

# Mozambique

With its stunning beaches, magical offshore islands, excellent diving, fascinating cultures and charming waterside capital, Mozambique is one of the region's best-kept secrets. The dark war days are well in the past, and the country is now firmly part of the Southern Africa travellers' loop, yet enough off the beaten track to be satisfyingly adventurous.

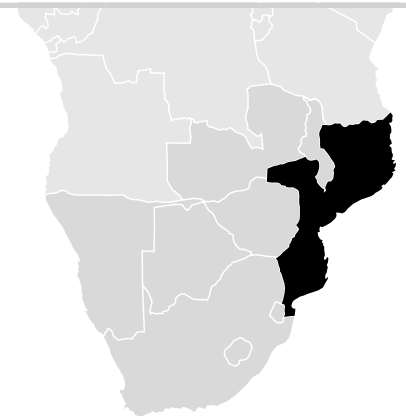
Laze under the palms or go snorkelling around the islands of the Bazaruto Archipelago, sail on a dhow through mangrove channels in the Quirimbas Archipelago, take an off-beat safari in the wilds of Gorongosa National Park, wander past stately colonial-era churches on Ilha de Moçambique, sip a *café espresso* at one of Maputo's lively sidewalk cafés (or maybe a *caipirinha* at one of its jazz bars), watch Makonde sculptors bring blocks of hard wood to life or dance to the country's trademark *marrabenta* music. In contrast to its more strait-laced neighbours – all former British colonies or protectorates – Mozambique's modern face reflects a unique fusion of African, Arabic, Indian and Portuguese influences. Its cuisine is spicier, its rhythms more tropical and its pace more laid-back.

While infrastructure is less developed and more expensive than in most other countries in the region, especially South Africa, reconstruction has proceeded at a remarkable pace and tourism is off to an ambitious start.

The easiest introduction is in the south, where roads are good and accommodation options abound. Elsewhere, allow time for getting around and be prepared to rough it. Wherever you go, get here soon, before the rest of the world wakes up to Mozambique's charms.

## FAST FACTS

- **Area:** 801,590 sq km
- **Capital:** Maputo
- **Country code:** ☎ 258
- **Famous for:** Ilha de Moçambique, *marrabenta* music, Makonde woodcarvings
- **Languages:** Portuguese, various African languages
- **Money:** Metical nova família (Mtc)
- **Phrases:** *Bom dia* (good morning); *obrigado/a* (thank you – m/f)
- **Population:** 19.7 million



**HOW MUCH?**

- **Plate of grilled prawns** US\$12
- **Single-day dive** US\$40-50
- **Short taxi ride** US\$2
- **Daytime dhow safari** US\$45
- **Maputo–Inhambane bus fare** US\$9

**LONELY PLANET INDEX**

- **1L of petrol** US\$1
- **1L of bottled water** US\$0.70
- **Bottle of 2M beer** US\$1
- **Souvenir T-shirt** US\$10
- **Plate of xima and sauce** US\$1

**HIGHLIGHTS**

- **Bazaruto Archipelago** (p267) The quintessential tropical paradise with turquoise and jade waters full of colourful fish.
- **Ilha de Moçambique** (p278) Quiet, cobbled streets lined with colonial-era buildings, and a surreal time-warp atmosphere.
- **Quirimbas Archipelago** (p288) Sublimely beautiful islands, enchanting Ibo and some of the region's most exclusive getaways.
- **Maputo** (p246) Jacaranda- and flame tree-lined streets, lively sidewalk cafés, good museums and an excellent nightlife.
- **Off the beaten track** (p284) Secluded coves, crystal-clear waters, pristine wilderness and a wonderful ecolodge on Lake Niassa.

**ITINERARIES**

- **One Week** In the south: start with a few nights enjoying **Maputo's** (p246) vibe before heading further north to **Inhambane** (p261), **Tofo** (p262) or one of the other beaches. In the north: fly or travel overland from Malawi to **Nampula** (p276) and on to **Ilha de Moçambique** (p278). Finish with a few days in and around **Pemba** (p285).
- **Two Weeks** In the south: follow the outline under the one-week itinerary. From the beaches around Inhambane, head to **Vilankulo** (p265) for a dhow safari or snorkelling around the **Bazaruto Archipelago** (p267). Fly or take the bus back to Maputo or Johannesburg. In the north: proceed as under the one-week itinerary,

but now you'll have time for an excursion to the **Quirimbas Archipelago** (p288). Fly back to Maputo, or continue overland or by air to Tanzania. Alternatively: combine the southern and northern one-week itineraries.

- **One Month** Follow the previous itineraries' southern routings, but adding **Ponta d'Ouro** (p256) or **Maputo Special Reserve** (p258), or perhaps another beach or two. From Vilankulo, continue by bus or air to **Beira** (p268) for a detour to **Gorongosa National Park** (p270), or go straight to Nampula and Ilha de Moçambique. Continue with the northern two-week itinerary. Alternatively go by train or plane from Nampula to **Cuamba** (p282), and then to **Lichinga** (p283), beautiful **Lake Niassa** (p284) and on to Malawi via the **Ilala ferry**.

**CLIMATE & WHEN TO GO**

Sunshine, blue skies and temperatures averaging between 24°C and 27°C along the coast are the norm, except during the wet summer season from about December/January through April when the heavy rains come and everything gets unpleasantly soggy. Temperatures are also higher during the rainy season – averaging 30°C and above in some areas. The hottest areas are in the north around Pemba, in the dry west around Tete and along the Zambezi Valley. Rainfall averages 750mm annually in Maputo.

The best time to visit is from May/June to November, during the cooler dry season. At the height of the rainy season between about February and April, many roads are impassable, flooding is common in the south and centre of the country, and chances are high you'll get stuck somewhere. During the Christmas–New Year holidays, around Easter and again in August, the southern resorts fill up with the vacationing South African neighbours.

**HISTORY**

From Bantu-speaking farmers and fishers to Arabic traders, Goan merchants and adventuring Europeans, Mozambique has long been a crossroads of cultures. For more on the country's early history, along with the history of Southern Africa, see p37.

**The Portuguese Arrive**

The long and often torturous era of European involvement in Mozambique began over 500

years ago when Portuguese explorer Vasco da Gama landed at Ilha de Moçambique in 1498 en route to India. Over the next 200 years, the Portuguese established trading enclaves along the coast and several settlements in the interior along the Zambezi River Valley. Trade – fuelled by oft-overblown tales of legendary riches in the interior – focused first on ivory, and then on gold. By the late 18th century, slaves had been added to this list. Mozambican ports became one of the continent's main slave channels, with hundreds of thousands (some estimates say as high as a million) of Africans sold through them into slavery.

Beginning in the 17th century, the Portuguese divided much of the interior into *prazos* – vast agricultural estates, nominally under the Portuguese crown, but actually run as private fiefdoms with their own slave armies. Yet there was little cohesion to the Portuguese ventures, and they never managed to get the grip over their vast hinterlands that they sought.

**Colonial Era Repression**

In the late 19th century, as the rest of the continent began to be torn apart in the 'Scramble for Africa', growing competition from the other colonial powers forced Portugal to strengthen its claims on its territories. In 1891 Portugal signed a treaty with the British giving the country – then known as Portuguese East Africa – its present shape, and formalising Portuguese control. However, even then, the Portuguese were only able to directly administer the southern part of the vast territory.

**TRAVEL TIPS**

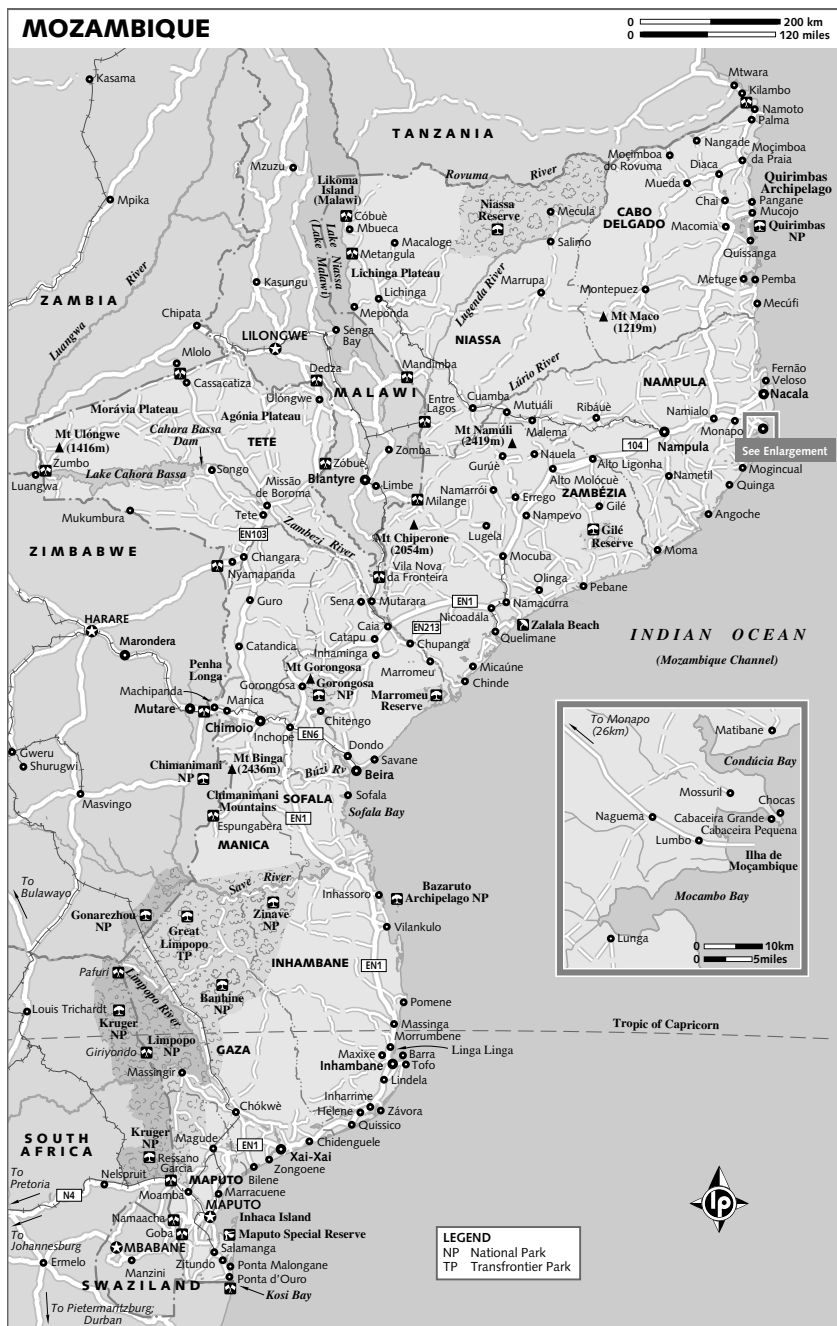
- Allow plenty of time, and don't try to cover too much distance. If your time is limited, stick to the coast – Mozambique's beaches are among the best in the region – and focus on either the south or the north of the country. To link the two, consider an internal flight.
- Carry a mix of finances – a Visa card for ATMs (essential!), plus some cash (US dollars and rand) and a few travellers cheques for emergencies.
- Learn a few words of Portuguese or greetings in local languages.
- Don't insulate yourself from Mozambique or Mozambicans. Travel at least some of the time on public transport. Try to get away from the tourist resorts and from South Africans, and learn about local life.
- Enjoy the prawns, crayfish and delicious coastal cuisine.
- Relish the country's 'off-beatness', and forget about comparisons with other regional destinations; Mozambique is in a class of its own.

In the early 20th century, expansion of the nearby Witwatersrand gold mines and oppressive Portuguese labour laws led to a mass labour migration from southern Mozambique to South Africa and Rhodesia (now Zimbabwe). A rail line was built between Beira and Mutare (Rhodesia), and the Portuguese moved their capital south from Ilha de Moçambique to Lourenço Marques, as Maputo was then known.

In the late 1920s António Salazar took the reins in Portugal, and sealed off the colonies from non-Portuguese investment. Over the next three decades, the numbers of Portuguese in Mozambique steadily increased, as did repression by the colonial administration. There was not even a pretence of social investment in the African population, and of the few schools and hospitals that did exist, most were in the cities and reserved for Portuguese, other whites and *asimilados* (Africans who assimilated to European ways).

**The Independence Struggle Begins**

In June 1960, at Mueda in northern Mozambique, a meeting was held by villagers protesting peacefully about taxes. Portuguese troops opened fire, killing a large number of demonstrators. Mozambicans had had enough, and a resistance movement was born, with this 'massacre of Mueda' kindling the first sparks of the independence struggle. Resistance to colonial rule coalesced in 1962 with the formation of Frelimo, the Mozambique Liberation Front. In 1964 shots fired in the unlikely northern village of Chai set off the struggle that finally culminated in independence in 1975.



MOZAMBIQUE

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Led by the charismatic Eduardo Mondlane (who was assassinated in 1969), and operating from bases in Tanzania, Frelimo's aim was the complete liberation of Mozambique. By 1966 it had freed two northern provinces, but progress was slow and the war dragged on into the 1970s. The Portuguese attempted to eliminate rural support for Frelimo with a scorched earth campaign and by resettling people in fenced villages. However, squabbling within Portugal's colonial empire and increasing international criticism sapped the government's resources. The final blow for Portugal came in 1974 with the overthrow of the Salazar regime. On 25 June 1975 the independent People's Republic of Mozambique was proclaimed with wartime commander Samora Machel as president.

**Independence – the Early Years**

The Portuguese pulled out almost overnight, sinking ships and pouring cement down wells as they went, and leaving Mozambique in a state of chaos, with few skilled professionals and virtually no infrastructure. Frelimo found itself faced with the task of running the country, and threw itself headlong into a policy of radical social change. Ties were established with the former USSR and East Germany, private land ownership was replaced with state farms and peasant cooperatives, and schools, banks and insurance companies were nationalised.

However, Frelimo's socialist programme proved unrealistic, and by 1983 the country was almost bankrupt. The crisis was compounded by a disastrous three-year drought and by South African and Rhodesian moves to destabilise Mozambique because the African National Congress (ANC) and Zimbabwe African People's Union (ZAPU) – both fighting for majority rule – had bases there.

Onto this scene emerged the Mozambique National Resistance (Renamo), which had been established in the mid-1970s by Rhodesia as part of its destabilisation policy, and which was later backed by the South African military and certain sectors in the West.

**Ravages of War**

Renamo had no desire to govern – its only objective was to paralyse the country. Roads, bridges, railways, schools and clinics were destroyed. Villagers were rounded up, anyone with skills was shot, and atrocities were com-

mited on a massive and horrific scale. Many commentators have pointed out that the war that went on to ravage the country for the next 17 years was not a 'civil' war, but one between Mozambique's Frelimo government and Renamo's external backers.

Faced with this dire situation, Frelimo opened Mozambique to the West in return for Western aid. On 16 March 1984 South Africa and Mozambique signed the Nkomati Accord, under which South Africa undertook to withdraw its support for Renamo and Mozambique agreed to expel the ANC and open the country to South African investment. While Mozambique abided by the agreement, South Africa exploited the situation to the full and Renamo activity continued unabated.

Samora Machel died in a plane crash in 1986 in questionable circumstances, and was succeeded by the more moderate Joaquim Chissano. While the war between the Frelimo government and the Renamo rebels continued, by the late 1980s, political change was sweeping through the region. The collapse of the USSR altered the political balance, and the new president of South Africa, FW de Klerk, made it more difficult for right-wing factions to supply Renamo.

By the early 1990s, Frelimo had disavowed its Marxist ideology and announced that multiparty elections were to be scheduled. After protracted negotiations in Rome during 1990, a cease-fire was arranged, followed by a formal peace agreement in October 1992 and a successful UN-monitored disarmament and demobilisation campaign.

**Peace at Last**

In October 1994 Frelimo won Mozambique's first democratic elections against a surprisingly strong showing by Renamo. Results were similar in the 1999 elections, with Renamo making an even stronger showing. However, unlike the first elections, which earned Mozambique widespread acclaim as an African model of democracy and reconciliation, the

**HER MAJESTY'S TROPICAL GETAWAY**

Since 1995 Mozambique has been part of the Commonwealth of Nations, to which all its neighbours belong. It is the first member not to have been ruled by Britain at some point.

1999 balloting sparked protracted discord. Renamo protested its loss, boycotted the presidential inauguration and held demonstrations in northern Mozambique that led to a wave of rioting and several dozen deaths.

### Mozambique Today

Since then, things have settled down. In December 2004 prominent businessman and long-time Frelimo insider Armando Guebuza was elected with a solid majority to succeed Chissano, who had earlier decided to step down. With a long-running banking and corruption scandal dominating the headlines, Frelimo is now working to polish its public image, while Renamo is still striving to prove itself as a viable political party. Progress has been interrupted by natural calamities, including severe flooding in 2000 and 2001. Yet Mozambique has a remarkable ability to rebound in the face of adversity, and most observers now count the country among the continent's rising stars.

## THE CULTURE

### The National Psyche

You don't need to travel long in Mozambique before hearing the word *paciência* (patience). It's the great Mozambican virtue, and most Mozambicans have it in abundance, with each other and with outsiders. You'll be expected to display some in return, especially in dealings with officialdom, and Western-style impatience is always counterproductive. Yet don't let the languid, tropical pace sway you

completely: underlying it is a rock-hard determination that has carried Mozambique from complete devastation following two decades of war to near the top of the list of the continent's success stories.

### Daily Life

About 80% of Mozambicans are involved at least part-time in subsistence agriculture, tending small plots with cassava, maize and other crops, and you'll see these *machambas* (farm plots) wherever you travel. Along the coast, fishing is a major source of livelihood, with the small ports fascinating to watch at dawn and in the late afternoon when the boats come in with their catches.

Especially in the south and the far north, tourism has become increasingly important, and the economy is growing rapidly. Yet daily life continues to be a struggle for many, with an annual per capita income of about US\$300 (compared with about US\$26,000 in the UK). If one family member is lucky enough to have a good job, it is expected that their good fortune will filter down to even distant relatives and others in the community.

HIV/AIDS infection rates are highest in the south and centre, where they exceed 20% in some areas, and about 20,000 children die annually of AIDS-related causes. Public discussion has opened up in recent years, although it still remains muted, and deaths are often explained away as 'tuberculosis' or with silence.

### SOCIAL ETIQUETTE

Most Mozambicans are fairly easy-going towards foreigners. However, keeping a few basics in mind will help to smooth your interactions.

- Always greet others and inquire about their well-being prior to launching into questions or conversation.
- When shaking someone's hand, the custom in many areas is to touch your left hand to your right elbow.
- When receiving a gift, it's polite to accept it with both hands, sometimes with a slight bow or, alternatively, with the right hand while touching the left hand to the right elbow.
- Elders and those in positions of authority are treated with deference and respect. It smoothes things considerably to follow suit.
- In villages, ask to see the chief (*régulo*) to announce your presence and request permission before setting up camp or wandering around. You will rarely be refused.
- Shorts and sleeveless tops are fine at beach resorts. Elsewhere, you'll have an easier time if you wear more conservative garb.

### Population

There are 16 main tribes. The Makua – who are the largest group, and who are often further divided into various sub-groups – live primarily in the provinces of Cabo Delgado, Niassa, Nampula and parts of Zambézia. Other major groups include the Makonde in Cabo Delgado; the Sena in Sofala, Manica and Tete; and the Shangaan, who dominate the southern provinces of Gaza and Maputo. Although Mozambique is relatively free of tribal rivalries, there has long been an undercurrent of north/south differences, with geographically remote northerners often feeling neglected by powerhouse Maputo.

About 1% of Mozambique's population is of Portuguese extraction, most of whom are at least second generation and consider themselves Mozambicans first. There are also small numbers of other Europeans and of Asians, particularly from the Indian subcontinent.

### SPORT

Football (soccer) is a national passion, and games always draw large and enthusiastic crowds.

Second to football is basketball, which also draws crowds – especially women's basketball, with the famed Clarisse Machanguana (now back in Mozambique after a pro-career in the USA) leading the way.

The track-and-field scene is dominated by the internationally acclaimed 800m runner Maria de Lurdes Mutola (the 'Maputo Express'), who in 2000 became Mozambique's first Olympic gold medallist.

### RELIGION

About 35% of Mozambicans are Christians, about 25% to 30% are Muslims, and the remainder are adherents of traditional religions based on animist beliefs. Among Christians, the major denomination is Roman Catholicism. However, membership of evangelical Protestant churches is growing rapidly, particularly in the south. Muslims are found primarily in the northern provinces of Nampula, Cabo Delgado and Niassa, with the highest concentrations on the coast and along old trading routes.

### ARTS & CRAFTS

Mozambique has rich artistic traditions that continue to thrive despite decades of colonial occupation and civil war.

### Dance

Mozambicans are superb dancers, and experiencing the rhythms and moves – whether in a Maputo nightclub or at a traditional dance performance in the provinces – is an opportunity not to be missed.

One of the most common traditional dance styles on Ilha de Moçambique and along the northern coast is *túfo*. This is a slower-paced dance of Arabic origin, generally performed only by women, all usually wearing matching *capulanas* (sarongs) and scarves.

Masked dancing is done primarily by the Makonde in northern Mozambique (see the boxed text, p290) and the Chewa-Nyanja in Tete province, who are known for their Nyau masks.

### Literature

The development of Mozambican literature has closely paralleled the country's struggle for independence. During the colonial era, local literature focused on nationalist themes. Two of the most famous poets of this period were Rui de Noronha and Noémia de Sousa.

In the late 1940s José Craveirinha (1922–2003) began to write poetry focusing on the social reality of the Mozambican people and calling for resistance and rebellion – which eventually led to his arrest. Today, he is honoured as Mozambique's greatest poet, and his work, including *Poem of the Future Citizen*, is recognised worldwide.

As the armed struggle for independence gained strength, Frelimo freedom fighters began to write poems reflecting their life in the forest, their marches and the ambushes. One of the finest of these guerrilla poets was Marcelino dos Santos.

Post-independence freedom was soon shattered by Frelimo's war against the Renamo rebels, but new writers emerged. They included the prolific Mia Couto, whose works include *Voices Made Night* and *Every Man is a Race*, and who continues to dominate Mozambican literary circles. Other writers from this period include Ungulani Ba Ka Khossa, Heliodoro Baptista and Eduardo White.

One of the best known contemporary female writers is Lília Mompole, known for *Neighbours – The Story of a Murder* and *The Eyes of the Green Cobra*. Paulina Chiziane's *Balada de Amor ao Vento* (1990) was the first novel to be published by a Mozambican woman.

## Music

Traditional music is widely played. The Makonde in the north are noted for their *lupembe* (wind instruments), made from animal horn or sometimes from wood or gourds. In the south, Chopi musicians play the *timbila*, a form of marimba or xylophone, and are famed throughout the continent for their timbila orchestras.

Modern music flourishes in the cities, and the live music scene in Maputo is excellent. *Marrabenta* is Mozambique's national music, with a light, upbeat style and distinctive beat inspired by the traditional rural *majika* rhythms of Gaza and Maputo provinces. One of *marrabenta*'s best-known proponents was Orchestra Marrabenta, formed in the 1980s by members of another popular band, Grupo RM, together with dancers from Mozambique's National Company of Song and Dance. When Orchestra Marrabenta split in 1989, several members formed Ghorwane, who perform frequently in Maputo; check their website [www.ghorwane.com](http://www.ghorwane.com) for upcoming events. The late Fany Mpfumo was one of Mozambique's best-known *marrabenta* musicians and still features on popular cassettes.

Kapa Dêch is one of the best-known new generation bands. Another is Mabulu, a band that combines classic *marrabenta* rhythms and hip-hop.

For more information on music in Southern Africa, see p52.

## Sculpture & Painting

Mozambique is famed for its woodcarvings, particularly for the sandalwood carvings found in the south and the ebony carvings of the Makonde. The country's most famous sculptor is the late Alberto Chissano, whose work received wide international acclaim and inspired many younger artists.

The main centre of Makonde carving is in Cabo Delgado province, around Mueda, with carving communities also around Pemba and in Nampula province. One of the leading members of the new generation of Makonde sculptors is Nkatunga, whose work portrays different aspects of rural life.

The most famous painter in the country is Malangatana (see the boxed text, below), whose art is exhibited around the world. Other internationally famous artists include Bertina Lopes, whose work reflects her research into African images, colours, designs and themes, and Roberto Chichorro, known for his paintings dealing with childhood memories. All of these painters and sculptors have exhibits in the National Art Museum in Maputo.

## ENVIRONMENT

Mozambique spreads out over about 800,000 sq km, or more than three times the size of the UK, including a superb 2500km coastline. It's bordered to the east by a wide lagoon-fringed

plain that rises gradually to lush mountains and plateaus on the borders with Zimbabwe, Zambia and Malawi. The highest peak is Mt Binga (2437m) in the Chimanimani Mountains on the Zimbabwe border.

Two of Southern Africa's largest rivers – the Zambezi and the Limpopo – cut through the country on their way to the sea. Other major rivers are the Savé and the Rovuma, which forms the border with Tanzania.

## Wildlife

### ANIMALS

Mozambique doesn't have the animal herds that you'll see in neighbouring Tanzania, Zambia or South Africa, and many of its large animal populations were decimated during the war. Yet there's still plenty left, although challenging access, dense vegetation and skittishness on the part of the animals can make spotting challenging.

The largest wildlife concentrations are found in the Niassa Reserve, which has vast herds of elephants, buffaloes and zebras. Modest populations of elephants, hippos and other large mammals also live in Gorongosa National Park. With the recent opening of Limpopo National Park, work is underway to encourage wildlife populations in the south to rebound.

Mozambican waters are full of life, including dolphins, seasonal whales, five of the world's seven species of sea turtles and the region's largest dugong population.

If you have an adventurous bent, Mozambique is an ornithologist's paradise, with close to 600 bird species, including several near endemics, and rare or endangered species, such as the wattled crane and the Cape vulture.

### PLANTS

Mozambique's abundant flora includes lavender jacarandas, brilliant red flamboyants and other flowering trees, plus endless stands of coconut palms, especially in Inhambane and Zambézia provinces. Large tracts of central and north-central Mozambique are covered by miombo or light woodland. Highly biodiverse areas include the Chimanimani Mountains, with at least 45 endemic plant species, and the Maputaland area south of Maputo, which is considered a site of global botanical significance. For general information on local vegetation zones, see p64.

## National Parks

Mozambique has six national parks: Gorongosa, Zinave, Banhine and Limpopo National Parks in the interior; Bazaruto National Park offshore; and Quirimbas National Park, encompassing coastal and inland areas in the north.

Bazaruto (p267) is the most accessible park and the most visited, famed for its coral reefs, fish and dugong. Various islands within Quirimbas (p288) can now also be easily (albeit rather expensively) visited, and diving can be arranged with all the island lodges both here and on Bazaruto.

Gorongosa (p270) is easy to visit if you have your own vehicle, and has received a major boost, thanks to the involvement of the US-based Carr Foundation.

Limpopo (p260) is also now open to visitors, and easy to enter from South Africa's Kruger park.

There are several wildlife reserves, although the only ones with tourism infrastructure are Niassa Reserve (p284) and the Maputo Special Reserve (p258).

## Environmental Issues

Some of the most exciting progress is being made in protecting Mozambique's marine resources. Highlights here include the creation of Quirimbas National Park and the recent extension of Bazaruto National Park.

On the terrestrial side, as conservation measures and anti-poaching efforts have begun to show success, with increasing populations of elephants and other wildlife, the instances of human/elephant conflict are also increasing, especially in the north. In addition to fences, more sustainable techniques are also being introduced. These include encouraging cultivation of Mozambique's famous piri-piri (hot peppers), which elephants don't seem to like, and roping off crop areas with strings soaked in a mixture of oil and chilli peppers.

## FOOD & DRINK

Mozambique has some of the best cuisine in the region, blending African, Indian and Portuguese influences, with a dash of piri-piri (hot pepper sauce) to top things off. It's especially noted for its seafood, including excellent *camarões* (prawns), *lagosta* (crayfish) and the ubiquitous and usually delicious *peixe grelhada* – grilled catch of the day. The maize and cassava-based staples are *xima* and *upshwa*.

### MOVERS & SHAKERS: MALANGATANA VALENTE NGWENYA

Malangatana Valente Ngwenya – universally known as 'Malangatana' – has almost single-handedly put Mozambique on the international artistic and cultural stage. He is considered to be one of Mozambique's and Africa's greatest painters, and continues to be a major force in Mozambican cultural and political circles.

Malangatana was born in Matalana village, near Marracuene, in 1936. After spending his early years as a herdboyc and attending local mission schools, he began working as an *empregado* (house help) in colonial-era Maputo. Along the way, he began to develop his artistic talents, and in 1959 displayed his first paintings.

Since then, he has continued painting, drawing and creating with a prodigious output, despite an almost two-year interlude as a colonial-era political prisoner, and later post-independence political involvement. Although best known for his paintings, Malangatana has also worked in various other media, including murals and sculptures. His work is characterised by its dramatic figures and flamboyant yet restrained use of colour, and by its highly symbolic social and political commentary on everything from colonialism and war to peacetime rebuilding to the universality of the human experience.

In addition to his works of art, which is now displayed in galleries worldwide, Malangatana has left his mark across a broad swath of Mozambican cultural life. This has included playing founding roles in the establishment of the National Art Museum (p250) and the Núcleo de Arte (p250) and setting up a cultural centre (currently in process) in his natal Matalana.

One local speciality is *matapa*, cassava leaves cooked in peanut sauce, often with prawns or other additions. *Caril* (curry) dishes are also common, as are *chamusas* (samosas – triangular wedges of fried pastry, filled with meat or vegetables) and other snacks. Wash everything down with a cold Dois M (2M) – the national lager.

All larger towns have at least several restaurants. In Maputo, Beira, Nampula and other major centres, there are also wonderful sidewalk cafés or *pastelarias* where you can enjoy a light meal or snack with a cup of tea (*chá*) while watching the passing scene. And everywhere, you'll find small food stalls (*baracas*), often along the roadside or at markets, where you can get a plate of local food such as *xima* and sauce for about US\$1 or less.

Self-catering is easy in Maputo, Beira, Chimoio, Nampula (all with branches of Shoprite) and in other major towns, where there's a wide selection of produce and imported items. Along the coast, you can buy seafood at the fish markets and ask your hotel to grill it for you.

## MAPUTO

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With its Mediterranean-style architecture, wide avenues lined by jacaranda and flame trees and waterside setting, Maputo is easily one of Africa's most attractive capitals. In the bustling, low-lying *baixa*, *galabiyya*-garbed men gather in doorways for a chat, and women wrapped in colourful *capulanas* sell everything from seafood to spices at the massive Municipal Market. Along the seaside Avenida Marginal, fishermen hawk the day's catch while banana vendors loll on their carts in the shade.

For decades, Maputo's charms and its economic potential were overshadowed, first by colonialism, then by war, and it's only recently that the city has come into its own. Today it's a lively, bustling place with an abundance of sidewalk cafés and cultural offerings, and great nightlife. Don't miss spending time here before heading north.

### ORIENTATION

Maputo sits on a low escarpment overlooking Maputo Bay, with the long avenues of its upper-lying residential sections spilling

down into the busy port and commercial area, or *baixa*.

Many businesses, the train station, banks, post and telephone offices and some budget accommodation are in the *baixa*, on or near Avenida 25 de Setembro, while embassies and most better hotels are in the city's more staid upper section, especially in and around the Sommerschild diplomatic and residential quarter. Maputo's tallest building and a good landmark is the 33 Storey Building (*'trinta e três andares'*), in the *baixa* on the corner of Avenida 25 de Setembro and Rua da Imprensa. At the northernmost end of the Marginal and about 7km from the centre is Bairro Triunfo and the Costa do Sol area, with a small beach and several places to stay and eat.

### Maps

There's a slightly dated but excellent city map put out by Conselho Municipal and Coopération Française, sometimes for sale at bookstores and hotels.

### INFORMATION

#### Bookshops

**Publicações Europa-América Livraria** (Avenida José Mateus) A modest selection of English-language books and magazines.

### Cultural Centres

**Centro Cultural Franco-Moçambicano** (☎ 21-320787; www.ccfmoz.com; Praça da Independência; ☹ 2-6pm Mon, 9am-6pm Tue-Fri, 9am-noon Sat) An excellent place, with art exhibitions, music and dance performances, films, theatre and more.

**Centro Cultural Português** (Instituto Camões; ☎ 21-493892; www.instituto-camoes.pt/ccp/ccp.maputo.htm; 720 Avenida Julius Nyerere) Art and photography exhibits; opposite the South African high commission.

**Centro de Estudos Brasileiros** (☎ 21-306840, 21-306774; ceb.eventos@tv cabo.co.mz; cnr Avenida Karl Marx & Avenida 25 de Setembro) Exhibitions by artists and Portuguese language courses.

### Emergency

For emergency medical treatment, see Medical Services, opposite. Official emergency numbers are listed, but it's better to seek help from your hotel or embassy.

**Central Hospital** (☎ 21-325000/9)

**Fire** (☎ 197, 198)

**Police Station** (☎ 21-325031, 119)

### MAPUTO IN....

#### Two Days

After breakfast at your hotel or a sidewalk café, head to the **Praça da Independência** (p250) and get an early start on some of the sights. Walk to the **Municipal Market** (p250), buying some textiles at the nearby shops. Then hire a **laranjinha** (see the boxed text, p255) to take you on a ride along Avenida Marginal to **Restaurante Costa do Sol** (p253) for lunch.

The **National Art Museum** (p250) is an essential afternoon stop, before resting up for an evening at **Chez Rangel** (p253), or a pub- and club-hopping tour in a **habana** (see the boxed text, p255).

Spend day 2 visiting more museums – the **Núcleo de Arte** (p250) and **Malangatana's house and gallery** (p250) are highlights – and **craft shopping** (p253). For dinner, enjoy the local cuisine and ambience at **Feira Popular** (p253) before heading out for another night on the town.

#### Four Days

Follow the two-day itinerary. On day 3, take the ferry to **Catembe** (p255) and lunch at **Restaurante Marisol** (p255). On day 4 go to **Inhaca Island** (p255) to relax on the beach on Portuguese Island or snorkel around Cabo Santa Maria.

### Internet Access

**Mundo's Internet Café** (Avenida Julius Nyerere; per hr US\$2; ☹ 8am-10.30pm Mon-Sat, 10am-10.30pm Sun) Next to Mundo's restaurant.

**Pizza House Internet Café** (Avenida Mao Tse Tung; per hr US\$1.60; ☹ 8am-10pm Mon-Fri, 10am-10pm Sat & Sun) Upstairs at Pizza House (p252).

**Teledata** (Avenida 24 de Julho; per hr US\$1.20; ☹ 7.30am-8pm Mon-Fri, 9am-6pm Sat) One block west of Avenida Vladimir Lenine.

### Medical Services

**Clínica 222** (☎ 82-000 2220, 21-312222, 21-313000; cnr Avenida 24 de Julho & Rua Augusto Cardoso; ☹ 24hr) Similar to Clínica de Sommerschild.

**Clínica de Sommerschild** (☎ 82-305 6240, 21-493924/6; 52 Rua Pereira do Lago; ☹ 24hr) Just off Avenida Kim Il Sung, with a lab and a doctor on call. Advance payment required (meticals, rand, dollars or Visa card).

**Farmácia Capital** Franca Centro Comercial (☎ 82-301 4055; ground fl, Franca Centro Comercial, cnr Avenidas 24 de Julho & Amílcar Cabral; ☹ 24hr; Avenida Mao Tse Tung (☎ 82-301 4056; Avenida Mao Tse Tung; ☹ 7.30am-8pm Mon-Sat) The Mao Tse Tung branch is just up from Pizza House.

### Money

There are 24-hour ATMs all over town.

**BIM Expresso** (cnr Avenidas Mao Tse Tung & Tomás Nduda) ATM.

**Cotacambios** airport (☹ 6am-9.30pm Mon-Thu, 6am-10pm Fri, 7am-10pm Sat, 11.30am-10.30pm Sun); city centre (ground fl, Polana Shopping Centre, cnr Avenidas 24 de Julho & Julius Nyerere; ☹ 9am-9pm Mon-Sat, 10am-10pm Sun) For changing cash out of hours.

**Standard Bank** (Headquarters, Praça 25 de Junho)

Changes travellers cheques (minimum US\$35 commission, original purchase receipt required). A branch at Hotel Polana.

### Post

**Main post office** (CTT; Avenida 25 de Setembro; ☹ 8am-6pm Mon-Sat, 9am-noon Sun)

### Telephone

**Telecomunicações de Moçambique** (TDM; ground fl, 33 Storey Bldg, Rua da Imprensa; ☹ 8am-10pm) International calls. There's a branch at Pestana Rovuma hotel.

### Tourist Information

**Fundo Nacional de Turismo** (Futur; www.futur.org.mz; 1203 Avenida 25 de Setembro) Various brochures covering Maputo and all of Mozambique's provinces.

### Travel Agencies

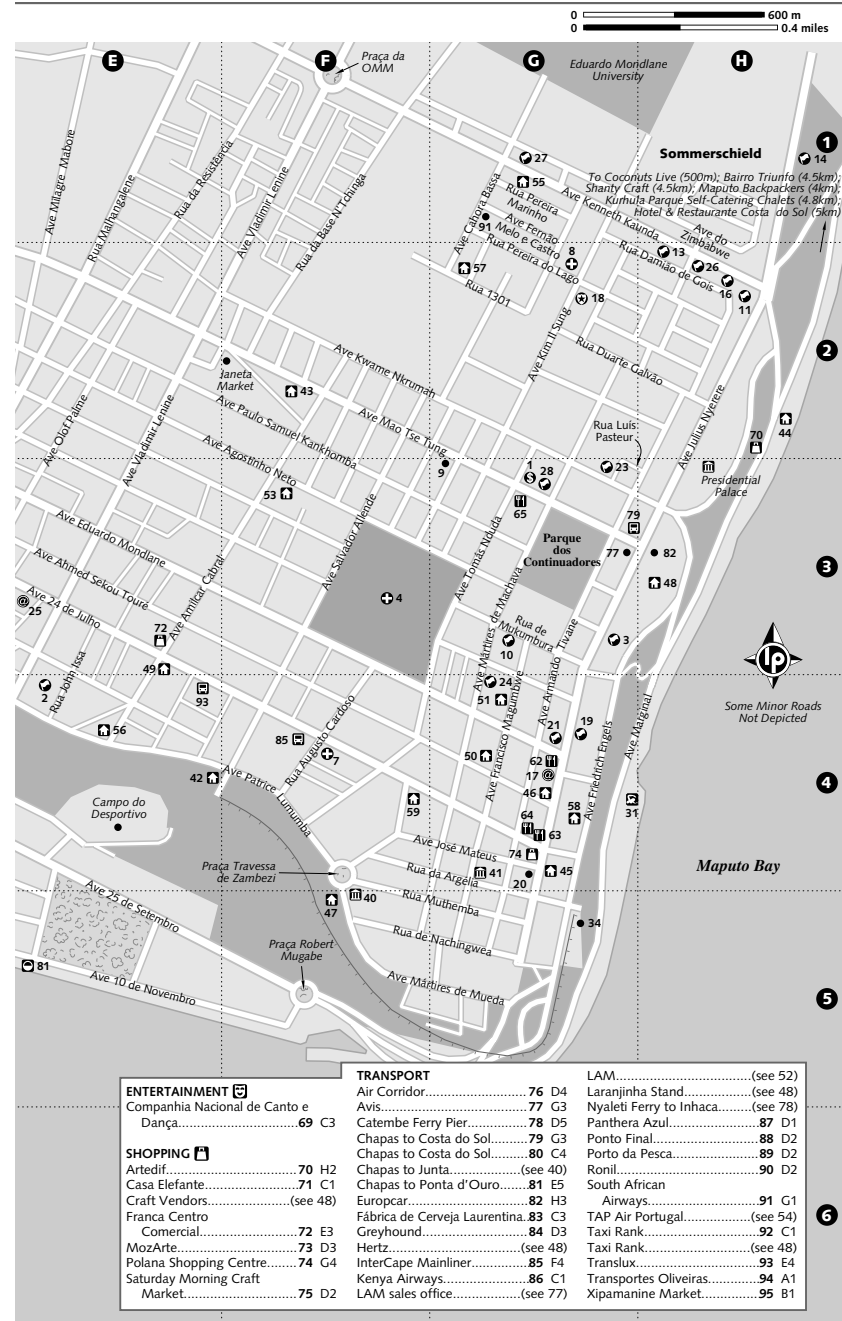
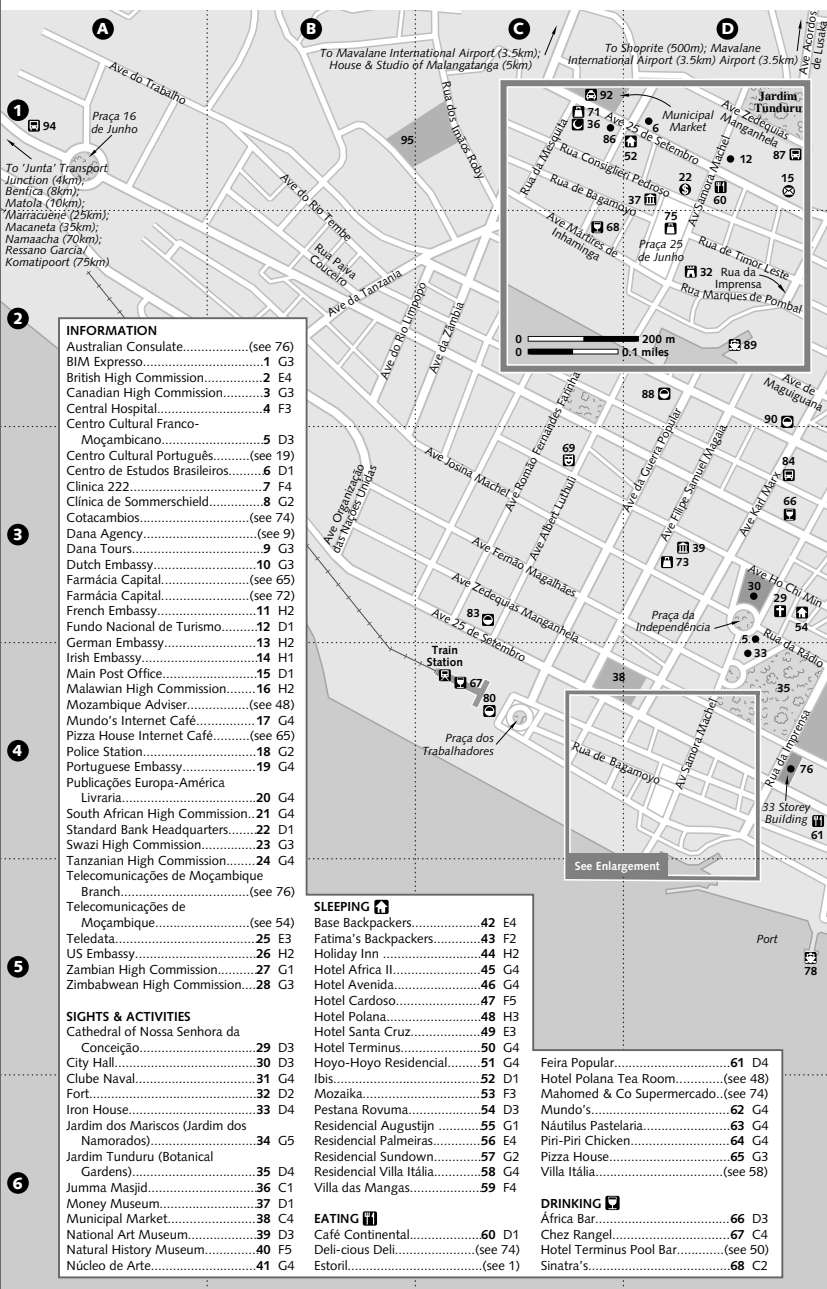
**Dana Agency** (☎ 21-484300; travel@dana.co.mz; 729 Avenida Mao Tse Tung) Sister agency to Dana Tours, and in the same compound; does domestic and international flight bookings.

**Dana Tours** (☎ 21-497483, 21-495514; info@danatours.net; 729 Avenida Mao Tse Tung) A top-notch agency specialising in the coast. Can also sort you out for destinations throughout Mozambique (plus a few in Swaziland and South Africa). Midrange and up, with occasional budget offerings.

**Mozambique Adviser** (☎ 21-309477; www.adviser.co.mz) Bookings desk in the lobby of Hotel Polana; southern Mozambique travel arrangements, car rentals and boats to Inhaca.

**Nau Tours** (☎ 21-380034; www.nautours.co.mz) Budget trips to Catembe, Maputo Special Reserve and Ponta d'Ouro, plus boats to Inhaca and Cabo Santa Maria.

**CENTRAL MAPUTO**



MOZAMBIQUE

MOZAMBIQUE

## DANGERS & ANNOYANCES

While Maputo is considerably safer than nearby Johannesburg, crime does occur, and it can be violent. Although most tourists visit the city without mishap, be vigilant when out and about both during the day and at night, and take the precautions discussed on p293. In particular, try not to carry a bag, wear expensive jewellery or otherwise give a potential thief reason to think that you might have something of value. At night, always take a taxi and, day or night, don't put yourself in isolating situations. Areas to avoid during the day include the isolated stretches of the Marginal between Praça Robert Mugabe and the Holiday Inn, and the two access roads leading down to the Marginal from Avenida Friedrich Engels. Also avoid the area below the escarpment just south of Avenida Patrice Lumumba.

Carry a notarised copy of your passport when out and about (see the boxed text, p294). It's rarely checked, but when it is, it's usually by underpaid policemen looking to top up their meagre salaries with bribes. If you do get stopped, always insist on going to the nearest police station (*esquadrão*).

There are several restricted areas that are off-limits to pedestrians (no photos). These include the eastern footpath on Avenida Julius Nyerere in front of the president's residence and the Ponta Vermelha zone in the city's southeastern corner.

## SIGHTS

### National Art Museum

The **art museum** (Museu Nacional de Arte; <http://musart.tvcabo.co.mz>; 1233 Avenida Ho Chi Min; admission free; ☎ 21-492523; ☹ 2-6pm Tue-Sun), half a block west of Avenida Karl Marx, has a wonderful collection of paintings and sculptures by Mozambique's finest contemporary artists.

### Núcleo de Arte

At this long-standing **artists' cooperative** (☎ 21-492523; [www.africaserver.nl/nucleo](http://www.africaserver.nl/nucleo); 194 Rua da Argélia; ☹ closed Sun), housed in a dilapidated colonial-era mansion, you can see guns transformed into moving sculptures, and chat with the artists and purchase some of their work.

### House & Studio of Malangatana

It is possible to visit the **house and studio of Malangatana** (☎ 21-465286, 21-465681; Rua de Camões,

Bairro do Aeroporto; ☎ 8am-5pm Mon-Fri, to noon Sat), Mozambique's most renowned painter. It's filled with dozens of his own paintings as well as sculptures of Alberto Chissano. Call ahead to arrange an appointment. The house is located several kilometres outside the city centre; ask directions when arranging the visit.

### Natural History Museum

The recently renovated **Natural History Museum** (Museu da História Natural; ☎ 21-490879; [www.museu.org.mz](http://www.museu.org.mz); Praça Travessa de Zambezi; admission US\$2; ☎ 9-11.30am & 2-4pm Tue-Sun), opposite the Hotel Cardoso, is worth a stop to see its Manueline architecture and its garden with a mural by Malangatana. Inside are some moderately interesting taxidermy specimens and what is probably the region's only collection of elephant foetuses.

### Other Sightings

Maputo's **fort** (Praça 25 de Junho; admission free; ☎ 8am-5pm) was built by the Portuguese in the mid-19th century near the site of an earlier fort. Inside are a garden and a small museum with remnants from the era of early Portuguese forays to the area.

Several blocks west is the landmark pale-green **train station** dating from 1910, with a dome designed by an associate of Alexandre Gustav Eiffel (of Eiffel Tower fame).

Between the fort and the station is the oldest part of town, centred around **Rua de Bagamoyo**, with the new **Jumma Masjid** on the site of what was once Maputo's oldest mosque, and the **Money Museum** (Praça 25 de Junho; admission US\$0.20; ☎ 9am-noon & 2-4.30pm Tue-Sat, 2-5pm Sun), in a colonial-era house, with exhibits of local currency ranging from early barter tokens to modern-day bills. The museum was temporarily closed at the time of writing.

Near the train station is the lively **Municipal Market** (Mercado Municipal; Avenida 25 de Setembro) with colourful stalls overflowing with fruit, vegetables and spices.

Northeast of the market is **Praça da Independência**, fringed by the white, spired **cathedral**, the hulking, neo-classical **City Hall** building, the overgrown **Botanical Gardens** (Jardim Tun-duru), and the **Iron House** (Casa de Ferro). This house was designed (also by Eiffel or an associate) in the late 19th century as the governor's residence, but its metal-plated exterior proved unsuitable for tropical conditions.

## MAPUTO FOR CHILDREN

There's a large lawn, a playground and several eateries at **Jardim dos Mariscos** (Jardim dos Namorados; Avenida Friedrich Engels), and a small playground attached to Mundo's restaurant (p253). Another good bet is the pool at **Clube Naval** (☎ 21-492690, 21-494881; [www.clubenaival.com](http://www.clubenaival.com); admission US\$4; ☎ from 7am Mon-Fri).

## TOURS

The best way to see the sights is to charter a *laranjinha* or *habana* (see the boxed text, p255).

The Mozambique Adviser desk at Hotel Polana also arranges reasonably priced half- and full-day city tours, pub crawls ('Maputo by Night') and other excursions.

## FESTIVALS & EVENTS

**Avante Mozambique!** ([avantemozambique@yahoo.com](mailto:avantemozambique@yahoo.com)) is a celebration of Mozambique's art and cultures, including song, music and dance. It's just getting started, but is planned to be an annual event, held in Maputo over two weeks in late August to early September.

## SLEEPING

If you want to be in the thick of things, choose somewhere in or near the *baixa*. For sea breezes and more tranquillity, head to the upper part of town in and around Sommerschild, or to Avenida Marginal and Costa do Sol.

## Budget

The closest camping grounds are about 35km north of Maputo at Marracuene and Macaneta. Maputo has three good backpackers, all with English-speaking staff and heaps of city info. All can also help with airport pickups and transfers to the bus depots for early morning buses north.

**Fatima's Backpackers** (☎ 21-302994, 82-414 5730; [www.mozambiquebackpackers.com](http://www.mozambiquebackpackers.com); 1317 Avenida Mao Tse Tung; camping per person US\$5, dm US\$6-12, d with shared/private bathroom US\$24/32) In the upper part of town and Maputo's longest-running backpackers, with an outdoor kitchen-bar area, and rooms, plus dorm beds, in a house next door.

**Base Backpackers** (☎ 21-302723; [thebasebp@tvcabo.co.mz](mailto:thebasebp@tvcabo.co.mz); 545 Avenida Patrice Lumumba; dm US\$8, d US\$20) Popular and often full, with a convenient location on the edge of the *baixa*, a kitchen, and a backyard bar, terrace and braai (barbecue) area with views to the port in the distance.

**Maputo Backpackers** (☎ 21-451213; Quarta Avenida, Bairro Triunfo; dm US\$8-10, d/tw US\$32/35, tr with shared/private bathroom US\$49/55) This cosy place near Costa do Sol has spotless rooms with fans, and cooking is permitted if the house isn't too crowded. Chapas to/from town stop nearby.

Other than the backpackers, good, safe shoe-string accommodation in Maputo is scarce, and most people opt to pay a bit more for one of the places hovering between budget and midrange. Some recommendations:

**Hotel Santa Cruz** (☎ 21-303004; [www.teledata.mz/hotelsantacruz](http://www.teledata.mz/hotelsantacruz); 1417 Avenida 24 de Julho; s/d with shared bathroom US\$28/32, s/d US\$32/38) The most basic of the bunch, with reasonable rooms in a nondescript high-rise near the corner of Avenida Amílcar Cabral. Not optimal for solo women travellers.

**Hotel Costa do Sol** (☎ 21-450115; [rcs@teledata.mz](mailto:rcs@teledata.mz); Avenida Marginal; s/d US\$31/47; ☎) Above Restaurant Costa do Sol (p253), with straightforward rooms with fan, and the beach across the road. Continental breakfast included.

**Hotel África II** (☎ 21-488729; [hotel.africa@tvcabo.co.mz](http://hotel.africa@tvcabo.co.mz); 322 Avenida Julius Nyerere; s/d with shared bathroom US\$40/50, US\$50/65; ☎ ☎) Pleasant, straightforward rooms in a convenient central location. Prices include continental breakfast.

## Midrange

**Residencial Palmeiras** (☎ 21-300199; [carlos.pereira@tvcabo.co.mz](mailto:carlos.pereira@tvcabo.co.mz); 948 Avenida Patrice Lumumba; s with shared bathroom US\$35, s/d US\$40/55; ☎ ☎) A converted residence with comfortable, good-value rooms – all but one with private bathroom, and all with TV – near the British high commission. Continental breakfast included.

**Hoyo-Hoyo Residencial** (☎ 21-490701; [promotour@tvcabo.co.mz](mailto:promotour@tvcabo.co.mz); 837 Avenida Francisco Magumbwe; s/d US\$38/45; ☎ ☎) This solid, no-frills hotel rather lacks in pizzazz, but rooms are quite decent and fairly priced, with TV and breakfast included. The in-house restaurant, Petiscos, is known for its delicious Goan cuisine (meals from US\$5).

**Ibis** (☎ 21-352200; [www.accorhotels.com](http://www.accorhotels.com); 1743 Avenida 25 de Setembro; r US\$49; ☎ ☎ ☎) Ibis is centrally located in the *baixa*, with small, spiffy rooms at very reasonable prices, plus a restaurant, business facilities and disabled access. If you're on a tight budget but looking for some comforts, it's a good deal.

**Residencial Vila Itália** (☎ 21-497298; [vitalia@virconn.com](mailto:vitalia@virconn.com); 635 Avenida Friedrich Engels; s/d/ste US\$55/65/75) This large colonial-era house has a popular restaurant downstairs, a homey ambience and a few



spacious, spotless rooms on the upper level. Breakfast included.

**Mozaika** (☎ 21-303939; 21-303965; www.mozaika.co.mz; 769 Avenida Agostinho Neto; s/d from US\$60/70; 📞 📺 📺) In a convenient, central location, Mozaika has small but well-equipped rooms – each decorated with its own theme – set around a garden courtyard. There’s a bar, though no restaurant. Breakfast included.

**Villa das Mangas** (☎ 21-497507; villadasmangas@tvocabo.co.mz; 401 Avenida 24 de Julho; s/d from US\$60/75; 📞 📺 📺) Villa das Mangas offers tiny, bright rooms with TV around a little garden, and a sleek restaurant (meals from US\$9) and bar.

**Hotel Terminus** (☎ 21-491333; www.terminus.co.mz; cnr Avenidas Francisco Magumbwe & Ahmed Sekou Touré; s/d from US\$60/100; 📞 📺 📺) This three-star establishment in the upper part of town has small but spotless and well-appointed rooms with TV, plus good service and facilities, a business centre, a garden and a restaurant. It’s popular with business travellers and often fully booked. Breakfast is included.

**Kurhula Parque Self-Catering Chalets** (☎ 21-450115; rcs@teledata.mz; Avenida Marginal; 4-person chalets US\$90; 📞) Under the same management as Hotel Costa do Sol (p251), and just next door, with serviced self-catering chalets – each with a double bed and a loft with two twin beds – set behind a fence on the inland side of the beach road.

There are several private houses in Sommerschild offering B&B-style accommodation, with nicely furnished rooms, most with bathroom. They include **Residencial Augustijn** (☎ 21-493693; t.theunissen@tvocabo.co.mz; 204 Rua Pereira Marinho; s/d US\$50/55) and the larger **Residencial Sundown** (☎ 21-497543; www.hotelmaputo.com; 107 Rua 1301; s/d with full breakfast from US\$55/65; 📞 📺 📺), which also has wireless internet access.

## Top End

Except as noted, rates at these places include a buffet breakfast.

**Hotel Cardoso** (☎ 21-491071; www.hotelcardoso.co.mz; 707 Avenida Mártires de Mueda; s/d US\$135/150, with sea view from US\$160/175; 📞) Opposite the Natural History Museum, and on the cliff-top overlooking the bay, this 130-room hotel is a Maputo classic, with good service, a business centre and a bar with sunset views over the water.

**Pestana Rovuma** (☎ 21-305000; www.pestana.com; 114 Rua da Sé; s/d from US\$115/150; 📞 📺 📺) Centrally located just off Praça da Independência,

the four-star Rovuma is another venerable Maputo establishment, with a business centre and package excursions from Johannesburg that include sister hotels on Inhaca and the Bazaruto Archipelago.

**Hotel Polana** (☎ 21-491001; www.polana-hotel.com; 1380 Avenida Julius Nyerere; s/d from US\$150/168, ste from US\$450; 📞 📺 📺) In a prime location on the cliff-top with uninterrupted views over the sea, the Polana is Maputo’s classiest hotel and one of the best hotels in the region. It has rooms in the elegant main building or in the newer ‘Polana Mar’ section closer to the water. There’s a beautiful pool, a business centre, and a restaurant with daily breakfast and weekend dinner buffets. If you’re thinking of splurging in Maputo, this is one of the best places to do it.

Other recommendations:

**Hotel Avenida** (☎ 21-492000; www.hotelavenida.co.mz; 627 Avenida Julius Nyerere; s/d from US\$160/175; 📞 📺 📺) A five-star high-rise in the upper part of town with a business centre and sleek rooms with all the amenities.

**Holiday Inn** (☎ 21-495050; www.ichotelsgroup.com/h/d/hil/1/en/hd/mpmt; Avenida Marginal; s/d from US\$150/165; 📞 📺 📺) Directly on the water (though there’s no beach or swimming), with rooms and services on a par with those of all Holiday Inns in the region.

## EATING

### Cafés & Quick Eats

**Pizza House** (☎ 21-485257; 601/607 Avenida Mao Tse Tung; pizzas & light meals US\$2-5; 📞 6.30am-10.30pm) Indoor and outdoor seating, plus pastries, sandwiches, burgers, grilled chicken and other light meals, and a small convenience store. Upstairs is an internet café (p247).

**Hotel Polana Tea Room** (☎ 21-491001; Hotel Polana, Avenida Julius Nyerere; light meals US\$2-15; 📞 8am-10pm) This genteel place has plush chairs, wonderful homemade ice cream and a lunchtime salad buffet.

**Piri-Piri Chicken** (Avenida 24 de Julho; takeaway/eat-in chicken to US\$6.50/8) A long-term place with grilled chicken (with or without piri-piri).

There are dozens of sidewalk cafés (all open from about 8am to 9pm daily) where you can get pastries and light meals, and watch the passing scene, including **Café Continental** (☎ 21-302005; cnr Avenidas 25 de Setembro & Avenida Samora Machel; light meals from US\$1.50), which has been around since colonial days; **Estoril** (Avenida Mao Tse Tung); and **Náutilus Pastelaria** (cnr Avenidas Julius Nyerere & 24 de Julho; light meals US\$2-5; 📞 6am-9pm).

## Restaurants

Maputo has dozens of good restaurants, enough to keep you busy sampling new places for weeks. Main dishes at most range from US\$5 to US\$12.

**Restaurante Costa do Sol** (☎ 21-450038; Avenida Marginal; meals from US\$5; 📞 11am-10.30pm Sun-Thu, 11am-midnight Fri & Sat) A Maputo classic, this beachside place draws the crowds on weekend afternoons. There’s seating on the large sea-facing porch or indoors, and an array of seafood dishes and grills. It’s about 5km from the centre at the northern end of Avenida Marginal.

**Mundo’s** (☎ 21-494080; cnr Avenidas Julius Nyerere & Eduardo Mondlane; meals US\$5-9; 📞 7am-1am) Burritos, burgers, pizzas, all-day breakfasts and other hearty fare – all served up in large portions on wooden tables set around a street-side veranda.

**Villa Itália** (☎ 21-497298; 635 Avenida Friedrich Engels; meals from US\$6; 📞 Tue-Sun) This popular restaurant is an amenable spot for a quiet evening, with outdoor garden seating and well-prepared pasta dishes, pizzas, salads and seafood.

**Feira Popular** (Avenida 25 de Setembro; admission US\$0.60; 📞 lunch & dinner) Another Maputo institution, with dozens of small bars and restaurants set inside a large, walled compound, including O Escorpião with hearty Portuguese dishes for US\$6, and Coqueiro with Zambéian cuisine.

## Self-Catering

Excellent tropical fruits and vegetables are available at Maputo’s markets and from street-side vendors.

**Deli-cious Deli** (Polana Shopping Centre, cnr Avenidas Julius Nyerere & 24 de Julho) Deli meats and cheeses, sandwiches, wine and other imported items.

**Mahomed & Co Supermercado** (Polana Shopping Centre, cnr Avenidas Julius Nyerere & 24 de Julho; 📞 10am-8pm) Small, but conveniently located.

**Shoprite** (Avenida Acordos de Lusaka; 📞 9am-8pm Mon-Sat, 9am-1pm Sun) There’s also a Shoprite supermarket just out of the city centre.

## DRINKING & ENTERTAINMENT Bars & Nightclubs

Thursday to Saturday are the main nights, with things getting going only after 11pm.

**Chez Rangel** (☎ 82-311 6670; 📞 Wed-Sat) This jazz café at the train station is one of Maputo’s best night spots, with live music on Saturdays (admission US\$12), and otherwise your choice

of a large collection of old jazz gramophone records. An ideal spot to sip a *caipirinha* while taking in Afro-jazz beats.

**África Bar** (☎ 21-314821; 2182 Avenida 24 de Julho; admission US\$2; 📞 from 5pm Wed-Sun) This sleek spot draws the crowds on Thursday (jazz night, admission free).

**Coconuts Live** (☎ 21-322217; Complexo Mini-Golfe, Avenida Marginal; admission US\$8, lounge free; 📞 disco Fri & Sat, lounge Wed-Sun) A weekend disco, plus a popular chill-out lounge.

Also recommended:

**Sinatras** (cnr Avenida Mártires de Inhaminga & Travessa do Varieta; 📞 from 9pm Mon-Sat) Live Brazilian-Mozambican fusion music and cuisine to match.

**Hotel Terminus Pool Bar** (☎ 21-491333; cnr Avenidas Francisco Magumbwe & Ahmed Sekou Touré) Good for a quiet drink, or if you want to stick close to your hotel.

## Traditional Music & Dance

Check with the Centro Cultural Franco-Moçambicano (p246) for upcoming music and dance performances.

**Companhia Nacional de Canto e Dança** (National Company of Song & Dance; ☎ 21-400913; www.cncd.org.mz; Casa de Cultura, 1719 Avenida Albert Luthuli) Mozambique’s renowned national dance company is based at the Casa de Cultura, near the intersection with Avenida Ho Chi Min. Rehearsals are often open to the public.

## SHOPPING

In addition to the **Saturday morning craft market** (Praça 25 de Junho; 📞 about 8am-1pm Sat) and the craft vendors in front of Hotel Polana, craft shops include the following:

**Artedif** (Avenida Marginal; 📞 9am-2.30pm Tue, 9am-3.30pm Wed-Mon) A cooperative for disabled people, selling carvings and basketry.

**Casa Elefante** (Ave 25 de Setembro; 📞 closed Sun) The best place to buy *capulanas* (sarongs); opposite the Municipal Market.

**MozArte** (Avenida Filipe Samuel Magaia; 📞 8am-noon & 2.30-5.30pm Mon-Fri, 9am-1pm Sat) Around the corner from the National Art Museum, with artists’ workshops and crafts for sale.

**Shanty Craft** (☎ 21-450305; Segunda Avenida, Bairro Triunfo; 📞 10am-5pm Mon-Sat) An excellent selection of high-quality crafts from around the country.

## GETTING THERE & AWAY Air

For domestic and international flights to/from Maputo, see p297. Airline offices include the following:

**Air Corridor** (☎ 21-311582, 21-311585; 33 Storey Bldg, cnr Avenida 25 de Setembro & Rua da Imprensa)

**Kenya Airways** (☎ 21-320337/8; aquarium@tvcano.co.mz; 171 Avenida Karl Marx) At Aquarium Travel.

**LAM** central reservations (☎ 21-4680000, 21-326001, 21-465801; www.lam.co.mz; cnr Avenidas 25 de Setembro & Karl Marx); sales office (☎ 21-490590; cnr Avenidas Julius Nyerere & Mao Tse Tung)

**South African Airways** (☎ 21-495483, 21-495484, 21-498097; www.flysaa.com; Avenida Fernão Melo e Castro, Sommerschild)

**Swazi Express** (☎ in South Africa 031-408 1115; www.swaziexpress.com; Maputo airport)

**TAP Air Portugal** (☎ 21-303927/8, 431006/7; www.tap-airportugal.pt; Hotel Pestana Rovuma)

**TransAirways** (☎ 21-465108; fax 21-465011; transairways@virconn.com; Maputo airport)

## Bus

Most long-distance depots are well outside the city centre. For upcountry fares and journey times, see the town headings.

**Benfica** (Avenida de Moçambique) Chapas to Marracuene.

**Fábrica de Cerveja Laurentina** (cnr Avenidas 25 de Setembro & Albert Luthuli) Chapas to Swaziland, South Africa, Namaacha, Boane and Goba depart from behind the beer factory.

**'Junta'** (Avenida de Moçambique) Maputo's chaotic long-distance bus depot about 7km from the centre; most departures are about 5am. Coming into Maputo, some buses continue into the city to Ponto Final (cnr Avenidas Eduardo Mondlane & Guerra Popular), from where it's about US\$2 in a taxi to the central area.

**Panthera Azul** (☎ 21-302077/83; www.pantherazul.com; 273 Avenida Zedequias Manganhela) Weekly bus to Beira (US\$44, 18 hours), departing at 5am Tuesday from its office.

**Transportes Oliveiras** (☎ 21-405108, 21-400475; Avenida 24 de Julho) The place to go to catch the ailing Oliveiras buses to Inhambane (departing at 6am and 11am). It's about 4km from the centre, just beyond Praça 16 de Junho (US\$6 in a taxi).

Departure and ticketing points for express buses to Johannesburg include the following (see p299 for times and prices).

**Greyhound** (☎ 21-355700; www.greyhound.co.za; 1242 Avenida Karl Marx) At Cotur Travel & Tours.

**InterCape Mainliner** (☎ 21-431006; www.intercape.co.za; 899 Avenida 24 de Julho) At Tropical Air Travel.

**Panthera Azul** (☎ 21-302077/83; www.pantherazul.com; 273 Avenida Zedequias Manganhela) Behind the main post office.

**Translux** (☎ 21-303825, 21-303829; www.translux.co.za; 1249 Avenida 24 de Julho) At Simara Travel & Tours.

## Train

Slow trains connect Maputo with Ressano Garcia, departing Maputo at 7.45am daily, and Ressano Garcia at 12.10pm (US\$0.60, four to five hours). For onward connections to Johannesburg, see p299.

## GETTING AROUND To/From the Airport

Maputo's Mavalane International Airport is 6km northwest of the city centre (US\$8 to US\$10 in a taxi).

## Bus & Chapa

Buses are numbered, and have name boards with their destination. City rides cost US\$0.15.

Chapas go everywhere (US\$0.20). Some have name boards; otherwise listen to the destination called out by the conductor. To get to Junta, look for a chapa going to 'Jardim'; coming from Junta into town, look for a chapa heading to 'Museu'.

Useful transport stands:

**Museu (Natural History Museum)** Chapas to the airport and 'Junta'.

**Ponto Final** (cnr Avenidas Eduardo Mondlane & Guerra Popular) Terminus for some upcountry buses, and for chapas running along Avenida Eduardo Mondlane.

**Praça dos Trabalhadores** Chapas to Costa do Sol; these also depart from the corner of Avenidas Mao Tse Tung and Julius Nyerere.

**Ronil** (cnr Avenidas Eduardo Mondlane & Karl Marx) Chapas to 'Junta', Benfica and Matola.

## Car

Car crime is rife in Maputo – park in guarded lots when possible, or tip the young boys on the street to watch your vehicle. Rental agencies include the following:

**Avis** (☎ 21-465497/8, 21-494473; www.avis.co.za; intersection Avenidas Julius Nyerere & Mao Tse Tung) Diagonally opposite Hotel Polana, and at the airport.

**Europcar** (☎ 21-497338, 21-466172; europcar@virconn.com; 1418 Avenida Julius Nyerere) Next to Hotel Polana and at the airport.

**Hertz** (☎ 21-494982, 21-303171/3; hertz.reservat@tropical.com.mz) At Hotel Polana, and at the airport.

**Imperial** (☎ 82-300 5180, 21-494459, 21-315345; www.imperialcarrental.co.za) At the airport.

## Taxi

There are taxi ranks at Hotel Polana (call ☎ 21-493255 for a cab), at most other top-end

## TREAT YOURSELF

In keeping with its Afro-Latino rhythms, Maputo now boasts its own fleet of *habanas* – sleek 1950s-vintage cars imported from Cuba, with huge, comfortable seats and period tunes on the sound system. They can be chartered for sightseeing tours, airport pick-ups or evenings on the town pub- and club-hopping.

The same company also has a fleet of brightly coloured *laranjinhas* – Maputo's version of Cuba's *cocos taxis* – that can be chartered for daytime sightseeing or rides along Avenida Marginal. The *laranjinhas* have meters, with prices roughly equivalent to city taxi prices, or about US\$30 per hour; *habana* charters are about US\$45 per hour. Contact **Laranjinhas Turismo e Taxis Lda** (☎ 21-491071/5, ext 2618, 82-410 0001; egrafica@virconn.com) at Hotel Cardoso for bookings of both. You can also catch *laranjinhas* at stands in front of Hotel Polana or Holiday Inn.

hotels and at the Municipal Market. Town trips start at US\$2. From Costa do Sol to Junta costs about US\$12.

## AROUND MAPUTO Catembe

☎ 21

Across the bay from Maputo is the quiet town of Catembe, with views of Maputo's skyline and a taste of upcountry life for those who won't have a chance to leave the capital.

**Catembe Gallery Hotel** (☎ 21-380050; www.catembe.net; ste from US\$95, r US\$95; 📞) enjoys a waterside setting, pleasant, breezy rooms with small balconies overlooking the bay, and a handful of suites boasting Jacuzzis and original paintings by local artists. This all combines to make this a great city getaway. There's also a small beach and the good **Restaurante Marisol** (meals from US\$5), with Mozambican cuisine, homemade pasta and cheeses, make-your-own-pizzas and live music on Sundays. Next door and under the same management is **Pensão Catembe** (dm US\$15, r US\$50), with dorm beds and doubles sharing facilities. It's 4km north of the ferry dock; call first, and staff will come and collect you.

## GETTING THERE & AWAY

A ferry runs daily from the dock near the Ministry of Finances (per person day/evening US\$0.15/0.20, per vehicle US\$6, 20 minutes). The first boat from Maputo departs at 5am, then 6am, 7am, 8.30am and thereafter every few hours or so until 10pm. From Catembe, the first departure is at 5.30am; evening departures are at 5pm, 6pm, 7.30pm, 9.30pm, 10.45pm and 11.30pm (final boat sometimes leaves early). Smaller, passenger-only boats (US\$0.20) also run throughout the day between about 7am and 7pm.

## Inhaca Island

☎ 21

Inhaca, about 40km east of Maputo, is an important marine research centre and a popular weekend getaway. Its offshore coral reefs are among the most southerly in the world, and parts of the island and surrounding waters have been designated a protected reserve. On Inhaca's southwestern edge at the research station is a small **museum** (admission US\$3; 🕒 8.30-11.30am & 2-3.30pm Mon-Fri, from 9.30am Sat, Sun & holidays) with specimens of local fauna.

About 3km northwest of Inhaca is tiny **Portuguese Island**, a patch of white sand surrounded by crystal-clear waters, and just south of Inhaca is **Cabo Santa Maria**, with quiet beaches and good snorkelling. Cabo Santa Maria is usually visited by boat from Inhaca or direct from Maputo, although there's also an overland route through the Maputo Special Reserve and a self-catering camp; for more information see p258.

## SLEEPING & EATING

**Marine Biology Research Station** (☎ 21-760009, 21-760013; fax 21-492176; r per person US\$15) Just in from the water on the island's southwestern edge, with no-frills rooms that share facilities, and are open to the public on a space-available basis. Bring your own food, and book rooms well in advance.

**Pestana Inhaca Lodge** (☎ 21-305000; www.pestana.com; s/d/family room with half board US\$125/218/250; 📞 📞) This four-star place is set in expansive gardens just north of the ferry pier. The pleasant rooms have mosquito nets, fan and air-con, and there are larger family rooms, most of which are wheelchair-friendly.

**Restaurante Lucas** (☎ 21-760007; meals US\$5-8, 1-/2-person seafood platter US\$18/26, lobster or prawns about US\$17; 🕒 from 7am) The main place to eat, with

pricey but delicious seafood grills and slow service. It's next to Pestana Inhaca Lodge.

### GETTING THERE & AWAY

There are daily flights to/from Maputo on **TransAirways** (☎ 21-465108; transairways@virconn.com) for US\$50 return.

For speedboat charters to Inhaca (US\$35 to US\$50 per person, minimum four people, about one hour) or to Cabo Santa Maria get in touch with **Desemar** (☎ 82-301 8070, 82-309 7920; sergio302003@yahoo.com), which can also be booked through Hotel Polana (p252) or Nau Tours (p247) in Maputo.

The slow Vodacom ferry departs from Maputo's Porto da Pesca (off Rua Marques de Pombal) at 8am on Tuesday, Thursday, Friday, Saturday and Sunday (US\$16 one way, 2½ to three hours). Departures from Inhaca are about 3pm. The less reliable *Nyaleti* departs from the Catembe ferry pier at 7am on Tuesday, Thursday, Saturday and Sunday (1st/2nd class US\$6/3.20 one way, two to three hours), returning about 3pm the same day.

Charter speedboats stop at Portuguese Island en route to Inhaca, or you can arrange something with local fishermen on the beach in front of Pestana Inhaca Lodge.

### Marracuene & Macaneta Beach

☎ 21

Breezy Macaneta is the closest open-ocean beach to Maputo and an easy day trip from the capital. It's on a narrow peninsula divided from the mainland by the Nkomati River, and reached via the colonial-era town of Marracuene, 35km north of Maputo along the EN1.

### SLEEPING & EATING

**Marracuene Lodge** (☎ 21-494529; marracuene@teledata.mz; camping per person US\$8, r/per person self-catering/with half-board US\$39/55; 🍴) On the Nkomati River about 4km south of Marracuene off the EN1, with good camping and hot water ablutions, plus two- and six-person self-catering chalets and a restaurant. Boat transfers to Macaneta beach are included in half-board rates, and otherwise cost US\$16 per person.

**Jay's Beach Camp** (☎ 82-300 1430; camping per adult/child US\$12.50/6.25, 2-/4-/6-person chalets US\$62/94/125; 🍴) Large, grassy grounds on the inland side of the dunes with camping and an ablutions block, no-frills chalets and a braai area. Just over the dunes is a long, surf-pounded beach. It's 12km from the ferry and signposted (4WD

only). Day use of the compound is US\$4 per vehicle.

**Macaneta Lodge** (Complexo Turístico de Macaneta; ☎ 82-322 9920; macanetalodge@tdm.co.mz; 2-/4-person bungalows US\$70/140; 🍴) Popular with day visitors, with a beachside restaurant (meals from US\$5), straightforward chalets and a weekend discotheque.

**Motapa Estuary Lodge** (☎ in South Africa 015-793 3816; info@transfrontiers.com; 8-person lodge with full-board/self-catering US\$586/312; 🍴) A lovely, tranquil place on the Nkomati River, with four double bungalows and a restaurant-bar. Transport to the beach can be arranged. Advance bookings are essential; overnight visitors only.

### GETTING THERE & AWAY

Take any northbound chapa from Benfica (US\$1.20, one hour) to Marracuene, from where it's a 10-minute walk through town to the Nkomati River ferry (round trip per vehicle US\$6.50, five minutes, runs until about 6pm). On the other side, follow the rutted road for about 5km to a junction of sorts, from where most of the Macaneta places are about 5km to 8km further, and signposted. There's no public transport; hitching is slow except at weekends. For drivers, 4WD is essential, except for Macaneta Lodge.

## SOUTHERN MOZAMBIQUE

Excellent beaches, heaping plates of prawns, wonderful diving and snorkelling, good tourism infrastructure, and easy road and air access from South Africa make the southern coast Mozambique's most popular destination, and an easy introduction to the country.

### PONTA D'OURO & PONTA MALONGANE

☎ 21

Ponta d'Ouro, with its long, wide beach, is the first Mozambique stop for many travellers doing a larger Southern Africa loop. Offshore waters host abundant sea life, including dolphins, whale sharks and – from July to October – whales. Thanks to the area's proximity to South Africa, it fills up completely at holiday weekends.

About 5km north is the quieter Ponta Malongane, with a beautiful and seemingly

endless stretch of windswept coastline fringed by high, vegetated dunes.

### Activities

#### DIVING

Visibility that's consistently better than just over the border, a profusion of corals, and the chance to see dolphins and sharks have made Ponta d'Ouro one of Mozambique's diving hubs. Tandje Beach Resort is the base for a number of operators that run dive camps.

**Dolphin Encounters** (☎ 82-920 8952, in South Africa 011-462 8103; www.dolphin-encounters.co.za; per person with half-board in reed/wooden huts US\$44/55) Wooden huts with nets or simpler reed huts; dolphin tours.

**Simply Scuba** (☎ in South Africa 011-678 0972; www.simplyscuba.co.za; per person sharing from US\$22)

**Scuba Adventures** (☎ 21-650026; www.scubatravel.co.za; per person sharing tent/hut US\$23/27)

**Whaler** (☎ in South Africa 011-213 0213; www.thewhaler.co.za; hut s/d from US\$29/42)

In addition to the operators based at Tandje Beach Resort, local dive bases include **Devocean Diving** (www.devoceandiving.com) and Ponta Malongane (right). There's a dive equipment shop under Fishmonger Barracas (p258).

#### DOLPHIN TOURS

Dolphins frequent the nearby waters, and catching a glimpse of them can be a beautiful experience. However, remember that they're wild creatures, and sightings can't be guaranteed. The best tours are with Dolphin Encounters (above), and are generally part of a three-night package from Johannesburg, priced from about US\$422 per person; walk-ins are accommodated if space is available.

### Sleeping

#### PONTA D'OURO

**Tandje Beach Resort** (☎ in South Africa 011-678 0972; camping per person US\$13, 2-/4-/6-person chalets US\$47/112/180) Shaded camping near the beach at the southern end of town, plus tatty self-catering chalets with shared ablutions. There's a charge of US\$0.40 per vehicle. It's also the base for a handful of dive camps (see Diving, above), which is where most budget travellers stay. Except as noted, all have simple tented and/or reed hut accommodation, sharing ablutions with the camping ground, catered or self-catering options, diving courses and equipment rental.

**Bugan Villa Sol** (☎ 82-310 4360, 84-752 0973; bougainvillasol@gmail.com; B&B per person from US\$70; 🍴) This cosy B&B-style guesthouse makes a good weekend retreat, with impeccably decorated rooms set around the garden, braai facilities, and the beach just a five-minute walk away. It's near the police station, and signposted from the entrance to town.

**Motel do Mar** (☎ 21-650000; www.pontadoouro.co.za; 4-person chalets with/without sea view US\$105/85) In a good seaside location, this motel is a throwback to colonial days, with a restaurant, and blocks of faded two-storey self-catering chalets, each with two twin-bedded rooms.

**Praia de Ouro Sul** (☎ in South Africa 082-871 2791; www.praiaedourosul.co.za; 4-person tents US\$156, 6-person luxury chalets US\$344) Luxurious logwood chalets on a high, vegetated dune with commanding sea views and American-style kitchens, plus safari-style tents on a forested hillside, and a restaurant. It's about 5km south of Ponta d'Ouro town, and signposted from town.

### PONTA MALONGANE

**Ponta Malongane** (☎ in South Africa 013-741 1975; www.malongane.co.za; camping per person US\$13, dive camp tents from US\$16, rondavel/log-hut d from US\$24/25) Based at the sprawling Parque de Malongane, with shaded camping, two-person rondavels, small twin-bedded log cabins, a restaurant and a self-catering area.

**Tartaruga Marítima Luxury Camp** (☎ in South Africa 083-309 3469, www.tartaruga.co.za; s/d US\$95/147; 🍴) About 2km further north is this lovely and tranquil retreat, with safari-style tents tucked away in the coastal forest behind the dunes, and a self-catering area.

**Ponta Mamoli** (☎ in South Africa 083-444 6346; www.pontamamoli.com; chalet s/d with half-board US\$176/281; 🍴) Log-cabin chalets, plus a restaurant, bar and braai area in a beautiful setting 11km north of Ponta Malongane. Diving, fishing and horseback riding can be arranged.

### Eating

**Café del Mar** (☎ 21-650048; cafedelmarponta@tropical.co.mz; meals US\$3-6; 🍴 lunch & dinner Wed-Mon) The best food in town, featuring crêpes and other French fare, plus live music at weekends until dawn. They also have rooms (per person with half-board US\$59). Look for the orange building on the hilltop in the town centre.

Also recommended:  
**Scandals** (meals US\$1.50-5) Just outside Tandje Beach Resort, with all-day breakfasts, omelettes and light meals.

**Fishmonger Barracas** (☎ 21-650026; meals from US\$5) Opposite Café del Mar, with filling breakfasts and seafood platters.

**A Florestinha do Índico** (meals US\$5-8) Lawn seating, burgers and grills.

### Getting There & Away

Ponta d'Ouro is 120km south of Maputo (3½ hours in a private vehicle), about 60km of which is soft deep sand (4WD only).

Chapas depart from Maputo's Catembe ferry pier at 8am on Tuesday and Friday (US\$5, five hours), and from Ponta d'Ouro at 8am Wednesday and Saturday. Otherwise, take the ferry to Catembe, where you can find transport to Salamanga (US\$2.50, 1½ hours) or Zitundo (US\$4.50, 4½ hours). From Zitundo, there's sporadic transport to Ponta d'Ouro (US\$1), 20km further south.

Kosi Bay border post is 11km south of Ponta d'Ouro (4WD), but there's no public transport. Coming from South Africa, there's a guarded lot at the border where you can leave your vehicle (about US\$5 per day). All the hotels do pick-ups from the border, and it's easy hitching at weekends.

### MAPUTO SPECIAL RESERVE

En route to Ponta d'Ouro and two hours from Maputo is the **Maputo Special Reserve** (Reserva Especial de Maputo; adult/child/vehicle US\$8/2/8), which was gazetted in 1969 to protect the local elephant population and several turtle species. Due to the war and poaching, it's estimated that only about 180 elephants remain, most of which are quite skittish and seldom seen. The main attractions are the pristine wilderness feel of the place – it offers a true bush adventure close to the capital – and its 300-plus bird species, including fish eagles and many wetland species. The coastline here is also an important nesting area for loggerhead and leatherback turtles; peak breeding season is November to January. For the **camping ground** (camping per adult/child US\$6/3), on the beach, you'll need to bring food, water and everything else with you.

Continuing north within the reserve, past its northern boundary and on to the tip of the Machangula Peninsula, brings you to **Ponta Torres Camp** (☎ 82-252 4670, in South Africa 083-460 9492; www.africafrica.co.za/Pontatorres.htm; per person US\$38), a self-catering place (minimum four persons) on Cabo Santa Maria (p255) targeted at anglers and birders. A 4WD is essential,

and you'll need to pay vehicle and entry fees for the reserve.

### Getting There & Away

Catembe Gallery Hotel (p255) operates all-inclusive day trips for US\$85 (US\$130 including a night in one of their luxury rooms). Otherwise, you'll need your own transport (4WD). The main entrance, known as *campeamento principal*, is marked with a rusty signboard about 65km from Catembe along the Ponta d'Ouro road. From the turnover, it's 3km to the park gate, and then about 35km further through the reserve to the coast and the camping ground.

### NAMAACHA

☎ 21

Cool Namaacha sits on the Swaziland border 70km west of Maputo, with an ornate colonial-era church and streets lined by jacaranda and flame trees. East of town is a rusty sign marking the way down to a small *cascata* (waterfall), 3.6km north of the main road.

**Xisaka** (☎ 21-960330; s/d/ste Mon-Thu US\$50/80/102, Fri-Sun US\$39/55/70; ☎ ☎ ☎), behind the church, has rooms with TV, and a restaurant.

Chapas run frequently to/from Maputo (US\$2).

### BILENE

☎ 281

This small resort town sits on a large lagoon separated from the open sea by a sandy spit. Its calm waters are good for swimming, although conditions vary markedly with the seasons. If you're based in Maputo and have a car at your disposal, it's an enjoyable weekend excursion, but if you're touring and want some beach, it's better to head further north to Tofo or south to Ponta d'Ouro.

### Sleeping & Eating

**Complexo Palmeiras** (☎ 281-59019; www.palmeiras.itgo.com; camping per site US\$12, plus per person US\$5, 4-person chalets US\$45) At the northern edge of town on the beach, with camping, no-frills chalets and braai facilities. Follow the main road into town to the final T-junction, then go left for about 1km.

**Pousada São Martinho** (☎ 281-59058; d US\$20, 4-person chalets US\$80-100; ☎) Simple rooms, plus block-style self-catering chalets, each with a tiny porch and a small living room. It's just up from the beachfront road.

**Girassol Bilene Lodge** (☎ 282-59071; www.girassolhotels.co.za; chalets with half-board per person US\$85; ☎) On the eastern banks of the lagoon, and just over the dunes from the sea, with four- and six-person chalets scattered around the hillside, and a restaurant. Access is via a short boat ride across the lagoon. In Bilene, leave your car at the guarded lot opposite the Petro-moc petrol station, and follow the short path from there to the beach.

**Praia do Sol** (☎ 82-3193040; www.pdsol.co.za; chalets or r with half-board per person US\$86) About 4km south of town along the beach, with A-frame chalets overlooking the lagoon, plus some double rooms. All come with bathroom and nets, and there's a restaurant (no self-catering), a bar and diving, canoeing, quads/bikes and boat trips across the lagoon. Turn right onto the beachfront road and continue for about 3km, staying right at the fork.

Eateries – all on or just off the beachfront road – include Estrela do Mar and **Complexo Aquarius** (☎ 281-59000; meals US\$3-5), both with seafood grills; the basic **Tchin-Tchin** (meals US\$1-3), with grilled chicken and chips to go; and **Café O Bilas** (pizzas from US\$3), next to the petrol station, with pizzas and upstairs seating.

### Getting There & Away

Bilene is 140km north of Maputo and 40km off the main road. A direct chapa departs Maputo's Xipamanine market (beyond the western end of Avenida Eduardo Mondlane) at about 7am. Otherwise, go to Junta and have any northbound transport drop you at Macia junction, from where pick-ups run throughout the day to/from Bilene (US\$0.50, 30 minutes).

Departing from Bilene, a bus to Maputo leaves daily at 6am (and sometimes again at 1pm) from the town centre near the market (US\$3.60, four to five hours). Otherwise, take a chapa (from the roundabout at the entrance to Bilene, about 2km from the beach) to Macia, and then get onward transport from there.

### XAI-XAI

☎ 282

Xai-Xai ('shy-shy'), the capital of Gaza province, is a long town stretched out along the EN1. It's of little interest to tourists, but its beach (Praia do Xai-Xai or Xai-Xai Beach), about 10km from the town centre, has invigorating sea breezes and makes an agreeable

overnight stop if you're driving to/from points further north.

### Sleeping & Eating

**Xai-Xai Camping & Caravan Park** (☎ 282-35022; Praia do Xai-Xai; camping per site US\$5, 2-person bungalows from US\$22, 4-bed self-catering house US\$55) Xai-Xai Camping (ask for the *campismo*) has a shaded, beachside location, with rundown facilities. It's just north of Complexo Halley.

**Kaya Ka Hina** (☎ 282-22391; EN1; s/d with shared bathroom US\$15/19, with air-con & private bathroom from US\$24/26; ☎) Clean, no-frills rooms in the town centre, and a restaurant (meals US\$2 to US\$5). It's about 100m north of the *praça* transport stand.

**Complexo Halley** (☎ 282-35003, 282-35014; Praia do Xai-Xai; d with sea view US\$36, ste from US\$40; ☎) This long-standing beachfront hotel is the first place you reach coming down the access road from town. It has a breezy seaside esplanade, a restaurant (meals from US\$2.50), pleasant, homey rooms (ask for one that's sea-facing), and a weekend disco.

### Getting There & Away

Buses to/from Maputo depart daily in each direction at about 6am and 1pm (US\$5, four hours) from the Oliveiras depot on the main road opposite Banco Austral. However, it's faster to take one of the north-south through buses. Wait by the Pôr do Sol complex on the main road at the southern end of town or, better, take a chapa to the bridge control post (*pontinha*), where all traffic needs to stop.

Chapas, including to Macia (for Bilene), depart from the *praça* transport stand near the old Pôr do Sol complex.

To Praia do Xai-Xai (US\$0.20), chapas depart from the *praça* transport stand (or catch them anywhere along the main road) and go to within at least 700m of the beach.

### AROUND XAI-XAI

The lagoon-studded coast north and south of Xai-Xai has a string of attractive beaches – all quiet, except during South African school holidays, and a fine destination if you have your own vehicle.

**Protea Zongoene Lodge** (☎ in South Africa 012-346 8868; www.zongoene.com; camping per site US\$8, plus per person US\$14, 4-person self-catering house from US\$195, s/d with half-board US\$161/258) is a luxurious South African-run place just south of the Limpopo River Delta offering chalets, beachside cabins,

camping, a restaurant and the usual array of activities. Turn off the EN1 about 15km south of Xai-Xai, from where it's 35km further down a sandy track.

**Paraíso de Chidenguele** (☎ in South Africa 082-550 7559; www.chidbeachresort.com; 4-/6-/8-person chalets US\$155/208/258, 'overnight rooms' per person US\$36) is a low-key self-catering resort about 70km north of Xai-Xai and 5km off the main road, with self-catering thatch-and-wood chalets, a bar, and meals with advance notice.

**Nhambavale Lodge** (☎ in South Africa 082-326 6350; www.nhambavale.co.za; camping per person US\$14, chalet d US\$64) is a relaxing lodge just north of Paraíso de Chidenguele and 2km in from the sea on Lake Inhampavala.

**Sunset Beach** (☎ 82-057 5960; www.sunsetbeache.com; 6-person chalets US\$225, 3-person rondavels US\$90), at the southern edge of Chidenguele beach, has stone-and-thatch self-catering chalets, small rondavels and a restaurant.

## LIMPOPO NATIONAL PARK

Together with South Africa's Kruger and Zimbabwe's Gbonarezhou National Park, this **park** (Parque Nacional do Limpopo; ☎ 21-713000; adult/child US\$8/2) forms part of the Great Limpopo Transfrontier Park (see the boxed text, p67). Gbonarezhou connections are still in the future, but Kruger and Limpopo are now linked via the Giriyyondo border post.

The most interesting area is the 'sanctuary' – a 30,000 hectare tract along the Kruger border where wildlife translocation efforts are focused. While sightings are still hit and miss, the bush ambience is alluring. There are people living within the park boundaries, so it's likely that you'll also see some of these communities and their livestock on the park's eastern fringes.

Most visitors use Limpopo as a transit corridor between Kruger and the coast. There's also a four-day 4WD 'ecotrail' (per vehicle US\$594) between Kruger's Punda Maria camp and the Komatiport border post (book through www.dolimpopo.com or www.sanparks.org), plus several multiday hiking trails (see www.dolimpopo.com for details and bookings).

## Sleeping

**Campismo Agua Pesqueira** (camping per person US\$4) This park-run camping ground with cold-water ablutions is along the edge of the escarpment overlooking Massingir Dam, and about

50km from Giriyyondo border post. Tent rental is US\$4 per day.

**Covane Community Lodge** (covane2006@yahoo.com.br; camping per person US\$8, 3-person tent US\$18, bungalow d US\$28, 5-person chalets US\$64) A recommended community-run place on a rise overlooking Massingir Dam and Nova Lake, with camping, plus traditional houses and chalets, good local meals and sunset views over the water. Staff can help you organise trips into the park and boat trips on the lake. Chapas run daily from Maputo's Junta to Massingir town (US\$7), where staff will come and collect you.

**Machampane Wilderness Camp** (www.dolimpopo.com; tent s or d with full-board US\$285) Limpopo park's only luxury camp, with five well-located safari tents directly overlooking the Machampane River in the sanctuary area, and about 20km from Giriyyondo border post. Guided day and overnight walks can be arranged, as can vehicle safaris.

## Getting There & Away

The Giriyyondo border post is about 70km west of Massingir; see p299. If entering Limpopo from South Africa, you'll also need to pay Kruger park entry fees, and Kruger's gate quota system (see www.sanparks.org for information) applies. Only 4WDs are permitted to cross. The main Mozambique park entrance is **Massingir Gate** (☎ 6am-6pm), about 5km from Massingir town.

## QUISSICO

☎ 293

Quissico, capital of Zavala district, sits on an escarpment overlooking a chain of shimmering, pale blue lagoons. The surrounding area is famed for its Chopi *timbila* (marimba) players, and Quissico is the site of an annual *timbila* festival, usually held sometime between June and August.

**Pousada de Zavala 'Quissico'** (☎ 293-65007; EN1; r US\$10-14), in the town centre, has undistinguished rooms with shared bathrooms, and a restaurant.

**Praia Mar e Sol** (www.reviteresort.com; camping per adult/child US\$12/6, chalet per person US\$34) offers camping and a six-person self-catering chalet on the inland side of the dunes, about 11km from Quissico near the lagoon.

Quissico is 130km northeast of Xai-Xai. To reach the lagoon and Praia Mar e Sol, take the signposted turn-off just north of town, from where it's 11km further (4WD).

## ZÁVORA

About 55km north of Quissico and about 80km south of Inhambane is Závora beach, with the rustic **Závora Lodge** (www.zavoralodge.com; camping per person US\$8.50-12.50, 4-/6-bed bungalows US\$94/140, 8-bed house US\$212). In addition to camping, including a few sites on the sea side of the dunes, it has self-catering reed bungalows and serves meals with advance notice. The bungalows and houses come with bedding and nets, but otherwise, bring everything with you. It's 17km from the EN1 (usually negotiable with 2WD); the turn-off is signposted 11km north of Inharrime town.

## INHAMBANE

☎ 293

Inhambane is one of Mozambique's most charming towns and one of its oldest settlements. Well before the Portuguese arrived, it was a stop for Muslim dhows plying the coast, and from the 18th century, Inhambane was an important trading port for ivory and slaves. In 1834 it was ravaged by Chief Soshangane's warriors, but soon recovered to become one of the largest towns in the country. During the 20th century, focus shifted southwards, and Inhambane declined.

Today, it's a sleepy place with quiet, shaded streets lined with old houses and buildings.

## Information

**Banco Austral** (Avenida da Independência) ATM; on the north side of the road.

**BIM** (Avenida Acordos de Lusaka) ATM; opposite Á Maçaroca restaurant.

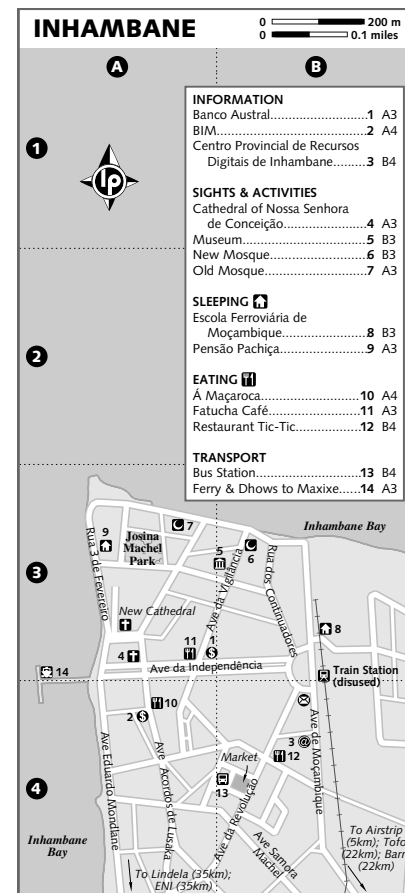
**Centro Provincial de Recursos Digitais de Inhambane** (per min US\$0.02; ☎ 8am-4pm Mon-Fri, 9am-4pm Sat) Internet access.

## Sights

Attractions in Inhambane include the 18th-century **cathedral** near the water, and the old and new **mosques**. There's a tiny **museum** (Avenida da Vigilância; admission free; ☎ 8am-3pm Mon-Sat) near the new mosque.

### LAND OF THE GOOD PEOPLE

On arrival in Inhambane, the 15th-century Portuguese explorer Vasco da Gama was reportedly so charmed by the locals that he gave the area the name *terra da boa gente* or 'land of the good people'.



## Sleeping & Eating

**Pensão Pachica** (☎ 293-20565, 293-20046; faroliturismo@teledata.mz; Rua 3 de Fevereiro; dm US\$11, d US\$40) This backpackers on the waterfront has been given a complete refurbishing and is the best place to stay, with dorm beds, rooms, a restaurant-bar and a rooftop terrace. Take a left coming off the ferry jetty and continue about 300m.

**Escola Ferroviária de Moçambique** (☎ 293-20781; Avenida de Moçambique; r with/without fan US\$19/15) By the train station at the eastern edge of town, this is the only other option, with functional but souless attached doubles (no nets) sharing a bathroom. From the ferry jetty, continue straight through town to the end of the main road and look for the grey monstrosity.

Á **Maçaroca** (☎ 293-20489; Avenida Acordos de Lusaka; meals US\$6-10; ☎ 9am-11pm Mon-Sat) One block south of Avenida da Independência; has grilled fish, meat and curries.

For inexpensive local meals try **Fatucha Café** (Avenida da Independência; meals from US\$2) or **Restaurant Tic-Tic** (Avenida da Revolução 227a; meals US\$2-3), diagonally opposite the market.

## Getting There & Away

### AIR

LAM has three flights weekly to/from Maputo (US\$164 one way), and there are frequent charters to/from Johannesburg, best booked with hotels in Tofo and Barra.

### BOAT

An old and precipitously overloaded ferry operates from sunrise to sundown between Inhambane and Maxixe (US\$0.50, 25 minutes), alternating with smaller motorboats. Dhows do the trip more slowly for US\$0.15. The first boats to Maxixe depart at dawn.

### BUS

The bus station is behind the market. Chapas to Tofo run throughout the day (US\$0.60, one hour). Oliveiras buses to Maputo depart at 6am and 11am (US\$9, seven hours, 450km). It's faster to catch one of the 30-seaters, such as Inhambane Ceu and Inhambane Expresso, which depart at 5am (US\$8). For other southbound buses, and for all northbound transport, you'll need to head to Maxixe.

Coming from Maputo, Inhambane Ceu and other smaller buses depart Junta between 5am and 7am. Alternatively, take any northbound bus to Maxixe.

For shuttles between Swaziland and Tofo, see p299.

## AROUND INHAMBANE

The string of beaches south of Inhambane are mostly geared towards drive-in visitors looking for a self-catering vacation, and they fill up completely during South African holidays. Most also organise diving and instruction. They include **Jeff's Palm Resort** (☎ 293-56063; www.jeffsmoz.com; 8-person camping barracas US\$34, plus per person US\$10, 4-/8-person houses US\$129/300), about 20km southeast of Inhambane, with self-catering houses and camping *barracas* (shelters) in the palm groves behind the dunes; and **Jangamo Beach Resort** (☎ in South Africa 013-750 2439; www.jangamo.co.za; d US\$55, 6-person chalets

US\$155, 6-person houses US\$219), just south, with large reed-and-thatch chalets and a restaurant on the dunes.

About 35km southeast of Inhambane is Pandane beach, where the family-friendly **Paindane Beach Resort** (☎ 082-569 3436; www.paindane.com; camping per adult/child US\$10/5, 4-/6-person chalets from US\$91/118, 8-person villas from US\$250) offers camping *barracas*, reed-and-thatch chalets on the dunes, a restaurant and snorkelling just off shore.

All places are accessed by signposted access roads (4WD) off the main road south of Inhambane, and most can also organise transfers to/from Inhambane.

## TOFO

☎ 293

Tofo has long been legendary on the Southern Africa holidaymakers' scene, with its azure waters, long arc of beach, easy access and perpetual party-time atmosphere. Just to the south and easily accessed from Tofo is **Tofinho**, Mozambique's unofficial surfing capital.

**Tofo On-Line** (per hr US\$5; ☎ 10am-6pm Thu-Tue) has internet access. The closest ATMs and banks are in Inhambane.

## Activities

Together with Tofo's beach, diving has put Tofo on the map. Operators (both PADI Gold Palm) include **Diversity Scuba** (☎ 293-29002; www.diversityscuba.com) and **Tofo Scuba** (☎ 82-826 0140; www.tofoescuba.com).

Tofinho's Turtle Cove (below) is 'surfing Mozambique'. The Waterworks Surf & Coffee Shop (opposite) rents and sells gear.

## Sleeping

**Fatima's Nest** (☎ 82-414 5730; www.mozambiquebackpackers.com; camping per person US\$5, dm US\$7-9, 2-/3-person bungalows US\$24/36) A friendly, low-key and rather makeshift place about 1.5km south of Bamboozis on low dunes overlooking the beach. On offer: camping, tents for rent (US\$18), no-frills reed bungalows, a kitchen, bar, pool table and evening beach bonfires.

**Turtle Cove** (☎ in South Africa 011-803 4185; www.feralsurf.com; camping per person US\$8, dm US\$12, r per person with bathroom in reed/stone bungalows US\$16/22) This place is in Tofinho and it's the spot to go if you're interested in surfing or chilling, with a mix of stone or reed bungalows, evening bonfires, yoga instruction and surfboard rental. Bring your own bedding for the dorms.

**Casa Barry** (☎ 293-29007; www.casabarry.com; camping per site US\$8, reed/brick casita d US\$70/86, 4-/6-person chalets US\$172/206) Well located on the beach at the southern end of town, with a camping area to the back, a beachfront collection of closely spaced, rustic reed-and-thatch self-catering chalets and a restaurant.

**Pensão Tofo** (☎ 82-827 4590; dm US\$8, d US\$23; ☎) Small, clean and without the beach vibes, but nevertheless a good budget bet. There's a dorm and a double with shared bathroom, a kitchen, fan and nets. It's opposite Tofo On-Line in the town centre.

**Bamboozis** (☎ 293-29040; camping US\$9, dm US\$14, 2-/4-person bungalows US\$23/46, 4-person chalets US\$94, honeymoon ste US\$94; ☎) Bamboozis has a large, circular dorm, camping, bungalows and a kitchen area set under the palms on the back side of a high dune, plus a dune-top bar-restaurant. It's 3km north of town along a sandy road. Wednesday and Friday are party nights.

**Mango Beach** (☎ 82-943 4660; luckyjill@webmail.co.za; r US\$20, 4-person houses US\$55, 6-person chalets US\$102) A large place behind the dunes about 4km north of town, with a cluster of simple bungalows and some nice, well-equipped self-catering chalets behind the dunes, plus a dune-top restaurant.

**Hotel Tofo Mar** (☎ 82-294 5150; hoteltofomar@yahoo.com.br; s/d US\$38/70, with sea view from US\$42/75; ☎) Situated in a prime location directly on the beach in the town centre, this is the only hotel (ie nonbungalow-style place), and quite faded these days, though there are renovations planned.

**Nordin's Lodge** (☎ 293-29009; 2-/4-person chalets US\$50/100) The quiet Nordin's is at the far northern end of town, and just south of Fatima's Nest on the beach. It has thatched chalets that come with hot water, fridge and self-catering facilities.

## Eating

**Dino's Beach Bar** (meals from US\$2; ☎ 10am-late Thu-Tue) Tofo's main hangout, with good vibes, good music and good food on the beach just past Fatima's Nest.

**Waterworks Surf & Coffee Shop** (breakfasts & light meals US\$2-4; ☎ 7am-5pm Tue-Sun) Great breakfasts with muesli, waffles and more, plus light meals. It's next to Diversity Scuba in the town centre.

**Albatroz** (☎ 293-29005; restalbatroz@teledata.mz; meals from US\$5, breakfast buffet US\$14; ☎ breakfast Sun, lunch & dinner daily) At the top of the hill in the

town centre, with delicious seafood dishes and a Sunday breakfast buffet.

**Casa de Comer** (☎ 82-764 8160; meals US\$7; ☎ 10am-9pm Wed-Mon) Mozambique-French fusion cuisine in the town centre.

## Getting There & Away

There are chapas throughout the day along the 22km sealed road between Tofo and Inhambane, departing Tofo from about 6am (US\$0.60, one hour). To Maputo or points north, you'll need to go via Inhambane or Maxixe, which means that to catch an early north/southbound express bus, you'll need to stay in Inhambane the night before.

## BARRA

☎ 293

Barra sits at the tip of the Barra peninsula, where the waters of Inhambane Bay mix with those of the Indian Ocean. It's beautiful, but unlike Tofo, there's no town, and everything's spread out. Many self-drivers prefer Barra's quieter scene and its greater range of mid-range accommodation options, but Tofo is a better bet if you're backpacking.

Dive operators include **Barra Lodge Scuba Diving** (www.barradiverresorts.com; Barra Lodge) and **Barra Reef Divers** (www.barrareef.co.za; Barra Reef).

## Sleeping & Eating

**Farol de Barra** (☎ 82-960 3550; www.barralighthouse.com; camping per adult/child US\$12/6) Under the same management as Pensão Pachica in Inhambane, with good camping on the beach at Barra point and a small bar-restaurant. Electricity per day is US\$5. Take the signposted sandy (4WD only) right off the Barra road, when coming from Bar Babalaza.

**Barra Lodge** (☎ 293-20561; www.barralodge.co.za; dm US\$13, casita s/d with half-board US\$132/221, 6-person self-catering cottages US\$181) One of Barra's largest, longest-running and most outfitted places, with a range of accommodation – from small twin-bedded reed *casitas* with bathroom to larger self-catering cottages – plus a beachside bar-restaurant, a full range of activities and excursions to Pomene, further up the coast. For backpackers, there's a divers' bunkhouse with hot showers and a cooking area.

**Barra Reef** (☎ 293-56035; www.barrareef.co.za; bunkhouse s/d US\$26/31, 4-person casitas US\$109, 5- or 6-person self-catering villas US\$125) About 1km beyond Barra Lodge, directly on the beach with no dunes in between, and self-catering chalets, bungalows,

a bunkhouse, a beachside restaurant-bar and lots of activities.

**Flamingo Bay Water Lodge** (☎ 293-56001; www.flamingobay.co.za; s/d with half-board US\$250/391; 🍷 🍷 🍷) The most upscale choice, with luxurious wood-and-thatch stilt houses lined up in a row over the bay past Barra Lodge, and a restaurant. No children under 12 years of age.

**Bar Babalaza** (meals from US\$2) About 6km from Barra at the junction where the roads to Tofo and Barra diverge, with meals, drinks and air for your tyres.

### Getting There & Away

Barra Lodge and several other places offer fly-in packages from Johannesburg.

The turn-off for Barra is about 15km from Inhambane en route to Tofo – go left at Bar Babalaza. There are daily chapas between Inhambane and Conguiana village along the Barra road, from where you'll need to sort out a pick-up or walk (about 4km to Barra Lodge).

### MAXIXE

**☎ 293**  
Maxixe (ma-sheesh), about 450km northeast of Maputo on the EN1, has little to recommend it except its convenient location as a stopping point for traffic up and down the coast. It's also the place to get off the bus and onto the boat if you're heading to Inhambane, across the bay.

**Maxixe Camping** (☎ 293-30351; EN1; camping per person US\$5, 2-person beach bungalows from US\$32) is next to the jetty, with camping and faded bungalows. You can leave your vehicle here while visiting Inhambane.

**Pousada de Maxixe** (☎ 293-30199; EN1; d with shared/private bathroom US\$16/24), across the road from Maxixe Camping, has grubby rooms, but surprisingly good evening meals.

**Stop** (☎ 293-30025; EN1; meals from US\$2; ☎ 6am-10pm), next to the jetty, has meals and also rents clean rooms with air-con for US\$26 nearby.

For self-catering, try Taurus, which is just off the EN1.

### Getting There & Away

Buses to Maputo (US\$8, 6½ hours, 450km) depart from the bus stand by the Tribunal from 6am. Chapas to Vilankulo (US\$6, 3½ hours) and other points north leave from Praça 25 de Setembro, in front of the Conselho Municipal. For information about the Inhambane ferry, see p262.

### LINGA LINGA

Ponta Linga Linga has a small village and the very no-frills, backpacker-oriented **Funky Monkeys** (camping per person US\$4, dm US\$4), with nothing more to do than relax under the palms. Prices are negotiable the longer you stay, and you can go canoeing in the nearby mangroves.

Take a chapa to Morrumbene (US\$0.80 from Maxixe, US\$3 from Vilankulo), then walk about 20 minutes to the water (ask for the *ponta*) to catch a dhow to Linga Linga (US\$0.20). Sailings depend on the winds, but there's usually a public boat departing daily except Sunday about 11am. Otherwise, hire your own for about US\$6. When approaching Linga Linga, ask the captain to take you all the way to the point. It's also possible to hire a dhow in Inhambane (about US\$5, bring water and shade); ask at Pensão Pachica (p261) in Inhambane.

### MASSINGA & MORRUNGULO

**☎ 293**  
Busting Massinga has an ATM, and accommodation and meals at **Dalilo's Hotel** (☎ 293-71043; EN1; r with shared/private bathroom from US\$20/30; 🍷) at the northern end of town.

Several kilometres further north is the signposted turn-off for the beautiful Morrungulo beach.

**Morrungulo Beach Resort** (www.morrungulo.co.za; camping per adult/child US\$11/5.50, bungalow d US\$78, 4-person chalets US\$144, bunkhouse per person about US\$31) is a large self-catering complex (no restaurant), set among the palms, with a range of chalets, a bunkhouse and a dive centre. Bookings are essential during South African school holidays; bring your own bed sheets.

**Baobab Lodge** (☎ 82-865 6980, 21-455010; baobab\_lodge@yahoo.co.uk; camping/barraca per person US\$5/8, dm US\$8, cliff/beach d US\$30/35, 6-person cottages US\$75-100) has good camping, rooms and a self-catering cottage at the top of the small escarpment (five minutes' walk from the sea), plus more self-catering cottages and camping down near the water. There's also a restaurant, and staff can help you organise visits to nearby villages.

### Getting There & Away

Most north-south buses stop at Massinga. Morrungulo is 13km from the main road; sporadic chapas run to within walking distance of the lodges.

### VILANKULO

**☎ 293**  
Vilankulo is the finishing (or starting) point of Mozambique's popular southern tourist circuit, and the gateway for visiting the nearby Bazaruto Archipelago. During holidays, it's overrun with 4WDs, but otherwise is very quiet.

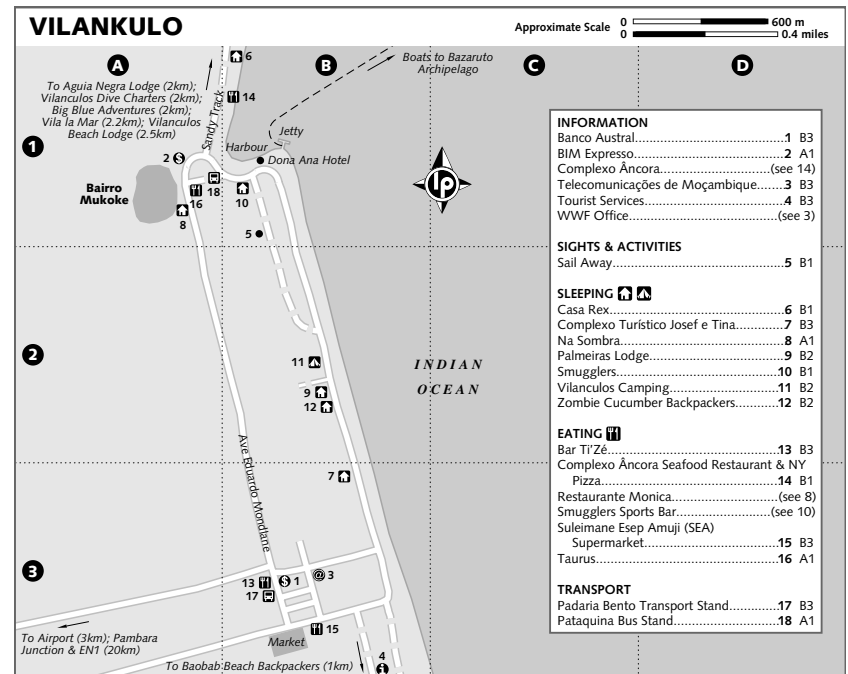
### Orientation

The bus stand, market and ATMs are at the southwestern end of town near the main junction. About 3km northeast of here following the tarmac Avenida Eduardo Mondlane is Bairro Mukoke, with another ATM, the old Dona Ana Hotel (closed) and a cluster of sleeping options within easy reach. The beach-front road, with Sail Away and more sleeping places along it or just inland, parallels Avenida Eduardo Mondlane to the east.

### Information

**BIM Expresso** (Avenida Eduardo Mondlane; Bairro Mukoke) ATM.

**Banco Austral** (Avenida Eduardo Mondlane) ATM, and changes cash dollars; at the junction near the town entrance.



**Adventures** (☎ 293-82425, bigblue@teledata.mz; Aguiã Negra Lodge).

## Sleeping

### BUDGET

**Baobab Beach Backpackers** (☎ 293-82202, 82-731 5420; baobabmoz@yahoo.com; camping US\$6, dm US\$8, chalet d US\$20, beachfront chalet d US\$40) A beachside setting (though camping and most accommodation is inland) and a definite party vibe. It's at the southern end of town, reached from the bus station and market area via a sandy path winding through the village. It is not safe to walk this stretch alone – call and they'll send someone to meet you.

**Complexo Turístico Josef e Tina** (☎ 293-82140; camping per tent US\$10, rondavel d US\$24, d from US\$30) Just up from Zombie Cucumbers with camping, a self-catering area, basic reed bungalows and several self-catering rooms in the main house.

**Zombie Cucumber Backpackers** (www.zombiecucumber.com; dm US\$10, chalet d US\$28; ☎) Lots of green space, hammocks, a bar and a circular dorm, small chalets and great meals. It's just back from the beach road, south of Palmeiras Lodge.

**Vilanculos Camping** (☎ 293-82043; www.vilanculoscamping.co.za; camping per person US\$11, chalets per person US\$16-23) This large, shaded camping area on the inland side of the beach road also has a few straightforward rooms and bungalows with bedding.

**Na Sombra** (☎ 293-82429; Bairro Mukoke; s/tw/d with shared bathroom US\$11/14/16) Small, no-frills rooms, and a good restaurant.

### MIDRANGE & TOP END

**Smugglers** (☎ 293-82253; www.smugglers.co.za; s/d with shared bathroom US\$38/55, s/d US\$44/66; ☎) Just north of the Dona Ana Hotel on the inland side of the road, with pleasant rooms around cool, lush gardens, and a restaurant.

**Aguiã Negra Lodge** (☎ 293-82387; www.aguiãnegra.co.za; chalet s/d US\$55/86, with air-con US\$86/140, 6-person chalets about US\$147; ☎) About 2km north of the Dona Ana Hotel, with breezy A-frame chalets on large, grassy grounds overlooking the sea, plus newer air-con rooms, good breakfasts and a restaurant.

**Palmeiras Lodge** (☎ 293-82257; cottage s/d US\$66/109; ☎) Just in from the beachfront road, with nice whitewashed stone-and-thatch cottages set in green grounds. Continental breakfast is included; there's no restaurant.

It can also be booked through Vilanculos Beach Lodge.

**Casa Rex** (☎ 293-82048; www.casa-rex.com; s/d from US\$95/150; ☎) A small, upmarket getaway in peaceful, manicured grounds about 500m north of the Dona Ana Hotel.

**Vilanculos Beach Lodge** (☎ 293-82388; www.vilanculos.co.za; s/d from US\$117/203; ☎) A large, busy resort-style place about 1km north of Aguiã Negra Lodge, with chalets set back from the water on a hillside, a restaurant and a range of water sports.

**Vila la Mar** (☎ 293-82302; vilalamar@teledata.mz; 6-/10-person houses US\$250/280) Spacious, beautiful and well-equipped self-catering chalets, just up from Aguiã Negra Lodge.

## Eating

**Bar TiZé** (Avenida Eduardo Mondlane; meals from US\$1) A small local eatery on the main road near the bus stand, with fresh, inexpensive meals.

**Restaurante Monica** (Na Sombra; meals US\$2.50-6) Has delicious local cuisine.

**Smugglers Sports Bar** (at Smugglers; meals from US\$3) Has good breakfasts and hearty pub fare.

**Complexo Ancora Seafood Restaurant/NY Pizza** (☎ 293-82444; pizzas & meals US\$4-10; ☎) 7am-10pm Wed-Mon) A piece of Americana in the middle of Mozambique, with large portions, pizza, apple pie and a waterside eating area.

For self-catering, try the Suleimane Esep Amuji (SEA) Supermarket near the market, or Taurus, diagonally opposite BIM.

## Getting There & Away

### AIR

LAM flies four times weekly to/from Maputo (US\$216 one way), three times weekly to/from Chimoio and weekly to/from Beira. **Pelican Air** (☎ 293-82348, in South Africa 011-973 3649; www.pelicanair.co.za; airport) flies daily between Johannesburg and Vilankulo (US\$266 one way), sometimes via Nelspruit, and with onward connections to Bazaruto and Benguera Islands. **Swazi Express** (☎ in Swaziland 518-6840; www.flyswazi.com; airport) has three flights weekly between Vilankulo, Durban and Swaziland's Matsapha Airport.

The airport is 3km from town. There are no taxis, so you'll need to arrange a lift with a hotel, or hitch.

### BUS

Vilankulo is 20km east of the EN1 down a tarmac access road, with the turn-off at Pambara junction. Chapas run between the

two throughout the day (US\$0.80). Except as noted, all transport departs from the main road just down from Padaria Bento.

To Maputo (US\$16, nine to 10 hours), there are two to three buses daily, departing town by 4.30am (no advance bookings). If you're staying in the Mukoke section of town, it's easier to board the bus at Pataquina (down the small street opposite BIM Expresso); the first bus of the day usually departs from here between 3am and 3.30am before stopping at the main stand near Padaria Bento. Coming from Maputo, get to Junta by about 4.30am. One of the better lines is Xiluva, which departs from Junta about 5am.

To Beira (US\$12, nine hours), 30-seater buses depart Vilankulo at 4.30am; book the afternoon before.

To Chimoio, there's a daily 30-seater bus departing Vilankulo at 4am (US\$14, 8½ to nine hours).

To Maxixe (for Inhambane), minibuses run daily throughout the day (US\$6, four hours).

## Getting Around

Vilankulo is very spread out. There are no taxis, but lifts are easy to find. Occasional chapas run along the main road, but not out to the beach places on the northeastern edge of town.

## BAZARUTO ARCHIPELAGO

The Bazaruto Archipelago is the quintessential tropical paradise, with clear, turquoise waters filled with pretty fish, colourful birds and top diving and snorkelling. There are five main islands – Magaruque (Santa Isabel), Benguera (Santo António), Santa Carolina (Paradise Island), Bazaruto and tiny Bangué – spread out 10km to 25km offshore between Vilankulo and Inhassoro. Much of the area is protected as a **national park** (adult/child US\$8/2).

## Sleeping & Eating

**Ponta Dundo Camp** (Bazaruto Island; camping per person US\$15) The only budget accommodation in the archipelago, this place was soon to open at the time of writing. It's run by the local community in partnership with the national park, with fixed double tents. Bring food and drink, and get an update in Vilankulo before heading over.

**Bazaruto Lodge** (☎ 21-305000; reservas@pestanda.co.mz; Bazaruto Island; s/d with full board from US\$225/365;

☎) An unpretentious four-star getaway on a tranquil bay with A-frame chalets amid lush gardens beneath the sand dunes, and a honeymoon suite.

**Indigo Bay** (☎ 293-82340; www.indigobayonline.com; Bazaruto Island; s/d US\$365/540) The largest and most outfitted lodge in the archipelago, with rooms and beachfront chalets, and a range of activities.

**Benguera Lodge** (☎ in South Africa 011-452 0641; www.benguera.co.za; Benguera Island; s/d with full board from US\$534/790; ☎) One of the best and most intimate of the island lodges, with spacious luxury chalets near the beach, and a few honeymoon suites.

## Getting There & Away

### AIR

Pelican Air flies between Johannesburg, Nelspruit and Vilankulo, with connections to Benguera and Bazaruto islands; see opposite.

### BOAT

All the top-end lodges can arrange speedboat transfers for their guests. To charter your own speedboat (from about US\$100 return), contact Vilankulo dive operators or Big Blue Adventures (opposite).

Alternatively, you can reach the islands by dhow from Vilankulo, best arranged through Sail Away (p265). There are also numerous freelancers who will offer to take you over, some reliable, and others not. Check with tourist information or with your hotel for recommendations. Expect to pay from about US\$60 per boat for a day sail, and don't pay until you're safely back on land.

For nonmotorised dhows, allow plenty of extra time to account for wind and water conditions; from Vilankulo to Benguera or Magaruque takes two to six hours.

## INHASSORO

Inhassoro is the last of the southern beaches before the EN1 turns inland, and a popular destination for South African anglers.

**Hotel Seta** (☎ 293-91000/1, 82-302 0990; camping per adult/child US\$8/4, chalets US\$32-45) has camping, plus agreeable white stone-and-thatch cottages and a restaurant.

Inhassoro is about 15km east of the main road. Chapas run daily to/from Vilankulo (US\$2, 45 minutes), and there's a daily bus to/from Maputo (US\$15, 10 hours). To Beira, go to Macovane (the junction with the EN1)



and wait for passing northbound buses from there. Driving northwards, there's a bridge (toll US\$0.80, open 5am to 8pm) across the Save River.

## CENTRAL MOZAMBIQUE

Central Mozambique – Sofala, Manica, Tete and Zambézia provinces – doesn't draw the tourist crowds, but it's a convenient transit zone for travel to/from Malawi and Zimbabwe. Among its attractions are wild Gorongosa National Park, beautiful hill landscapes and Mozambique's highest peaks.

### BEIRA

☎ 23  
Beira, Mozambique's second-largest city and busiest port, is as famed for its steamed crabs and prawns as for its tawdry nightlife.

About 40km south is the site of the ancient gold-trading port of Sofala, which in its 15th-century heyday was one of East Africa's most influential centres, with links to Madagascar, India and beyond, though nothing remains of this today.

### Orientation

At the heart of the city are the adjacent squares of Praça do Município and Praça do Metical, with shops, banks and internet nearby. North of here is the old commercial area and the port. Various streets lead south and east from Praça do Município through the Ponta Gêa residential area to Avenida das FPLM, which runs for several kilometres along the ocean to Makuti Beach and the lighthouse.

### Information

There are ATMs at the airport, at Shoprite (opposite) and at **BCI Fomento** (Rua Major Serpa Pinto), opposite LAM.  
**Clínica Avicena** (☎ 23-327990, 84-302 1520; Avenida Poder Popular; ☎ 24hr) For medical emergencies; just north of Praça do Metical.

### POUNDS STERLING

Unlike Portuguese-dominated Maputo, British influence was strong in late-19th and early-20th-century Beira, and for a time the Bank of Beira even circulated sterling currency.

**Post office** (Rua Correia de Brito)

**Standard Bank** (Praça do Metical) ATM; changes travellers cheques (minimum US\$35 per transaction, purchase receipts required).

**Telecomunicações de Moçambique** (Rua Companhia de Moçambique; ☎ 7am-10pm) Domestic and international telephone calls. Just off Praça do Município.

**Teledata** (Rua Companhia de Moçambique; per hr US\$2; ☎ 7.30am-7pm) Internet; diagonally opposite the telecom office.

### Sights & Activities

For relaxing, try **Makuti beach**, with breezes and sunset views, or the **swimming pool** (Avenida das FPLM; per day US\$4) at Clube Náutico.

Beira's **cathedral** (Avenida Eduardo Mondlane) was built in the early 20th century with stones from the old San Caetano fort (1505) in Sofala. The streets around the **port** are lined with faded colonial-era buildings.

### Sleeping

#### BUDGET

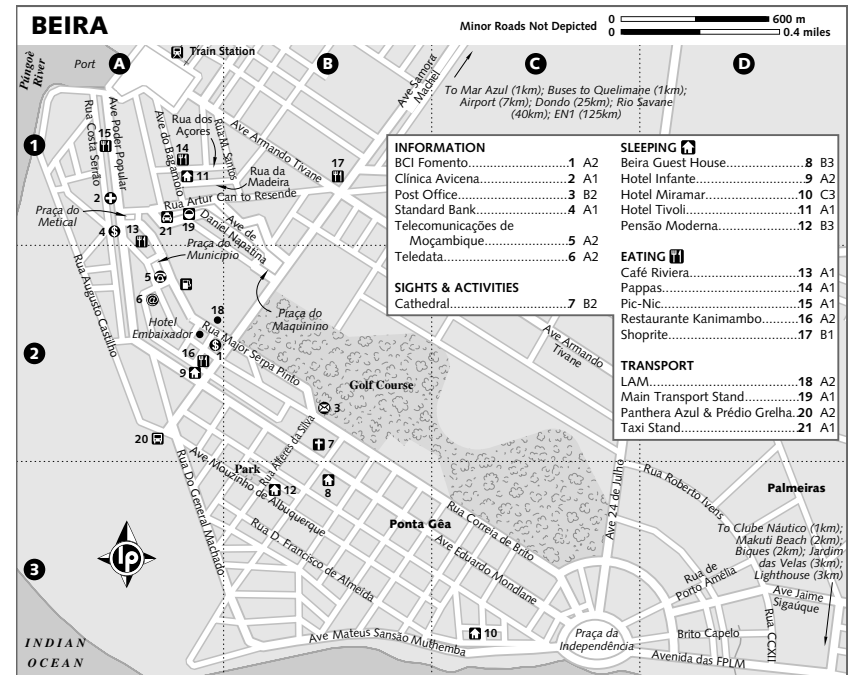
**Rio Savane** (☎ 23-323555, 82-385 7660; camping per person US\$3, 5-person barracas US\$6 plus per person US\$6, self-catering bungalows d/q US\$50/100) About 40km north of town on the Savane River, with camping, *barracas* with mattresses and bedding, self-catering chalets and meals. Take the Dondo road past the airport to the signposted turn-off. Continue 35km to the estuary, where there's secure parking and a boat (until 5pm) to take you to the camp. Pick-ups from Beira can be arranged.

**Biques** (☎ 23-313051; Makuti Beach; camping per person US\$3.50; (P)) This faded camping ground has seen much better days. However, the bar and restaurant are popular, and have sunset views. Take any *chapa* towards Makuti and ask them to drop you at the turn-off, from where it's 400m further on foot. Taxis from town cost US\$3.

**Hotel Miramar** (☎ 23-322283; Rua Vilas Boas Truão; s/d/tw US\$14/20/16; (S)) A faded classic, with no-frills rooms – some with private bathroom – near the water (no beach), but inconvenient for the rest of town.

**Hotel Infante** (☎ 23-326603; Rua Jaime Ferreira; s/d with fan & shared bathroom US\$24/28, with air-con & private bathroom US\$26/30; (S)) In a high-rise building a few blocks from LAM, with small, clean rooms and a restaurant.

**Pensão Moderna** (☎ 23-329901; Rua Alferes da Silva; d/tr with shared bathroom US\$24/31, d with air-con & private bathroom US\$34; (S)) One of the better budget



bets, with adequate rooms – most with fan and shared bathroom. It's two blocks south of the cathedral.

### MIDRANGE & TOP END

**Jardim das Velas** (☎ 23-312209; jardimdasvelas@yahoo.com; 282 Avenida das FPLM, Makuti Beach; d/f US\$75/85; (S)) Near the lighthouse, and another good place with well-equipped doubles and a family room with kitchenette. No meals.

**Beira Guest House** (☎ 23-324030; 1311 Avenida Eduardo Mondlane; r/st US\$75/100; (S)) A nice residential style B&B in the Ponta Gêa area with pleasant rooms with minifridge, TV and laundry service. Breakfast is included, and there's a cook.

**Hotel Tivoli** (☎ 23-320300; h.tivoli-beira@teledata.mz; cnr Avenida de Bagamoyo & Rua da Madeira; s/d US\$83/99; (S)) The Tivoli, with small but tidy rooms with TV and amenities has captured Beira's business market. There is also an on-site restaurant-bar.

### Eating

**Café Riviera** (Praça do Município; snacks & light meals from US\$1.50; ☎ 7.30am-9pm) A good spot to sit with a

cup of coffee and *bolo de mandioca* (almond cake) and watch the passing scene.

**Pappas** (Rua dos Açores; meals from US\$2.50) A bar-eatery with steak and seafood grills on sizzle platters. It's just down from Hotel Tivoli.

**Restaurante Kanimambo** (☎ 23-323132; meals US\$4-7; ☎ lunch & dinner Sun-Fri) Behind Hotel Embaixador; has Beira's best Chinese food.

**Pic-Nic** (☎ 23-326518; Rua Costa Serrão; meals from about US\$4.50; ☎ breakfast, lunch & dinner) Once one of Beira's best restaurants and rather riding on its past reputation these days, though portions are large and service reasonable.

For waterside dining, try the restaurants at Biques (opposite) or **Clube Náutico** (☎ 23-311720; Avenida das FPLM; meals US\$6-11, plus per person entry US\$0.40; ☎ lunch & dinner).

Self-caterers should head to **Shoprite** (cnr Avenidas Armando Tivane & Samora Machel).

### Getting There & Away

#### AIR

There are flights on **LAM** (☎ 23-324141/2; 85 Rua Major Serpa Pinto) weekly to/from Johannesburg, daily to/from Maputo, and several times weekly to/from Tete, Nampula, Quelimane,

Pemba, Vilankulo and Lichinga. The LAM office is opposite Hotel Embaixador. **Air Corridor** (☎ 23-30222/3; airport) stops at Beira on its daily run up and down the coast. **SAairlink** (☎ 23-301569/70; www.saairlink.co.za; airport) flies three times weekly between Beira and Johannesburg.

### BUS & CHAPA

Beira's main transport stand is at Praça do Maquinino. There's no real order to things – ask locals where to go for buses to your destination.

To Maputo, **Panthera Azul** (☎ 23-325042, 82-394 4551; www.pantherazul.com; Complexo SNJ, 43 Avenida Mouzinho de Albuquerque) departs at 5am on Thursday from the Panthera Azul office at Prédio Grelha, at the southwestern end of Avenida Samora Machel (US\$44, 17 to 18 hours). Otherwise, there's usually an 'express' bus (US\$30, 18 hours) and/or one regular bus daily (US\$24), both departing by about 4.30am from the main transport stand; buy tickets the day before. Coming from Maputo, the express bus departs Junta by 5.30am, and the normal buses – which overnight at the Save River bridge – between about 6am and 7.30am.

To Vilankulo (US\$12, nine hours, 470km), there's a direct bus daily departing the main transport stand by about 5am.

To Chimoio (US\$5, three hours, 200km) and Machipanda (US\$6, four hours), minibuses go throughout the day from the main transport stand.

To Tete (US\$16, 10 hours, 600km), there are direct buses several times weekly, but it's best to go first to Chimoio and get transport there (requiring an overnight in Chimoio).

To Quelimane (US\$16.50, nine hours), buses depart from Mar Azul in Pioneiros *bairro*, 1km north of the centre.

Another option, for any northbound or southbound transport, is to go to Inchope, 130km west of Beira (US\$2, two to three hours via chapa), where the EN6 joins the EN1, and try your luck with passing buses there.

### Getting Around

#### TO/FROM THE AIRPORT

The airport is 7km northwest of town (US\$8 in a taxi).

### CHAPA

Chapas to Makuti (US\$0.30) depart from the main transport stand.

### CAR

Rental agencies include **Imperial** (☎ 23-302650/1; www.imperial.co.za) and **Avis** (☎ 23-301263, 82-502 5360; avis.beira@teledata.mz), both at the airport.

### GORONGOSA NATIONAL PARK

About 170km northwest of Beira is **Gorongosa National Park** (Parque Nacional de Gorongosa; www.gorongosa.net; adult/child/vehicle US\$8/2/8; ☎ closed 1 Dec-1 Apr), once one of Southern Africa's premier wildlife parks, and now getting a second wind thanks to assistance from the US-based Carr Foundation. Admission is payable in meticaís only.

While animal numbers still pale in comparison with those of the park's heyday, wildlife is making a definite comeback, and the park is well worth a visit if you're in the area. It's likely that you will see impalas, waterbucks, oribis, kudus, warthogs, hippos, elephants and – with luck – even a lion or two, and the bird life (with over 300 species, including endemics and near endemics) is wonderful.

Vehicle rental and guides for wildlife drives and (soon) walking safaris can be arranged at **park headquarters** (☎ 23-535012, 23-535003; travel@gorongosa.net) in Chitengo, about 15km east of the entry gate. There's also a **camping ground** (camping per person US\$4) here, a good restaurant and several pleasant **rondavels** (s/d US\$26/38), with more camping and rondavels, plus luxury accommodation coming soon. Check the website for updates. Pink Papaya backpackers (opposite) in Chimoio also organises overnight trips to the park.

### Getting There & Away

The park turn-off is at Inchope, about 130km west of Beira, from where it's 43km north along excellent tarmac to Nota village and then 17km east along an all-weather gravel road to the park gate. Within the park, 4WD is necessary.

### MOUNT GORONGOSA

Just northwest of Gorongosa park is Mt Gorongosa (1864m), Mozambique's fourth-highest mountain. It's steeped in local lore, and known for its rich plant and bird life (it's the only place in Southern Africa for spotting the green-headed oriole) and its lovely waterfalls.

The Carr Foundation, which is financing the rehabilitation of Gorongosa National Park, is also supporting a community-based

ecotourism and reforestation project on the mountain, centred on day or multiday hiking trails and birding. A base camp for hikers and birders is being set up near the beautiful **Morumbodzi Falls**, which are on the mountain's western side at about 950m. From the camp, there are paths to the falls, birding walks and overnight climbs to the summit (about six hours one way). A booking office and information centre for the mountain and park is planned for Gorongosa town, where guides and porters can also be arranged. Meanwhile, to organise hikes contact park headquarters at travel@gorongosa.net. All fees (to be determined soon – watch the park website for details) will go to the local communities.

The climb is quite steep on the mountain's upper reaches, and good shoes and a reasonable level of fitness are essential.

To get to the Morumbodzi base camp area, follow the EN6 from Beira to the turnoff at Inchope. Continue north along the sealed road, passing the turn-off for Gorongosa park and continuing about 25km further to Gorongosa town. About 10km beyond Gorongosa town, turn off the main highway to the right, and continue 10km along an unpaved track to the base camp. Via public transport, take any northbound bus or chapa to Gorongosa town, where inexpensive transfers will be available from the Gorongosa information centre to the base camp and the park.

### CHIMOIO

☎ 251

Low-key Chimoio is the jumping-off point for exploring the Chimanimani Mountains, well southwest on the Zimbabwe border.

There are ATMs at **Standard Bank** (cnr Avenida 25 de Setembro & Rua Patrice Lumumba) and at Shoprite, and internet at **Teledata** (cnr Avenida 25 de Setembro & Rua Mossurize; per min US\$0.04; ☎ 8.30am-6pm Mon-Fri, 9am-2pm Sat).

About 5km northeast of town is **Cabeça do Velho**, a large rock resembling the face of an old man at rest. To get here, continue past Magarafa market on Rua do Bárue. It takes about 10 minutes to climb.

About 35km west of Chimoio is the signposted turn-off for **Chicamba Real Dam**, a popular bass anglers' getaway. To the southwest on the Zimbabwe border is **Mt Binga** (2437m), Mozambique's highest peak, which is best climbed from Zimbabwe (see p714).

### Sleeping & Eating

**Pink Papaya** (☎ 82-555 7310, 82-237 2980; http://pinkpapaya.atspace.com; cnr Ruas Pigivide & 3 de Fevereiro; camping per person US\$4, dm US\$8, d US\$24) The best budget option, with camping, dorm beds and doubles, and a kitchen and braai area. The owner can also help arrange local excursions, including to Gorongosa National Park. With the bus stand to your right and train station to your left, walk straight and take the fourth right into Rua 3 de Fevereiro. Go one block to Rua Pigivide.

**Residencial Flôr de Vouga** (☎ 251-22469; cnr Avenida 25 de Setembro & Rua Dr Araújo de la Cerda; s/d with shared bathroom US\$8/19) A homey place above the old Banco Austral building, which has no-frills rooms.

**Hotel-Residencial Castelo Branco** (☎ 251-23934; Rua Sussundenga; r with/without breakfast US\$62/50; ☎ ☎) Catering to business travellers, this place has modern twin-bed rooms, and is just off Praça dos Heróis.

**Elo 4** (Avenida 25 de Setembro; meals US\$3-8) Good pizzas and Italian dishes.

**Shoprite** (EN6) About 2km east of the town centre.

### Getting There & Away

#### AIR

**LAM** (☎ 251-22531; Mafúia Comercial, Rua dos Operários) flies several times weekly to Vilankulo, Tete and Maputo. The airfield is 10km from town, and signposted about 5km west of Chimoio off the Manica road.

#### BUS & CHAPA

All transport leaves from near the train station. Buses depart daily at 4am to Tete (US\$9, six hours) and Vilankulo (US\$14, 10 hours). Chapas to Beira (US\$5, three hours) and Manica (US\$1.80, one hour) run throughout the day.

### MANICA

☎ 251

Tiny Manica, 70km west of Chimoio, lies in what was once the heart of the kingdom of Manica and an important gold-trading area. About 5km from town and signposted (*pinturas rupestres*) are the **Chinamapere rock paintings**.

**BIM Expresso** (EN6) has an ATM.

About 20km north of Manica and straddling the Zimbabwe border is the scenic **Penha Longa** area, where there are good walking (stick to the beaten path).

### SACRED FORESTS

The beautiful foothills of the Chimanimani Mountains are dotted with sacred areas. One of these is the *dzimbahwe* or chief's compound. Each chiefdom has its own spot, generally in a densely forested area, to which access is strictly limited. Another is the *gwasha*, a forest area used by chiefs, elders and spirit mediums for rainmaking and other ceremonies. Both the *dzimbahwe* and the *gwasha* are treated with great respect by local communities, and no development, wood cutting or harvesting are permitted. Hunting is under the control of the chiefs, as is the gathering of medicinal and other plants.

### Sleeping & Eating

**Pensão Flamingo** (☎ 251-62385; EN6; r US\$18) Spiffy, no-frills rooms with fan, and a restaurant.

**Manica Lodge** (☎ 251-62452; manica.lodge@teledata.mz; small/large rondavels US\$20/30) About 400m off the main road at the western end of town, with a restaurant and pleasant stone rondavels (the large ones are much nicer than the small ones) scattered around tranquil, manicured grounds.

**Quinta da Fronteira** (camping US\$3, r US\$6) In Penha Longa, this old mansion has camping and a few basic rooms. Bring food and drink.

### Getting There & Away

All transport departs from the market, diagonally opposite BIM Expresso. Chapas run frequently to/from Chimoio (US\$1.80, one hour) and to the Zimbabwe border (US\$0.60, 30 minutes), and several times daily between Manica and Penha Longa (US\$1, one hour). From the chapa terminus in Penha Longa, it's a 20-minute walk to the Mutombomwe area, and then about 3km further to Quinta da Fronteira.

### TETE

☎ 252

Tete was an important trading outpost well before the arrival of the Portuguese and today continues to be a major transport junction. Apart from the suspension bridge over the Zambezi River, there are few attractions, and Tete's reputation as one of the hottest places in Mozambique discourages visitors. Yet the baobab-studded landscape cut by the wide

swathe of the Zambezi gives it a unique charm and an atmosphere quite unlike that pervading Mozambique's other provincial capitals.

### Information

**MBC Internet Café** (Avenida Julius Nyerere; per min US\$0.04; ☎ 7.30am-noon & 2-5.30pm Mon-Fri, 8am-1pm Sat) Diagonally opposite Unividendas.

**Standard Bank** (cnr Avenida Julius Nyerere & Avenida Eduardo Mondlane) ATM, and changes cash dollars; next to Hotel Zambeze.

### Sleeping & Eating

**Hotel Zambeze** (☎ 252-23100/3; Avenida Eduardo Mondlane; s/d US\$10/14, with air-con from US\$16/22; ☎) Cheap and centrally located, but otherwise unappealing. It's next to Standard Bank.

**Prédios Unividendas** (☎ 252-23198/9, 252-22670; Avenida Julius Nyerere; s/d with shared bathroom US\$22/31, s/d from US\$42/52; ☎) Near Standard Bank, with clean, spacious rooms, most sharing bathrooms. There's no food.

**Motel Tete** (☎ 252-22345; EN103; r US\$42; ☎) On the river about 25 minutes' walk from town along the Changara road, this is Tete's best, with pleasant rooms and a good riverside restaurant (meals from US\$3); no alcohol.

**Pastelaria Confiança** (Avenida 25 de Junho; light meals from US\$0.80; ☎ 7.30am-8pm Mon-Sat; ☎) has light meals, and **Pino's Pizza** (Avenida Eduardo Mondlane, Hotel Zambeze; pizzas from US\$2.50; ☎ dinner) has good pizzas.

**Supermercado Tete** (Avenida 25 de Junho) is the best bet for self-caterers.

### Getting There & Away

#### AIR

**LAM** (☎ 252-22056; Avenida 24 de Julho) flies several times weekly to/from Maputo, Beira, Lichinga, Nampula, Quelimane and Chimoio. The airport is 6km from town; take any chapa heading to Moatize. There are no taxis.

#### BUS & CHAPA

For Malawi, chapas run to Zóbuè (US\$2, two hours) and Dedza from Mercado da OUA on the western side of town.

For Harare (Zimbabwe), take a chapa to Changara (US\$2.80, 1½ hours) from Mercado 1 de Maio, and get transport from there. Alternatively, wait at the intersection of the bridge road and the road to Harare, and catch one of the daily Harare-Blantyre buses.

For Zambia, take a Moatize chapa over the bridge past the SOS compound to the petrol

station, where you'll find chapas to Matema, and then on to the border.

For Chimoio (US\$9, six hours), transport leaves from opposite Prédio Emose near Unividendas; the first departures are between 4.30am and 5am.

Chapas to Moatize (US\$0.35) depart throughout the day from Rua do Qua.

To Songo (for Cahora Bassa dam), several pick-ups daily depart from the old Correios (post office) building near the cathedral.

### CAHORA BASSA DAM & SONGO

☎ 252

About 150km northwest of Tete at the head of a magnificent gorge in the mountains is Cahora Bassa, the fifth-largest dam in the world. It harnesses the waters of the Zambezi River, creating the massive Cahora Bassa Lake, a prime angling destination.

To arrange visits to the dam, contact **Hidro-eléctrica de Cahora Bassa** (HCB; ☎ 252-82157, 252-82221/4; rp.sng@hcb.co.mz) in nearby Songo town and ask for Relações Públicas.

### Sleeping & Eating

**Centro Social do HCB** (☎ 252-82215, 252-82454, 252-82508; r/ste US\$30/36; ☎) Comfortable twin-bed rooms overlooking green lawns in the centre of Songo. Its restaurant, Restaurante O Teles, is open for breakfast, lunch and dinner (meals US\$5 to US\$10).

**Ugezi Tiger Lodge** (☎ 82-599 8410; c61@mweb.co.za; camping per person US\$11, chalets per person US\$19-25, with air-con US\$23-30; ☎) A rustic fishing camp on a hillside overlooking Lake Cahora Bassa, 14km from Songo town and 6km beyond the dam. It has camping, no-frills chalets, a restaurant and boat charter.

### Getting There & Away

Chapas run daily between Tete and Songo (US\$4, three to four hours), departing Tete from the old Correios (post office) building. From Songo, it's 7km down to the dam (walk or hitch). Ugezi Tiger Lodge does pick-ups from Tete.

### ZUMBO

Remote Zumbo is the home of **Tchuma Tchato** (camping per person US\$3, bungalows per person US\$10), a community-based natural resources project with a small campsite on the riverbank opposite Zumbo and about 5km from the Zimbabwe border. There are also some basic

bungalows; bring food. For bookings, contact the **Direcção Provincial do Turismo** (☎ 252-24225; dpturismo@teledata.mz; Rua 3 de Fevereiro) in Tete.

### SENA & MUTARARA

About 250km downstream from Tete along the Zambezi are the twin villages of Sena and Mutarara, connected by the Dona Ana railway bridge (now converted to take vehicles). There are basic *pensões* in both towns.

### CAIA

This village is the main north-south crossing point over the Zambezi River. About 32km south of Caia along the main road in Catapu is the good **M'pingwe Camp** (www.dalmann.com; cabins s/d with shared bathroom US\$18/24, cabin s/d US\$22/30), which has spotless double cabins, meals and good birding.

The new highway from Inchope (on the EN6) to Caia via the western edge of Gorongosa park is excellent tarmac. From Caia northwards, it's under rehabilitation. A bridge is being built over the Zambezi. For now, the river is crossed by two ferries (per vehicle with driver US\$4, per person US\$0.05, running from 7am to 5pm).

### QUELIMANE

☎ 24

Quelimane is the capital of Zambézia province and heartland of the Chuabo people. It stands on the site of an old Muslim trading settlement built on the banks of the Bons Sinais (Qua Qua) River in the days when it was linked to the Zambezi River. At one time it was the main entry port to the interior. Few traces of Quelimane's long history remain, but the town's compact size and energetic atmosphere make it an agreeable stop.

### Information

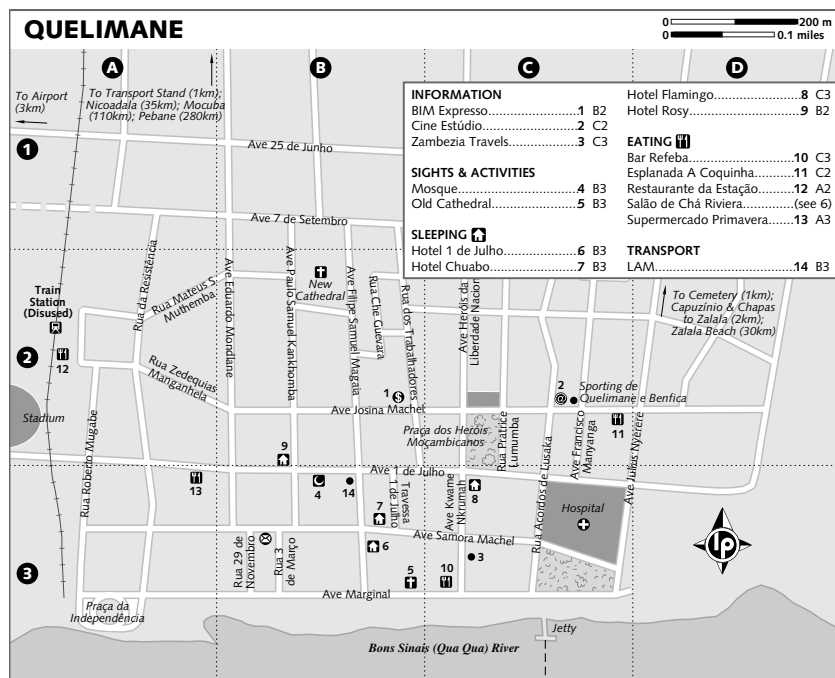
**BIM Expresso** (Avenida Josina Machel) Has an ATM.

**Cine Estúdio** (cnr Avenida Josina Machel & Rua Acordos de Lusaka, 1st fl; per min US\$0.04; ☎ 7am-8pm Mon-Fri, 8am-7pm Sat) Internet access.

**Zambezia Travels** (☎ 24-216174; www.zambezia.ch; Avenida Kwame Nkrumah) The best contact for arranging visits to Gurùè, climbing Mt Namúli and other central Mozambique travels. It's diagonally opposite Hotel Chuabo.

### Sights

The main sights are the abandoned Portuguese **cathedral** on the waterfront and the nearby **old mosque**. About 30km northeast of



town through the coconut plantations is the wide **Zalala beach**.

## Sleeping

**Hotel 1 de Julho** (cnr Avenida Samora Machel & Avenida Felipe Samuel Magaia; tw with shared bathroom US\$16, with private bathroom & air-con US\$28; 🚿) Near the old cathedral, with reasonable no-frills rooms. Breakfast costs extra.

**Hotel Rosy** (☎ 24-214969; cnr Avenidas 1 de Julho & Paulo Samuel Kankhomba; s/d US\$24/28; 🚿) Near the old mosque, with good-value rooms with bathrooms, breakfast and air-con (downstairs) or fan (upstairs).

**Complexo Kass-Kass** (☎ 24-212302; 4-person bungalows US\$32) At Zalala beach, there's this place, with grubby bungalows and meals.

**Hotel Flamingo** (☎ 24-215602; sogetra@teledata.mz; cnr Avenida Kwame Nkrumah & Avenida 1 de Julho; s/d US\$50/60; 🚿 🚿) New-ish rooms, and full breakfasts and a restaurant.

**Hotel Chuabo** (☎ 24-213181/2; fax 24-213812; Avenida Samora Machel; s/d US\$56/60; 🚿) A ageing Quelimane institution, with spacious rooms, most with river views, and a usually empty rooftop restaurant.

## Eating

**Bar Refeça** (Avenida Marginal; meals from \$2.50) Near the old cathedral overlooking the river, with grilled prawns, grilled chicken and drinks.

**Salão de Chá Riviera** (cnr Avenida Samora Machel & Avenida Felipe Samuel Magaia; light meals US\$3) Underneath Pensão 1 de Julho, with snacks and light meals.

**Esplanada A Coquinha** (cnr Avenidas Josina Machel & Julius Nyerere; meals from US\$4, Sun lunch buffet US\$6; 🍷 lunch & dinner) The place to go for local Zambézia cuisine.

**Restaurante da Estação** (☎ 24-213730; Rua da Resistência; meals from US\$5) A pizza oven and good-value Italian meals, with porch seating.

**Supermercado Primavera** (Avenida 1 de Julho) For self-catering, try this supermarket, a block down from and opposite Hotel Rosy.

## Getting There & Away

### AIR

**LAM** (☎ 24-212801; Avenida 1 de Julho) flies four to five times weekly to/from Maputo, Beira, Nampula and Tete. **Air Corridor** (☎ 24-216333/93; Avenida 25 de Junho) stops in Quelimane on its run along the coast.

The airport is 3km northwest of town along Avenida 25 de Junho.

## BUS & CHAPA

The transport stand is at the northern end of Avenida Eduardo Mondlane. Chapas run frequently to/from Nicoadala at the junction with the main road (US\$1.50, 45 minutes).

To Nampula, a Grupo Mecula bus departs daily at 4.30am (US\$14, 10 hours). Several vehicles also run daily to Mocuba (US\$4, two to three hours), for onward transport to Nampula via Alto Molócuê, or to Milange (Malawi border).

To Gurúê (US\$9.60, six to seven hours), there's a bus daily at 4.30am; buy your ticket the day before.

Buses heading to Beira depart daily at 5am (US\$16.50, nine hours).

Chapas to Zalala (US\$1) depart Quelimane from the Capuchin mission (*capuzinio*), about 1km from the cemetery on the Zalala road.

## MOCUBA

### ☎ 24

Mocuba is the junction town for travel between Quelimane and Nampula or Malawi.

**Pensão Cruzeiro** (☎ 24-810184; Avenida Eduardo Mondlane; r US\$14) on the main street has basic rooms and meals (US\$2).

Transport to Quelimane (US\$4, two to three hours) leaves from the market. Transport to Nampula (US\$11, eight hours) leaves from the northern end of the main street. There are several vehicles daily between Mocuba and Milange (US\$6.50, four hours) departing from Mocuba's market, though you'll maximise your chances of a lift by walking west past the airstrip to the Milange road junction.

## MILANGE

Milange is on the border with southeastern Malawi. BIM Expresso has an ATM, and **Pensão Lili** (r US\$12) has no-frills rooms and meals.

## CLIMBING MT NAMÚLI

Rising up about 15km northeast of Gurúê are the mist-shrouded slopes of Mt Namúli (2419m), Mozambique's second-highest peak. The mountain is considered sacred by the local Makua people, so while climbing is permitted, you'll need to observe the local traditions. Before setting out, buy some *farinha de mapira* (sorghum flour), rice and sugar at the market in Gurúê (it shouldn't cost more than US\$1.50 for everything) for appeasing the spirits and the local *régulo* (chief).

The climb begins about 6km outside Gurúê near UPS, an old tea factory: head south out of Gurúê along the Quelimane road, go left after about 2km and continue several kilometres further to UPS.

Shortly before reaching UPS you'll see a narrow but obvious track branching left. Follow this through unrehabilitated tea plantations and stands of bamboo and forest until a high valley about 800m below the summit. On the edge of this valley is Mugunha Sede, where you should seek out the chief, request permission to climb further and get a guide. The sorghum flour that you bought in Gurúê should be presented to the chief as a gift, who may save some to make traditional beer, and scatter the remainder on the ground to appease the ancestors.

About two-thirds of the way from the village is a spring where you can refill your water bottle, although it's considered a sacred spot and it may take some effort to persuade your guide to show you where it is. After the spring, the climb steepens. Once near the summit, the path evens out and then gradually ascends for another 1.5km to the mountain's highest point. After descending the mountain, present the rice that you bought at the Gurúê market to the chief as thanks.

It's possible to do the climb in a long day from Gurúê if you get an early start and drive as far as Mugunha Sede (about 40km from Gurúê by road), from where it's about three hours on foot to the summit. To do the entire climb on foot from Gurúê, allow three days, walking the first day as far as Mugunha Sede (seven to eight hours from Gurúê), where the *régulo* will show you a spot to camp. The second day, head up to the summit and back, sleeping again in Mugunha Sede, and returning the next day to Gurúê. With an early start, it's possible to combine the second and third stages into one long day. Camping on the summit isn't permitted; be prepared for rain and cold during the climb. Guides can also be arranged in Quelimane through Zambézia Travels (p273), or in Gurúê through Pensão Monte Verde and Residencial Likungo (see p276).

The road between Milange and Mocuba is fairly well travelled, and finding a lift usually isn't a problem. To Gurúè, there's sporadic public transport along a rehabilitated road to Molumbo, and from there to Lioma, from where you can get a chapa to Gurúè. Also see p298.

## GURÚÈ

Gurúè sits amid the hills and tea plantations in one of the coolest, highest and rainiest parts of the country. There are some good walks in the surrounding area, including a stroll through the jacarandas on the northern edge of town.

**BIM** (Avenida da República) has an ATM, and **Telecomunicações de Moçambique** (per min US\$0.04) has internet access.

**Residencial Likungo** (☎ 82-442 0290; Avenida 25 de Setembro; d & tw from US\$16) and **Pensão Monte Verde** (☎ 24-910245; Avenida da República; s/d US\$20/30) have no-frills rooms, and the Monte Verde also has meals. Residencial Likungo can also be booked through Salão de Cha Riviera (p274) in Quelimane.

For self-catering, try **Aquil Comercial** (Avenida da República) near BIM.

## Getting There & Away

A chapa departs at 4.30am daily to Quelimane (US\$9.60, six to seven hours) from near the market. Otherwise there are several vehicles daily to Mocuba (US\$5, 3½ to four hours), from where you can continue to Quelimane.

For Nampula, there's a daily vehicle to Alto Molócuè, with onward connections from there. Alternatively, catch a chapa to Mutuali and wait for the train to Nampula (or Cuamba). Ask chapa drivers on the route about the train schedule. Cuamba can also be reached via a decent road, though there's little traffic. If you leave Gurúè early enough (no later than 5am), you can take any Mocuba or Quelimane transport to Nampevo junction, get out there and wait for a passing bus on to Nampula.

To Milange, it's fastest to go via Mocuba.

## ALTO MOLÓCUÈ

This agreeable town is a refuelling point between Mocuba and Nampula.

**Pensão Santo António** (d US\$16) on the main square has clean doubles and serves food (meals from US\$3). Several vehicles daily go to/from Nampula (US\$4, 3½ hours) and Mocuba (US\$4, four hours).

# NORTHERN MOZAMBIQUE

Beautiful Lake Niassa and the cool Lichinga Plateau to the west, the wild Niassa Reserve in the centre and palm-fringed beaches, fascinating island archipelagos and magical Ilha de Moçambique along the coast combine to make the north one of Mozambique's most alluring and adventurous destinations for visitors.

## NAMPULA

☎ 26

Bustling Nampula is a convenient transport hub and the jumping-off point for visiting Ilha de Moçambique (p278). While there are few tourist attractions, the city's good facilities and its main plaza, rimmed by flowering trees and the imposing white cathedral, make it an amenable stop.

## Information

As well as at the banks, there's also an ATM at Shoprite (p278).

**BIM Expresso** (cnr Avenidas da Independência & Francisco Manyanga) ATM

**Centro Comercial de Nampula** (Avenida Eduardo Mondlane) Has an ATM.

**Farmácia Calêndula** (Avenida Eduardo Mondlane; ☎ 8am-8pm Mon-Sat, 9am-1pm Sun) One block up from the museum.

**IT Services** (Avenida Eduardo Mondlane; per hr US\$2; ☎ 7am-9pm) Internet; next to Frango King.

**Standard Bank** (Avenida Eduardo Mondlane) Near the museum; has an ATM, and changes travellers cheques (minimum US\$35 commission plus purchase receipts).

**Telecomunicações de Moçambique** (Rua Monomotapa) Telephone calls; near the cathedral.

**Teledata** (Centro Comercial de Nampula, Avenida Eduardo Mondlane; per hr US\$1.60; ☎ 7.30am-8pm Mon-Fri, 7.30am-1pm, 3-8pm Sat) Internet access.

## Sights & Activities

The **National Ethnography Museum** (Avenida Eduardo Mondlane; admission free, donations welcome; ☎ 2-4.30pm Tue-Thu & Sat, 2-6pm Fri, 10am-noon & 2-4pm Sun) has a collection on local culture (English and Portuguese explanations).

There are swimming pools at **Clube CFM** (Rua 3 de Fevereiro; admission US\$2) and **Complexo Bamboo** (admission US\$3); see opposite.

## Sleeping BUDGET

**Hotel Lúrio** (☎ 26-218631; Avenida da Independência; s/d US\$20/32, ste s/d US\$48/60) A cavernous high-rise several blocks south of the train station, with threadbare rooms with fan and without hot water.

**Hotel Brasília** (☎ 26-217531; 26 Rua dos Continuadores; tw/d US\$26/30; ☎) Near Shoprite, and a 20-minute hike from the bus and train depots; has clean rooms and a restaurant.

**Residencial A Marisqueira** (☎ 26-213611; cnr Avenidas Paulo Samuel Kankhomba & Eduardo Mondlane; s/d/tw US\$36/41/53; ☎) A convenient, central location, decent no-frills rooms (ask for one of the newer ones) without hot water, and a restaurant.

## MIDRANGE & TOP END

**Residencial Expresso** (☎ 26-218808/9; Avenida da Independência; s/d from US\$53/67; ☎) Six large, spotless rooms with fridge and TV.

**Complexo Bamboo** (☎ 26-217838; www.teledata.mz/bamboo; Ribáuê Rd; s/d/tw US\$60/80/80; ☎) Good for families; has well-maintained rooms (the twins are nicer than the doubles) in ex-

pansive grounds and a restaurant. It's 5km west of town – follow Avenida do Trabalho west from the train station, then right onto the Ribáuê road for 1.5km.

**Hotel Girassol** (☎ 26-216000; www.girassolhotels.co.mz; Avenida Eduardo Mondlane; s/d from US\$90/105; ☎) In the Centro Commercial de Nampula high-rise, this four-star place has Nampula's best rooms, some with views over the cathedral and town.

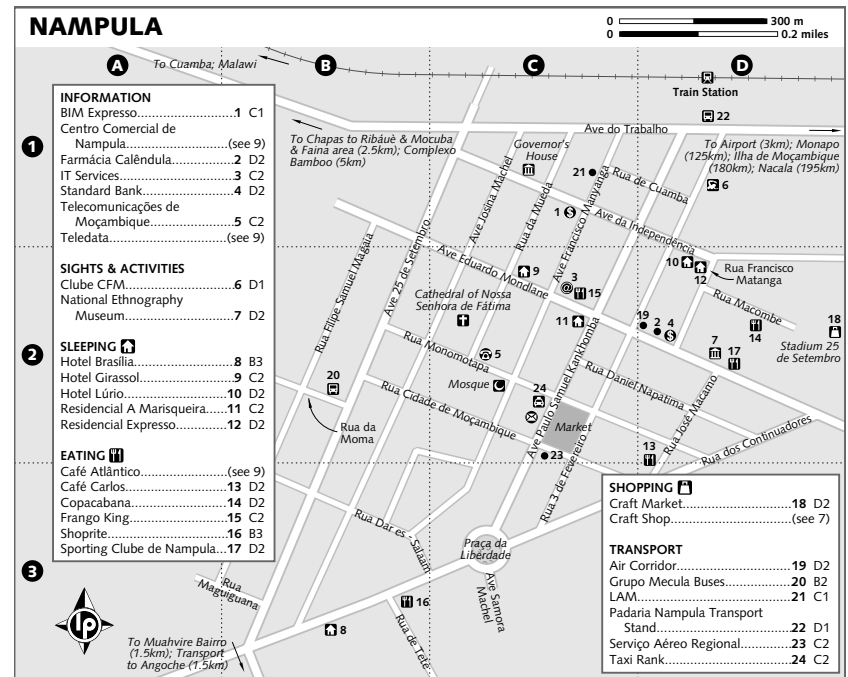
## Eating

**Café Atlântico** (Centro Comercial de Nampula, Avenida Eduardo Mondlane; snacks & meals from US\$1; ☎ 6am-9pm) Pregos (thin steak sandwiches), burgers, pizzas and other light meals.

**Frango King** (Avenida Eduardo Mondlane; half/whole chicken US\$3/5; ☎ 7.30am-4am) Grilled chicken to go.

**Café Carlos** (☎ 26-217960; Rua José Macamo; meals from US\$4; ☎ closed Sun) A small courtyard place just off Rua dos Continuadores; does seafood grills and has a pizza oven.

**Copacabana** (☎ 26-218121; Rua Macombe; pizzas & meals US\$4-8; ☎ closed Sun) Covered outdoor seating, fresh pasta, pizzas, and seafood and meat grills.



**Sporting Clube de Nampula** (Avenida Eduardo Mondlane; meals US\$4-8; ☎ 8am-10pm) Next to the museum, with chicken and fish grills and *fejoada* (traditional Brazilian bean and sausage dish).

Self-caterers can try **Shoprite** (Rua dos Continuadores; ☎ 9am-8pm Mon-Sat, 9am-3pm Sun).

## Shopping

There's a Sunday morning **craft market** (☎ dawn-dusk) in the stadium field downhill from Copacabana (best from about 7am), and a craft shop behind the museum with Makonde carvings and clay pots.

## Getting There & Away

### AIR

**LAM** (☎ 26-213322, 26-212801; Avenida Francisco Mananga; ☎ 7.30am-12.30pm & 2.30-5.30pm Mon-Fri) flies to Maputo (daily), Beira, Lichinga, Quelimane, Tete and Pemba (all several times weekly).

**Air Corridor** (☎ 26-214444, 26-213333; [aircorridor@teledata.mz](http://aircorridor@teledata.mz); cnr Avenida Eduardo Mondlane & Rua 3 de Fevereiro) stops in Nampula on its daily flight up and down the coast.

**Serviço Aéreo Regional (SAR)**; (☎ 26-212401; [sargaw@teledata.mz](http://sargaw@teledata.mz); Rua Cidade de Moçambique), opposite the market, flies twice weekly between Nampula and Cuamba (US\$72 one way).

The airport is 4km northeast of town (US\$4 in a taxi).

### BUS & CHAPA

Grupo Mecula buses go daily to Nacala (US\$4, two to three hours), Pemba (US\$7, seven hours), Quelimane (US\$14, 11 hours), Montepuez (US\$7, eight hours) and Mueda (US\$12, 13 hours). All depart at 5am except the Nacala bus (1pm) from the Grupo Mecula garage on Rua da Moma, off Avenida 25 de Setembro.

To Ilha de Moçambique (US\$3.60, three to four hours), chapas depart between 5am and 11am from the Padaria Nampula transport stand along Avenida do Trabalho east of the train station. Look for one that's going direct – many go only to Monapo, where you'll need to wait for another vehicle. The best connections are on one of the 'tanzaniano' chapas, which depart Nampula between around 7am and 10am, depending on how early they arrive from Ilha. The Padaria Nampula transport stand is also the place to find chapas to Mossuril, Namapa, and other points north and east.

Transport to Angoche (US\$4.80, three hours) departs from about 5am from Muah-

vire *bairro*, along the extension of Avenida das FPLM.

Chapas to Ribáuè, Mocuba (US\$11, eight hours) and Cuamba leave from 'Faina', about 2.5km west of the train station along Avenida do Trabalho near the Ribáuè road junction.

## TRAIN

A six-times weekly passenger train connects Nampula and Cuamba; see p283.

## Getting Around

The main **taxi rank** (Moti Taxi; ☎ 82-352 0970; Avenida Paulo Samuel Kankhomba) is near the market. For car rentals, try **Imperial** (☎ 26-216312, 82-300 5170; [imperial.npl@teledata.mz](http://imperial.npl@teledata.mz); airport).

## ANGOCHÉ

☎ 26

Angoche, an old Muslim trading centre dating from at least the 15th century, was one of the earliest settlements in Mozambique, an important gold- and ivory-trading post and, in the 18th century, one of the major centres along the northern coast. Today, little remains, but there's the good Praia Nova beach about 7km north of town, and the Primeiras and Segundas Islands (soon to be Mozambique's newest protected area) offshore.

For sleeping, try the basic **Pensão Mafamede** (r US\$4) or the much nicer **Inas Casa de Hospedes** (☎ 26-720232; r US\$52; ☎). **Restaurante O Pescador** (Avenida Liberdade; meals from US\$2) has meals.

Chapas go daily to/from Nampula (US\$4.80, three hours). Dhows to the islands can be arranged at the fish market.

## ILHA DE MOÇAMBIQUE

☎ 26

Ilha de Moçambique (Mozambique Island), about 3km off the mainland, is a Unesco World Heritage Site and one of Mozambique's most fascinating destinations. In the staid Stone Town, quiet, cobbled streets lead onto graceful *praças* rimmed by once-grand churches and stately colonial buildings. In the adjoining Makuti Town, narrow alleyways echo with the sounds of playing children and squawking chickens, while fishermen sit on the sand repairing their nets.

## History

As early as the 15th century Ilha de Moçambique was an important boat-building centre, and its history as a trading settlement –

with ties to Madagascar, Persia, Arabia and elsewhere – dates back well before that. Vasco da Gama landed here in 1498, and in 1507 a Portuguese settlement was established on the island. Unlike Sofala to the south, where the Portuguese established a settlement at about the same time, Ilha de Moçambique prospered as both a trading station and a naval base. In the late 16th century, the sprawling fort of São Sebastião was constructed. The island soon became the capital of Portuguese East Africa – a status that it held until the end of the 19th century when Lourenço Marques (now Maputo) moved into the spotlight.

Over the years various small waves of immigration from locations as diverse as

East Africa, Goa, Macau and elsewhere have all contributed to the ethnic mix on the island. Today this heterogeneity continues to be one of Ilha de Moçambique's most marked characteristics, although Muslim influence, together with local Makua culture, now dominates.

## Information

**BIM** (Avenida Amílcar Cabral) Has an ATM, and changes cash US dollars, euro and rand.

**Telecomunicações de Moçambique** (per min US\$0.04; ☎ 7.30am-8pm) Near the tourist information office; internet access and international calls.

**Tourist information office** (☎ 26-610081; ☎ 9am-noon & 2-5pm, in theory) Next to the museum, with island info, guides and accommodation listings.

**ILHA DE MOÇAMBIQUE (MOZAMBIQUE ISLAND)**

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## Sights

### PALACE & CHAPEL OF SÃO PAULO

This imposing **edifice** (Palácio de São Paulo; ☎ 26-610081; adult/child US\$4/1; ☹ 9am-4pm) – the former governor's residence and now a museum – dates from 1610 and is the island's historical showpiece. The renovated interior gives a remarkable glimpse into what upper-class life must have been like during the island's 18th-century heyday. In addition to a collection of knick-knacks from Portugal, Arabia, India and China, there are pieces of original furniture, including an important collection of heavily ornamented Indo-Portuguese pieces. In the chapel, don't miss the altar and the pulpit, which was made in the 17th century by Chinese artists in Goa. On the ground floor is the small **Maritime Museum** (Museu da Marinha), and behind the palace are the **Church of the Misericórdia** and the **Museum of Sacred Art** (Museu de Arte Sacra; closed at the time of writing), with religious ornaments, paintings and carvings. The ticket price includes entry to all three museums.

### FORT OF SÃO SEBASTIÃO

Dominating the island's northern end, this is the oldest complete **fort** (admission free, guide US\$2; ☹ 8am-5pm) still standing in sub-Saharan Africa. Immediately beyond the fort, on the island's tip, is the **Chapel of Nossa Senhora de Baluarte**, built in 1522 and considered to be the oldest European building in the southern hemisphere.

### OTHER SIGHTS

At the island's southern end is the **Church of Santo António**, while in the Stone Town are many interesting buildings, including the restored **bank** (Avenida Amílcar Cabral) and the ornate **colonial administration offices**. Nearby is a **Hindu temple**, and to the south is a **cemetery** with Christian, Muslim and Hindu graves.

### Activities

**Dugong Dive Centre** (☎ 26-610027, 82-454 7810; caku@teledata.mz; Centro Náutico; ☹ 8am-5pm Tue-Sun), opposite Hotel Omuhí'piti, arranges diving around nearby Goa and Sena Islands, plus overnight dhow safaris (September to November).

The island has several small beaches, though if it's beach you're after, it's better to head across Mossuril Bay to Chocas, or to the beaches near Nacala.

### MUSIRO

On Ilha de Moçambique and along the northern coast, you'll often see women with their faces painted white. The paste is known as *musiro*, and is used as a facial mask to beautify the skin, and sometimes as a medicinal treatment (though the medicinal paste usually has a yellow tinge).

### Sleeping BUDGET

**Casuarina Camping** (lenavie@hotmail.com; camping per person US\$3, r per person US\$20) On the mainland opposite Ilha de Moçambique, and a two-minute walk from the bridge. On offer: camping on a small beach, simple bungalow-style rooms, ablution blocks with bucket-style showers, and meals. Entry is US\$4 for vehicles and day visitors pay US\$0.40.

Otherwise, the cheapest options are in local homes, most with small, no-frills rooms in the family quarters. Some recommendations: **Casa de Dona Kero** (☎ 26-610034; Contracosta; r US\$10, d or tr US\$14) Small rooms with fans but no nets, and continental breakfast. It's opposite Complexo Indico.

**Residencial Amy** (Avenida dos Heróis; d/tr US\$16/18) Near the park, with several basic, dark rooms, most without exterior windows. Breakfast costs US\$2.

**Casa de Yasmin** (☎ 26-610073; Rua dos Combatentes; r US\$20) At the island's northern end, with a handful of small rooms – some with bathroom – in an annex next to the family house. Air-con rooms are planned. There's no food.

### MIDRANGE

**Patio dos Quintalinhos** (Casa de Gabriele; ☎ 26-610090; www.patiodosquintalinhos.com; Rua do Celeiro; s/d with shared bathroom US\$20/25, d/q/ste US\$30/35/35; ☹) Opposite the unmissable green mosque, with creatively designed rooms around a small courtyard, including a suite with a star view skylight and private rooftop balcony. Breakfast is included, and staff can help with bicycle and vehicle rental, and excursions.

**Mooxeleliya** (☎ 26-610076; iannika@teledata.mz; d/f US\$22/48) Under the same management as Casa Branca, and equally good value, with large, high-ceilinged rooms upstairs and two darker family-style rooms downstairs, all with bathroom and breakfast. It's just down from the Church of the Misericórdia.

**Casa Branca** (☎ 26-610076; flora204@hotmail.com; Rua dos Combatentes; r US\$24) On the island's eastern

side overlooking the sea near the Camões statue, with three simple, bright and spotless rooms – one with bathroom – and a kitchen. Rates include breakfast.

**O Escondidinho** (☎ 26-610078; ilhatur@itservices.com.mz; Avenida dos Heróis; s/d from US\$36/52; ☹) An atmospheric place with high-ceilinged rooms, some with bathroom, and all with nets and ceiling fans, plus a garden courtyard and the island's best restaurant (below). It's near the public gardens.

**Hotel Omuhí'piti** (☎ 26-610101; h.omuhipiti@teledata.mz; s/d from US\$60/72; ☹) At the island's northern tip, this three-star establishment has quiet, modern rooms with sea views. There is also a restaurant.

### Eating

**O Paladar** (meals from US\$3; ☹ lunch & dinner) At the eastern corner of the old market, unmarked, and the place to go for local cuisine. Stop by in the morning and place your order with Dona Maria for lunch or dinner.

**Relíquias** (☎ 26-610092; Avenida da República; meals US\$4-10; ☹ 10am-10pm) Another good spot, with seafood and meat dishes, plus prawn curry, *matapa* (cooked cassava leaves with peanut sauce) and coconut rice. It's near the museum.

**O Escondidinho** (☎ 26-610078; meals US\$6-8) The restaurant at this hotel (above) has some of Ilha's best dining, featuring seafood with French overtones.

**Café-Bar Ancora** (☎ 26-610006; brunch US\$9; ☹ 8am-11pm) Newly reopened, Café Ancora, diagonally opposite the Church of the Misericórdia, has delicious brunches (10am to 2pm Sunday), with fresh yoghurt and juice, muesli, waffles and more, plus a menu featuring sandwiches, seafood and homemade ice cream.

For self-caterers, there's a reasonably well-stocked shop in an old shipping container next to the market.

### Getting There & Away

Ilha de Moçambique is joined by a 3.5km bridge to the mainland. Most chapas stop about 1km before the bridge in Lumbo, where you'll need to get into a smaller pick-up to cross over Mossuril Bay (due to vehicle weight restrictions on the bridge).

Leaving Ilha, all transport departs from the bridge. The only direct cars to Nampula (US\$3.60, three hours) are the *tanzaniano*

minibuses, departing daily between 3am and 5am. Go the day before to the minibus stop in Lumbo and arrange with the driver to be picked up at your hotel, or ask your hotel to get a message to the driver. After about 6am, the only option is open pick-up trucks to Monapo (US\$1.20, one hour), where you can get transport on to Nampula (US\$2.20, two to three hours) or Nacala (US\$2, one hour). Once in Nampula, there are daily buses north to Pemba and south to Quelimane, though both leave early so you'll need to overnight in Nampula. To head direct to Pemba, take the 4am *tanzaniano* as far as Namialo, where – with luck – you can connect with the Mecula bus from Nampula, which passes Namialo about 6am.

Chapas to Lumbo cost US\$0.20. Wide vehicles won't pass over the bridge, and maximum weight is 1.5 tonnes. There's a US\$0.40 per vehicle toll payable on arrival on the island.

## CHOCAS

### ☎ 26

Diagonally opposite Ilha de Moçambique across Mossuril Bay is the old Portuguese settlement of Chocas. Nearby are some attractive nearby beaches; **Cabaceira Grande**, with a late 16th-century church and the ruins of the mid-19th-century governor-general's palace; and **Cabaceira Pequena**, a few kilometres southeast, with an old Swahili-style mosque and the ruins of a cistern used as a watering spot by Portuguese sailors.

### Sleeping & Eating

**Verandas** (camping per person US\$2) Camping under simple thatched shelters on the beach at Cabaceira Pequena, several kilometres past Carushka. Bring along everything with you, although more facilities are planned.

**Carushka** (☎ 82-516 0173; ophavela@teledata.mz; 4-/8-person bungalows US\$32/64) Rustic, spotless bungalows set between the mangroves and one of the best stretches of beach. A restaurant is planned; for now bring food and drink, and staff will prepare it. It's about 2km south of Chocas town, en route to Cabaceira Pequena. Get here by road (4WD) or on foot from Chocas town, or hire a boat from Ilha de Moçambique.

**Complexo Turístico Namarralo** (☎ 26-660049; 2-/4-person bungalows US\$40/80; ☹) Straightforward stone bungalows located in a large, beachside

compound at the edge of Chocas town. Breakfast is included, and there's a restaurant.

### Getting There & Away

Chapas daily go between Chocas and Nampula, with the best being the *tanzaniano* chapa departing Nampula between 10am and noon, and departing Chocas about 4am (US\$4). Otherwise, take any transport between Monapo and Ilha de Moçambique to the signposted Mossuril junction 25km southeast of Monapo. Sporadic chapas go from here to Mossuril (20km), and on to Chocas (12km further).

From Chocas, it's a 30-minute walk at low tide to Cabaceira Pequena, and from one hour to 1½ hours to Cabaceira Grande. Dhows depart every morning for Cabaceira Pequena from the fish market near the green mosque on Ilha de Moçambique (US\$0.20). To return the same day, you'll need to charter a boat (about US\$20 for a motorised dhow). Dugong Dive Centre (p280) organises Chocas excursions, as do all of Ilha's midrange hotels and the tourist office.

### NACALA

☎ 26  
Nacala is northern Mozambique's busiest port, and a gateway to diving and some attractive beaches, including **Fernão Veloso**, 10km from town.

The main street runs from Nacala-Porto (the port) to Nacala-Alta (the higher town). There are ATMs at **Banco Austral** (cnr Rua Principal & Rua 8) in the town centre and at the BP petrol station in Nacala-Alta. **Telecomunicações de Moçambique** (per min US\$0.04; ☎ 7.30am-10pm), diagonally opposite Hotel Maiaia, has internet access.

### Sleeping & Eating

**Bay Diving** (☎ 26-520017; www.fimdomundosafaris.com; Fernão Veloso; camping per person US\$6, dm US\$8, d US\$21.50, 2- to 4-person chalets US\$31-41; 📍) This popular divers' base on an escarpment overlooking the beach at Fernão Veloso is where almost everybody heads. It has rustic reed-and-thatch A-frame chalets, dorm beds, camping, a good restaurant, diving instruction and dhow safaris. Breakfast is US\$6 per person. Follow directions to Fernão Veloso (see Getting There & Away, right), and then follow the Bay Diving signs. Pick-ups can be arranged from Nacala town, or pay any chapa

heading to Fernão Veloso a bit extra to take you to Bay Diving.

**Hotel Maiaia** (☎ 26-526842; inturhoteis@teledata.mz; Rua Principal; s/d from US\$60/70; 📍) A centrally located three-star place catering to business travellers; has good rooms and a restaurant.

### Getting There & Away

Grupo Mecula buses to Nampula (US\$4, 2½ hours) and Pemba (US\$7, seven hours) depart Nacala daily at 5am from the Mecula garage in the town centre, uphill from the large roundabout near Mozstar.

There are also chapas each morning to Nampula and Monapo (US\$1.20, one hour), departing from TDM, and from next to the BP petrol station in Nacala-Alta. From Monapo, there's onward transport to Ilha de Moçambique and Namialo (the junction town for Pemba).

To Fernão Veloso: take the turn-off for the airport and military base at the Nacala town entrance. After about 9km watch for the signposted Bay Diving turn-off opposite the base, from where it's another 1.5km. Chapas to Fernão Veloso (US\$0.20) depart from the Nacala-Alta market near the Catholic church, or you can catch them at the airport turn-off.

### CUAMBA

☎ 271  
This lively rail and road junction, with its dusty streets, flowering trees and large university student population, is the economic centre of Niassa province and a convenient stopping point if you're travelling to/from Malawi. **BIM Expresso** (Avenida Eduardo Mondlane) near the post office has an ATM, and there's internet access at **Telecomunicações de Moçambique** (Avenida Eduardo Mondlane; per min US\$0.04).

For budget accommodation, try **Namacha** (s/d US\$12/18), off Avenida Eduardo Mondlane and just down from Hotel Vision 2000. **Hotel Vision 2000** (☎ 271-62632; h-vision2000@teledata.mz; cnr Avenidas Eduardo Mondlane & 25 de Junho; r US\$50-70; 📍), at the main intersection, is the best midrange choice.

### Getting There & Away

**AIR**  
There are twice weekly flights to/from Nampula on **Serviço Aéreo Regional** (sargaw@teledata.mz) for US\$72 one way. Vision 2000 is the booking agent.

### BUS & CHAPA

Most transport leaves from Maçaniqureira market, at the southern edge of town, and chapas also come to meet arriving trains. To Nampula, there's at least one vehicle daily, though most people take the train.

To Gurúê, the best way is via train to Mutuali, from where you can find vehicles for the remainder of the journey. This generally works best going from Cuamba to Gurúê, as waits can be long in the other direction.

To Lichinga (US\$12, six to eight hours), there are several cars daily.

To Malawi, there are daily vehicles from Cuamba both to Entre Lagos (US\$3.50, four hours) and to Mandimba (US\$6, 3½ hours). Once at Entre Lagos, you'll need to walk across the border, where there's a weekly train on the Malawi side to Liwonde. For more on these routes, see p298.

### TRAIN

The Cuamba–Nampula train (1st/2nd/economy class US\$20/10/4, 10 to 11 hours, sometimes much longer) departs in each direction at 5am on alternate days. Currently departures from Cuamba are on Wednesday, Friday and Sunday; there are no trains in either direction on Monday. First class has been temporarily discontinued, and 2nd class sometimes doesn't run. If you're travelling on a day when there's 3rd class only, try heading to the more comfortable dining car and ingratiating yourself with staff – though we've heard from some travellers that they had to buy something every hour or so for the privilege of sitting there.

To transport your vehicle on the train (about US\$90), you'll need to load it the night before and arrange a guard. During the journey you can ride with the car.

### MANDIMBA

The best place to stay in this border town with Malawi is **Pensão Massinga** (r US\$8-32), which has clean rooms with fan, and meals.

Vehicles go daily to Lichinga and Cuamba. For border information, see p298.

### LICHINGA

☎ 271  
*'Fim do mundo'* ('the end of the world') is how many Mozambicans describe Niassa – the least populated of Mozambique's provinces – and as far as the rest of the country is concerned, it might as well be. Yet, if you're after

adventure and time in the bush, it's an ideal destination, with scenic, rugged terrain and the beautiful Lake Niassa coastline.

Niassa's capital is Lichinga, a low-key town at about 1300m altitude with jacarandas, pine groves and an invigorating climate.

Hotel Girassol (below) and **Acord** (Avenida Filipe Magaia; ☎ 9am-4pm Mon-Fri) have internet access, and **Banco Austral** (Avenida Samora Machel) and **BIM** (cnr Avenida Samora Machel & Rua Filipe Samuel Magaia) have ATMs.

### Sleeping & Eating

**Ponto Final** (☎ 271-20912; Rua Filipe Samuel Magaia; r US\$22, with fridge & TV US\$27) At the northeastern edge of town, with reasonable, low-ceilinged rooms and a bar.

**Hotel Chiwindi** (☎ 271-20345; Avenida Julius Nyerere; r with shared/private bathroom US\$25/30) No-frills and somewhat overpriced rooms near the bus stand and market.

**Pousada de Lichinga** (☎ 271-20176/7; Rua Filipe Samuel Magaia; s/d with shared bathroom US\$30/34, s/d US\$36/40) A convenient central location, straightforward rooms and a restaurant. Prices include continental breakfast.

**Hotel Girassol Lichinga** (☎ 271-21280; www.girassolhoteis.co.mz; Rua Filipe Samuel Magaia; s/d US\$85/92; 📍 📍) Hovering between three and four stars, this is Lichinga's most upmarket option, with satellite TV and a restaurant.

**O Chambo** (☎ 271-21354; meals from US\$2.50) In the Feira Exposição Niassa (FEN) compound next to the market; has great soups and local meals.

Well-stocked supermarkets in Lichinga include **Translândia** (Avenida Julius Nyerere), en route to the airport, and **Comércio Geral** (☎ 271-20819; Avenida Samora Machel), which also has rooms (per person US\$20) to let.

### Getting There & Away

**AIR**  
**LAM** (☎ 271-20434, 271-20847; Rua da LAM), just off the airport road, operates four flights weekly to/from Maputo, going via Tete, Nampula and/or Beira.

### BUS & TRUCK

All forms of transport depart from beside the market, with vehicles to most destinations leaving by around 6am. There are daily chapas to Cuamba (US\$12, 6½ hours) via Mandimba, to Metangula (US\$5, 2½ hours) and to Meponda (US\$2.50, 1½ hours).



## LAKE NIIASSA

The Mozambican side of beautiful Lake Niassa (Lake Malawi) is much less developed than the Malawian side, and sees a small but steady stream of adventure travellers. The main area for exploring is between Metangula and Còbuè.

### Metangula

Bustling Metangula is the largest Mozambican town along the lakeshore, with little for visitors. However, about 8km north is **Chuwanga**, an attractive beach and a popular getaway.

**Chuwanga Beach Hotel** (Complexo Cetuka; Catawala's; Chuwanga Beach; camping per person US\$5, s/d bungalows US\$15/20) is where everyone stays. It has camping, simple bungalows on the sand, meals and a grill.

Daily chapas connect Metangula and Lichinga (US\$5, 2½ hours), most departing early. Departures in Metangula are from the fork in the road just up from the market. There are occasional chapas between Metangula and Chuwanga, and hitching is easy at weekends.

For information on the *Ilala* ferry between Metangula and Còbuè, see p298. Local boats leave Metangula from the small dhow port below the Catholic church.

### Còbuè

Tiny Còbuè is the gateway into Mozambique if you're travelling from Malawi via Likoma Island, 10km offshore.

### SLEEPING & EATING

**Mchenga Wede** (per person US\$5) About 5km south of Nkwichi Lodge near Mbueca village. It has camping, basic bungalows and pricey meals (around US\$7 to US\$10), plus bush walks and canoe trips. It's run by some enterprising staff from Nkwichi Lodge, and bookings can be made through Nkwichi or you can just show up.

**Nkwichi Lodge** (www.mandawilderness.org; s/d with full board US\$240/380) This wonderful place about 15km south of Còbuè on the lakeshore is part of the Manda Wilderness Area – a privately initiated conservation area that also promotes community development and responsible tourism. It offers the chance to explore an area of Southern Africa that's about as remote as it gets while enjoying all the comforts. Accommodation is in hand-crafted chalets that each look out onto their own little white-sand cove,

and the lake is crystal clear and safe for swimming. The surrounding bush is full of birds, and with luck you may even see an occasional elephant or antelope. Staff will come to meet you in Còbuè, and boat transfers on the lodge's *Miss Nkwichi* can be arranged from Còbuè, Likoma Island, Mbueca village or Metangula. Advance bookings are essential.

**Hotel Inyati Yoyela** (White Buffalo; r US\$12) and **Mira Lago** (r about US\$10; (P)), just behind, have good budget lodging.

### GETTING THERE & AWAY

There's an airstrip in Còbuè for charter flights.

The weekly *Ilala* ferry connects Còbuè with Metangula and Likoma Island; see p298. Otherwise, a few slow boats sail weekly between Còbuè and Metangula; allow two days for the journey.

The road between Còbuè and Metangula (75km) is rough (4WD) but improving, and there's secure parking at Mira Lago in Còbuè and at Mchenga Wede in Mbueca. Walking takes about two days, going along the river via the villages of Ngoo and Chia. Guides and porters can be arranged at Nkwichi Lodge or Mchenga Wede. Allow four to five hours on foot between Còbuè and Mchenga Wede.

### NIIASSA RESERVE

About 160km northeast of Lichinga on the Tanzanian border is the 42,000-sq-km **Niassa Reserve** (Reserva do Niassa; www.niassa.com; entry per person/vehicle for 3 days US\$5/10), a vast tract of wilderness with the largest wildlife populations in Mozambique. It's particularly notable for its elephants and buffaloes; there are also populations of duikers, zebras, elands, leopards and more. Vehicle safaris are possible using the limited network of bush tracks, and walking safaris can be arranged at reserve headquarters.

At **reserve headquarters** (rdn01@bushmail.net) there are twin-bedded **chalets** (per chalet US\$30) with bathroom, and three double **tents** (per tent US\$20) sharing hot and cold-water ablutions, plus a communal kitchen and dining area. **Bush camping** (per person US\$5) is also permitted; bring all supplies.

**Lugenda Bush Camp** (www.ranieresorts.com), on the Lugenda River near the eastern edge of the park, is set to open soon, primarily offering fly-in safaris based at the Pemba Beach Hotel (p287).

Air charter is the main way to reach the reserve. During the dry season, road access (4WD) is possible with time and tenacity from Lichinga, Cuamba and Pemba.

## MONTEPUEZ

(☎) 272

Montepuez, a busy district capital, is home to **Aurora** (☎ 84-781 3820; www.auroramozambique.com; dm/s/d/tr with full board & cultural activities US\$50/75/120/165), which offers the chance to take botanical walks, watch *mapiko* dancing and otherwise immerse yourself in local life while staying in a refurbished colonial-era house with comfortable rooms and good meals.

Several chapas daily go between Pemba and Montepuez (US\$4, three hours). For Aurora, ask to be dropped at the turnoff about 2km east of town, from where it's about 600m further on foot.

## PEMBA

(☎) 272

Pemba has a beautiful setting on a peninsula jutting into the enormous, stunning Pemba Bay. It was established in 1904 as administrative headquarters for the Niassa Company. Today, it's the capital of Cabo Delgado province, the main town in Mozambique's far north, and gateway to the Quirimbas Archipelago. The town is a relaxing, enjoyable stop in its own right, with a long beach and a laid-back pace.

### Orientation

At the peninsula's southwestern tip is the low-lying *baixa* area around the port and old town. East of here and up the hill is the town centre, with a few hotels and restaurants. About 5km further east is Wimbi (Wimbe) Beach, the main hub of tourist activity and the favoured destination of most visitors.

### Information

Complexo Náutilus (p287) has an ATM.

**BIM Expresso** (Avenida Eduardo Mondlane) ATM.

**Kaskazini** (☎ 272-20371, 82-309 6990; www.kaskazini.com; Pemba Beach Hotel, Avenida Marginal, Wimbi Beach; ☎ 8am-3pm Mon-Fri, 8.30am-noon Sat) A good first stop, with lots of info on Pemba and the surrounding area, plus flight and accommodation bookings.

**PrestaServe/Skylink** (Avenida 25 de Setembro; per hr US\$3; ☎) Internet.

**Standard Bank** (Avenida Eduardo Mondlane) ATM; also changes travellers cheques (minimum US\$35 commission per transaction, original purchase receipts required).

**Super Wimbi** (Avenida Marginal, Wimbi Beach; per hr US\$5) Internet.

**Telecomunicações de Moçambique** (cnr Avenidas Eduardo Mondlane & 25 de Setembro; per hr US\$4, ☎ 7am-10pm) Internet and telephone calls.

### Activities

**Ci Divers** (☎ 272-20102; www.cidivers.com; Complexo Náutilus, Avenida Marginal, Wimbi Beach) has PADI instruction and equipment rental, plus windsurfing and other water sports equipment rental and boat charters.

Kaskazini (left) arranges day trips around Pemba Bay (from about US\$40 per person per half day) and overnight dhow safaris to the Quirimbas islands (from about US\$150 per boat).

### Sleeping

#### BUDGET

**Nacole Jardim** (☎ 82-661 1530; info@kaskazini.com; camping per person US\$5, chalet per person US\$15) Tranquil, and a good camping ground for families. There's also a self-catering chalet and a beachside bar and braai area, and botanical walking tours can be arranged. It's about 10 minutes from town (US\$6 in a taxi), behind the airport on the bay, and about 5km off the main road along an unpaved track. Bookings can also be made through Pemba Dive, on Wimbi Beach.

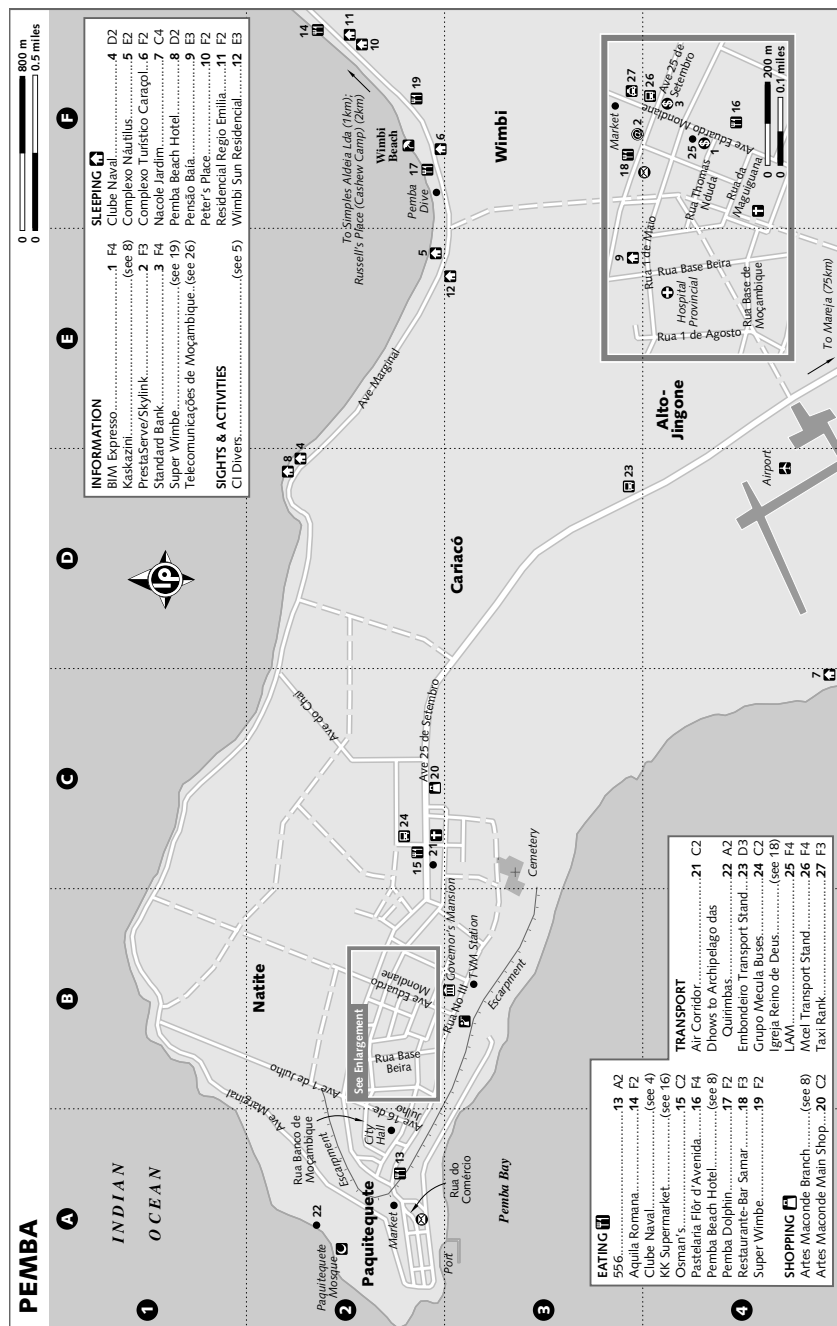
**Russell's Place** (Cashew Camp; ☎ 82-686 2730; www.pembamagic.com; Wimbi Beach; camping per person US\$6, dm US\$4, 2-/3-person chalets US\$35) Around 3.5km beyond Complexo Náutilus along the beach-road extension, this enclosed camping ground also has dorm beds, a few A-frame chalets, a bar and pizzas, and is a good place for lining up lifts or getting the scoop on local road conditions.

**Pensão Baía** (cnr Rua 1 de Maio & Rua Base Beira; d with shared bathroom & fan US\$16, with private bathroom & air-con US\$20; ☎) Spartan budget rooms in the town centre.

### MIDRANGE

**Complexo Turístico Caraçol** (☎ 272-20147; sulemane@teledata.mz; Avenida Marginal; s/d US\$40/50, 1-/2-room apt US\$75/85; ☎) On the inland side of the beach road just beyond Complexo Náutilus, with straightforward rooms and small apartments, some with kitchenettes.

**Peter's Place** (☎ 272-20102; cidivers@teledata.mz; Avenida Marginal; d US\$45) Along the extension of the Wimbi beach road with one small, airy



room in shaded grounds and more rooms planned. There's no food.

**Wimbi Sun Residencial** (☎ 82-318 1300; Avenida Marginal; r US\$45-60; 🏠) Clean, modern rooms (ask for a 'suite') diagonally opposite Complexo Náutilus. Breakfast costs US\$6.

**Residencial Regio Emilia** (☎ 272-21297; c.foma@teledata.mz; Avenida Marginal; r from US\$50; 🏠) Next door to Peter's Place, and good value, with self-catering chalets in green, quiet grounds. Continental/full breakfast costs US\$5/10.

**Complexo Náutilus** (☎ 272-21520; nautiluscas@teledata.mz; Avenida Marginal; 2-/4-person bungalows from US\$120/140; 🏠 📺) A good beachside setting, though marred by indifferent management. Accommodation is in closely spaced bungalows with TV and mini-fridge (ask for one of the newer ones), and there's a restaurant.

## TOP END

**Pemba Beach Hotel** (☎ 272-21770; www.pemba-beachresort.com; Avenida Marginal; s/d from US\$160/220; 🏠 📺 🚗) This five-star establishment is Pemba's best, with expansive grounds overlooking the water, a good restaurant (right) and a luxury yacht for charters around the Quirimbas Archipelago. Package deals from Johannesburg are available, also including sister lodges in the Quirimbas and Bazaruto Archipelagos.

**Clube Naval** (Avenida Marginal, Wimbi Beach; 4-6-person apt US\$312) Next door to Pemba Beach Hotel and under the same management are upmarket self-catering apartments accommodating up to four adults and two children.

## Eating

### TOWN CENTRE

**Restaurante-Bar Samar** (☎ 272-20415; Avenida 25 de Setembro; light meals US\$1-3, meals US\$3-8; 🕒 9am-10pm Sun-Fri) In the parking lot of the Igreja Reino de Deus, with good-value and tasty Portuguese cuisine served on a shaded porch.

**Pastelaria Flôr d'Avenida** (☎ 272-20514; Avenida Eduardo Mondlane; meals from US\$3) A wide selection of standard dishes and pastries served at tables on a small streetside plaza.

**556** (☎ 272-21487; Rua No 1; meals US\$6-14; 🕒 10am-11pm Mon-Sat) On the hill overlooking the port and bay, with South African meats, plus chicken grills, pizzas and pub food.

For self-catering, try **Osman's** (Avenida 25 de Setembro), about 1.5km east of the main junction, or **KK Supermarket** (Avenida Eduardo Mondlane), next to Pastelaria Flôr d'Avenida.

## WIMBI BEACH

**Super Wimbe** (Avenida Marginal; meals US\$2-3; 🕒 from 7am) Burgers and omelettes, just past Complexo Caracó.

**Aquila Romana** (☎ 272-21972; Avenida Marginal, Wimbi Beach; meals US\$4-10; 🕒 6.30-10pm Tue-Fri, 9am-10pm Sat & Sun) Pizza, homemade pasta and delicious Italian food served in a tranquil, beachside setting.

**Clube Naval** (☎ 272-21770; Avenida Marginal, Wimbi Beach; meals US\$5-11; 🕒 10am-midnight) Next door to Pemba Beach Hotel, this beachside place has salads, seafood, chicken, ribs, pizzas and desserts.

**Pemba Dolphin** (Avenida Marginal; seafood grills US\$5-15) Directly on the beach, with a beach bar ambience and seafood grills.

**Pemba Beach Hotel** (☎ 272-21770; Avenida Marginal, Wimbi Beach; breakfast/dinner buffet US\$14/18) Breakfast and dinner buffets, plus à la carte dining.

## Shopping

The excellent **Artos Maconde** (☎/fax 272-21099, 272-21100; ceebee@teledata.mz; Town Centre Avenida 25 de Setembro; Wimbi Beach Pemba Beach Hotel) has a wide range of quality carvings and other crafts.

## Getting There & Away

### AIR

**LAM** (☎ 272-21251; Avenida Eduardo Mondlane; 🕒 7am-5pm Mon-Fri, 8am-noon Sat) flies daily to/from Maputo (via Nampula and/or Beira), and three times weekly to/from Dar es Salaam (Tanzania).

**Air Corridor** (☎ 272-20799, 272-28012; Avenida 25 de Setembro), diagonally opposite Osman's supermarket, has daily flights down the coast, stopping at Nampula, Beira, Quelimane and Maputo.

For charters to the Quirimbas Archipelago or Lake Niassa, contact Kaskazini (see Information, p285).

### BUS & CHAPA

**Grupo Mecula** (☎ 272-20821) has daily buses to Nampula (US\$7, seven hours), Nacala (US\$7, seven hours), Moçimboa da Praia (US\$6.50, 7½ hours) and Mueda (US\$6.50, eight hours). For Ilha de Moçambique, take the Nacala bus to Monapo, where you'll need to get out and catch a chapa for the remaining 55km. All departures are at 4.45am from the Grupo Mecula office, just off the main road and about 1.5km from the centre on a small side street behind Osman's supermarket. All buses also pass

## CABO DELGADO

Cabo Delgado province was the birthplace of Mozambique's independence struggle, which began here and was supported from bases in nearby Tanzania. At the height of the war, it could take up to a month to travel – convoy-style, and moving only at night – between Pemba and Moçimboa da Praia, which makes the seven-hour bus ride today seem like a stroll in the park.

by the Mcel office (corner of Avenidas 25 de Setembro and Eduardo Mondlane) before departing town by around 5am.

Otherwise, try your luck with other transport at Mcel, or head to Embondeiro transport stand, 3km from the centre (US\$2 in a taxi). Alternatively, 'tanzanian' chapas depart in all directions from Igreja Reino de Deus from 4am, with high speeds and prices marginally cheaper than those of the Mecula buses.

## Getting Around

Pemba's **taxi rank** (☎ 272-20187; Avenida Eduardo Mondlane) is just down from Mcel (town to Wimbi beach costs from US\$2).

**Moti Rent-A-Car** (☎ 272-21687; motimoz@teledata.mz) is at the airport.

Sporadic chapas run to/from Wimbi Beach, and it's easy to find lifts.

## AROUND PEMBA

In the area around Pemba are several new camps and lodges that offer visitors a chance to experience Cabo Delgado's wild, untamed bush, learn about local life, and perhaps see an elephant or two. One to try is **Mareja** (www.mareja.com; camping per person US\$10, r with shared/private bathroom US\$20/30), an impressive community-focused project where you can experience local life in the bush, including traditional dancing, wildlife watching and walks. Luxury fly-camps are planned, but for now, there's camping, dorm beds and a couple of rustic guesthouse rooms. It's about 40km northwest of Pemba as the crow flies; allow 2½ hours by road. Staff may be able to help with transfers.

## QUIRIMBAS ARCHIPELAGO

☎ 272

In the Quirimbas Archipelago, stunningly white patches of soft sand and brilliant tur-

quoise waters alternate with green, vegetated islands fringed in part by mangroves. Dense mangrove forests also link some of the islands to each other, and with the coast. Only skilled dhow captains are able to navigate among the intricate channels that were cut during Portuguese times.

The Quirimbas Archipelago consists of about two dozen islands and islets strewn among the turquoise waters along the 400km stretch of coastline between Pemba and the Rovuma River. Some are waterless and uninhabited, while others have histories as long as the archipelago itself.

**Ibo**, the best known of the islands, was already an important Muslim trading post when the Portuguese arrived in the 15th century, and by the late 18th century, it had become a major slave-trading port and the second-most important town in Mozambique after Ilha de Moçambique. Today, it's a fascinating, almost surreal place with wide streets lined with dilapidated villas and crumbling, moss-covered buildings. At its northern end is the star-shaped fort of São João dating from the late 18th century, known now for its silversmiths.

Other islands include **Quirimba**, with extensive coconut plantations, and **Matemo** and **Quisiva**, both sites of large Portuguese plantation houses. Tiny **Rolas**, between Matemo Island and Pangane, is uninhabited except for some seasonal fishing settlements. **Quilaluia**, formerly also a seasonal fishing base, is now a protected marine sanctuary. **Vamizi**, **Rongui** and **Macaloé Islands** are part of the **Maluane Project** (www.maluane.com) – a privately funded community-based conservation project that will ultimately also encompass an adjoining coastal strip, and an inland area where wildlife safari–tropical island combinations will be possible.

## COCONUT CRABS

Tiny Rolas island is known for its fascinating population of giant coconut-eating land crabs. These nocturnal creatures, considered to be the largest arthropods in the world, sometimes grow up to 1m long. They get their name from their proclivity for climbing coconut palms, shaking down the nuts, and then prying the cracked shells open to scoop out the flesh.

Many of the southern islands, including Ibo and Matemo, are part of the **Quirimbas National Park** (Parque Nacional das Quirimbas; adult/child US\$8/2), which also includes large inland areas on the fringing coastline. Fees are collected by hotels within the park area.

In addition to its pristine natural beauty, the archipelago is known for its diving, which is especially good around Quilaluia, Vamizi and Rongui.

## Sleeping & Eating

Almost all accommodation in the archipelago is moving upmarket, and everything – especially on Ibo – was in flux as this book was researched, so ask around in Pemba before heading over.

**Karibuni** (Casa de Janine; ibo\_pemba@yahoo.fr; Ibo Island; camping per person US\$3, r with shared bathroom US\$24) Cheap and friendly, with no-frills rooms, bucket baths, and meals on order. It's northwest of the dhow port.

**Ibo Island Lodge** (☎ in South Africa 021-702 0643; www.iboisland.com; Ibo Island; s/d with half-board US\$360/560) An atmospheric 12-room boutique luxury hotel that was about to open as this book went to press. It's in three restored mansions overlooking the water near the dhow port, and operated by Ocean Island Safaris (p303); check with them for an update.

**Quilálea** (☎ 272-21808; www.quilalea.com; Quilaluia Island; all-inclusive full board per person from US\$375) Just offshore, this luxurious private resort, with nine chalets facing the sea and diving and snorkelling, is the place to come for a secluded tropical island retreat.

**Vamizi Island Lodge** (www.vamizi.com; Vamizi Island; r per person with full-board & activities from US\$485) A beautiful 24-bed luxury getaway on a long arc of white sand, and the first of the Maluane lodges to open. Activities include diving, snorkelling, walking and birding.

**Medjumbe Island Resort** (☎ in South Africa 011-465 6904; www.medjumbersort.com; Medjumbe Island; s/d with half board US\$389/576; 🍷 🍷) and **Matemo Island Resort** (☎ in South Africa 011-465 6904; www.matemoresort.com; Matemo Island; s/d with half board US\$389/576; 🍷 🍷) are operated by Rani Africa, which also runs the Pemba Beach Hotel in Pemba.

## Getting There & Away

**AIR**  
All lodges organise charters, and individual seats are often available (US\$65 per person one way from Pemba to Ibo).

## BOAT

Under your own steam, you'll need to go first to Quissanga, on the coast north of Pemba. A direct chapa departs Pemba from the fish market behind the mosque in Paquiteque *bairro* (US\$4, four to five hours) at about 4am daily.

From Quissanga, most vehicles continue on to Tandanhangue village (US\$4 from Pemba), which is the departure point for dhows to Ibo (locals pay US\$0.80) and Quirimba islands.

For drivers (4WD), there's secure parking at Casa de Isufo (signposted 2km before the Tandanhangue port) for US\$1.50 per day.

Dhows leave Tandanhangue only at high tide, and take from one to six hours to Ibo. There's no accommodation, but if you get stuck waiting, Isufo (at Casa de Isufo) can help you find a meal, and has an enclosed area where you can sleep on the ground.

Alternatively, try and charter a local motor boat (about US\$40 to Ibo). For those with larger budgets, it's easy to arrange speedboat charters from Pemba direct to the islands; contact the lodges, or Kaskazini (p285).

## MACOMIA

Macomia is the turn-off point to the beach at Pangane. **Pensão Kwetu-Kumo** (r US\$9), west of the main road, has basic rooms. Daily chapas go to Mucojo, sometimes continuing on to Pangane. About 40km north of Macomia is **Chai**, where Frelimo's military campaign against colonial rule began in 1964 with an attack on a Portuguese base.

## PANGANE

This village sits on a long, beautiful palm-fringed beach 9km north of Mucojo, and 50km off the main north–south road.

**Hashim's Camp** (camping per person US\$6, bungalows US\$10) is a laid-back camp on the point that's run by the helpful Hashim, with reed bungalows on the sand, and grilled fish meals. Alternatively, try **Pensão Suki** (r US\$12), a no-frills guesthouse.

**Guludo** (☎ in UK 01323-766 655; www.guludo.com) is an upscale fair-trade camp that makes a fine base if you want to combine a beach holiday with support for local community development initiatives. There are sea-facing safari-style tents, island excursions, diving and even elephant tracking. It's on a beautiful stretch of sand about 15km south of Mucojo junction; transfers can be arranged from Pemba and Macomia.

There's a daily chapa between Macomia and Pangane, and several chapas daily between Macomia and the Mucojo junction (US\$2), from where you can find a pick-up on to Pangane (US\$0.80). Dhows to the Quirimbas Archipelago can be arranged at Hashim's Camp and Guludo.

## MUEDA

Mueda, the main town on the cool Makonde Plateau, was the site of the infamous 'massacre of Mueda' (see p239), and there's a statue commemorating the town's role in Mozambican independence at the western end of town. Many Makonde carvers live in the outlying villages.

**Pensão Takatuka** (Rua 1 de Maio; r US\$10, annexe r US\$12) and the nearby **Motel Sanzala** (Rua 1 de Maio; r US\$10), both along the main road, have basic rooms.

Grupo Mecula has daily buses to Pemba (US\$7, eight hours) and Nampula (US\$12, 13 hours), departing at 5am. There are several vehicles each morning to Moçimboa da Praia (US\$3.50, seven hours). All transport leaves from the main road opposite the market.

## MOÇIMBOA DA PRAIA

☎ 272

This bustling outpost, with its colourful dhow port, is the last major town before the Tanzanian border. If you're travelling by dhow and enter or leave Mozambique here, have your passport stamped at the immigration office near Complexo Miramar. **Banco Austral** (Avenida Eduardo Mondlane) changes US dollars cash, and

**Telecomunicações de Moçambique** (Avenida 7 de Março; per min US\$0.60) has internet access.

## Sleeping & Eating

**Pensão Leeta** (☎ 272-81147; Avenida Samora Machel; camping US\$5, r US\$10) At the town entrance near the transport stand, with no-frills and slightly scruffy twin-bedded rooms sharing bucket-style baths. They'll let you pitch a tent on their grounds.

**Hotel Chez Natalie** (☎ 82-527 9094; natalie@teledata.mz; camping per tent US\$8, 4-person chalets US\$68) The best bet in town, especially if you have your own transport, with camping (though only minimal ablutions), three nice, family-style chalets and a grill. Breakfast is included. It's 2km from the town centre overlooking the estuary; watch for the signposted turn-off near Clubé de Moçimboa.

**Complexo Miramar** (Complexo Natasha; ☎ 272-81135/6; s/d US\$18/24) A breezy waterside location at the lower end of town, three no-frills rondavels, and a popular restaurant-bar. Follow the main road downhill to the water; it's near the police station.

## Getting There & Away

### BOAT

It's easy to arrange dhows from Moçimboa da Praia. Expect to pay from US\$10 to US\$15 per day, and see the general tips on opposite.

### BUS & PICK-UP

The transport stand is near the market at the town entrance. Pick-ups daily go to/from the Rovuma via Palma, leaving Moçimboa da Praia

## THE MAKONDE

Like many tribes in the north for the country, Mozambique's Makonde are matrilineal. Children and inheritances normally belong to the woman, and it's common for husbands to move to the village of their wives after marriage, setting up house near their mother-in-law.

between 3.30am and 4am, latest (US\$10, four hours); arrange with the drivers the afternoon before to be collected from your hotel. Coming from Tanzania, the last vehicle to Moçimboa da Praia leaves the Rovuma by about noon.

To Pemba, there's a daily Mecula bus departing at 4.30am sharp (US\$7, seven hours). Get it at its garage, midway between Complexo Miramar and the bus stand, or at the main transport stand. A few chapas also do the journey, departing by 7am from the main road in front of the market.

## PALMA

This large fishing village is nestled among coconut groves about 45km south of the Tanzania border. Offshore are Rongui and Vamizi Islands, both privately owned as part of the Maluane Project (p288).

The immigration office and the post office are in the upper part of town.

**Hotel Palma** (r US\$8), 2km downhill from the immigration office, has basic rooms, and meals with advance notice.

All transport leaves from the Boa Viagem roundabout at the entrance to town, 3km from Hotel Palma. For travel to/from Tanzania see p756. From Palma to the Rovuma River, chapas charge US\$5, and depart from about 6am. Transport to Moçimboa da Praia (US\$5, 2½ hours) passes Palma between about 11am and 2pm. Dhows to offshore islands can be arranged from the harbour near Hotel Palma; take everything with you, including water.

# MOZAMBIQUE DIRECTORY

## ACCOMMODATION

Accommodation in Mozambique tends to be pricier than elsewhere in the region, and midrange options are more limited, though

there are some wonderful island lodges. All backpackers hostels and most resort hotels fill up around Christmas and during the South African school holidays (see p585); book in advance if you'll be travelling then.

When quoting prices, many places distinguish between a *duplo* (room with two twin beds) and a *casal* (double bed). Many hotels offer midweek and low-season discounts, and most places have children's discounts.

## Budget

The cheapest options are small local hotels or *pensões*, which start at about US\$8 per room. Expect shared bathrooms with cold water and poor ventilation, though sometimes you'll be pleasantly surprised.

Backpackers are the best budget value. Most are along the southern coast; dorm beds average US\$10.

There are many camping grounds, especially along the coast. Free camping isn't advisable due to security concerns and the possibility of land mines. In rural areas, ask the village *régulo* (chief) for permission to camp.

## Midrange & Top End

For midrange standards, including a private bathroom, hot running water, electricity, air-conditioning (sometimes) and a restaurant on the premises, expect to pay from about US\$40 per room.

Top-end hotels offer all the amenities you would expect from around US\$150 per room, and often have special weekend deals.

## ACTIVITIES

### Bird Watching

Prime birding areas include the Bazaruto Archipelago, Gorongosa National Park and nearby Mt Gorongosa, the Chimanimani Mountains, Mt Namuli, the southern coastal wetlands and Maputo Special Reserve. Recommended contacts for bird lists and birding trips include the Pretoria-based **Indicator Birding** ([www.birding.co.za](http://www.birding.co.za)), **Southern African Birding** ([www.sabirding.co.za](http://www.sabirding.co.za)) and the **African Bird Club** ([www.africanbirdclub.org](http://www.africanbirdclub.org)). The Mozambique Bird Atlas Project can be contacted through the **Avian Demography Unit** ([http://web.uct.ac.za/depts/stats/adu/p\\_mozat.htm](http://web.uct.ac.za/depts/stats/adu/p_mozat.htm)) at the University of Cape Town.

### Dhow Safaris & Boating

The best places for arranging dhow safaris are Vilankulo and the Bazaruto Archipelago

## MAPIKO DANCING

If you hear drumming in the late afternoons while travelling around Cabo Delgado, it likely means *mapiko* – the famed masked dancing of the Makonde.

The dancer – always a man – wears a special wooden mask or *lipiko* (plural: *mapiko*), decorated with wildly exaggerated features, hair (often real) and facial etchings. Before *mapiko* begins, the dancer's body is completely covered with large pieces of cloth wrapped around the legs, arms and body so that nothing can be seen other than the fingers and toes. All evidence that there is a person inside is supposed to remain hidden. *Mapiko* supposedly grew out of male attempts to limit the power of women in matrilineal Makonde society. The idea is that the dancer represents the spirit of a dead person who has come to do harm to the women and children, from which only the men of the village can protect them. While boys learn the secret of the dance during their initiation rites, women are never supposed to discover it, and remain in fear of the *mapiko*.

Once the dancer is ready, distinctive rhythms are beaten on special *mapiko* drums. The dance is usually performed on weekend afternoons, and must be finished by sunset. The best places to see *mapiko* dancing are in and around Mueda, and in Macomia. To take a mask home, look in craft shops in Pemba and Nampula.

## PRACTICALITIES

- Mozambique's main daily is *Notícias*. For English-language news, try the website of **Mozambique News Agency (AIM)**; [www.poptel.org.uk/mozambique-news](http://www.poptel.org.uk/mozambique-news).
- **Radio Mozambique** ([www.rm.co.mz](http://www.rm.co.mz)) is state run, with programming in Portuguese, English and local languages.
- TV stations include TVM (state run), RTK (commercial), RTP1 (Portuguese TV).
- Electricity is 220V to 240V AC, 50Hz, accessed with South African-style three-round-pin plugs or two-round-pin plugs. Adaptors are easily found in major cities.
- Weights, measures and road distances use the metric system.

(contact Sail Away, p265), Pemba (contact Kaskazini, p285) and Pangane (contact Guludo, p289). To organise things on your own (from around US\$15 per boat per day) ask at your hotel for recommendations of reliable captains; travel with the prevailing winds (which blow south to north from about April/May to August/September and north to south from November/December through February); bring plenty of extra food, water and sun protection; and don't set sail in bad weather.

Upmarket boat charters around the Quirimbas and Bazaruto Archipelagos can be arranged through the island lodges. In Maputo, contact **Clube Naval** (☎ 21-492690, 21-494881; Avenida Marginal, Maputo) or the speedboat charter operators listed in the *Inhaca Getting There & Away* section (p256).

## Diving & Snorkelling

Mozambique offers wonderful diving and snorkelling. Quality equipment, instruction and certification are readily available in the main coastal areas, including Ponta d'Ouro (known for its sharks and corals); Tofo and Barra (manta rays and whale sharks); Vilankulo and the Bazaruto Archipelago (dolphins, dugongs and fantastic fish diversity, plus excellent snorkelling); Ilha de Moçambique (historic wreck); Nacala (corals and dhow-based diving); and Pemba and the Quirimbas Archipelago (excellent fish diversity and coral gardens, wall dives and won-

derful snorkelling). Prices are comparable to what you would pay elsewhere in East Africa, though somewhat higher than in South Africa. Humpback whales are seen all along the coast between about July and September. The best time to see whale sharks is between about November and March.

## Fishing

Popular fishing areas include in the south between Ponta d'Ouro and Inhassoro, and in the far north around Pemba, which is within easy reach of the famed St Lazarus Bank, east of Quilalua in the Quirimbas Archipelago. Inland, head to Lake Cahora Bassa, near Tete. Contacts include **Visagie World Charters** ([www.world-charters.com](http://www.world-charters.com)) for Pemba and the Quirimbas islands, and Ugezi Tiger Lodge (p273) for Lake Cahora Bassa.

## Hiking

The best mountain climbs are up Mt Namúli (see the boxed text, p275) and Mt Gorongosa (p270). For hiking, there's the Penha Longa area near Manica (p271) and the Chimanimani Mountains, though there's no infrastructure and you'll need a guide and tent.

## Surfing

The best waves are at Tofinho (see p262).

## Wildlife Watching

Unlike in some neighbouring countries, where the herds practically come to you, in Mozambique you'll need to spend considerable time, effort and, in some cases, money to seek them out. Niassa Reserve, Maputo Special Reserve, and Gorongosa and Limpopo National Parks are the main destinations.

## BOOKS

To get started on Mozambique, look for *Kalashnikovs and Zombie Cucumbers: Travels in Mozambique* by Nick Middleton and *With Both Hands Waving - A Journey Through Mozambique* by Justin Fox. Both are highly entertaining travelogues with lots of historical snippets.

## BUSINESS HOURS

Banks are open from 8am to 3pm Monday to Friday. Shops open from about 8am to noon and from 2pm to 6pm Monday to Friday, and from 8am to 1pm Saturday. Most forex bureaux (*casas de câmbio*) are open from about

8.30am to 5pm Monday to Friday, and on Saturday until about noon. Restaurants are generally open daily – many from about 9am, otherwise from noon – until about 10pm, or earlier in smaller towns. Some close between lunch and dinner. Exceptions are listed in individual reviews. Also see Business Hours in the regional Directory chapter, p742.

## CHILDREN

For general information on travelling with children in the region, see p742.

The southern beach resorts are among the best areas for visiting with young children, and most offer significant children's discounts.

Powdered full-cream milk (but not skimmed milk) is available in almost all mid-sized and larger towns, as is bottled water. Nappies (diapers) are available in Maputo, Beira, Chimoio and Nampula, as is prepared baby food. Shoprite branches and well-stocked pharmacies are the best places to find baby supplies in all these towns. Cots and spare beds are easily arranged at most midrange and top-end places. For infants, pushchairs (strollers) are not practical. Much better is some sort of harness or cloth that allows you to carry the baby on your back, Mozambican style, or in front of you.

In beach areas, be aware of the risk of hookworm infestation in populated areas, as well as the risk of bilharzia in lakes. Other things to watch out for are sea urchins at the beach, and thorns and the like in the brush.

For malaria protection, it's essential to bring nets from home for your children and ensure that they sleep under them. Also bring mosquito repellents from home, and check with your doctor regarding the use of prophylactics. Long-sleeved shirts and trousers are the best protection at dawn and dusk.

Childcare is easy to arrange informally through your hotel.

## CUSTOMS

It's illegal to export any endangered species or their products, including anything made from ivory or tortoiseshell. If you bring in a bicycle, laptop computer, video camera or major camping and fishing equipment into Mozambique, you'll need to fill out a temporary import permit. You'll then be given a receipt, which you'll need to present again (with the item(s) declared) when leaving the

country. You're also supposed to declare any cash that you bring in excess of US\$5000. Local currency cannot be exported. Import of food and other consumables is limited to a maximum value of US\$200.

## DANGERS & ANNOYANCES

Mozambique has calmed down considerably from the war days when going anywhere by road meant a convoy and a high risk of attack. Today, it's a relatively safe place, and most travellers shouldn't have any difficulties. That said, there are a few areas where caution is warranted. Also see p302.

## Crime

Thefts and robberies are the main risks: watch your pockets in markets, and avoid carrying a bag; don't leave personal belongings unguarded on the beach or elsewhere; and minimise (or eliminate) trappings such as jewellery, watches, headsets and external money pouches. Never hold your wallet or money in your hand while bargaining for prices. If you leave your vehicle unguarded, expect windscreen wipers and other accessories to be gone when you return. Don't leave anything inside a parked vehicle. When at stoplights or slowed in traffic, keep your windows up and doors locked, and don't leave anything on the seat next to you where it could be snatched.

In Maputo and southern Mozambique, due to the proximity to South African organised crime rings, carjackings and more violent robberies do occur, although the situation is nowhere near as bad as in Johannesburg, and most incidents can be avoided by taking the usual precautions – avoid driving at night, don't wander around isolated or dark streets, and don't put yourself in isolating situations, including on the beach. If you are driving and your car is hijacked, hand over the keys straight away.

## WARNING!

All travellers, but especially women, and especially at Tofo and Vilankulo, should avoid isolating situations, particularly isolated stretches of beach. Enjoy the coastline, but always stay within sight of your hotel or the crowds, and don't go jogging or walking on the beach alone.

**AVISO! (NOTICE)**

All foreigners are required to carry a copy of their passport when out and about. Rather than carrying the original, it's much better to carry a notarised copy of the name and visa pages, as well as notarised copies of your driving licence, and to hand these over if you're asked. Notary facilities are available in Maputo and other major cities; ask at your hotel for a recommendation.

**Hassles & Bribes**

More likely than crime are simple hassles such as underpaid authorities in search of bribes. If you do get stopped you shouldn't have any problem as long as your papers are in order. Being friendly and respectful helps, as does trying to give the impression that you know what you're doing and aren't new in the country. Sometimes the opposite tack is also helpful – feigning complete ignorance if you're told that you've violated some regulation, and apologising profusely. If you are asked to pay a *multa* (fine) for a trumped-up charge, playing the game a bit (asking to speak to the supervisor or *chefe*, and requesting a receipt) helps to counteract some of the more blatant attempts, as does insisting on going to the nearest police station or *esquadrao* (which you should always do anyway).

**Land Mines**

Thanks to a massive demining effort, many of the unexploded land mines littering Mozambique – a legacy of the country's long war – have been eliminated. However, mines are still a risk in some areas, so stick to well-used paths, and don't free camp or go wandering off into the bush anywhere without first seeking local advice.

**EMBASSIES & CONSULATES****Mozambican Embassies & Consulates**

Mozambican diplomatic representations:

**France** (☎ 01 47 64 91 32; 82 Rue Laugier, Paris 75017)

**Germany** (☎ 030-3987 6500; emozaa@aol.com; Stromstrasse 47, 10551 Berlin)

**Malawi** Lilongwe (☎ 01-774100); Limbe (☎ 01-643189; 1st fl, Cetel Bldg, Rayner Ave, Limbe) The Lilongwe office is off Convention Dr.

**Portugal** (☎ 021-797 1747, 797 1994; Avenida de Berna 7, 1050-036 Lisbon)

**South Africa** Cape Town (☎ 021-426 2944; 45 Castle St, Castle Bldg, 7th fl); Durban (☎ 031-304 0200; 320 West St, Room 520); Johannesburg (☎ 011-484 6427; 11 Boundary Rd, cnr Carse O'Gowrie Rd, Houghton); Nelspruit (☎ 013-752 7396; 32 Bell St); Pretoria (☎ 012-401 0300, 012-321 2288; 529 Edmund St, Arcadia)

**Swaziland** (☎ 404 3700; Mountain Inn Rd, Mbabane)

**Tanzania** (☎ 022-211 6502; 25 Garden Ave, Dar es Salaam)

**UK** (☎ 020-7383 3800; www.mozambiquehc.org.uk; 2 1 Fitzroy Sq, London W1T 6EL)

**USA** (☎ 202-293 7146; www.embamoc-usa.org; 1990 M St, NW, Suite 570, Washington, DC 20036)

**Zambia** (☎ 01-239135; 9592 Kacha Rd, Northmead, Lusaka) Off Paseri Rd.

**Zimbabwe** (☎ 04-253871; 152 Herbert Chitepo Ave, Harare)

**Embassies & Consulates in Mozambique**

For a more complete listing check the telephone directory. Except as noted, most are open from about 8.30am to 3pm, often with a midday break.

**Australia** (Map pp248-9; ☎ 21-322780; www.embassy.gov.au/mz.html; 1st fl, 33 Storey Bldg, cnr Avenidas Zedequias Manganhela & Vladimir Lenine)

**Canada** (Map pp248-9; ☎ 21-492623; www.dfait-maeci.gc.ca/mozambique/menu-en.asp; 1128 Avenida Julius Nyerere)

**France** (Map pp248-9; ☎ 21-490444, 21-492896; www.ambafrance-mz.org; 2361 Avenida Julius Nyerere)

**Germany** (Map pp248-9; ☎ 21-492714; www.maputo.diplo.de; 506 Rua Damião de Gois)

**Ireland** (Map pp248-9; ☎ 21-483524/5, 21-491440; ireland@virconn.com; 3332 Avenida Julius Nyerere)

**Malawi** (Map pp248-9; ☎ 21-492676; 75 Avenida Kenneth Kaunda)

**Netherlands** (Map pp248-9; ☎ 21-490031; www.nlembassy.org.mz; 285 Rua de Mukumbura)

**Portugal** (Map pp248-9; ☎ 21-490316; embaixada@embpormaputo.org.mz; 720 Avenida Julius Nyerere)

**South Africa** (Map pp248-9; ☎ 21-490059, 21-491614; consular@tropical.co.mz; 41 Avenida Eduardo Mondlane)

**Swaziland** (Map pp248-9; ☎ 21-492117, 21-492451; swazimoz@teledata.mz; Rua Luis Pasteur)

**Tanzania** (Map pp248-9; ☎ 21-490110; 852 Avenida Mártires de Machava)

**UK** (Map pp248-9; ☎ 21-320111, 21-310111; bhc.maputo@teledata.mz; 310 Avenida Vladimir Lenine)

**USA** (Map pp248-9; ☎ 21-492797; www.usembassy-maputo.gov.mz; 193 Avenida Kenneth Kaunda)

**Zambia** (Map pp248-9; ☎ 21-492452; 1286 Avenida Kenneth Kaunda)

**Zimbabwe** (Map pp248-9; ☎ 21-490404, 21-486499; 1657 Avenida Mártires de Machava)

**FESTIVALS & EVENTS**

Apart from national holidays, Mozambique has few countrywide festivals. Smaller events abound, though, most with no advertising. For concerts and performances, watch for posters around town and announcements in *Notícias*, and check with the Centro Cultural Franco-Moçambicano (p246). Local festivals to watch for include **Gwaza Muthini**, held in Marracuene (p256) in early February to commemorate the Battle of Marracuene and the start of the *ukanhi* (traditional brew) season; and the Chopi **Timbilas Festival**, held somewhere between June and August in Quissico (p260). Maputo's new two-week **Avante Mozambique!** festival is held each August/September; see p251.

**HOLIDAYS**

**New Year's Day** 1 January

**Mozambican Heroes' Day** 3 February

**Women's Day** 7 April

**International Workers' Day** 1 May

**Independence Day** 25 June

**Lusaka Agreement/Victory Day** 7 September

**Revolution Day** 25 September

**Christmas/Family Day** 25 December

For travel in southern Mozambique, also check the South African school holidays (p585), when everything fills up.

**INTERNET ACCESS**

Internet access is easy and fast in Maputo, where there are numerous internet cafés. Elsewhere, there are internet cafés in most provincial capitals and some larger towns – often at the local Telecomunicações de Moçambique (TDM) office. Rates average US\$2 per hour, and connections range from reasonable to good.

**INTERNET RESOURCES**

**African Studies Centre Mozambique Page** (www.africa.upenn.edu/Country\_Specific/Mozambique.html) Many links.

**Kanimambo** (www.kanimambo.com) In Portuguese, with English listings and links.

**Mozambique Art Portal** (www.art.org.mz) An overview of Mozambican art and artists.

**Mozambique Home Page** (www.mozambique.mz) Mozambique's official website.

**Mozambique Music Magazine** (www.mozambique-music.com) Mozambican music.

**Mozambique News Agency** (www.poptel.org.uk/mozambique-news/) Mozambique news in English.

**LEGAL MATTERS**

The use or possession of recreational drugs is illegal in Mozambique. However, grass and more are readily available in several places along the coast. If you're offered anything, it will invariably be part of a set-up, and if you're caught, penalties are very stiff. At the least, expect to pay a large bribe to avoid arrest or imprisonment.

Driving on the beach, driving without a seatbelt (for driver and front-seat passengers), exceeding speed limits and driving without two red hazard triangles in the boot are all illegal, and are common ways of attracting police attention and demands for a bribe or fine (*multa*).

**MAPS**

The best is the *Ravenstein* map (1:2,000,000), readily available outside Mozambique. Futur (p247) puts out a good country map with city inserts, available at their Maputo office and some hotels and bookshops.

**MONEY**

Mozambique's currency is the metical (plural meticais, pronounced me-ti-caish), abbreviated Mtc. In July 2006 the 'metrical nova família' (new family metical) was introduced, at a rate of 1000 old meticais to one metical nova família. Metical nova família note and coin denominations include notes of Mtc20, Mtc50, Mtc100, Mtc200, Mtc500 and Mtc1000, and coins of Mtc1, Mtc2, Mtc5 and Mtc10. One metical nova família is equivalent to 100 centavos (Ct), and there are also coins of Ct1, Ct5, Ct10, Ct20 and Ct50. For exchange rates, see the inside front cover of this guide.

Outside Maputo, the best way to travel in Mozambique is with a good supply of cash in a mixture of US dollars (or South African rand, especially in the south) and meticais (including a good supply of small-denomination notes, as nobody ever has change). Supplement this with a Visa card for withdrawing meticais at ATMs (the best way of accessing money), and a few travellers cheques for emergencies (though they are difficult to change – see p296).

## ATMs

All larger towns have ATMs for accessing cash meticaís. Most accept Visa card only, and many have a limit of Mtc3,000,000 (US\$120) per transaction.

## Black Market

There's essentially no black market, so if you are offered good rates on the street, assume it's a set-up.

## Cash

US dollars are easily exchanged everywhere, and – together with South African rand – are the best currency to carry. Other major currencies can be changed in Maputo.

Most banks don't charge commission for changing cash, and together with forex bureaus, these are the best places to change money, although some banks (including most BIM branches) will let you change cash only if you have an account.

In Maputo and other larger cities there are foreign exchange bureaus (*casas de câmbio*), which usually give a rate equivalent to or slightly higher than the banks, and are open longer hours. Changing money on the street isn't safe anywhere, and is illegal – asking shopkeepers is a much better bet.

## Credit Cards

Credit cards are accepted at most top-end hotels and car-rental agencies, but otherwise are of only limited use. Visa is the most useful, and is also the main (often only) card for accessing money from ATMs.

## Travellers Cheques

Travellers cheques can be changed only in Maputo, Beira and a few other provincial capitals, only at Standard Bank, and only with high commissions (minimum US\$35 per transaction, original purchase receipt required). So, while it's a good idea to bring some along as an emergency standby, they shouldn't be relied on as a source of funds in Mozambique.

## TELEPHONE

The cheapest international dialling is with the Telecomunicações de Moçambique (TDM) Bla-Bla Fixo card, sold at all TDM branches and sometimes nearby shops. It's a pre-paid card for fixed lines (including those at TDM offices and card phones), and is cheaper than

dialling internationally from TDM directly. Collect (reverse-charge) calls are possible only to Portugal.

Domestic calls cost about US\$0.10 per impulse; most short calls won't use more than two or three impulses. Calls to Europe, the USA and Australia cost from about US\$5 for the first three minutes (minimum), plus US\$2 for each additional minute. Regional calls cost about US\$3 for the first three minutes. Rates are cheaper on weekends and evenings.

All land-line telephone numbers now have eight digits, including provincial area codes, which must always be dialled (even when calling a number in the same city). Codes are included with all telephone numbers in this book, and are also listed at the beginning of each town section. No initial zero is required.

## Mobile Phones

Mobile phone numbers are seven digits, preceded by ☎ 82 for **Mcel** ([www.mcel.co.mz](http://www.mcel.co.mz)) or ☎ 84 for **Vodacom** ([www.vm.co.mz](http://www.vm.co.mz)). No initial zero is required. If you see an old-style Mozambique mobile number listed as '082-xxx xxx', just move the initial zero to the end of the old six-digit number before dialling. Otherwise, assume that seven-digit mobile numbers listed with zero at the outset are in South Africa; these must be preceded by the South Africa country code (☎ 27). Check the Mcel and Vodacom websites for coverage (*cobertura*) maps. Mcel, the main provider, has outlets everywhere where you can buy Sim-card starter packs (US\$2) and linked to the network. Vodacom has shops in major towns, with similar services.

## Telephone Codes

When calling Mozambique from abroad, dial the international access number (☎ 09 from South Africa), then the international code for Mozambique (☎ 258), followed by the provincial or city code (no zero) and the number. For mobile numbers, dial the international access number, followed by the international code, the mobile prefix (no zero) and the seven-digit number.

## TOURIST INFORMATION

The national tourist organisation, **Fundo Nacional de Turismo** (Futur; [www.futur.org.mz](http://www.futur.org.mz)) is primarily geared to tourism promotion, but it's worth checking its English-language website for an introduction to the country.

## VISAS

Visas are required by all visitors except citizens of South Africa, Swaziland, Zambia and Botswana. They are available at most major land and air entry points (US\$25 for a one-month, single-entry visa). However, visa lines at busy borders are often long, and it's best (and often cheaper) to arrange your visa in advance. If you're arriving in Maputo via bus from Johannesburg it's essential to get your visa in advance, as most buses won't wait.

Fees vary according to where you buy your visa, ranging from US\$20 to US\$70 for a one-month single-entry tourist visa outside Africa. Within the region, same-day visa service is available at several places including Johannesburg and Nelspruit (South Africa). The Mozambican representations in South Africa and Swaziland are the cheapest places in the region to get visas, charging US\$13 for same-day service. Note that for getting a visa in Johannesburg, you'll need to go first to a branch of Nedbank and make a cash deposit of the visa fee. Then, take the deposit slip with you to the embassy and make your visa application. Call the embassy (see p294) for bank account details. Wherever you get your visa, your passport must be valid for at least six months from the dates of intended travel, and have at least two blank pages.

## Visa Extensions

Visas can be extended at the immigration office (*migração*) in all provincial capitals provided you haven't exceeded the three-month maximum stay. Processing takes one to three days and is usually straightforward. Don't wait until the visa has already expired, as hefty fines (US\$100 per day) are levied for overstays.

## VOLUNTEERING

Most volunteer work is in teaching or health care, and school construction. Good initial contacts include **InterAction** ([www.interaction.org](http://www.interaction.org)), whose excellent twice-monthly subscriber newsletter advertises both paid and volunteer positions internationally, including in Mozambique; and the Mozambique page of **Volunteer Abroad** ([www.volunteerabroad.com/Mozambique.cfm](http://www.volunteerabroad.com/Mozambique.cfm)), which has links to volunteer opportunities in the country. There is extensive missionary work in Mozambique, so another possibility would be to make inquiries through your local church.

# TRANSPORT IN MOZAMBIQUE

## GETTING THERE & AWAY

This section covers access to Mozambique from neighbouring countries. For getting to Southern Africa from outside the region, see the regional Transport chapter (p752).

## Entering the Country

Only a valid passport and visa are required to enter, plus the necessary vehicle paperwork if you are driving (p301).

## Air

Maputo's **Mavalane International** (MPM; ☎ 21-465827/8; [www.aeroportos.co.mz](http://www.aeroportos.co.mz)) is the main airport. Regional flights also go to the airports at **Vilankulo** (VNX; ☎ 223-82207), **Beira** (BEW; ☎ 23-301071/2), **Nampula** (APL; ☎ 26-213100, 26-213133) and **Pemba** (POL; ☎ 272-20312).

The national carrier is **Linhas Aéreas de Moçambique** (LAM; code TM; ☎ 21-4680000, 21-490590; [www.lam.co.mz](http://www.lam.co.mz); hub Mavalane International, Maputo), which has flights connecting Johannesburg with Maputo (daily), Vilankulo and Beira (both twice weekly); Dar es Salaam with Pemba (five weekly); and Lisbon (Portugal) with Maputo (five weekly). Other airlines flying into Mozambique:

**Kenya Airways** (code KQ; ☎ 21-320337/8; [www.kenya-airways.com](http://www.kenya-airways.com); hub Jomo Kenyatta International, Nairobi) Twice weekly between Maputo and Nairobi.

**Pelican Air Services** (code 7V; ☎ in South Africa 011-973 3649; [www.pelicanair.co.za](http://www.pelicanair.co.za); hub OR Tambo International, Johannesburg) Daily between Johannesburg and Vilankulo via Kruger Mpumalanga International Airport, with connections to the Bazaruto Archipelago.

**SAAirlink** (code SA; ☎ 21-495483, 21-495484; [www.saairlink.co.za](http://www.saairlink.co.za); hub OR Tambo International, Johannesburg) Three times weekly between Beira and Johannesburg, and between Maputo and Durban.

**South African Airways** (SAA; code SA; ☎ 21-495483, 21-495484; [www.flysaa.com](http://www.flysaa.com); hub OR Tambo International, Johannesburg) Daily between Maputo and Johannesburg.

## ARRIVAL & DEPARTURE TAXES

There's an arrival tax of US\$2. Departure tax is US\$20 for intercontinental and regional flights, payable in cash in meticaís, US dollars or South African rand.

**Swazi Express** (code Q4; ☎ in South Africa 031-408 1115; www.swaziexpress.com; hub Durban) Two to three flights weekly between Durban, Matsapha (Swaziland), Maputo and Vilankulo.

**TAP Air Portugal** (code TP; ☎ 21-303927/8, 21-431006/7; www.tap-airportugal.pt; hub Lisbon) Five flights weekly between Maputo and Lisbon.

### Border Crossings

Everyone entering Mozambique overland needs to pay an immigration tax of US\$2 or the equivalent in meticaís, rand or the local currency of the country from which you're arriving. Have exact change, and get a receipt. For additional fees and requirements for drivers, see p301). Except as noted, most borders are open from 6am to 6pm.

For information on getting to Mozambique from Tanzania and elsewhere outside Southern Africa, see p752.

### MALAWI

The busiest border is at Zóbuè, on the Tete Corridor route linking Blantyre (Malawi) and Harare (Zimbabwe). Others include crossings at Dedza (85km southwest of Lilongwe), Milange (120km southeast of Blantyre), Entre Lagos (southwest of Cuamba), Mandimba (northwest of Cuamba), Vila Nova da Fronteira (at Malawi's southern tip), and Cóbue and Metangula (both on Lake Niassa).

### To/From Blantyre

The Zóbuè crossing has good roads and public transport connections on both sides. There are daily vehicles from Blantyre to the border via Mwanza (US\$4). Once on the Mozambique side there are daily chapas to Tete. Buses between Blantyre and Harare via Zóbuè will also drop you at Tete.

Vila Nova da Fronteira sees a reasonable amount of traffic, although it's an off-the-beaten track journey. There are daily minibuses from Blantyre to Nsanje and on to the border. Once across, you can find chapas along a reasonable road via Mutarara to Sena, and from there on to Caia on the main north-south road.

The Milange crossing is convenient for Quelimane, Gurúè, and on to Ilha de Moçambique. There are regular buses from Blantyre via Mulanje to the border. Once across, there are several vehicles daily to Mocuba, and then frequent transport on to both Quelimane and Nampula.

The crossing at Entre Lagos (for Cuamba and northern Mozambique) is possible with your own 4WD, or via chapa between the border and Cuamba. On the Malawi side, there are minibuses from the border to Liwonde. Another option is the weekly Malawi train, from where you'll need to take a chapa to Cuamba.

More common is the Mandimba crossing. There's frequent transport on the Malawi side to Mangochi, from where you can get minibuses to Namwera, and on to the border at Chiponde. Once in Mozambique, there are several vehicles daily from Mandimba to both Cuamba and Lichinga.

### To/From Lilongwe

The Dedza border is convenient for Lilongwe, and is linked with the EN103 to/from Tete by a tarmac road. From Tete, there's usually at least one chapa daily to Ulongwé and on to Dedza. Otherwise, go in stages from Tete via Moatize and the junction about 15km southwest of Zóbuè. Once across the border, it's easy to find transport for the final 85km to Lilongwe. If planning to enter Mozambique at this border, arrange your visa in advance.

### Boat

The *Ilala* ferry services several Mozambican ports on its way up and down Lake Niassa, departing Monkey Bay (Malawi) at 10am Friday, arriving in Metangula (via Chipoka and Nkhotakota in Malawi) at 6am Saturday, reaching Cóbue around noon, Likoma Island (Malawi) at 1.30pm, and Nkhata Bay (Malawi) at 1am Sunday. Southbound, departures are at 8pm Monday from Nkhata Bay and at 6.30am Tuesday from Likoma Island, reaching Cóbue at 7am and Metangula at noon.

The schedule changes frequently; get an update from **Malawi Lake Services** (ilala@malawi.net). Fares are about US\$40/20 for a 1st-class cabin/economy class between Nkhata Bay and Cóbue.

There are immigration posts in Metangula and Cóbue (and on Likoma Island and in Nkhata Bay, for Malawi). You can get a Mozambique visa at Cóbue, but not at Metangula. Slow sailing boats also go between Likoma Island, Cóbue and Metangula.

Meponda was formerly linked with Malawi's Senga Bay via the weekly MV *Mtendere*. It's currently not running, but worth asking to see if services have resumed.

### SOUTH AFRICA

The busiest crossing is **Komatipoort–Ressano Garcia** (☎ 6am–10pm), northwest of Maputo. Others include **Kosi Bay–Ponta d'Ouro** (☎ 8am–4pm), 11km south of Ponta d'Ouro; **Pafuri** (☎ 8am–4pm), in Kruger park's northeastern corner; and **Giriyondo** (☎ 8am–4pm Oct–Mar, 8am–3pm Apr–Sep), northwest of Massingir.

### To/From Johannesburg

The best option between Johannesburg and Maputo is one of the large 'luxury' buses that do the route daily (US\$30 to US\$38 one way, eight to nine hours), listed below (see p254 for Maputo location and contact details). All lines also service Pretoria. You can also travel in each direction on these lines between Maputo and Nelspruit, but not between Nelspruit and Johannesburg. Organise your Mozambique visa in advance.

**Greyhound** (☎ in South Africa 011-276 8500; www.greyhound.co.za) Daily from Johannesburg's Park Station complex at 6.45am, and from Maputo at 7.30am.

**InterCape Mainliner** (☎ in South Africa 021-380 4400; www.intercape.co.za) Daily from Johannesburg's Park Station complex at 8am, and from Maputo at 7.45am.

**Panthera Azul** (☎ in South Africa 011-618 8811/3; www.pantherazul.co.za) Daily from Johannesburg (34 Bezuidenhout Ave, Troyville) at 7am; from Maputo at 6.45am Monday, Wednesday and Friday, at 4am on Tuesday, Thursday and Saturday, and at 7am on Sunday.

**Translux** (☎ in South Africa 011-774 3333; www.translux.co.za) Daily from Johannesburg at 8.45am; from Maputo at 7.45am.

For drivers, there's a good toll road connecting Maputo with Johannesburg via Ressano Garcia.

Train is the other option. South Africa's **Komatiline** (☎ 011-774 4555; www.spoornet.co.za) travels between Johannesburg and the Komatipoort border post daily (13 hours). Once across, it's possible in theory to continue to Maputo by rail. However, service in Mozambique is very slow; it's much faster to take a chapa.

### To/From Kruger National Park

There are two border points between Mozambique and South Africa's Kruger park, neither accessible via public transport, and both requiring 4WD on the Mozambique side.

Giriyondo sees a small but steady stream of 4WD adventurers looking for an alternative route to the Mozambican coast. See p260 for more.

Pafuri can be used to access the rough tracks across Gaza and Inhambane provinces to Mapinhane (at the junction with the EN1) and the coast, or to go southeast into Limpopo National Park, or towards Chokwé and the EN1 – all 4WD territory. There's also a 4WD track sponsored by **Sanparks** (www.sanparks.org) and **Limpopo National Park** (www.dolimpopo.com) that uses this crossing; see the websites for details. The Limpopo River is unbridged and crossable only in the dry season. Mozambique visas are not issued at Pafuri, and there are no fuel points anywhere along the route to Vilankulo until the EN1.

### Other routes

Between Durban and Maputo, **Panthera Azul** (☎ in Durban 031-309 7798) has buses via Namaacha and Big Bend in Swaziland (US\$35, 8½ hours) departing Maputo at 7am Tuesday, Thursday and Saturday, and Durban at 7am Wednesday, Friday and Sunday.

For travel via the Kosi Bay border post, see the Ponta d'Ouro Getting There & Away section (p258).

### SWAZILAND

The main crossing is at **Lomahasha–Namaacha** (☎ 7am–8pm) in Swaziland's northeast corner, with another, quieter post at **Goba–Mhlumeni** (☎ 7am–6pm).

### To/From Manzini

Minibuses depart Maputo throughout the day for Namaacha (US\$2, 1½ hours), with some continuing on to Manzini (US\$5, 3½ hours).

Bill's Bus runs an occasional shuttle between Manzini and Maputo, with connections to Tofo; get details through **Grifter's Lodge** (www.grifterslodge.com) in Swaziland or Diversity Scuba in Tofo (p262). Maputo Backpackers (p251) and **Sobantu Guest Farm** (www.swaziplace.com/sobantu) also have a shuttle between Maputo and various points in Swaziland, connecting to Tofo. Prices for both are about US\$23 one way between Swaziland and Maputo, and US\$55 from Swaziland to Tofo.

The Namaacha border is notoriously slow at holiday weekends; the quiet border at Goba (Goba Fronteira) makes a good alternative. The new, good road from Swaziland's Mananga border, connecting north to Komatipoort–Ressano Garcia, is another option.



## ZAMBIA

The main crossing is at **Cassacatiza** (🚚 7am-5pm), 290km northwest of Tete. There's another crossing at **Zumbo** (🚚 7am-5pm), at the western end of Lake Cahora Bassa.

### To/From Lusaka

The road on both sides of the Cassacatiza/Chanida border crossing is reasonably good, but the crossing is seldom used as most travellers combining Mozambique and Zambia go via Malawi. If you want to try it, chapas go daily from Tete to Matema, from where there's sporadic transport to the border. On the other side, there are daily vehicles to Katete (Zambia), and then on to Lusaka or Chipata.

The rarely used crossing at Zumbo is difficult to access from Mozambique, and of interest primarily to anglers and bird-watchers heading to the western reaches of Lake Cahora Bassa. See p273.

## ZIMBABWE

The main crossing points are at Nyamapanda on the Tete Corridor, linking Harare with Tete and Lilongwe (Malawi), and at Machipanda on the Beira Corridor linking Harare with the sea. Other crossings are at Espungabera, in the Chimanimani mountains, and at **Mukumbura** (🚚 7am-5pm), west of Tete.

### To/From Harare

Both the Nyamapanda and Machipanda border crossings have reasonably good tarmac access roads, and are easy to cross using public transport or hitching.

From Tete there are frequent vehicles to Changara (US\$3, 1½ hours) and on to the border at Nyamapanda, where you can get transport to Harare. Through buses between Blantyre and Harare are another option, though schedules have been erratic due to fuel shortages in Zimbabwe.

From Chimoio there is frequent transport to Manica and from there to the border, from where you'll need to take a taxi for the 12km to Mutare, and then get Zimbabwe transport or the night train to Harare. In theory, this departs Mutare at 9pm, arriving in Harare at 5.30am the next morning, although schedules have been interrupted in recent times.

The seldom-used route via Espungabera is slow and scenic, and an interesting dry-season alternative for those with a 4WD. Public transport on the Mozambique side is scarce.

Mukumbura, best done with 4WD, is of interest mainly to anglers heading to Cahora Bassa dam. There is no public transport on the Mozambique side.

### Tours

For tour operators who organise travel to Mozambique, as well as in-country itineraries, see p303.

## GETTING AROUND

### Air

#### AIRLINES IN MOZAMBIQUE

The national airline is **Linhas Aéreas de Moçambique** (LAM; ☎ 21-468000; www.lam.co.mz), which together with its subsidiary, Moçambique Expresso (Mex), runs most noncharter flights within Mozambique, linking Maputo with Inhambane, Vilankulo, Beira, Chimoio, Quelimane, Tete, Nampula, Lichinga and Pemba. Service has improved markedly in recent years, and flights are generally reliable. Always reconfirm your ticket, and check in well in advance.

LAM offers frequent specials; watch for advertisements in the daily newspaper, *Notícias*, or ask for one of their 'Jacto Popular' fares, which require three to five days advance purchase.

Other domestic carriers and routes are listed below.

**Air Corridor** (☎ 21-311582; 26-213333; aircorridor@teledata.mz) The single Air Corridor plane does a daily run up and down the coast, stopping at Maputo, Beira, Quelimane, Nampula and Pemba; cheaper than LAM.

**Serviço Aéreo Regional** (SAR; ☎ 26-212401; sargaw@teledata.mz) Twice weekly between Nampula and Cuamba.

**TransAirways** (☎ 21-465108; transairways@virconn.com) Daily between Maputo and Inhaca Island.

**TTA** (☎ 21-465484, 21-465015, 282-82348) Daily between Vilankulo and the Bazaruto Archipelago, together with Pelican Air Services (see p297).

### Bicycle

Cycling is a seldom used but good way to see the 'real' Mozambique, but you'll need plenty of time to cover the long distances. You'll also need to plan the legs of your trip

fairly carefully and to carry almost everything with you, including all spares, as there are long stretches with little or nothing en route. Avoid cycling in central Maputo and along main roads whenever possible, as there's often no shoulder, traffic is fast and drivers have little respect for cyclists. Carrying a tent is essential. However, because of land mines, the odd chance of encountering roaming wildlife (especially in the north), and general security concerns, it's not a good idea to free camp. Much better is to arrange something with villagers, who will invariably warmly welcome you. Bicycles can be transported on buses (US\$2 to US\$5, depending on the journey).

### Bus

Bus travel is the most straightforward and economical way to get around, and relatively reliable services connect all major towns at least daily.

A large bus is called a *machibombo*, and sometimes also *autocarro*. The main companies are Transportes Oliveiras, with an extensive but slow route network in southern and central Mozambique; the buses (including 30-seater minibuses) that once belonged to the now-defunct TSL, and which operate on the southern routes; and the good Grupo Mecula, which has an extensive network in northern Mozambique. Many lines run both express and stopping services. If there's a choice, it's worth paying the small difference between the two, as express is significantly faster.

Most towns don't have central bus stations. Rather, transport usually leaves from the bus company garage, or from the start of the road towards the destination (which frequently involves a hike of 1km to 2km from the centre of town). Long-distance transport in general, and all transport in the north, leaves early – between 3.30am and 7am. And, unlike many countries, Mozambican transport usually leaves quickly and close to the stated departure time. If a driver tells you they will be departing at 4.30am, get there by 4.15am, at the latest.

### CLASSES & COSTS

All buses have just one class. Showing up on the morning of travel (about an hour prior to departure for heavily travelled routes) is generally enough to ensure you get a place. If you are choosy about your seat or want one in the front, get to the departure point earlier.

Sample journey fares and times: Maputo to Inhambane (US\$9, seven hours); Nampula to Pemba (US\$7, seven hours); Maputo to Beira (US\$30, 18 hours). For schedule information, see individual town listings.

### Car & Motorcycle

#### BRING YOUR OWN VEHICLE

In addition to a passport and driving licence, drivers need third-party insurance, a temporary import permit, the original vehicle registration papers and an authorisation document from the rental agency or registered vehicle owner, plus two red hazard triangles in the boot. If you're towing a trailer or boat, a hazard triangle needs to be displayed on your front bumper and at the back of the trailer, and trailers also require reflective tape. You'll also need a sticker on the back of the vehicle (or at the end of the trailer) showing the country of registration (eg ZA for South Africa).

Temporary import permits (TIP, about US\$2) and third-party insurance (US\$23 to US\$31 for 30 days, depending on vehicle size; trailers from US\$12) are available at most land borders, and you'll be required to show the paperwork at all checkpoints (and will be fined if you can't produce it). Fees can be paid in meticaís, US dollars or the local currency of the country you are leaving. As some smaller border posts don't always issue third-party insurance, it's worth arranging this in advance with your local automobile association if planning to enter Mozambique via an out-of-the-way routing. If you find yourself in Mozambique without it, contact **Holland Seguros** (☎ 21-313114; www.holland.co.za) to help you sort it out.

### DRIVING LICENCE

You'll need either a South African or an international driving licence to drive in Mozambique. Those staying longer than six months will need a Mozambique driving licence.

### FUEL & SPARE PARTS

Petrol is a scarce commodity off main roads, especially in the north. Diesel supplies are cheaper and more reliable. Always carry an extra jerry can or two and tank up at every opportunity, as filling stations run out with some frequency. Or sometimes the fuel may be there but, if there's a power outage, it may not be accessible. In some places, the only choice will be petrol sold from roadside *barracas*

#### DOMESTIC DEPARTURE TAX

Departure tax on domestic flights is US\$8, payable in US dollars, meticaís or rand.

(stalls); watch for petrol that has been mixed with water or kerosene. Unleaded fuel (*gasolina sem chumbo*) is available in major centres, but not elsewhere. Fuel prices in Mozambique average US\$1 per litre for petrol, somewhat less for diesel.

A limited supply of spare parts is available in Maputo and in major towns. Otherwise, they'll need to be ordered from South Africa.

#### HIRE

There are rental agencies in Maputo, Beira, Nampula and Pemba, most of which take credit cards. Elsewhere, you can usually arrange something with upscale hotels. Rates start at US\$100 per day for 4WD, excluding fuel. No rental agencies offer unlimited kilometres. Rental cars from Mozambique can be brought into South Africa and Swaziland, but not into other neighbouring countries. Let the rental agency know in advance so that they can prepare the necessary paperwork.

#### INSURANCE

All private vehicles entering Mozambique are required to purchase third-party insurance at the border (see Bring Your Own Vehicle, p301), which covers you to some degree in the event of hitting a pedestrian or another Mozambican vehicle. It's also advisable to take out good insurance coverage at home or (for rental vehicles) with the rental agency to cover damage to the vehicle, yourself and your possessions. Car-rental agencies in Mozambique have wildly differing policies (some offer no insurance at all, those that do often have high deductibles and most won't cover off-road driving) so inquire before signing any agreements. If renting in South Africa, ask whether Mozambique is included in the coverage.

#### PURCHASE

High duties and associated costs, as well as problems with stolen cars, make it not really worth considering purchasing a vehicle in Mozambique for most travellers. If you will be in Mozambique for an extended period, embassy notice boards are the best place to check for ads for used vehicles. As many of these will have been imported under special tax provisions applicable to diplomats, check out the fees and taxes you'll need to pay in addition to the selling price.

#### ROAD CONDITIONS

Mozambique's road network is steadily improving, and most southern coastal areas between Maputo and Vilankulo are reachable with 2WD, with the exception of some sandy resort access roads. A 2WD vehicle is also fine for the roads connecting Nampula, Nacala, Ilha de Moçambique and Pemba, for the Beira corridor, and for the Tete corridor between Harare (Zimbabwe) and Tete. For most other routes, you'll need 4WD with high clearance. However, all it takes is a heavy rainstorm or some flooding to change the road map, so ask around to get the latest updates.

Most of the main north-south highway has been sealed and is in reasonable to good shape except for the stretches between the Save River and Beira (under construction), from Caia north to Quelimane and on to Nampula (also under construction), and from Palma north to the Rovuma River. The Beira corridor (EN6) is generally good tarmac, except between Beira and Inchope (under construction). The road from Chimoio to Tete and Zóbuè is generally good tarmac, as is that from Tete to Harare.

From Lichinga to Cuamba and on to Nampula, the road is reasonably good to Mandimba, good from there into Cuamba, and in rough but reasonable condition from there on to Nampula. Milange to Mocuba is unpaved but fine during the dry season.

#### ROAD HAZARDS

Drunk driving is common, as are excessive speeds, and there are many road accidents. Armed robberies and carjackings are a risk, especially in Maputo. Throughout the country, travel as early in the day as possible, and avoid driving at night. If you must drive at night, use appropriate speeds, watch for pedestrians and obstacles (including parked vehicles with no lights) in the middle of the road and keep the doors locked and windows up. Tree branches in the road are the local version of flares or hazard lights, and mean there's a stopped vehicle, crater-sized pothole or similar calamity ahead. For public transport, where there's a choice, always take buses rather than chapas.

#### ROAD RULES

In theory, traffic in Mozambique drives on the left. At roundabouts, traffic in the roundabout has the right of way (again, in theory). There's a seatbelt requirement for the driver

and front-seat passenger. Speed limits (usually 80km/h on main roads, and 50km/h or less when passing through towns) are enforced by radar, and should be strictly adhered to as controls are frequent. Fines for speeding and seatbelt and other traffic infringements vary, and should always be negotiated (in a polite, friendly way), keeping in mind that the standard speeding fine is about US\$20. In addition to avoiding fines, another reason to limit your speed is to escape axle-shattering potholes that can appear out of nowhere, or children or livestock running unexpectedly into the road.

Although the rule is frequently violated, driving on the beach is illegal (fines are about US\$80), and driving off-road anywhere isn't recommended because of the risk of land mines.

#### Hitching

In parts of rural Mozambique, your only transport option will be hitching a lift. See p764 for general considerations. In Mozambique, hitching is usually easy enough, though often quite slow off main routes. Payment for lifts is usually not expected, though it's best to clarify before getting in, and a small token of thanks, such as paying for a meal or making a contribution for petrol, is always appreciated. To flag a vehicle down, hold your hand out at about waist level and wave it up and down. Try to avoid hitching alone, especially women. Throughout the country, the prevalence of drunk drivers makes it worth trying to assess the driver's condition before getting into a vehicle.

#### Local Transport

The main form of local transport is the chapa – the name given to converted minivans or any other public transport that isn't a bus

or truck. On some routes, your only option will be a *camião* (truck). Many have open backs, and on long journeys the sun and dust can be brutal unless you get a seat upfront in the cab.

Chapas can be hailed down anywhere, and prices are fixed. Intra-city fares average US\$0.20; long-haul fares are usually slightly higher than the bus fare for the same route. Chapa drivers aren't known for their safe driving, and there are many accidents. If you have a choice, bus is always a better option.

#### Tours

All of the following companies organise travel to Mozambique, as well as in-country itineraries. Top-end hotels and lodges in Maputo and Pemba also offer fly-in packages from Johannesburg.

**Dana Tours** ([www.danatours.net](http://www.danatours.net)) Covers most of Mozambique, plus Mozambique-South Africa combination itineraries.

**Makomo Safaris** ([www.makomo.com](http://www.makomo.com)) Combination itineraries for northern Mozambique, southern Tanzania, Zambia and Malawi.

**Mozambique Connection** ([www.mozambiqueconnection.co.za](http://www.mozambiqueconnection.co.za)) Covers most of the country and all price ranges.

**Ocean Island Safaris** ([www.oceanislandsafari.com](http://www.oceanislandsafari.com)) Luxury travel to the Quirimbas Archipelago, and itineraries combining Mozambique and other Indian Ocean islands.

**Wildlife Adventures** ([www.wildlifeadventures.co.za](http://www.wildlifeadventures.co.za)) Coastal Mozambique, and itineraries combining Mozambique with elsewhere in Southern and East Africa.

**Zambezia Travels** ([www.zambezia.ch](http://www.zambezia.ch)) Focuses on central and northern Mozambique, including Gurúè, Mt Namúli, Cuamba and Ilha de Moçambique.

#### Train

The only passenger train regularly used by tourists is the slow line between Nampula and Cuamba; see p283.

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