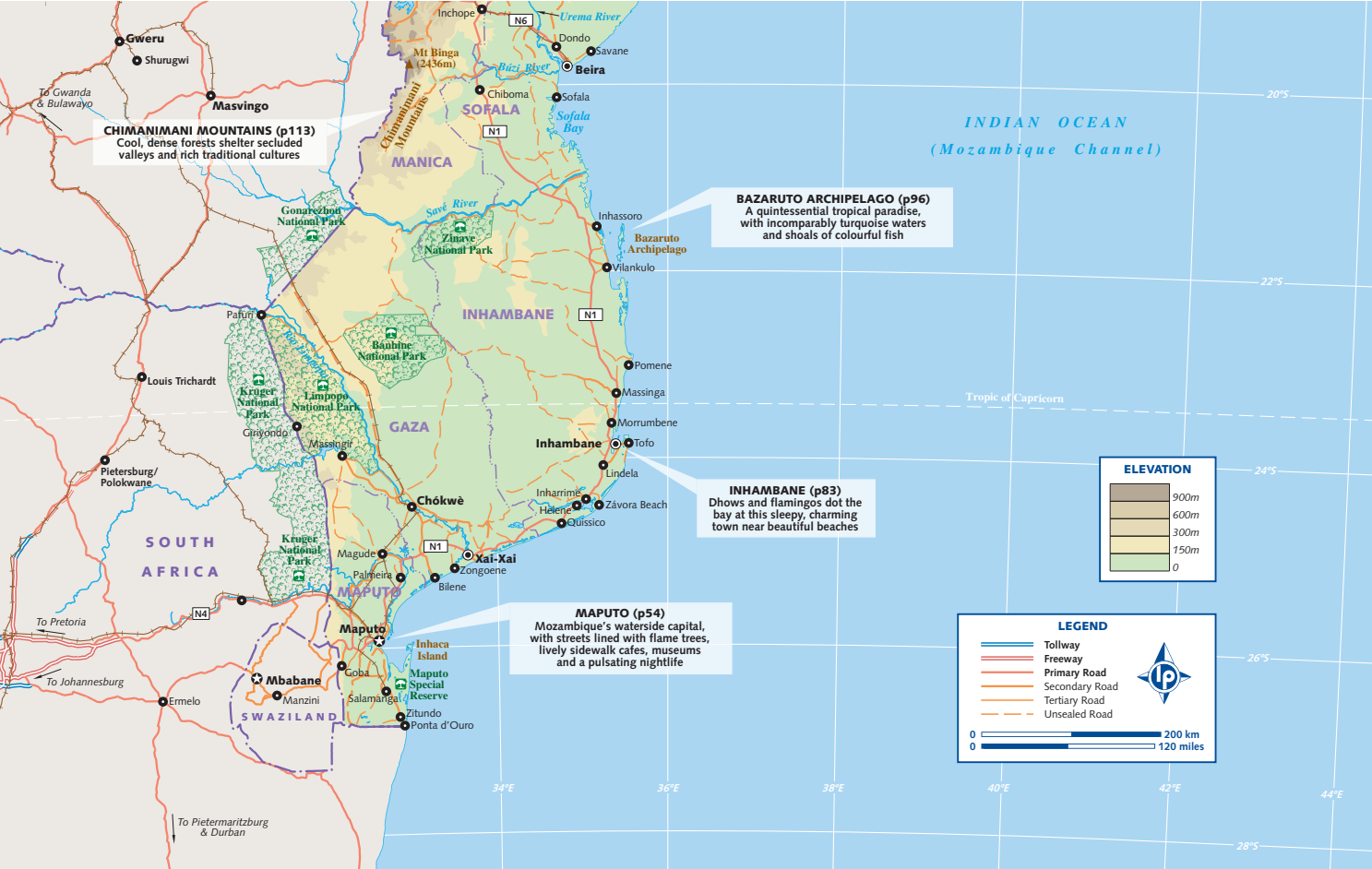
Mocuba

Lugela

Namarrói

Erregevo

Namvevo

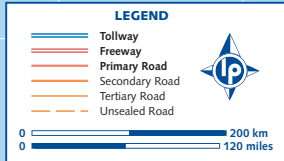
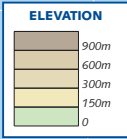


CHIMANIMANI MOUNTAINS (p113)
Cool, dense forests shelter secluded valleys and rich traditional cultures

BAZARUTO ARCHIPELAGO (p96)
A quintessential tropical paradise, with incomparably turquoise waters and shoals of colourful fish

INHAMBANE (p83)
Dhows and flamingos dot the bay at this sleepy, charming town near beautiful beaches

MAPUTO (p54)
Mozambique's waterside capital, with streets lined with flame trees, lively sidewalk cafes, museums and a pulsating nightlife



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