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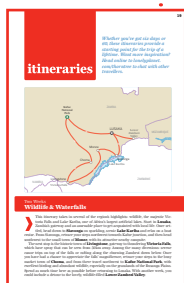
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PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

Welcome to Zambia, Mozambique & Malawi ..	2
Map	4
12 Top Experiences	6
Need to Know	12
If You Like	14
Month by Month	16
Itineraries	19
Countries at a Glance	26



PAGE
363

SURVIVAL GUIDE

VITAL PRACTICAL INFORMATION TO HELP YOU HAVE A SMOOTH TRIP

Health	364
Language	371
Index	382
Map Legend	398



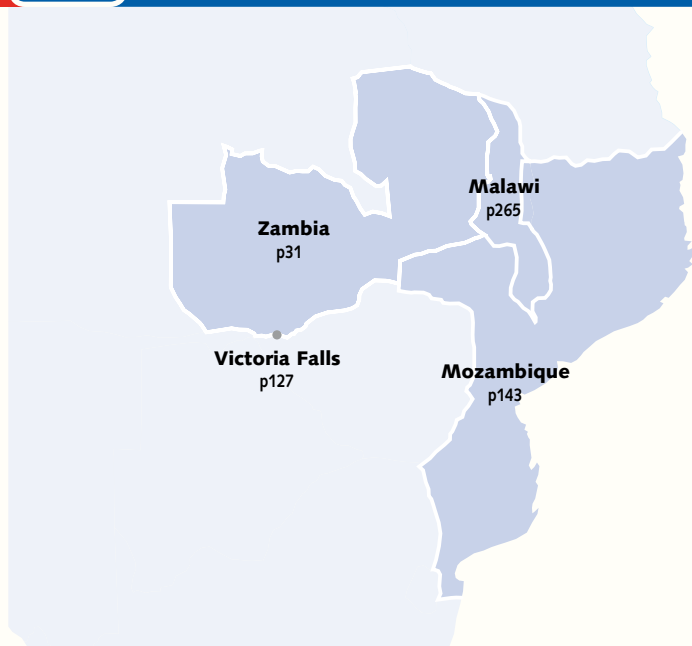
ISBN 978-1-74179-722-0



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Mary Fitzpatrick
Michael Grosberg, Trent Holden,
Kate Morgan, Nick Ray, Richard Waters

➤ Every listing is recommended by our authors, and their favourite places are listed first.

➤ Look out for these icons:



Our author's top recommendation



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ZAMBIA 31

LUSAKA 33

EASTERN ZAMBIA 50

The Great East Road:
From Lusaka to Chipata . . . 50

Chipata. 51

South Luangwa
National Park 52

North Luangwa
National Park 60

SOUTHERN ZAMBIA 62

Chirundu 62

Lower Zambezi Valley . . . 63

Lake Kariba 67

Choma 70

Nkanga River
Conservation Area 71

Lochinvar
National Park & Around . . . 71

WESTERN ZAMBIA 72

Kafue National Park. 73

Kaoma 78

Mongu 78

Liuwa Plain
National Park 80

Senanga. 81

Sioma & Ngonye Falls . . . 82

Sesheke 82

Sioma Ngwezi
National Park 83

THE COPPERBELT 83

Kabwe. 83

Kapiri Mposhi 83

Ndola 84

Kitwe. 86

Chingola. 87

Chimfunshi

Wildlife Orphanage 87

NORTHERN ZAMBIA 88

Mkushi 89

Serenje. 89

Kasanka National Park . . . 91

Bangweulu Wetlands 93

Samfya. 94

Mutinondo Wilderness . . . 94

Mpika 95

Shiwa Ng'andu 96

Kasama 98

Mbala 99

Kalambo Falls 100

Mpulungu. 100

Nsumbu National Park . . . 101

UNDERSTAND ZAMBIA. . . 103

Zambia Today 103

History 104

Zambian Way of Life . . . 107

Environment 108

SURVIVAL GUIDE 113

Directory A-Z 113

Getting There & Away . . . 120

Getting Around. 123

VICTORIA FALLS ... 127

ZAMBIA 132

Livingstone & Around . . . 132

ZIMBABWE 138

Victoria Falls 138

MOZAMBIQUE 143

MAPUTO 145

AROUND MAPUTO . . . 162

Catembe 162

Inhaca Island. 162

Marracuene &

Macaneta Beach. 164

North of Marracuene. . . . 164

SOUTHERN
MOZAMBIQUE 164

Ponta d'Ouro &
Ponta Malongane. 165

Maputo Special Reserve . . 167

Namaacha. 168

Bilene. 168

Limpopo National Park. . . 169

Xai-Xai 170

Quissico. 172

Závora Beach 172

Lindela 173

Inhambane 173

Tofo. 176

Tofinho 178

Barra. 178

Maxixe 179

Massinga 180

Morrungulo 180

Pomene 180

Vilankulo 181

Bazaruto Archipelago . . . 186

Inhassoro. 188

CENTRAL
MOZAMBIQUE 188

Beira. 189

Chimoio 195

Manica 198

Penha Longa 199

Chimanimaní Mountains. . 200

Tete. 201

On the Road

Cahora Bassa Dam & Songo	204	UNDERSTAND MOZAMBIQUE	247	Chizumulu Island	298
Zumbo	205	Mozambique Today	247	CENTRAL MALAWI	299
Sena & Mutarara	205	History	247	Vipha Plateau	299
Caia	206	Mozambique Way of Life	249	Nkhotakota	300
Marromeu	206	Mozambique's Cuisine	250	South of Nkhotakota	302
Quelimane	206	The Arts	251	Nkhotakota Wildlife Reserve	302
Pebane	209	Mozambique's Natural Environment	251	Salima	304
Gilé National Reserve	210	SURVIVAL GUIDE	252	Senga Bay	305
Mocuba	210	Directory A-Z	252	Mua	307
Milange	210	Getting There & Away	258	Monkey Bay	308
Gurúè & Mt Namúli	210	Getting Around	262	Cape Maclear	309
Alto Molócuè	212	MALAWI 265		Monkey Bay to Mangochi	314
NORTHERN MOZAMBIQUE	212	LILONGWE	268	Mangochi	315
Nampula	213	AROUND LILONGWE	279	SOUTHERN MALAWI	316
Angoche	217	Dzalanyama Forest Reserve	279	Liwonde	316
Mozambique Island (Ilha de Moçambique)	218	Dedza	279	Liwonde National Park	318
Nacala	225	Ntchisi Forest Reserve	280	Zomba	320
Cuamba	226	NORTHERN MALAWI	281	Zomba Plateau	321
Mandimba	227	Karonga	281	Blantyre & Limbe	324
Lichinga	227	Chitimba	281	Mulanje	333
Lake Niassa (Lake Malawi)	229	Livingstonia	283	Mt Mulanje	334
Niassa Reserve	231	Rumphi	284	Lower Shire	338
Montepuez	233	Nyika National Park	285	UNDERSTAND MALAWI	342
Pemba	233	Vwaza Marsh Wildlife Reserve	288	Malawi Today	342
Quirimbas Archipelago	239	Mzuzu	289	History	344
Macomia	243	Nkhata Bay	291	Malawi Way of Life	347
Chai	243	Chintheche Strip	295	The Arts	348
Pangane	244	Likoma Island	297	Malawi's Natural Environment	349
Mueda	244			SURVIVAL GUIDE	352
Moçimboa da Praia	245			Directory A-Z	352
Palma	246			Getting There & Away	358
				Getting Around	360

› Zambia, Mozambique & Malawi



Top Experiences ›





Nick Ray

Zambia ([The Copperbelt & Northern Zambia](#)) A Londoner of sorts, Nick comes from Watford, the sort of town that makes you want to travel. He lives in Cambodia with his wife Kulikar and his young children Julian and Belle. He has written for countless Lonely Planet guidebooks, including Lonely Planet's *East Africa* and *Africa on a Shoestring*, plus the *Cambodia*, *Vietnam* and *Laos* books. Nick plumbed the depths of Lake Tanganyika for this edition, as well as getting up to

some monkey business in Chimfunshi.

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Richard Waters

Malawi Richard is an award-winning journalist and works for the *Independent*, *Sunday Times*, *Wanderlust* and *National Geographic Traveller*. He lives with his fiancé and two kids in the Cotswolds.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Mary Fitzpatrick

Coordinating Author, Mozambique A travel writer for more than 15 years, Mary's first encounter with Mozambique was in the 1990s, when she spent almost four years living, working and travelling between Ponta d'Ouro in the south and Palma in the north. Since then, she has returned numerous times to explore almost every corner of this magnificent country, to enjoy its outstanding beaches and to keep in contact with the countless amazing Mozambicans whom she has

been privileged to meet along the way. In addition to authoring many Lonely Planet titles, Mary has also written for various newspapers and magazines, focusing on Africa.

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lonelyplanet.com/members/maryf



Michael Grosberg

Zambia (Lusaka, Eastern Zambia, Southern Zambia, Western Zambia) With a valuable philosophy degree in hand, experience in business on a small Pacific island and time spent backpacking through much of Asia, Michael moved to Durban, South Africa where he investigated and wrote about political violence and other fun issues, and helped train newly elected government officials. While there he found time to travel all over Southern Africa, including forays into Zam-

bia. Later, during his years in graduate school and teaching in New York City, he fantasised about returning to the region, which he has been fortunate to do, both on numerous Lonely Planet assignments and for other publications.

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Trent Holden

Victoria Falls As a regular visitor to Africa, Trent rates the action at Victoria Falls up there with the best adventure destinations he's covered. As well as its thrills and spills, it's also a spot he loves for its good traveller vibes and friendly locals. He currently lives in Melbourne, Australia and has worked on more than 15 books for Lonely Planet – most recently covering Uganda and parts of India. When not travelling he works as a freelance editor for LP, and writes about music and food.



Kate Morgan

Victoria Falls Having travelled in East and North Africa, Kate was keen to check out what the southern part of the continent had to offer. She was lucky enough to head off to Victoria Falls to stand in awe of the world's most impressive waterfall from both sides, in Zimbabwe and Zambia. Kate is a freelance writer based in Melbourne and has written for other LP titles, including *Japan* and *Phuket*. She's also compiled the music/travel anthology, *Song for the Road*.

OVER MORE PAGE WRITERS

Published by Lonely Planet Publications Pty Ltd

ABN 36 005 607 983

2nd edition – June 2013

ISBN 978 1 74179 722 0

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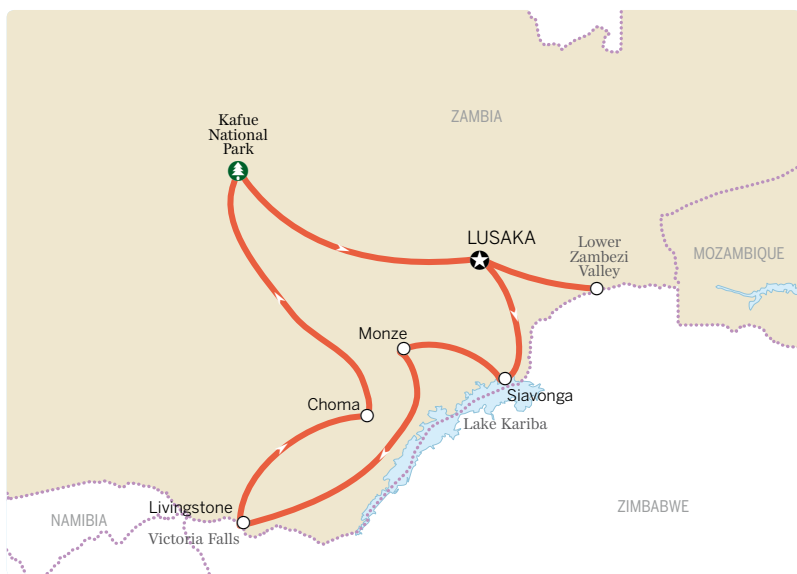
Printed in China

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itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travellers.



Two Weeks

Wildlife & Waterfalls

This itinerary takes in several of the region's highlights: wildlife, the majestic Victoria Falls and Lake Kariba, one of Africa's largest artificial lakes. Start in **Lusaka**, Zambia's gateway and an amenable place to get acquainted with local life. Once settled, head down to **Siavonga** on sparkling, scenic **Lake Kariba** and relax on a boat cruise. From Siavonga, retrace your steps northwest towards Kafue junction, and then head southwest to the small town of **Monze**, with its attractive nearby campsite.

The next stop is the historic town of **Livingstone**, gateway to thundering **Victoria Falls**, which have spray that can be seen from 50km away. Among the many diversions: serene canoe trips on top of the falls or rafting along the churning Zambezi down below. Once you have had a chance to appreciate the falls' magnificence, retrace your steps to the busy market town of **Choma**, and from there travel northwest to **Kafue National Park**, with excellent birding and abundant wildlife, especially on the grasslands of the Busanga Plains. Spend as much time here as possible before returning to Lusaka. With another week, you could include a detour to the lovely, wildlife-filled **Lower Zambezi Valley**.



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ARIADNE VAN ZANDBERGE / GETTY IMAGES ©

- » (above) Zebras, South Luangwa National Park (p52), Zambia
- » (left) The shores of Lake Malawi at Livingstonia (p283), Malawi



Six Weeks

Zambia, Mozambique & Malawi Sampler

Exploring all three countries in a single trip makes for an excellent journey. Start in **Lusaka**, getting your bearings and becoming acquainted with this low-key capital. Allow time also to appreciate its restaurants and its nightlife before taking a flight (or enduring two days of torturous bus and minibus connections) to **South Luangwa National Park**. This is Zambia's premier park, with an incredible density of animals. Plan on at least three days here, including time for night drives, daytime wildlife drives and a walking safari or two before continuing towards the Malawi border. Continue on via the busy but amenable town of **Chipata** to the Zambia–Malawi border, from where it is just a short jaunt to sleepy **Lilongwe**. Lilongwe merits a day or two, perhaps visiting the renowned Dedza Pottery or hiking through the cool forests of the Ntchisi Forest Reserve, before heading north to Lake Malawi, passing through historic **Nkhotakota**. A possible detour en route is to Nkhotakota Wildlife Reserve where, with luck, you may see elephants, antelopes and even lions.

Once at the lake, **Nkhata Bay**, with its chilled vibe and many water-based activities, is the perfect place to relax. From here, make your way to **Likoma Island** to explore the lake's crystal waters, visit the historic cathedral and enjoy the laid-back island pace. From Likoma, it is straightforward to continue over to **Cóbue**, a short sail away on Mozambique's wild northwestern lake coast. Once in Cóbue, you could continue by pre-arranged charter boat to lovely Nkwichi Lodge, or make your way southwards towards **Metangula** and on to **Lichinga**. Spend a day or two in Lichinga, with its jacarandas and cool temperatures, before travelling to **Cuamba**, starting point for the classic 10-hour train ride east to **Nampula**. Nampula, in turn, is the jumping off point for magical **Mozambique Island**, a Unesco World Heritage Site and Africa highlight, with its cobbled streets, colonial-era architecture and constant backdrop of turquoise seas. You'll likely want to linger at least two or three days here, perhaps longer, before heading north to **Pemba** and the wonderful **Quirimbas Archipelago**, or south towards **Maputo**.



Two Months Mozambique Grand Tour

To explore Mozambique from south to north (north to south works just as well) in a grand overland tour, allow at least two months. With more limited time, it's easy enough to choose sections from the following itinerary, perhaps taking a flight or two to break up the longer stretches.

Starting in the far south, spend time enjoying the wonderful beach at **Ponta d'Ouro** before continuing on to the lively, culture-packed capital of **Maputo**. Here, the many museums, sidewalk cafes, restaurants and craft shops will keep you busy for at least several days.

Continue northwards to **Inhambane**, with its flamingos, dhows and wonderful nearby beaches, including those at **Tofo** and **Barra**. Further north, **Vilankulo** is an amenable spot for a day or three. It is also the springboard to the **Bazaruto Archipelago**, with its diving and upmarket lodges.

From Vilankulo, continue north by bus to **Beira**, spending a day or two in this old port city before heading west to **Chimoio**, the best base for organising hiking in the **Chimanimani Mountains**. Allow four days or more, including transport, for the excursion. Once back in Chimoio, make your way northeastwards to lovely **Gorongosa National Park** and some more hiking and birding on **Mt Gorongosa**.

The overland route continues north via **Quelimane** (nearly **Zalala Beach** makes a good detour) and **Nampula** to **Mozambique Island**, where it is easy to spend at least two or three days taking in the sights. Possible diversions en route include to scenic **Gurúè**, with its cool climate, jacarandas, tea plantations and hiking, and to the area around **Nacala** for relaxing and diving at Nuarro lodge or in the **Fernão Veloso** area.

Continue north to **Pemba** or nearby beaches before travelling to the **Quirimbas Archipelago**. All the islands are lovely, with **Ibo** a highlight. Sail back to the mainland, and continue northwards to **Moçimboa da Praia** – a pleasant stop for a day or three – and on into Tanzania. Alternatively, after visiting Mozambique Island, take the train west from Nampula to **Cuamba** and then continue on to **Lichinga**, **Lake Niassa** and into Malawi.



- » (above) Cathedral of Nossa Senhora de Fátima, Nampula (p213), Mozambique
- » (left) The beach at Tofo (p176), Mozambique



Three to Four Weeks Malawi Odyssey

Whether you start in the north or south, this is the ultimate Malawi journey, taking in mountains, wilderness, historical riches and the lake with its beaches. It is best done in a month, to allow time for side trips, but you could squeeze it into three weeks in a pinch.

Fly first into **Blantyre** and spend a day or so getting acclimatised. Time and budget permitting, you could make an easy detour southwest to **Majete Wildlife Reserve** for several days of pampered wildlife watching before continuing southwards to **Mulanje** for a three-day hike across **Mt Mulanje**, the country's highest peak. Recover by spending time in an old planter's house on one of Mulanje's many tea estates before continuing on to the colonial gem of **Zomba**. Here, enjoy a day or two of gentle walking on the misty Zomba Plateau, perhaps finding time for a riding lesson as well.

From Zomba make your way northwards to nearby **Liwonde National Park**, its lovely scenery dominated by the wide, meandering Shire River. There are hippos and crocs aplenty, as well as various antelope species, zebras and the chance for both canoe and walking safaris. After you've had your fill, head for the lake and the small resort village of **Cape Maclear**. Budget at least three days here, with an overnight visit to **Mumbo Island** in Lake Malawi National Marine Park and time kayaking and swimming with the brilliantly coloured fish.

From Cape Maclear make your way up the lakeshore to **Nkhata Bay**, Malawi's other famous lakeshore resort. Here, you can snorkel, kayak or even take a course at a local dive school. From Nkhata Bay you could detour to **Chizumulu and Likoma Islands**, or continue northwards to lovely **Nyika National Park**, the country's largest, where you can explore wild, flower-carpeted grasslands, reminiscent of the Yorkshire Moors, on foot or on horseback. Finally, it's time to delve into history at **Livingstonia**, a quiet hilltop town that provides a glimpse into Malawi's colonial-era past. From Livingstonia, continue northwards into Tanzania (and from there into Zambia), or retrace your steps southwards, perhaps continuing on into Mozambique or Zambia.



Three Weeks Beaches & Islands

Mozambique has some of the most enticing coastline on the continent. Combine exploration of its northern highlights with visits to Lake Malawi's alluring islands and inland beaches for an adventurous but relaxing itinerary.

The beach town of **Pemba**, in northern Mozambique, makes a good starting point. Spend a few days here getting acclimated and enjoying the vibe. Don't miss nearby **Murrêbue**, with its kite-surfing, quiet, white sand and turquoise-hued ocean vistas. Next, set off for enchanting **Ibo Island**, a regional highlight, with its massive star-shaped fort, its silversmiths and its crumbling colonial-era mansions. After exploring and enjoying the island's pace, charter a dhow for several days to explore **Matemo** or one of the other nearby islands in the **Quirimbas Archipelago**. Once you manage to tear yourself away from the charms of the Quirimbas islands, turn southwards – the most straightforward route will take you via Pemba – to the crowded regional hub of **Nampula**. If you arrive early enough in Nampula, it is possible to avoid overnighing here, continuing the same day on to magical **Mozambique Island**. Plan at least several days exploring this Unesco World Heritage Site, with its time-warped atmosphere, historical treasures, cultural riches, sea breezes and wonderfully low-key pace.

Once back on the mainland, you will need to pass through Nampula for an overnight, before catching the train west to **Cuamba**. The ride is not anywhere near the coast, but it is scenic, and offers fascinating glimpses into local life. After an overnight in Cuamba (where the train arrives late afternoon), continue into Malawi via either the Entre Lagos or Mandimba border posts, and then travel straight on to lovely **Lake Malawi**. **Cape Maclear** makes a convenient first stop, with many options for snorkelling, kayaking and relaxing.

From Cape Maclear, the route turns northwards to the scenic beachside outpost of **Nkhata Bay**, with its fine selection of lodges, kayaking, swimming and diving. From Nkhata Bay, it is possible to detour to beautiful **Chizumulu and Likoma Islands**, where the highlights are the scenery, local life, the relaxed pace and Likoma's historic cathedral. Once you've had your fill, travel southwards to **Lilongwe** and a flight home.

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