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| Z | Zambia |

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GreenDex

It seems like everyone's going green these days, but how can you know which businesses are actually eco-friendly, and which are simply jumping on the eco/sustainable bandwagon? Many lodges and camps in and around national parks claim to be involved in conservation activities, and indeed many of them are – helping, for example, to support important practices such as anti-poaching measures.

The following tours, attractions and accommodation choices have all been selected by Lonely Planet authors because they demonstrate an active sustainable-tourism policy. Many are involved in conservation or environmental activism, some are owned and operated by local Zambians, and some are genuine cultural experiences, thereby helping to promote, maintain and preserve local identity and culture.

We want to keep developing our sustainable tourism content. If you think we've omitted someone who should be listed here, or if you disagree with our choices, email us at www.lonelyplanet.com/feedback and set us straight for next time. For more information about sustainable tourism and Lonely Planet, see www.lonelyplanet.com/responsibletravel

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ROUTES

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

TRANSPORT

| | | | |
|--|-----------|--|------|
| | Ferry | | Rail |
| | Bus Route | | |

HYDROGRAPHY

| | | | |
|--|--------------|--|-------------|
| | River, Creek | | Water |
| | Swamp | | Lake (Dry) |
| | Reef | | Lake (Salt) |

BOUNDARIES

| | | | |
|--|---------------------------------|--|------------------|
| | International State, Provincial | | Regional, Suburb |
| | | | Cliff |

AREA FEATURES

| | | | |
|--|---------------------|--|--------|
| | Airport | | Forest |
| | Area of Interest | | Land |
| | Beach, Desert | | Market |
| | Building | | Park |
| | Campus | | Sports |
| | Cemetery, Christian | | Urban |

POPULATION

| | | | |
|--|--------------------|--|------------|
| | CAPITAL (NATIONAL) | | Large City |
| | Medium City | | Small City |
| | Town, Village | | |

SYMBOLS

| | | | | | |
|--|-----------------------|--|-------------------|--|---------------------|
| | Beach/Activities | | Café | | Embassy/Consulate |
| | Christian | | Entertainment | | Hospital, Medical |
| | Golf | | Shopping | | Information |
| | Hindu | | Sleeping | | Internet Facilities |
| | Islamic | | Transport | | Police Station |
| | Monument | | Airport, Airfield | | Post Office, GPO |
| | Museum, Gallery | | Border Crossing | | Telephone |
| | Point of Interest | | Bus Station | | Geographic |
| | Ruin | | Parking Area | | Lighthouse |
| | Winery, Vineyard | | Petrol Station | | Lookout |
| | Wildlife/Game Reserve | | Taxi Rank | | Mountain, Volcano |
| | Eating | | Information | | National Park |
| | Drinking | | Bank, ATM | | Pass, Canyon |
| | | | | | 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

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
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HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order. For details of map symbols, see the Map Legend on the last page of this book.

| | | | |
|---|---------------------------|-----|--------------|
|  | telephone | apt | apartments |
|  | opening hours | d | double rooms |
|  | air-con available | dm | dorm beds |
|  | internet available | f | family rooms |
|  | wi-fi access | r | rooms |
|  | vegetarian food available | s | single rooms |
|  | swimming pool | tr | triple rooms |
| | | tw | twin rooms |

EXCHANGE RATES

Prices in this book are quoted in local currencies (Zambian kwacha and Malawian kwacha) and in US dollars. For current exchange rates see www.xe.com.

| | US | Zambia | Malawi |
|-------------|-------|----------|-----------|
| Australia | A\$1 | US\$0.91 | ZK4247.90 |
| Canada | C\$1 | US\$0.94 | ZK4383.52 |
| Euro zone | €1 | US\$1.48 | ZK6930.55 |
| Japan | ¥100 | US\$1.10 | ZK5143.94 |
| New Zealand | NZ\$1 | US\$0.72 | ZK3357.43 |
| UK | UK£1 | US\$1.65 | ZK7722.58 |
| USA | US\$1 | | ZK4660 |
| | | | MK140.50 |

PRICE RANGES

| | Sleeping | Eating |
|---------------|-------------------|-----------------|
| MALAWI | | |
| Budget | < MK4200 | < MK200-700 |
| Midrange | MK4200-14,000 | MK700-1500 |
| Top End | > MK14,000 | > MK1500 |
| ZAMBIA | | |
| Budget | < ZK150,000 | < ZK20,000 |
| Midrange | ZK150,000-350,000 | ZK20,000-50,000 |
| Top End | > ZK350,000 | > ZK50,000 |

BUSINESS HOURS

Exceptions are noted in specific listings.

MALAWI

| | |
|-------------|---|
| Banks | 8am-3.30pm Mon-Fri |
| Restaurants | noon-2pm, 6-9.30pm |
| Shops | 8am-noon & 1-5pm Mon-Fri, Sat mornings (open most days but with irregular hours in smaller towns) |

ZAMBIA

| | |
|--------------|--|
| Banks | 8am-2.30pm (or 3.30pm) Mon-Fri, 8-11am (or noon) Sat |
| Restaurants | 7-10am, 11.30am-2.30pm & 6pm-10.30pm (in Lusaka bar-restaurants are often open until 11pm Fri & Sat) |
| Shops | 8am (or 9am)-4pm (or 5pm) Mon-Sat |
| Supermarkets | 8am-8pm Mon-Fri, 8am-6pm Sat, 9am-1pm Sun (in Lusaka open until later) |

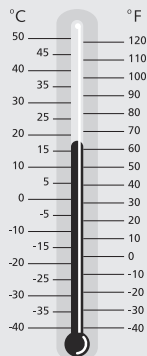
TELEPHONE

MALAWI

| | |
|---------------------------|---|
| Country Code |  265 |
| International Access Code |  00 |
| Ambulance |  998 |
| Fire |  01-757999 |
| Police |  01-753333 |
| Rapid Response |  997 |
| ZAMBIA | |
| Country Code |  260 |
| International Access Code |  00 |
| Ambulance |  992 |
| Police |  991 |

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



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