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LEGEND

- Freeway
- Primary Road
- Secondary Road
- Tertiary Road
- Unsealed Road

0 100 km
0 60 miles



ELEVATION

	1500m
	1200m
	900m
	600m
	300m



DEMOCRATIC REPUBLIC OF THE CONGO (ZAIRE)

ANGOLA

KAFUE NATIONAL PARK (p174)
Explore a classic African wilderness area with the best chance of spotting leopard in Southern Africa

LUSAKA (p65)
Chow down amongst the region's best selection of restaurants and let loose amidst the thumping nightlife of Zambia's multicultural capital

CHIMFUNSHI WILDLIFE ORPHANAGE (p95)
The largest chimpanzee sanctuary in the world – a unique place to interact with our closest cousins in the wild

North-Western Province

ZAMBIA

Western Province

Southern Province

NAMIBIA

VICTORIA FALLS (p149)
Revel in the spray of this humongous, thundering waterfall – one of the world's natural wonders

LAKE KARIBA (p136)
Explore remote and wild islands on one of the largest artificial lakes in the world

LUSAKA
Lusaka Province

West Lunga National Park

Luwu Plain National Park

Luena Flats

Kafue National Park

Sioma Ngwezi National Park

Luwu Plain National Park

Shangombo

Sioma Ngwezi National Park

Kongola

Kongola

Sandoa

Kafakumba

Malonga

Dilolo

Massibi

Cazombo

Caripande

Chavuma

Zambezi

Chitokoloki

Kalabo

Mongu

Nalolo

Senanga

Kalongola

Kafakumba

Kasaji

Mutshatsha

Kisenge

Sacuunda

Nana Candundo

Caripande

Chavuma

Zambezi

Chitokoloki

Kalabo

Mongu

Nalolo

Senanga

Kalongola

Sandoa

Kafakumba

Malonga

Dilolo

Massibi

Cazombo

Caripande

Chavuma

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Zambezi

Chitokoloki

Kalabo

Mongu

Nalolo

Senanga

KASANKA NATIONAL PARK (p100)
Search for shy sitatungas in the rich swamps of this little-visited national park

MUTINONDO WILDERNESS (p104)
Explore whaleback hills, clear rivers and waterfalls in this untouched slice of northern Zambia

TANZANIA

NYIKA NATIONAL PARK (p224)
Hike, bike or ride on horseback amongst zebra and antelope on a vast grassy plateau

LIVINGSTONIA (p221)
Learn about the history of Malawi's early missionaries in this colonial hilltop town

VIPHYA PLATEAU (p241)
Hike or bike through the cool mountain air and spend the night in a cosy forest resthouse

SOUTH LUANGWA NATIONAL PARK (p119)
Tiptoe through the bush on a walking safari in Zambia's best park, awash with wildlife and fantastic scenery

KUNGONI CENTRE (p252)
Delve into Malawi's cultural history, and watch craftsmen at work at this art co-operative, museum and educational centre

CAPE MACLEAR (p253)
Snorkel and kayak the clear waters of Lake Malawi and enjoy the laid-back traveller lifestyle of this pretty beachside resort

LIWONDE NATIONAL PARK (p263)
Cruise the Shire River in Malawi's premier wildlife park – the perfect place to spot hippos, elephants and crocs

LOWER ZAMBEZI NATIONAL PARK (p142)
Admire the stunning landscape on a canoe safari with elephants swimming in the river and fish eagles soaring overhead

MULANJE (p280)
Scale Malawi's highest peak, then relax in an old planter's house on a vibrant green tea estate lining the mountain's lower slopes



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