



BAREFOOT SAFARIS & Adventure Tours

Tel: (27) 73 462 9232
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1157 Aspen Dr
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TRIP DOSSIER

CENTRAL AFRICAN EXPLORER (Ref: PP)

Zambia, Tanzania & Malawi

(22 DAYS LAND ONLY)

Revised March 2015

The first Europeans to explore this unique "undiscovered" interior of Africa were the Portuguese; Candido da Costa sighted Lake Malawi in 1846. The famous David Livingstone travelled most extensively in this area in search of the source of the Nile. We start our adventure in Malawi, "the warm heart of Africa", which beckons to the intrepid, the adventurous, to those who want to step off the conveyor belt of mass tourism. We follow in the footsteps of Burton and Speke as we embark on a journey through a land of spectacular scenery, unparalleled hospitality and unique wildlife, visiting two of the great lakes of Central Africa. From here we travel on to Zambia and then on to the lake. We cross into Tanzania with its notable characteristic of warmth and openness and we are greeted with "Karibu". This is a country of great natural wealth where vast plains are home to millions of hooved animals and the predators that stalk them, where the cool highlands are punctuated by the deep crevices of the Great Rift Valley, and where inland lakes glimmer with the reflected shadows of countless water birds. We end this adventure in Tanzania, a country with stunning scenery, diverse habitat, and maybe the friendliest people to meet on this continent.

So, Karibu!

Grading: Anyone in good health with a sense of adventure and humour should be able to take part. There is no real physical difficulty involved, and the hikes are in the scope of most; but as in much of Africa, where we go off the beaten track, there will be rough roads, limited facilities, some basic accommodation, and permanent campsites, which may require you to adjust your level of expectations.

NB: Although it is our intention to operate this itinerary as printed in the brochure and detailed below, it may be necessary to make some changes as a result of alterations to flight/boat/train schedules, climatic conditions, or other operational factors. As a consequence, the order or location of overnight stops may vary from those outlined.

Included meals are indicated in the daily itinerary (i.e. BLD- Breakfast, Lunch, Dinner).

Day 1: Join Tour in Lilongwe;

(30 Oct 2015)

We are collected at Lilongwe International Airport and it is a short drive to our lodge in the outskirts of Lilongwe. Lilongwe (named after the Lilongwe River) is the largest and capital city of Malawi. Lilongwe had existed for centuries as a small fishing village on the banks of the Lilongwe River, later developing into an important trading centre in Malawi's central region. Its growth was encouraged when the country's former head of state, Hastings Kamuzu Banda, established it as Malawi's new capital city in 1975. We do a city tour on our way to the lodge. After settling in, we do our safari briefing. The rest of the day is free to explore or to visit a local village.

Safari lodge, 1 night.



Barefoot Safari Lodge, Lilongwe. Courtesy Nathan Dixey of npd-photography

Day 2 & 3: To Vwaza Marsh G R;

After an early breakfast we travel north. We visit Mzuzu on our way and buy some fresh vegetables at the market before proceeding to Vwaza. Vwaza Wildlife Reserve, an area of marsh and plain, with a few rocky outcrops, is all of 400 sq miles (1000 sq km) and lies along the Zambian border north-west of Mzuzu. We set up our camp and tents before going out on game drive after a safety briefing. On return we start to cook our food on an open fire.

The next day we go on a walking safari. We are accompanied by an armed scout. Here we have the chance to feel, smell and touch Africa. We return for lunch.

The reserve has a wonderful mix of vegetation: forest and grassland, thin woodland and marsh. It is this rich habitat which attracts a splendid range of birdlife. Nearly 300 species of birds have

been recorded including stork, heron and the white-faced tree duck. Herds of thirty or forty elephants are regularly to be seen and there are large numbers of hippos. Lake Kazuni, near the main entrance to the reserve is famous for its hippos. Buffalo are present in the reserve but their roaming habits make their sightings less easy to predict.

The afternoon, we go out on a game drive, have a sundowner in the bush and then return to our campsite for dinner.

2 nights, Campsite (2 x B, 1 x L, 2 x D).



Lake Malawi.

Day 4 & 5: To Nyika N P;

Today we make our way up the mountain to the campsite at Chelinda. Nyika is Malawi's largest park with an area of no less than 1250 sq miles (3200 sq km). It extends across the great plateau which is essentially a granitic dome and its environment is like none other in the whole of Africa. The name, Nyika, means "where the water comes from" and it is, indeed, one of



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Malawi's most important catchment areas. We arrive in the late morning at the camp site and after setting up camp we do our lunch. In the afternoon we do a walking safari to one of the dams. You can go on an **optional** night drive with lodge staff. Your guide can book same for you. On a night drive you might have the chance to spot leopard and other nocturnal animals. On our second day we do a morning game drive. In the afternoon we do a walking safari. You can go on an **optional** night drive with lodge staff. The montane vegetation attracts large numbers of antelope from the diminutive duiker to eland and roan. Zebra are common. The park has one of the highest densities of leopard in Central Africa and there are a number of species of smaller mammals such as warthog and bush pig. Elephants and buffalo usually keep to the lower ground on the northern edge of the park but lions and elephants have recently been seen on the high plateau.

For the birdwatcher, the park has a lot to offer: over 400 species have been recorded. The rare Denham's bustard and the wattled crane are among those to be seen, as is the red-winged francolin - endemic to Nyika.

There is such a lot to see in the vast park: waterfalls, a Neolithic rock shelter, trout pools and even a 'magic lake' are just some of the attractions.

(B, L, D)

Day 6: To Mbeya;

This morning we do a drive out of the park on our way to Tanzania. After boarder formalities we cross into Tanzania. We continue our journey through the highland area, known for its tea production, to Mbeya. It is an appealing town, with a skyline dominated by the impressive Mbeya Range of mountains. Following the 1905 gold rush, Mbeya was founded as a gold mining town in the 1920s. Mbeya and its district were administered by the British until 1961. Mbeya Region was created in 1961. Mbeya City is now a growing metropolis and business centre for the southern regions and the neighbouring countries of Malawi, Zambia and Congo. The City is well connected with an all-weather road that forms part of the "Great North Road" running from Cape Town to Alexandria. In the afternoon we can explore the town **unescorted**.

Overnight in Rest House (B)



Tea plantation in Mbeya

Day 7: Mbala

Heading further west, we cross into Zambia and we pass through rich farmland, changing scenery and rural villages to Mbala, which was known as Abercorn before independence. Mbala played an important role during the First World War because of its proximity to the German East African border and is also the place where German forces surrendered their control of East Africa. In the afternoon we visit the Moto Motomuseum (**optional if time allows**), which holds an impressive and well displayed range of cultural artefacts from the tribes of the Northern Province. There are archaeological finds and historical displays of the earliest explorations. We also have the opportunity to mingle with the local people this afternoon as we explore this old colonial town.

Overnight in a lodge (B,).

Day 8: Lake Tanganyika

Today we travel a short distance to Mpulungu, Lake Tanganyika. This vast inland sea was first made known to the European world in the mid 1800's by the English explorers Richard Burton and John Speke. They pursued it as the source of the Nile, arriving at its shores in February 1858 only to discover that the Ruzuzi River in the north, which they thought to be the Nile, flowed into and not out of the lake. We explore Mpulungu, Zambia's only port, during the morning. It is a small town, which bustles with activity when ships dock having brought goods from Burundi and Tanzania. It lays in a natural bay along the lakeshore, protected by a large island a few hundred metres offshore. It has a fishing village and every evening at sunset a long procession of fishing boats hitches a ride from one of the bigger fishing barges and heads out to the horizon for the evening's catch. This afternoon we board MV Liemba, for our lake ulendo (journey) to the north of Lake Tanganyika and Tanzania.



On board The MV Liemba. Courtesy Nathan Dixey of npd-photography

The MV Liemba is a large former German warship, converted into a passenger ferry. It was originally built as a cargo vessel. When Germany occupied Tanganyika when the First World War broke out it was converted to a military expedition ship to be used against the British in Northern Rhodesia and the Belgian Congo. It was bombed and sunk by the Belgians in 1916, raised and dragged to Kigoma where it sank again. The British, who had taken control of Tanganyika after the war, raised it again and renovated it into a passenger and cargo vessel. Liemba was the name Livingstone gave to the Africans living in the area when he first reached the lake.

2 nights on board en-route to Kigoma.



MV Liemba on Lake Tanganyika. Courtesy Nathan Dixey of npd-photography

Day 9: MV Liemba

Today we continue steaming north to Kigoma visiting various small fishing villages along the way. Lake Tanganyika's water laps Tanzania, Burundi, the Congo and Zambia. It is the largest freshwater lake in the world and the second deepest after Lake Baikal in Russia. The lake stretches north to south a distance of 677 km and is 50 km at its widest point. The clear water hosts more than 350 species of fish. This is a journey of a lifetime not to be missed and offers us a spectacular experience of this vast lake in



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the heart of the continent, with breath-taking sunsets over the Congo and the sheer cliffs of Mahale National Park in the east.



The MV Liemba. Courtesy Nathan Dixey of npd-photography

Day 10: Kigoma

We arrive at Kigoma in the early afternoon after having our last look at one of the ferry stops at a village. When the ferry arrives at a village it is greeted by a floating market selling dried fish and other foodstuffs, while passengers are ferried to and from the shore on rickety fishing boats.



Passengers being ferried using fishing boats. Courtesy Nathan Dixey of npd-photography

We transfer to our resort next to the lake. The afternoon is at leisure to explore the largest town on Lake Tanganyika, founded in 1915. Kigoma has a cosmopolitan mood. The town itself is small and easy-going, snaking uphill from the lakeshore along a long avenue lined with mango trees, and the surrounding hills are very scenic. We can visit the "Kaiser House" built in the German colonial era or browse through the busy market. **(Afternoon unescorted).**

2 x nights hotel

Day 11: Gombe Streams National Park

After an early breakfast we board our chartered motorboat to embark on one of the greatest adventures in the world: Chimpanzee trekking. Our trip north to Gombe Streams follows close to the lakeshore with spectacular scenery on the landside and the Congo Mountains on the

lakeside. As our boat glides through the clear waters of Lake Tanganyika towards the sandy beaches and rugged hills of Gombe Streams National Park, the beauty of this unique place strikes us. Covering only 52 square km, this park is a narrow strip of mountainous country bounded in the east by the crest of the eastern Rift Valley Escarpment and in the west by Lake Tanganyika. In 1960, Jane Goodall began a study of wild chimpanzees here and today it is the longest running study of any wild animal population in the world. We embark on a trek to spot the chimpanzee, which is classified among the great apes, with the gorilla and orang-utan. A National Park's scout **accompanies** all walks in Gombe Streams.

Our first awareness of the wild chimps may be through hearing their calls "pant-hoot". We follow trails through beautiful evergreen forest to the Kakombe waterfalls and then follow the stream trail on the lookout for the colobus, red tail and blue monkey's and even the olive baboons might be feeding on the lakeshore. This park supports a wide variety of birds as well as insects and reptiles and forest mammals: Primates, bush baby, bushbuck, bush pig, porcupine, civet, genet, palm civet, mongoose and chequered elephant shrew. There is an opportunity to use a facemask to observe the fascinating fish while swimming in the lake, which is bilharzia free at Gombe Streams National Park.

After an adventurous day we cruise back to Kigoma, while we have a sundowner watching the sun set over the Congo.

(B, L)

Day 12: Ujiji.

Today we explore Ujiji said to be one of Africa's oldest market villages. It was a 19th century Arab trading post and still shows Swahili influences. This is where Burton and Speke first set foot on Lake Tanganyika's Tanzanian shore. Livingstone lived here for several months in 1872 and it is where Stanley uttered the immortal phrase "Doctor Livingstone, I presume". We visit this historic site where there are plaques commemorating both events. We venture down to the lakeshore where we can watch local fisherman and boat builders ply their trade. In the afternoon we return to Kigoma where we board the train to Dodoma.

NB. In the event that the train does not depart on this day we will overnight in Kigoma and take a flight to Dodoma. Same is for your own expense. (As well as the guides flight cost)

Overnight train (B)

Day 13: Dodoma.

We travel by train to Dodoma through the heartland of Tanzania. We have a glimpse of the vastness of Africa en-route to the capital of Tanzania. The central region of Tanzania was

one of the first to be explored by outsiders when, between 1905 and 1914, Germany constructed the 1,238km-railway line from Dar-es-Salaam to Kigoma. They were not trailblazing but followed a centuries old slave caravan route that ran through Dodoma and Tabora, reaching the lakeshore at Ujiji. Thus we follow in the footsteps of Burton and Speke and Stanley in his search for Livingstone. The route takes us through vast plains and indigenous woodlands. The scenery becomes more lushes the closer we get to Dodoma with indigenous forest, swamp and dense Miombo woodland along the line.

Overnight Dodoma Hotel.

Day 14: Iringa

Today we venture west and follow one of the most scenic routes in Tanzania to our overnight stop in Iringa. Situated on a hill offering great views over the Ruaha Valley, this compact town has an atmospheric old German quarter near the market, while Majumba Street, the main trading road is very colourful and lively. The market is an excellent place to buy local woven rugs and baskets. We have the afternoon to explore the town and mingle with the local people (unescorted if time allows)

Overnight fixed tents (B,)

Day 15: Ruaha National Park;

Leaving the high altitude of Iringa behind us we travel to Ruaha National Park through rural landscape and ever changing scenery. We settle into our Bandas at Tungamalenga on the fringe of the park and have the afternoon to explore the surrounding local village, see how the villagers live and manage their life, visit a local school, and for the energetic a 10km walk to the Malunde falls.



Crowned crane

Note: **all excursions optional** – a small fee to be paid to a local guide as part of responsible tourism. This is the best opportunity for us to see the rural life on the fringe of the great wilderness of the African bush and the best opportunity to buy Makondo curios.

3 nights Bandas (B, L, D)



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Day 16 & 17: Ruaha National Park

We explore the park in the next 2 days through game viewing (we are situated 10m from park boundary). Ruaha is Tanzania's second largest National Park, covering an area of 12,950 square kilometres. The greater Ruaha ecosystem covers roughly 26,000 square kilometres and is regarded to be one of the wildest areas anywhere in Tanzania. The fauna and flora of Ruaha is transitional between southern and eastern Africa. A wide variety of habitats are protected within the park, including evergreen forest and swamps, but the dominant vegetation type is brachystegia woodland, followed by broken acacia grassland, dotted with baobab trees. The National Park lies at the southern end of the range of several large mammal species, including lesser kudu, Grant's gazelle and striped hyena. It is probably the last accessible part of East Africa where the African hunting dog survives in significant numbers and it harbours a number of mammals which are rare or absent in Northern Tanzania. Other mammals are roan and sable antelope, elephants, buffalo, giraffe, warthog, eland.



Leopard in Ruaha National Park

Most predators are present in large numbers and it is an excellent place to see leopard. Hippo and croc are abundant in the Ruaha River. Over 400 bird species have been recorded. The remoteness of Ruaha is its greatest charm and its very inaccessibility makes it one of the highlights of this adventure.



An Elephant in the Ruaha River

Price Includes:

- All transport on tour.
- All meals as per the itinerary*
- All park entry fees.

We conduct game drives that last the whole day and we have our lunch break in some remote area under a shady tree in the park.

(2xB, 2xL, 2xD)

Day 18: Mikumi National Park

After breakfast we travel via Morogoro through Mikumi National Park en-route to Udzungwa National Park. Mikumi National Park lies in a floodplain with high ground on either side. This park hosts a considerable population of antelope and their predators; Masai giraffe, Liechtenstein's hartebeest, blue wildebeest and Bohor's reedbeek. We pass through Iringa and after a visit to the market we drive to Mikumi. We settle in at our lodge. You can have a optional game drive to to the national park making use of the lodge car. This will be for your own expense as well as the park entry fees.

Overnight hotel (B,)

Day 19& 20:Udzungwa Mountains National Park;

After breakfast, we drive to our next destination. The Udzungwa Mountains are part of the eastern Arc Mountains and have been described as the "Galapagos Island of Africa". It is a forest that has survived due to traditional belief and taboos! This National Park is described as a "Primate National Park "since it is the only park, which harbours ten (10) species of primates of which 4 are endemic. Not only do we find endemic mammals but also find endemic birds notably Udzungwa partridge and the Rufus-winged sunbird. We settle in at our lodge and have the afternoon free to explore the local area.

On our second day we explore the National Park on foot, escorted by a National Park scout, and trek on forest paths to the Sanje waterfall, which has natural pools where swimming is allowed. The mountains with their blanket of green mantled forest and mist are the core of Udzungwa. There are hundreds of different species of trees, shrubs, climbers and herbs of which around 50 are restricted to this area. Due to the remoteness of the park we will concentrate our exploration of the park to the Mwanihana portion. This area contains the Sanje waterfall and primates such as black and

- All game viewing activities as per the itinerary.
- All armed scout fees as per the itinerary.

white colobus, red colobus, Sanje mangabey, yellow baboon, Skye's and vervet monkey. A wide variety of mammals including elephant, lion, leopard, buffalo, eland, suni, bush pig has been recorded in the park. In the afternoon we can pay a visit to a traditional healer in the local village to give us an insight to taboos and medicinal properties of the plants and herbs found in the park (Optional). Late afternoon we arrive back at the lodge in time for dinner.

Overnight lodge (B, L, D)

Day 21: To Morogoro;

We drive after breakfast to our next destination. Morogoro is also known informally as "Mji kasoro bahari", which translates as "city short of an ocean. Morogoro lies at the base of the Uluguru Mountains and is a centre of agriculture in the region. The Sokoine University of Agriculture is based in the city. A number of missions are also located in the city, providing schools and hospitals. You have the afternoon free to explore on your own or to even do some birding.

Overnight lodge (B,)

Day 22: To Dar es Salaam;

After breakfast we drive Dar. Dar es Salaam, literally "The residence of peace"), formerly Mzizima, is Tanzania's largest and richest city. In the 19th century, Mzizima (Kiswahili for "healthy town") was a coastal fishing village on the periphery of Indian Ocean trade routes. In 1865 or 1866, Sultan Majid bin Said of Zanzibar began building a new city very close to Mzizima and named it Dar es Salaam. The name is commonly translated as "abode/home of peace", based on the Arabic dar ("house"), and the Arabic es salaam ("of peace"). Dar es Salaam fell into decline after Majid's death in 1870, but was revived in 1887 when the German East Africa Company established a station there. The town's growth was facilitated by its role as the administrative and commercial centre of German East Africa and industrial expansion resulting from the construction of the Central Railway Line in the early 1900s.

German East Africa was captured by the British during World War I and became Tanganyika, with Dar es Salaam the administrative and commercial centre.

We end our service over here

Overnight lodge. (B,)

- All accommodation fees as per the itinerary.



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Price Excludes:

- Airfare.
- Visa fees.
- Airport taxes.
- Meals as per the itinerary.
- Drinks.
- Expenses of a personal nature.
- Any changes to the itinerary.
- Travel and medical insurance.

* **Meals Included Bx22, Lx 8, and Dx9.** There are adequate eating places which have been tried by us where clients are required to provide for their own meals. This gives us greater freedom to sample the local food.

All other meals are catered for by Barefoot Safaris.

** **Excursions:** A qualified grade 1 safari guide from Barefoot Safaris will accompany clients on all excursions except where it is necessary to employ a guide from local parks.

ADDITIONAL INFORMATION

Climate:

Malawi's wet season runs from late November to March. During the rainy season, daytime temperatures are pleasantly warm, but it can sometimes be humid in low lying areas. The heaviest rain is confined to the highlands, while the lakeshore is much drier. The dry season tends to be cooler and generally runs from April until late November. During the dry season, daily temperatures in the lower areas are fairly consistent and range between, 21°C and 26°C. In the highlands daytime temperatures can be considerably cooler and can range between 10°C and 20 °C. Nights can be particularly cold during the dry season, so warm layers are essential! Zambia's climate is similar to that of Malawi, whereas Southern Tanzania has a rainy season from November to May with the months between October and April being marginally hotter than May to September.

Baggage:

One piece of main luggage only, this should be a soft bag rather than a hard suitcase, so it can be easily stowed and not take up too much room in the vehicle. Pack light (**max 12kg**) space in the vehicle is restricted.

- A daysack (large enough to carry your camera, waterbottle, & binoculars etc) is essential.

Clothing and Footwear:

- For comfort in the heat, lightweight cotton is best. Brightly-coloured clothing is not appropriate for safari because it is easily seen by animals and has the added discomfort of attracting insects (wear muted tones

in natural colours i.e. beige, khaki, olive, etc, but **not** army-style camouflage clothing).

- A long-sleeved shirt is essential to protect neck and arms while on game walks/drives.
- Windproof/waterproof jacket.
- Lightweight trail boots.
- Trainers or sandals for relaxing.
- Sunhat.
- Swimming gear.
- Warm mid layers i.e. fleece and jumper for cool nights and early morning game drives.

Equipment:

- Torch.
- Waterbottle.
- Sunglasses, sunscreen and lipsalve.
- Insect repellent.
- Personal first aid kit.
- Binoculars.
- Dust can be a problem for cameras; take a dustproof bag.

Visas and Permits:

For Zambia visa can be obtained at Lusaka International Airport and for Tanzania at Kigoma. However we recommend that all visas are purchased beforehand.

A Visa for Malawi is not required if you are a UK, USA, CAN, AUS, NZ, IRI, NOR or NL passport holder.

Vaccinations & Health Advice:

Vaccination requirements & other health advice can change, so please check with a specialised travel clinic for up to date information before you depart. For useful advice you can visit The Medical Advisory Service for Travellers Abroad. www.masta.org

Nevertheless we recommend that you protect yourselves against: *Malaria, Hepatitis A, and Polio & Typhoid* as a minimum.

NB: The Yellow Fever vaccination is compulsory and must be obtained along with a certificate prior to departure.

Local Costs:

22 breakfasts, 8 lunches and 9 evening meals are included. You must pay for all other meals yourself. Approximate costs are given for guidance only and may vary widely according to location and type of establishment.

Coffee/tea	UK£0.30
Soft drink	UK£0.30
Medium beer	UK£0.60
Bottle of wine	UK£4.00

Local snack lunch	UK£2.00
3-course dinner*	UK£7.00

* Reasonable mid-range tourist class restaurant.

Optional Excursions:

Some or all of the excursions detailed below may be available; others not listed may also be available. Approximate per person costs are given for guidance only, and may depend on the number of participants. Your group leader safari guide should be able to assist you in arranging them.

Walking Safari	US\$25.00
Night Drive	US\$25.00

Currency:

Malawian Kwacha, Zambian Kwacha and Tanzania Schilling.

We recommend that you bring cash in US\$.

NB: Pre 1990 dollar bills are not accepted in most African countries. Foreign currency can be changed at commercial banks and major hotels, although opportunities to change money outside of major towns and tourist centres are limited. Your safari guide will be able to advise you on when and where to change money.

RESPONSIBLE TRAVEL

Since January 2003, Barefoot Safaris has donated £10 for every person we take to Zambia, to assist with the funding and development of **Chanyoli School**. Parents and school staff have recently fired 60,000 bricks and will begin building this year. You may like to bring some books or school equipment to assist this very deserving project and see for yourself how well received it is.

We also support the **SOS Children's Village**, which you can visit in Lilongwe. They would be most grateful for any children's clothes or toys that you might donate.