



# Zambia, Mozambique & Malawi



Mary Fitzpatrick, James Bainbridge,  
Trent Holden, Brendan Sainsbury

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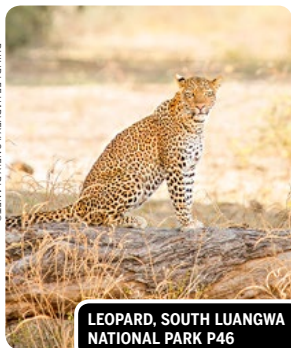
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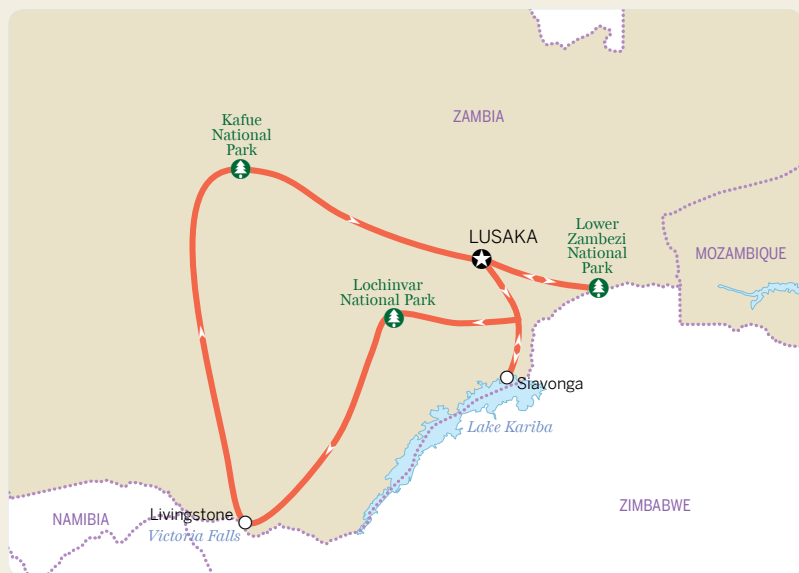
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## Plan Your Trip

# Itineraries



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WEEKS

### Wildlife & Waterfalls

This itinerary encompasses several of the region's highlights: wildlife, the majestic Victoria Falls and Lake Kariba, one of the world's largest artificial lakes.

Start in **Lusaka**, Zambia's gateway. Then journey southeast to **Lower Zambezi National Park**, one of Africa's finest wilderness regions, to spot wildlife along the Zambezi.

Navigate southwest to **Siavonga** on sparkling Lake Kariba and relax by the water. From Siavonga, retrace your steps northwest towards Kafue junction, before

continuing westwards to the wetlands at **Lochinvar National Park**, renowned for birding and its lechwe population. Over-night at the Moorings Campsite.

The next stop is historic **Livingstone**, gateway to thundering **Victoria Falls**, where you can do some canoe trips or white-water rafting. Next head northeast to **Kafue National Park** via its south Dundumwezi Gate. Spend the first night at Konkamoya Lodge overlooking Lake Iteszhi-Tezhi, then a few days heading north into the park for excellent birding and wildlife. From here it's a day's travel back to Lusaka.



Top: Victoria Falls  
(p85)  
Bottom: Lodge  
restaurant, Kafue  
National Park (p58),  
Zambia



MAKSYM KALYTA/SHUTTERSTOCK ©





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WEEKSZambia, Mozambique  
& Malawi Sampler

Exploring all three countries in a single trip makes for an excellent journey. Given the distances involved, it's best to plan out a general route in advance, and to allow a bit of extra time just in case.

Start in **Lusaka**, getting your bearings and becoming acquainted with this low-key capital, before taking a flight (or enduring a long bus journey) to **South Luangwa National Park**. This is one of Zambia's premier parks, with an incredible density of animals. Plan on at least three days here, taking in night drives, daytime wildlife drives and a walking safari or two before continuing on via the busy but agreeable town of **Chipata** to the Zambia-Malawi border, from where it's just over 100km to **Lilongwe**. Stop to grab some Malawian kwacha and have a good meal before continuing east to meet the mighty Lake Malawi in laid-back **Senga Bay**, which has some good beachfront lodges. While exploring the lake, don't miss a detour to **Nkhotakota Wildlife Reserve**, which offers an accessible experience of the bush with the chance of seeing elephants, antelope and even lions.

**Nkhata Bay**, with its chilled vibe and many water-based activities, is the perfect place to relax and take a diving course. From here, catch the ferry to **Likoma Island** to explore the lake's crystal waters, visit the historic cathedral and enjoy the serene island pace. From Likoma, it's straightforward to continue over to **Côbuê**, a short sail away on Mozambique's wild north-western lake coast. Once in Côbuê, you could continue by pre-arranged charter boat to lovely Nkwichi Lodge, or make your way south 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 of 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 **Quirimbas Archipelago**, or south towards **Maputo**.



PHILIP LEE HARRIS/LORELY PLANET ©

JACOB VARGETTY IMAGES ©

Top: Lionesses and cubs, South Luangwa National Park (p46), Zambia

Bottom: Low tide at Pemba (p151), Mozambique



## Beaches & Islands

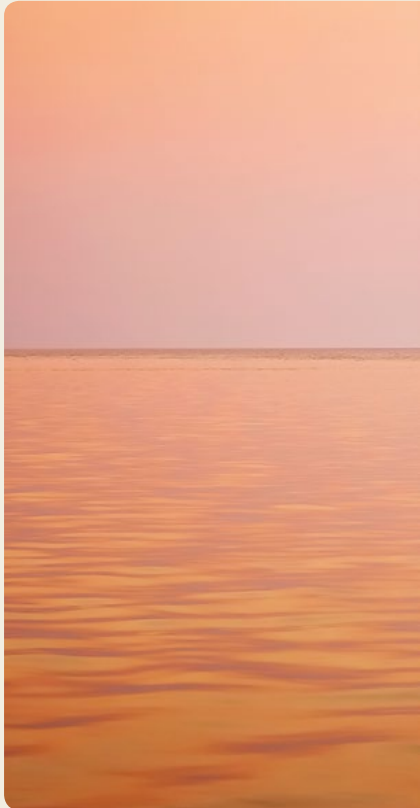
DOC STAFF/STORY ©

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 acclimatised and enjoying the vibe. Don't miss nearby **Murrébuè**, with its kitesurfing, 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 wandering and enjoying Ibo's pace, charter a dhow for several days to explore one of the other nearby islands in the **Quirimbas Archipelago**. Quirimbas Island is a good place to start: you can walk here from Ibo at low tide with a guide, and then return by boat. Once you manage to tear yourself away from the charms of the archipelago, turn south – the most straightforward route will take you via Pemba – to the crowded regional hub of **Nampula**. If you arrive early enough in Nampula, it's possible to avoid over-nighting here, continuing the same day on to **Mozambique Island**. Plan at least several days exploring this Unesco World Heritage Site.

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

From Cape Maclear, the route turns north towards the scenic beachside outpost of **Nkhata Bay**, with its fine selection of lodges, kayaking, swimming and diving. From Nkhata Bay, it's possible to detour to beautiful **Chizumulu Island** and **Likoma Island**, where the highlights are the scenery, the local life, the relaxed pace and Likoma's historic cathedral. Once you've had your fill, travel south to **Blantyre** for a day or two getting acquainted with the city before heading home.



JOHN SEFTON GILLMAN/GETTY IMAGES/FLICKR OPEN ©



Top: Lake Malawi at Cape Maclear (p196)  
Bottom: Old church on Mozambique Island (p142),  
Mozambique







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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's best done in a month, to allow time for side trips, but in a pinch you could squeeze it into three weeks.

Fly into **Blantyre** and spend a day or so acclimatising, while getting to grips with local history at the Museum of Malawi and the Society of Malawi Library & Archive. If you have time, you could make an easy detour southwest to **Majete Wildlife Reserve** for a few days of pampered wildlife watching, before continuing to **Mulanje** for a multiday hike across **Mt Mulanje**, the country's highest peak. Recover by spending time in an old planter's house on one of southern Malawi's many tea estates, and head north to the colonial gem of **Zomba**. Here, enjoy a day or two of walking on the misty **Zomba Plateau**, perhaps finding time for a horseback trot to the plateau's viewpoints and waterfalls.

From Zomba, make your way north to nearby **Liwonde National Park**, its lovely scenery dominated by the wide, meandering Shire River. There are hippos and crocs aplenty, various antelope species and zebras, as well as canoe, riverboat and walking safaris on offer. When your binoculars are exhausted, head for the lake and the resort village of **Cape Maclear**. Budget at least three days here, with an overnight visit to **Mumbo Island** in Lake Malawi National Park and time kayaking and swimming with the brilliantly coloured fish.

Next, make your way up the lakeshore to **Nkhata Bay**, Malawi's other famous lakeside resort. As in Cape Maclear, you can snorkel, kayak, take a PADI course at the local dive school, and hang out at the beach bar. From Nkhata Bay you could detour to **Chizumulu Island** and **Likoma Island**, or continue north to lovely **Nyika National Park**, the country's largest, to explore wild, flower-carpeted grasslands reminiscent of the Yorkshire moors on foot or by mountain bike. Finally, it's time to plunge into history at **Livingstonia**, a quiet hilltop town that provides a glimpse of Malawi's colonial-era past. From Livingstonia, continue north into Tanzania (and from there to Zambia), or retrace your steps south, perhaps continuing to Mozambique or Zambia.



JONATHAN GREGSON/CONTELY PLANET ©



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Top: Elephant, Liwonde National Park (p200), Malawi

Bottom: Nkhata Bay (p189), Malawi





## 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.

Note that as of late 2016, political skirmishes in central Mozambique have made overland travel difficult in some areas. Check for updates on government travel websites.

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 north to **Inhambane**, with its flamingos, dhows and wonderful nearby beaches, including **Tofo** and **Barra**. Further north, **Vilankulo** is an amenable spot and also the springboard to the **Bazaruto Archipelago**, with its diving and upmarket lodges.

From Vilankulo, continue north 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 northeast to lovely **Gorongosa National Park**. For all stops in this part of central Mozambique, get an update on the security situation before setting your plans.

The route continues north via **Quelimane**, with its nearby beaches and coconut plantations, and bustling, crowded **Nampula** to **Mozambique Island** – a gem of a place, where it's easy to spend at least two or three days taking in the sights. A recommended diversion en route is to scenic, mountainous **Gurúe**, with its cool climate, jacarandas, tea plantations and hiking.

Continue north to **Pemba** and the nearby beaches before travelling to the **Quirimbas Archipelago**. All the islands are lovely, with **Ibo** a highlight. Sail back to the mainland, and continue north to **Moçimboa da Praia** – a pleasant stop for a day or three – and on into Tanzania.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

*Note: Not all symbols displayed above appear on the maps in this book*





## 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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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

**Mozambique** Originally from the USA, Mary spent her early years dreaming of how to get across an ocean or two to more exotic locales. Following graduate studies, she set off for Europe. Her fascination with languages and cultures soon led her further south to Africa, where she has spent the past two decades living and working as a professional travel writer all around the continent. She focuses particularly on East and Southern Africa, including Mozambique and Tanzania.

Mary has authored and co-authored many guidebooks for Lonely Planet, including *Mozambique*; *Tanzania*; *South Africa*; *Lesotho & Swaziland*; *East Africa*; *West Africa*; and *Egypt*.



### James Bainbridge

**Malawi** James is a British travel writer and journalist based in Cape Town, South Africa, from where he roams the globe and contributes to publications worldwide. He has been working on Lonely Planet projects for over a decade, updating dozens of guidebooks and TV hosting everywhere from the African bush to the Great Lakes. The managing author of several editions of Lonely Planet's *South Africa*, *Lesotho & Swaziland*, *Turkey* and *Morocco* guides, his articles on travel,

culture and investment appear in the likes of *BBC Travel*, the UK *Guardian* and *Independent*, *Condé Nast Traveller* and *Lonely Planet Traveller*.



### Trent Holden

**Zambia, Victoria Falls** Trent has worked for Lonely Planet since 2005. He's covered 30-plus guidebooks across Asia, Africa and Australia. With a penchant for megacities, Trent's in his element when assigned to cover a nation's capital – the more chaotic the better – to unearth cool bars, art, street food and underground subculture. On the flipside he also writes books to idyllic tropical islands across Asia, in between going on safari to national parks in Africa and the subcontinent.

You can catch him on Twitter @hombreholden.



### Brendan Sainsbury

**Mozambique** Born and raised in the UK in a town that never merits a mention in any guidebook (Andover, Hampshire), Brendan spent the holidays of his youth caravanning in the English Lake District and didn't leave Blighty until he was 19. Making up for lost time, he's since squeezed 70 countries into a sometimes precarious existence as a writer and professional vagabond. In the last 11 years, he has written more than 40 books for Lonely Planet about places from Castro's

Cuba to the canyons of Peru.

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