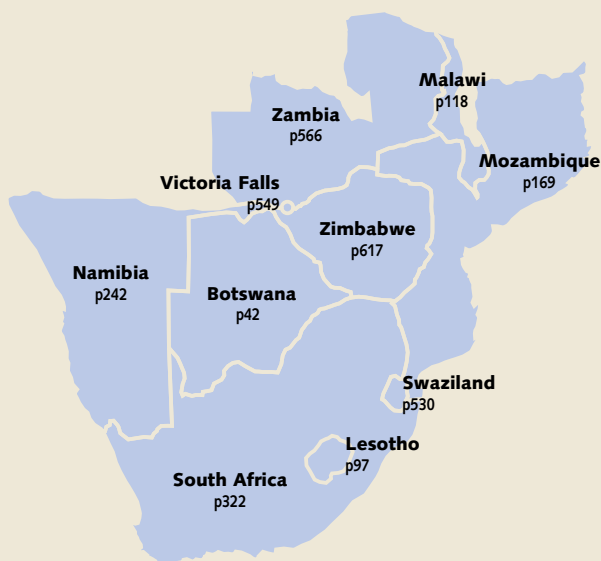




Southern Africa



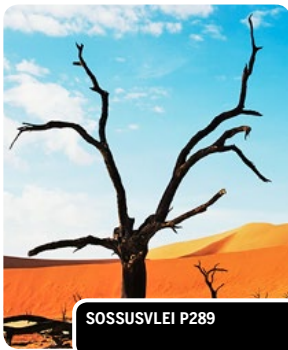
Anthony Ham,
James Bainbridge, Lucy Corne, Mary Fitzpatrick,
Trent Holden, Brendan Sainsbury

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Itineraries



2 WEEKS Southern Africa's Greatest Hits

This sampling of the best of what Southern Africa has to offer is a bit of a whirlwind tour, but it maximises your time in the best way possible by focusing on a few big-ticket destinations. It requires a mix of flying and 4WD adventuring.

Begin in **Cape Town**, Southern Africa's most beautiful city. After a couple of days enjoying its sophisticated charm, fly north to **Windhoek** to enjoy the colonial-era architecture and launch your Namibian journey. Overnight there, pick up your car and drive north the next day to **Etosha National Park** to look for lions, black rhinos and so much more. After a minimum of two nights, drive southeast then northeast to **Rundu**, where you can overnight on the banks of the Okavango River, before continuing on the next day to **Maun** in Botswana. From Maun, an unexciting town with excellent infrastructure, drive northeast through some of Africa's wildest, most beautiful and wildlife-rich country as you traverse the Okavango Delta on your way through **Moremi Game Reserve**, **Savuti**, **Linyanti** and **Chobe Riverfront**, camping at least one night in each. From Chobe Riverfront, it's a short hop across the border into Zimbabwe and on to **Victoria Falls**, arguably the world's greatest waterfalls.



3
WEEKS

South Africa, Mozambique & Swaziland

This 2000km-plus route serves up delightful variety, and you can get a good sampling of wildlife and local culture and still have time to laze on the beach. Short on time? Whiz through the Swaziland leg and stick to motorways where possible.

Using **Johannesburg** as a gateway, head east via Nelspruit to world-renowned **Kruger National Park** (Great Limpopo Transfrontier Park). The teeming wildlife will undoubtedly captivate you for several days. One option here is to cross into Mozambique via official border posts within the park, taking a look around in the Mozambican side of this gigantic transfrontier park. The wildlife is sparse but it's a serious bush adventure. Then you could nip across to the coast and do the rest of this itinerary in reverse, making a nice loop back through Swaziland and into South Africa again. Otherwise, if you've time, duck out of Orpen Gate for a look at remote and off-the-tourist-radar **Blyde River Canyon**. This awe-inspiring natural sight has good access points such as the Three Rondavels and Gods Window, and if you're really captivated, consider a 2½-day walk along the valley floor.

Continue south into Swaziland, where you can spend a few days hiking through the grasslands and forests of **Malolotja Nature Reserve** before heading on via Mbabane to the tiny but brilliant **Mkhaya Game Reserve**, noted for its black rhinos. After sampling the fine hospitality and food of this tiny mountain kingdom, it's time to get your feet wet. Head for the border town of Lomahasha in Swaziland and cross into the former Portuguese colony of Mozambique (formalities are straightforward) via the Mozambican border town of Namaacha. Motor down the approximately 50km to culturally intriguing **Maputo** and then head north on the EN1 and, if you're getting desperate for a dip, stop at **Xai-Xai's** surf-pounded beaches. Continue up the EN1 to **Inhambane**, one of the country's oldest and most charming towns. Beaches close by include legendary **Tofo**, with azure waters, and the more sedate **Barra**. If you've got more steam, trundle a bit further north to **Vilankulo**, the gateway to the tropical paradise of the Bazaruto Archipelago.

3
WEEKS

South Africa & Namibia

For road-trip lovers. Even if you can't squeeze in all of this 3000km-plus journey, you'll come away with an immense appreciation of this remarkable region. Looking to make cuts? Shave some kilometres off the Western Cape loop. A car (4WD useful but not necessary) is definitely your best bet for this mega road trip.

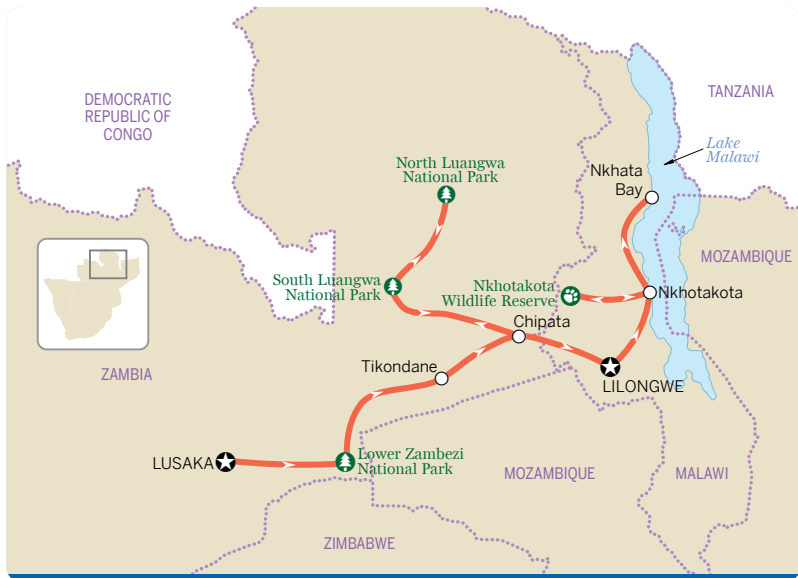
After a few days in **Cape Town**, ogling Table Mountain from various vantage points around town, tear yourself away from this wonderful city and head to the fertile valleys of the Winelands, with a night or two in **Stellenbosch** or **Franschhoek**.

From here, continue east to the artists enclave of **Montagu**, and then via the scenic Rte 62 through the Little Karoo to **Oudtshoorn**, South Africa's ostrich capital. Some possible detours along the way include a trip to **Hermanus** for whale watching if the season is right, or to **Cape Agulhas** for the thrill of standing at Africa's southernmost point.

From Oudtshoorn take the N12 north and then loop back towards Cape Town via the N1, link up with the N7 and head for **Namakwa** to see the fabulous wildflower displays, which are especially good in August and September.

Keep tracking up the N7, cross into Namibia at Violsdrif and head to Hobas to see the **Fish River Canyon** – a mighty gash hacked out of the Earth's surface – one of the continent's great natural wonders. The best way to appreciate this work of nature's master builder is a five-day trek along the valley floor.

Further north along the B1, **Keetmanshoop** has some colonial architecture; but don't linger, head west along the B4 to surreal **Lüderitz**, a coastal colonial relic sandwiched between the desert and the Atlantic seaboard. Heading back to the B1, turn north at the C13 and make a beeline for the baroque **Duwisib Castle**, which is well worth exploring. You can stay 300m from the castle on a rustic farm or camp. From there head to Marienbad back on the B1, and it's another couple of hours to **Windhoek**, Namibia's small but colourful and cosmopolitan capital city with its bracing highland climate.



3
WEEKS

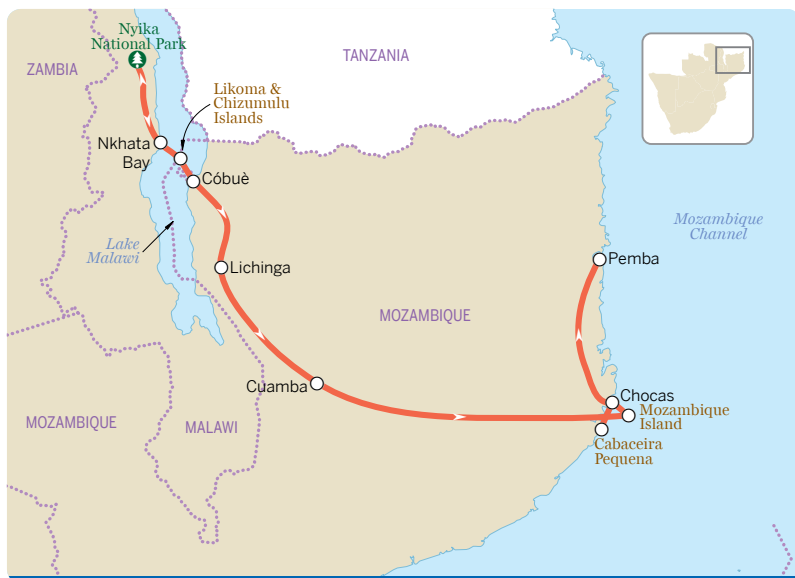
Zambia & Malawi

A 2000km route through the Southern African outback. Travelling in Zambia offers a taste of the real Africa, though the dusty roads will become a distant memory once you're lazing by the crystal-clear waters of Lake Malawi.

Start with a few days in Zambia's cosmopolitan capital, **Lusaka**, with its genuine African feel and the country's best nightlife. Then head out on the highway to the stunning **Lower Zambezi National Park**, with its beautiful flood plain that's dotted with acacias and other large trees. There's no public transport to the park, so you'll need your own car to get there, or go on an organised tour.

Hook up with the Great East Rd and head to chaotic **Chipata**. Before you get here, you'll come across **Tikondane**, a small grassroots NGO working with local communities that has decent budget accommodation and meals. At Chipata you can organise a trip to **South Luangwa National Park**, one of the most majestic parks on the continent. Make sure you do a walking safari when you're here – it's one of the best places in Southern Africa to do it. From Chipata you can drive to Mfuwe Gate, or take one of the minibuses that make the trip to Mfuwe village. The really adventurous could try to reach the wild and spectacular **North Luangwa National Park**, but it's important that you seek local advice before doing this; you need to be well prepared.

Return to Chipata, then it's on to Malawi and the town of **Lilongwe**, which is worth a day or two to check out the old town and the local Nature Sanctuary. From Lilongwe strike out north along the M1 to **Nkhata Bay** on Lake Malawi, which is perfect for swimming, kayaking or just lazing about after some hard weeks on the road. Possible detours on the way to or from Nkhata include historic **Nkhatakota**, from where you can organise a trip to the revitalised **Nkhatakota Wildlife Reserve**, where you have a good chance of seeing elephants and roan and sable antelope. There's excellent lodge accommodation available in the park.

3
WEEKS

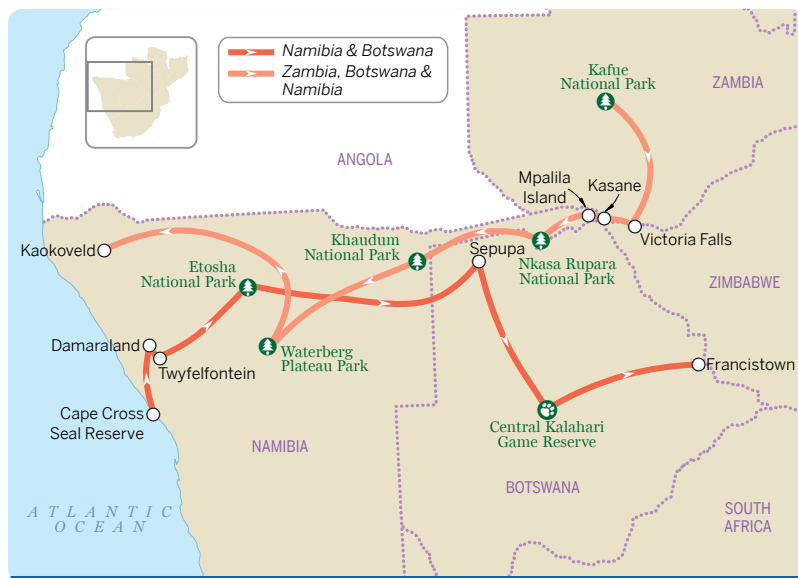
Malawi & Mozambique

This 1500km Mozambican bush adventure takes you into the heart of one of Southern Africa's most intriguing and diverse countries. Mozambique Island makes a wonderful contrast to the bush, and you can finish on the beach in the tropical island paradise of Quirimbas Archipelago.

Drag yourself out of the crystal waters at **Nkhata Bay** and, if you have time before heading across the lake, make a beeline to the enigmatic **Nyika National Park**. Here, you can briefly forget you're in Africa on a multiday hike among rolling grasslands and a surprisingly cool climate. When you're ready, hop onto the *Ilala* ferry for the blissful **Likoma Island**, where swimming, snorkelling and local cultures are the star attractions. Splash out for a night at Kaya Mawa if you've the pennies – it's one of Africa's finest paradise retreats. Take the ferry over to the Mediterranean-esque **Chizumulu Island**, with its idyllic beaches, and return by dhow (if the waters are calm enough).

From Likoma hop back on the ferry to Metangula and from there take a *chapa* (converted passenger truck or minivan) up towards **Cóbue**, on the other side of the lakeshore in Mozambique. (Or, take a dhow direct from Likoma to Cóbue). Stay the night just south of Cóbue at Nkwichi Lodge, a magnificent bush retreat that is part of an important development and conservation project; it's well worth a splurge. If your budget isn't up to Nkwichi, try one of several backpacker-friendly places in Cóbue itself.

After exploring the lake area, head south to cool **Lichinga**; surrounded by scenic, rugged terrain, it is the capital of remote Niassa province. Carry on through to Mandimba and on to bustling **Cuamba**, where you can pick up a train all the way through to Nampula. Then jump on a bus to magnificent **Mozambique Island**, with its intriguing architecture and time-warp atmosphere. If you need a beach break after exploring the island, hire a dhow to take you over to **Chocas** and the lovely nearby beach at **Cabaceira Pequena**. The trip finishes up a bit further north at **Pemba**, which is the gateway to the superb Quirimbas Archipelago.



1 MONTH

Namibia & Botswana

This itinerary takes you from Namibia's Atlantic coastline to the heart of the Kalahari in Botswana. Although it touches on some of the big attractions, it mostly follows lightly trammelled routes.

Starting on Namibia's Skeleton Coast, a treacherous coastline with shipwrecks and desert wilderness, check out **Cape Cross Seal Reserve**. Travel north into the wonders of **Damaraland**, with wild, open spaces and memorable wildlife, then head for **Twyfelfontein**, one of the most extensive rock-art galleries in Africa. Journey on to **Etosha National Park**, one of Africa's great wildlife-viewing areas. Exit Etosha via Von Lindequist Gate. Track along the B8 into Botswana at the Mahango-Mohembo border crossing. Drive down the west side of the Okavango Panhandle, perhaps stopping in **Sepupa** to do a dugout-canoe trip in the Okavango Panhandle. The last leg of this ambitious trip is the **Central Kalahari Game Reserve** to the southeast, at the heart of Botswana. Enter at the Matswera Gate at the northeastern end: wildlife includes lions and brown hyenas. Finish by exiting the same gate and travelling east to **Francistown**, a busy town with plenty of good places to stay and eat at journey's end.

1 MONTH

Zambia, Botswana & Namibia

From Zambia's central savannah plains to Namibia's remote northwest, this route combines wild landscapes, remote trails and brilliant wildlife. You'll need your own vehicle to cover the whole route.

Starting in the magnificent **Kafue National Park** in Zambia – classic wildlife country and one of the largest parks in the world – head south to **Victoria Falls**, a thunderous sight. From here head into **Kasane** in Botswana to see the wildlife-prolific Chobe Riverfront. Charter a boat to **Mpalila Island**, a luxuriously remote retreat in the middle of the Zambezi. From here, head into Namibia's Caprivi Strip, and visit the mini-Okavango of the **Nkasa Rupara National Park** where the rains bring a delta-like feel to the forested islands. Then drive to the untamed wilderness of **Khaidum National Park**, a serious adventure destination. From Khaidum head south through Grootfontein, from where it's worth making a detour to the **Waterberg Plateau Park**. North of Grootfontein the road takes you into Namibia's cultural heartland, the Owambo region, and on into the remote **Kaokoveld**, homeland to the Himba people, and possibly one of the last true wildernesses left in Southern Africa.

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

- Body surfing
- 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
- Subway station
- Taxi
- Train station/Railway
- Tram
- 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

**Mary Fitzpatrick**

Maputo, Southern 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*.

**Trent Holden**

Victoria Falls, Zambia, Zimbabwe A writer based in Geelong, just outside Melbourne, 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 guides to idyllic tropical islands across Asia, in between going on safari to national parks in Africa and the subcontinent. When not travelling, Trent works as a freelance editor and reviewer and spends all his

money catching live gigs. You can catch him on Twitter @hombreholden

**Brendan Sainsbury**

Central Mozambique, Northern 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 nineteen. 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 eleven years, he

has written over 40 books for Lonely Planet, covering destinations from Castro's Cuba to the canyons of Peru. When not scribbling research notes, Brendan likes partaking in ridiculous 'endurance' races, strumming old Clash songs on the guitar, and experiencing the pain and occasional pleasures of following Southampton Football Club.



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



Anthony Ham

Botswana, Namibia, Planning, Survival Guide, Health Anthony is a freelance writer and photographer who specialises in Spain, East and Southern Africa, the Arctic and the Middle East. When he's not writing for Lonely Planet, Anthony writes about and photographs Spain, Africa and the Middle East for newspapers and magazines in Australia, the UK and US. In 2001, after years of wandering the world, Lonely Planet finally found his spiritual home when he fell irretrievably in love

with Madrid on his first visit to the city. Less than a year later, he arrived there on a one-way ticket, with not a word of Spanish and not knowing a single person in the city. When he finally left Madrid ten years later, Anthony spoke Spanish with a Madrid accent, was married to a local and Madrid had become his second home. Now back in Australia, Anthony continues to travel the world in search of stories.



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. He has contributed to several editions of Lonely Planet's *South Africa, Lesotho & Swaziland, Turkey and Morocco* guides, and 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*.



Lucy Corne

South Africa, Lesotho, Swaziland Lucy left university with a degree in journalism and a pair of perpetually itchy feet. She taught EFL for eight years in Spain, South Korea, Canada, China and India, while writing freelance features for a range of magazines, newspapers and websites. She joined the Lonely Planet team in 2008 and has since worked on a range of titles including *Africa, Canary Islands, South Africa, Lesotho & Swaziland* and several foodie titles. Lucy lives in

Cape Town with her husband and young son, where she writes on travel, food and beer. Her popular blog, www.brewmistress.co.za, documents the South African beer scene.

OVER MORE
PAGE WRITERS

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