



MOZAMBIQUE



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A Land of Smiles



Mozambique has regained its position at the forefront of the international tourism scene and is now, once again, one of the most attractive and intriguing tourist destinations in Southern Africa. Many new, international hotels and award-winning, luxury lodges have opened while the country's national parks and game reserves, some under private management, are being swiftly re-stocked and returned to their former glory. The establishment, with neighbouring countries, of cross-border wildlife reserves being a vital factor in this resurgence.

Mozambique's 2,500 km of white, palm-fringed beaches - and the islands of the Bazaruto Archipelago in particular - have long been the major draw for tourists. The extensive coral reefs host a dazzling array of unique marine life and offer unbelievable diving and fishing opportunities covered, in-depth, later in this brochure. But Mozambique offers so much more. Other exotic destinations include the mysterious mountains of Namuli and Unango; the historical settlements of Angoche; the World Heritage Site of Mozambique Island; the magnificent natural harbour of

Pemba; and the Quirimbas Archipelago which now rivals Bazaruto as the country's main tourist attraction. The first lodge to open there is still rated one of the top 100 hotels in the world. Several equally luxurious lodges have recently opened on other islands while further exciting projects are scheduled for 2008. In fact a major USAID initiative will focus on the promotion and development of sustainable tourism in Northern Mozambique that will stretch from Mozambique Island, Nacala and Angoche; through the Quirimbas Archipelago and Pemba;

to Lake Niassa and the Niassa Reserve. Mozambique provides a contrast to other countries in Southern and East Africa, with its rare blend of African, Arab and Portuguese influences. The Mediterranean charm lives on within a fun-loving African setting, creating an atmosphere that is unique within the region. This mix is especially noticeable in the Afro-Portuguese cuisine and the Latin beat of the music in the clubs and discos. Visitors will warm to the liveliness and exuberance of Mozambique - country of contrasts and 'Land of Smiles'.

In Mozambique, reference hotels for a dream stay.



Girassol Bahia Hotel **** Maputo

An excellent service in a building which is an architectonic landmark with a magnificent view over Maputo. An icon of Mozambiquean hotelry.



Girassol Indy Village **** Maputo

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Girassol Nampula Hotel **** Nampula

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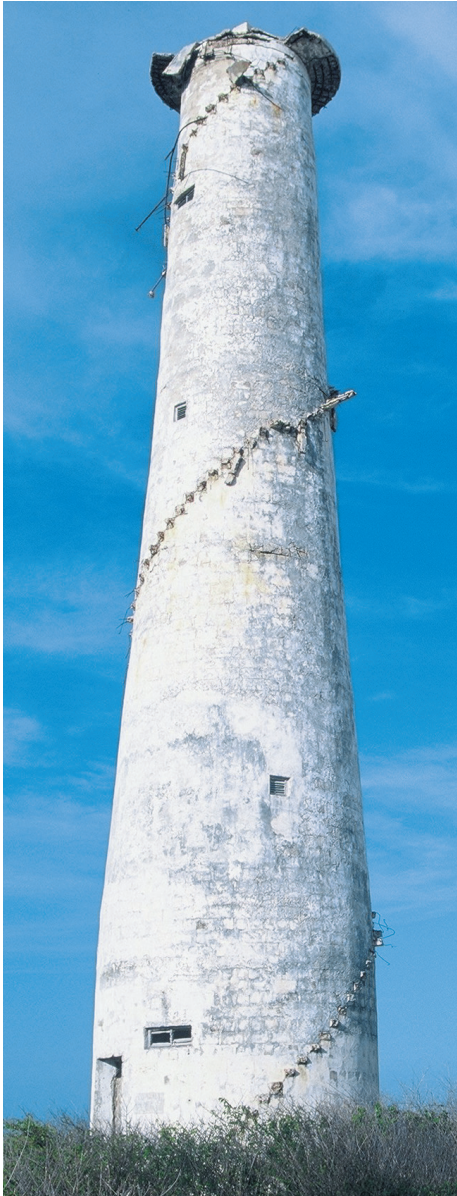


Girassol Lichinga Hotel **** Lichinga

All the confort and convenience for those travelling on business or leisure, with prime access to the Lake and Nature Reserve of Niassa and to Malawi.



The Facts



HISTORY

The Bantu people settled in Mozambique about 2,000 years ago, setting up the great Mwenemutapa Empire in the centre and south of the country. By about 900 AD trading links had been forged with India, Persia, China and, above all, with the Arab world. Gold was the major lure for these merchants and it was this precious mineral that first attracted the Portuguese to Mozambique, Vasco de Gama landing there in 1482 on his way to India. The Portuguese set up their first trading post at Sofala in 1505, exporting gold and challenging Arab domination. By the late 17th century ivory had replaced gold as the main export while, some 50 years later, slaves became the major commodity. Mozambique was governed from Goa until 1752, when it was brought under direct control from Lisbon. As a result of

this link with India, numerous Indian trading communities settled in the country, and their influence can still be seen today. Independent Arab trading 'states' survived until the end of the 19th century when, after Portugal's colonial role was ratified, these trading 'kingdoms' were destroyed leaving the legacy of the Islamic religion in areas where these sultanates had existed. In the early part of the 20th century vast tracts of land were rented to and administered by private companies. Agriculture became the main activity, creating huge numbers of poor, rural black workers, while a policy of white supremacy was pursued. Repression and exploitation provoked a backlash which led to the growth of the independence movement and the founding of freedom organisations like Frelimo in 1962. Armed struggle led to independence on June 25, 1975. A

17-year-long civil war which then broke out was only resolved in 1992. Multi-party elections were then held in October 1994 with Frelimo emerging as victors. Mozambique, which joined the Commonwealth in 1995, is now building on its stability by promoting foreign investment and tourism.

GEOGRAPHY

Mozambique covers an area of over 800,000 sq. km, three times the size of Great Britain. Situated to the south east of the African continent, it shares borders with six other countries, Tanzania, Malawi and Zambia to the north, Zimbabwe to the west, South Africa and Swaziland to the south. The 2,500 km long coastline boasts numerous superb beaches fringed by lagoons, coral reefs and strings of small islands. A vast, low, grassland plateau which rises from the coast

towards the mountains in the north and west covers nearly half the country's land area. The population is concentrated along the coast and the fertile river valleys. The Zambezi is the largest of the country's 25 rivers. Mozambique is rich in mineral resources such as gold, emeralds, copper, iron ore and bauxite and is currently engaged in oil exploration.

CLIMATE

Tropical to sub-tropical with coastal temperatures high for much of the year while the interior is warm to mild, even in the cooler, dry season from April to September. In the south the hot, humid rainy season is from December to March, farther north this period lengthens by a few weeks. The coast of northern Mozambique is occasionally affected by tropical cyclones. It is usually sunny throughout the year.

Pestana

HOTELS & RESORTS

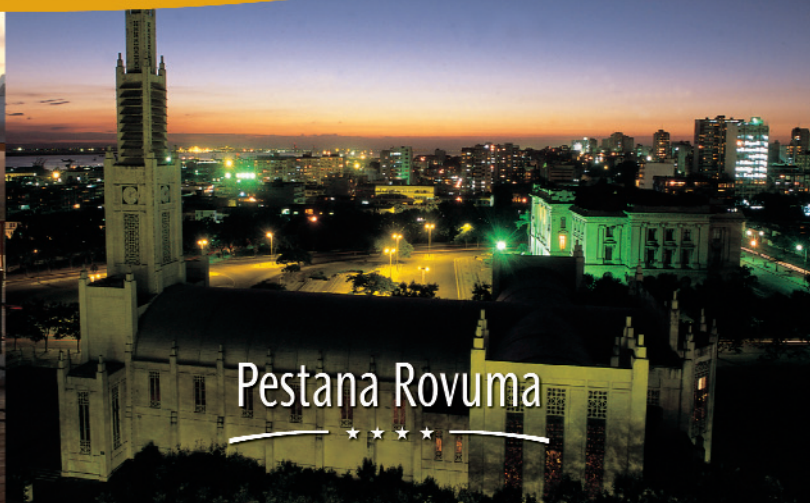
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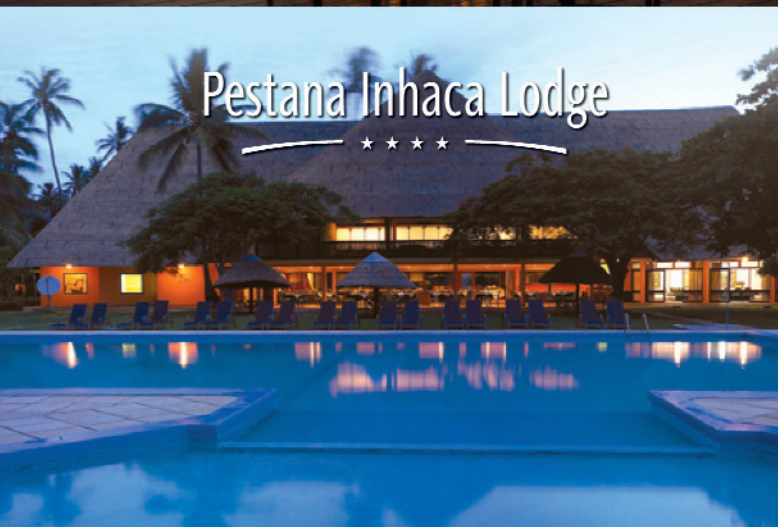
Pestana Kruger Lodge

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The Culture



Traditional ways of life are well preserved in Mozambique - varying from province to province. This cultural kaleidoscope provides visitors with a host of treasured experiences and memories. The Makonde, from Cabo Delgado Province in the north-east, are known for their fearlessness and initiation rituals. For male initiation, participants dance in "mapico" masks. The body is tattooed and the teeth are sharpened purely for

aesthetic purposes. The Makonde are also accomplished craftsmen, producing fine hardwood - mainly mahogany, ebony or ironwood - and ivory carvings which often depict the stories of earlier generations. Music is very important to the Niassa people who live in the sparsely populated north-western region. They use wind instruments, made from dry and hollowed calabashes, which produce a similar sound to a trumpet. Musicians in a

band play instruments of different sizes. Makua women, from Nampula Province, paint their faces with "muciro", a white, root extract. They also make straw baskets, mats and other articles as well as sculptures from ebony and clay. The traditional, spicy cooking of Zambézia is highly regarded. Zambézia chicken, grilled with palm oil, is a particular delicacy. The agility of the Nhau dancers of Tete Province is much admired. To the

sound of resounding drum beats, they dance holding huge and frightening wooden masks. For the Chope people of Inhambane Province the "timbila" is both the name of a percussion instrument and a dance. The instrument is similar to a xylophone. During the dance, up to 23 different sized instruments are played. The Chope also use the "mbira", made of strips of metal attached to a hollow box and plucked with the fingers.

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The Islands



BAZARUTO ARCHIPELAGO

The most popular tourist area in Mozambique, the archipelago consists of four main islands - Bazaruto, Benguera, Magaruque, and Santa Carolina. They are situated some 35 km off the mainland and are accessible by boat, or small aircraft, from the town of Vilanculos. High quality accommodation attracts international visitors who, as well as swimming and sunbathing, can take part in number of outdoor activities and a full range of water-sports that includes snorkelling, scuba diving, deep-sea fishing, salt water fly fishing, sailing and water-skiing. Small antelope roam the islands alongside fresh-water crocodiles, mangrove crabs and samango monkeys while flamingo nest on the freshwater lakes. The islands are in fact home to over 240 varieties of birds including fish eagles, bee-eaters, harriers, ospreys and the elusive crab plover and green coucal. Bazaruto Marine Park now covers the entire Bazaruto

Archipelago making this 1400 sq km reserve one of the largest in the Indian Ocean. In addition to humpback whales, dolphins, manta rays and five species of turtle, some 100 dugongs survive here - one of the very few viable populations on the East African coast.

IBO ISLAND

Part of the Quirimbas Archipelago, and a former Portuguese trading post, this beautiful island has been nominated for World Heritage status. Only accessible by boat from Pemba, it is well worth the effort as the island is steeped in history and ancient culture. A number of investors have identified this and community and conservation projects are underway to protect Ibo's biodiversity. The island prides itself on its three historical forts. The largest, St Jao Baptista on the northern side of the island, was used to imprison political prisoners from Portugal as late as the 1970's. Today the fort is used for more peaceful work and is home to traditional

silversmiths that practice their ancient art of hand made jewellery design.

INHACA ISLAND

About 34 km out into Maputo Bay, Inhaca Island is accessible either by boat or light aircraft. The lovely island offers many different activities including a tractor ride to the lighthouse or a visit to the Marine Biology Museum. Scuba diving, snorkelling, kayaking, parasailing, windsurfing and surf or deep-sea fishing are just some of the more exciting activities. An excursion to neighbouring Portuguese Island or an escape to the 'wild side' of the island - with its crashing surf, deep blue sea and glorious wind - are also recommended. The abundant wildlife includes flamingo, pelicans and loggerhead turtles.

MOZAMBIQUE ISLAND

Now a World Heritage Site, this former capital of Portuguese East Africa was a trading post, for gold, ivory and slaves, used by Portuguese

ships on their way to India. The old part of the island is full of historical and architectural features. Numerous buildings, some constructed of coral, date from the 16th century.

QUIRIMBAS ARCHIPELAGO

Consisting of 32 small islands, including Ibo Island, and stretching 100 km from Pemba to the Rovuma River on the border with Tanzania, the area boasts some of the richest coral reefs in the world and is home to an abundant array of marine life. Luxury lodges provide ample opportunity for relaxation while scuba diving, snorkelling, deep-sea-fishing, sailing, surf-casting and bird watching are just some of the activities on offer. The southernmost of the islands, and a vast expanse of mainland forest, form the recently declared Quirimbas National Park. Elephant, leopard, lion, buffalo, wild dog and an amazing bird-life may be seen here while the marine fauna and flora includes sharks, sea turtles, humpback whales, the occasional dugong and over 50 types of coral.



Vamizi Island

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www.vamizi.com



The Beaches



Mozambique's 2,500 km of Indian Ocean coastline is mainly made up of empty, palm-fringed, sandy beaches where luxury hotels and lodges cater for the most discerning traveller. Here are details of just some of the mainland's best beaches.

MAPUTO PROVINCE

Although Inhaca Island may be considered the major attraction, the mainland also has a number of fine beaches. Surfers, in particular, will be drawn to the big waves of Praia da Macaneta which can be reached by boat from Maputo. The 117km journey to the golden sands of Ponta do Ouro requires a 4x4 vehicle while just 5 km north from there is the beautiful beach of Ponta Malongane.

GAZA PROVINCE

The massive reef running parallel to

the beach at Xai-Xai provides natural protection against the strong waves at high tide and forms several small pools at low tide, when the locals gather shellfish. Bilene lies on the fine white sand shores of a 27 km long lagoon. The sea can be reached by crossing the lagoon by boat. Other popular beaches are Zongoene, at the mouth of the Limpopo River, Chidenguele and Chizavane.

INHAMBANE PROVINCE

In addition to the islands of the Bazaruto Archipelago, this province also boasts many other superb beaches, amongst them Praia de Zavala, Praia de Závora, Guinjata Bay and Baía dos Cocos or Coconut Bay (south of Inhambane); Praia do Tofo, Praia da Barra and Ponta da Linga Linga (east of Inhambane); and Pomene (174 km to the north).

SOFALA PROVINCE

Beira's best beaches are found between the Club Náutico and the Macuti lighthouse. Some 10 km inland from the centre of Beira, 'Six Miles' is a beautiful tropical resort consisting of an artificial lagoon, dotted with islands, where visitors can swim or hire pedal boats.

ZAMBÉZIA PROVINCE

A wonderful beach of endless white sand, Praia de Zalala is reached from Quelimane by 45 km of good road. The beach is lined by dense and leafy casuarina trees. Praia de Pebane is another white sand beach north of Quelimane.

NAMPULA PROVINCE

Mozambique Island is the main draw but the province has several other attractive beaches. Praia das Chocas, on the mainland near

Mozambique Island, is a very popular while Praia de Fernao Veloso, a favourite of the local people, is located near Nacala.

CABO DELGADO PROVINCE

The palm-lined beach of Praia do Wimbe is noted for its white sand and clear blue waters. Visitors can walk along Wimbe beach to reach the lighthouse and nearby Praia do Farol beach. Mecufi and Mocimboa da Praia beaches are also recommended. Ibo Island and the Quirimbas Archipelago may be reached by boat from Pemba.

NIASSA PROVINCE

Although not on the coast, this province is bordered by Lake Niassa/Malawi with its numerous sandy beaches. The best known are Praia de Meponda, Praia de Metangula and Praia de Cobué.



Parque Nacional da Gorongosa

www.gorongosa.net

Gorongosa National Park is Mozambique's premier national park. Located in the center of Mozambique, Gorongosa is characterized by a diverse array of ecosystems which provide ideal habitats to a wide variety of wildlife.



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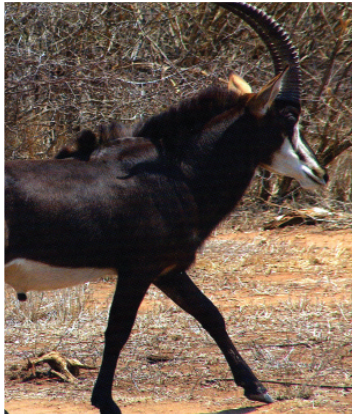
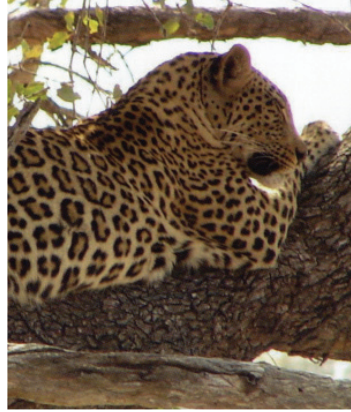
Acting as an information hub between the news media and the tourist industry in times of crisis

ATTA is a trade association of more than 400 members united by their common desire to promote Africa as a tourism destination. We are an exclusive society for those who believe passionately in Africa and wish to share and promote their expertise to ensure that tourism plays a major role across this vast continent.

Enquiries to info@atta.travel or visit www.atta.travel
The African Travel & Tourism Association



The Wildlife



Mozambique's environmental conservation areas, which presently cover over 12% of the country, comprise the following six National Parks and six National Reserves.

BANHINE NATIONAL PARK

Situated in Gaza Province, this 6,000 sq km park is part of the Great Limpopo Transfrontier Conservation Area which links Mozambique with parks in South Africa and Zimbabwe. Comprising open savannah with mopane and miombo forests, it is home to lion, leopard, impala, kudu, nyala, oribi, reedbuck, sable, grey duiker, hippo, ostrich and crocodile.

BAZARUTO ARCHIPELAGO NATIONAL PARK

Comprising five islands in the Bazaruto Archipelago, 20 km off the coast of Inhambane Province, the 1,400 sq km area protects dolphin, dugong, sea turtles, sharks, rays and various species of whale and over 240 varieties of bird including the rare crab plover and green coucal. The 150 dugong found here being one of the major populations of East Africa.

GORONGOSA NATIONAL PARK

One of the world's best known conservation areas, this park lies on the south edge of the Great Rift

Valley, 80 km north-west of Beira in Sofala Province. Lion, leopard, civet, genet, serval, buffalo, elephant, bushbuck, hartebeest, impala, kudu, nyala, oribi, reedbuck, sable, waterbuck, warthog, zebra, vervet monkey, chacma baboon, hippo and crocodile may be seen. The bird-life is prolific with over 200 species, including the rare green-headed oriole, having been identified.

LIMPOPO NATIONAL PARK

Linked with the Kruger, in South Africa, and Gonarezhou, in Zimbabwe, this area, in the west of Gaza province, forms part of the huge Great Limpopo Transfrontier Park. With numerous different landscapes it is home to the 'big five' – elephant, rhino, lion, leopard and buffalo - and a host of other wildlife including wild dog, hyena, kudu, oribi, hippo and zebra.

QUIRIMBAS NATIONAL PARK

Situated in Cabo Delgado Province, this 7,500 sq km park covers a large area of the mainland in addition to eleven islands of the Quirimbas Archipelago. Elephant, buffalo, lion, leopard, hyena, jackal, wild dog, eland and sable may be seen. Marine species include dolphin, turtle, shark, whale, the rare and endangered dugong and 375 species of fish while the birdlife is amazing.

ZINAVE NATIONAL PARK

Yet another park which forms part of the Great Limpopo Transfrontier Conservation Area, this 4,000 sq km park is situated along the Save River in the far north-west of Inhambane Province. Lion, leopard, cheetah, hyena can be viewed along with bushbuck, impala, kudu, nyala, reedbuck, steenbuck, both grey and red duiker, hippo and crocodile.

CHIMANIMANI NATIONAL RESERVE

Situated in Manica Province this 640 sq km reserve is home to buffalo, bushbuck, grey and red duiker, eland, oribi, reedbuck, sable, waterbuck, warthog and a wide variety of birds and reptiles many of which are endemic to the area.

GILE NATIONAL RESERVE

This 2,860 sq km mountainous reserve, in the north of Zambezi Province, lists 95 species of mammal - including elephant, lion, leopard, wild dog, spotted hyena, kudu, nyala and waterbuck - and 114 species of bird.

MAPUTO NATIONAL RESERVE

Linked with parks in Swaziland and South Africa this reserve, situated south of Maputo, now forms part of the Lumombo Transfrontier Conservation Area. It is a major elephant stronghold but other

mammals include duiker, kudu, reedbuck, waterbuck and crocodile. There is a wide variety of birds while the marine fauna includes dolphin, turtle and whales.

MARROMEU NATIONAL RESERVE

Situated along the delta of the Zambezi River, in Sofala Province, this reserve has a huge population of buffalo while the birdlife is extensive. Other wildlife that may be seen includes elephant, lion, leopard, eland, impala, kudu, nyala, reedbuck, wildebeest and wild boar.

NIASSA GAME RESERVE

Located in Niassa Province, in the far north of the country, this is the largest reserve in Mozambique and is home to its largest population of both elephant and wild dog. Lion, leopard, buffalo, giraffe, grey and red duiker, eland, hartebeest, impala, kudu, sable, waterbuck, wildebeest and zebra may also be seen.

POMENE NATIONAL RESERVE

Set on the dunes and sandy forests of the Inhambane Province coast, this small 126 sq km reserve is home to grey duiker, impala, steenbuck, wildebeest, wild boar, chacma baboon and grey monkeys. There is also a wide and varied range of bird species.

A large, multi-story resort building with a central tower and a swimming pool in the foreground. The building features a central tower with a tiled roof and a small cupola. The facade is light-colored with arched windows and balconies. In the foreground, there is a swimming pool with lounge chairs and a covered outdoor area with large arched openings. The scene is set against a clear blue sky.

The hotel offers a fitness centre, an outdoor swimming pool, room service, laundry and valet, airport

Just 5 km from the central business district, the Southern Sun Maputo is an excellent business venue. Meeting facilities can accommodate up to 40 delegates and offer a complete range of audio/visual equipment.



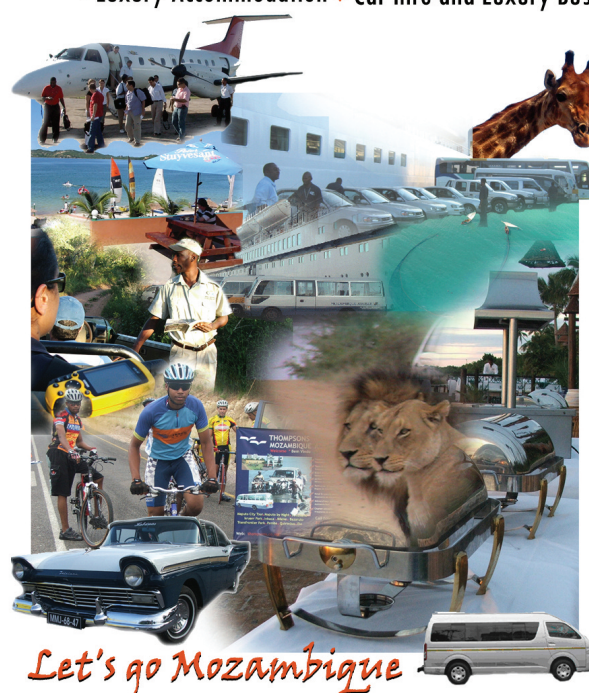
MAPUTO

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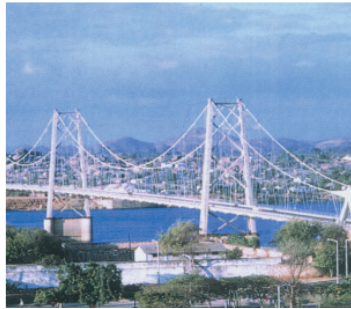
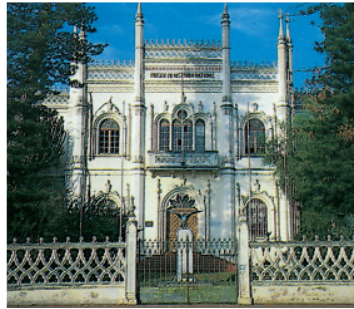
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The Cities



MAPUTO

Maputo, the capital of Mozambique, is located to the south of the country. Formerly known as Lourenço Marques, it evokes much of the atmosphere of its Portuguese colonial past with its wide streets lined with acacia and jacaranda trees. The city has excellent hotels, restaurants, nightclubs – even a casino – and offers visitors the opportunity to view innumerable sights of historical, cultural and scenic beauty. The Cathedral, on Independence Square, is a particularly imposing sight as are the neo-classical City of Council Chambers nearby. The gothic-style Museum of Natural History houses exhibits on many of the animal species in Mozambique while the Fortress, one of Maputo's oldest buildings, is now a colonial history museum. Other interesting buildings are The House of Iron, imported from the World Exhibition in Paris; the Railway Station; and the Yellow House, the seat of the first colonial government. The Botanical Gardens; the Central Market, which offers a wide variety of handicrafts in addition to fresh fruit, vegetables and herbs; and the Fish Market may also be of interest. Inhaca Island, 34

km out into Maputo Bay, is easily accessible by boat or light aircraft while the Maputo National Reserve lies 80 km to the south of the city.

XAI-XAI

The beach near Xai-Xai, north of Maputo in Gaza province, is a popular destination. The Limpopo river flows south of the town.

INHAMBANE

Further north from the capital, in the province of the same name, is the city of Inhambane. Established as a Portuguese trading post in 1534 it is one of the oldest European settlements in Southern Africa. The Cathedral of Our Lady of the Conception, with its fine clock tower, was built by the Portuguese about 200 years ago.

BEIRA

This city, Mozambique's second major port, is located at the mouth of the Pungwe River in Sofala province. In the heart of the city is the square of Largo do Município, surrounded by old colonial buildings, terraces, tea rooms and shops. The cathedral, erected in 1925, was built partly from stones from the 16th century Fort of Sofala,

which has since been submerged under the sea. Other buildings of note are Casa Portugal, built in typical colonial style, and the magnificent Casa Infante de Sagres.

QUELIMANE

An important river port, located on the Rio dos Bons Sinais in Zambezia Province, Quelimane's landmarks include an austere Cathedral and an ornate, modern Mosque. Within reach are a number of hot-water springs and the tea plantations of the Gurue Mountains.

NAMPULA

Displays of typical Mozambican art are on show in the city museum of this provincial capital, while the Cathedral is a remarkable building with twin towers and a massive dome.

PEMBA

Thanks to little industrial activity, much of the natural beauty of this city, situated in a bay of the same name in Cabo Delgado Province, has been preserved. The Old Town contains several traditional markets where souvenirs include silverware. From Pemba, tourists can hire a boat to visit the lovely Ibo Island.

LICHINGA

The gateway to Lake Niassa and the Niassa Game Reserve, the city of Lichinga, in Niassa Province, is home to more than 75,000 inhabitants.

TETE

Tete, the provincial capital, is one of the hottest parts of the country and where the impressive Tete Suspension Bridge crosses the Zambezi River. Baroma Church, about 30 km from the city, is a magnificent Jesuit Church built at the end of the 19th century. Some 150 km from Tete is the Cabora Bassa Dam, the second largest in Africa, which creates an enormous reservoir with a surface of 2,000 sq. km.

CHIMOIO

Chimoio, in Manica Province, is an important commercial centre. A well-known feature of the city is Cabeça do Velho, a spectacular, natural stone formation resembling the face of an old man. West of Chimoio is the historic town of Manica, with its impressive Museum of Geology while about 36 km from Chimoio is the Chicamba Real dam, its sheered off rock face forming a natural V-shape to house the dam.

HOTEL CARDOSO



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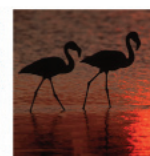


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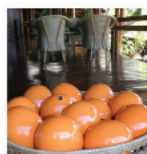
Bazaruto: Bazaruto Lodge • Indigo Bay Island Resort

Benguerra: Benguerra Lodge • Marlin Lodge

Inhambane: Barra Lodge • Flamingo Bay

Maputo Hotels and Inhaca Island

Niassa: Lugenda Bush Camp



Pemba: Londo Lodge • Pemba Beach Hotel and Spa

Quirimbas: Matemo Island Resort • Medjumbe Island Resort

Quilála: Vamizi • Ibo Island Lodge • Guludo Beach Lodge

Sofala: Gorongosa National Park

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The Diving



Diving in the warm, crystal clear Indian Ocean waters of Mozambique and its islands, is a thrilling and rewarding experience. Mozambique is one of the finest diving destinations in the world, with remarkably unspoilt coral reefs and an abundant variety of marine life that all levels of divers can enjoy all year round. Sea temperatures vary between 30°C in summer to 21°C in winter and the structure of the reefs

offer pinnacles, overhangs, coral arches and much more. Reef depths vary from 10m to 40m and offer good visibility and fantastic photo opportunities. Not only of the incredible range of coral but of over 6,000 species of fish. The reefs attract a variety of game fish while the coral is home to myriads of brightly coloured smaller fish including schooling banner fish, moorish idols, butterfly fish, blue

striped snappers, barred sweetlips, goldies, and trigger fish. Diving is excellent all year-round and a range of exciting and varied diving itineraries can be organised. Barracuda, manta rays, moray eels, sharks, huge schools of kingfish, giant lobsters, and numerous species of reef fish are commonly seen. The whale shark, the largest fish in the world which can reach lengths of up to 14m and weigh up to 15 tons,

can be spotted between December and April. Above the waves, dolphin are frequently encountered as are leatherback, loggerhead and green turtle. Humpback whales can be sighted between August and October while the lucky few may get to marvel at the sight of the rare dugong. Most lodges are pleased to welcome all levels of divers and lessons can be arranged for both beginners and intermediates.

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Benguerra is a unique, African island paradise – washed by the turquoise waters of the warm Mozambique channel. This is barefoot luxury at its very best.

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There are three room types available at the lodge. The beautiful Cabana's - each with it's own private deck and plunge pool, merging naturally into the surrounding indigenous forest. The luxurious Casita's complete with a lounge area, private wooden deck, plunge pool and outdoor dining Gazebo, just a step away from the beach.

Or, for those wanting unsurpassed



Benguerra Lodge

luxury and privacy – we have an exclusive Villa, set apart from the rest of the Lodge, with two double bedrooms and its own private lounge/dining area with personal chef and private swimming pool. We offer genuine hospitality, personalized service and an intimate knowledge of our natural environment. We are passionate

about conservation and dedicated to the involvement of the local community in sharing and conserving the spirit of Africa.

Benguerra Lodge is a paradise for snorkellers and scuba divers. The lodge has a fully equipped dive centre and access to some of the most pristine reefs in the world. There is also excellent saltwater fly and deep sea fishing to be had. Indulge yourself in countless hours of relaxation under coconut palms, delight in the diversity of birdlife - more than 150 species, visit the historic freshwater lakes, sail in a traditional Dhow and search the seas for the legendary dugongs. You can choose to do as much, or as little, as you like.

E-mail: reservations@benguerra.co.za

Web: www.benguerra.co.za

The Fishing



Mozambican is an angler's paradise which offers world-class rock & surf, salt water fly and game & bill fishing. Deep-sea fishing expeditions along the Mozambican coastline are exceptional with the Bazaruto Archipelago, Inhaca, Nacala, Pemba, Ponto do Ouro, the Quirimbas Islands and Xai Xai considered among the highspots. The Bazaruto Archipelago is, in fact, recognised as one of the best destinations in the world for black

marlin. The best months for black marlin are between October and the end of January. Blue and striped marlin are found from September to January, while the main sailfish season runs from the beginning of June until the end of September. From December to February anglers may see one of the archipelago's most interesting creatures. This is the rare whale shark, the largest shark and the largest fish in the world, which can reach lengths of up to

14m and weigh up to 15 tons. Fly-fishing, for queenfish, ladyfish, bonefish, pompano and several species of kingfish, in the narrow channels between Bazaruto and Bengueria, is unsurpassed with the best season being from March to July. Rock and surf fish include kingfish, cotta, king mackerel, springer, and big garfish. Other catches include, barracuda, bludger, dorado, green jobfish, kawakawa, prodigal son, rainbow

runner, skipjack and yellowfin tuna, and wahoo. A variety of other shark species also occur offshore including blackspot, blacktip, bull, dusky, silvertip, tiger and Zambezi. Most lodges in Mozambique are happy to welcome, and teach, novices while tackle and equipment is normally available to hire. Boats are fully equipped with navigational and fish finding aids in addition to all the usual safety equipment. A tag and release policy is widely encouraged.

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In addition to diving and fishing, Mozambique's coastline is an ideal place for a wide range of water-sports, while its rugged interior will appeal to lovers of the outdoors.

HIKING & CLIMBING

Mozambique's rugged terrain makes it a good place for hikers. Climbers can tackle the challenge of the Unango's, to the north of the country.

HORSE RIDING

There are numerous opportunities for equestrian activities, especially on the major islands where there are special horse trails.



PARASAILING

An exhilarating experience, launched and recovered from a small powerboat, it turns you into a human kite suspended hundreds of feet above the water.

QUAD BIKING

Quads are fun and easy to ride. Trails twist and wind through the sand and bush, offering climbs, descents and flat-out straights. There are other routes for the less daring.

SANDBOARDING

Unlike surfing and snow boarding, sand boarding is easy to learn and readily accessible to beginners so an

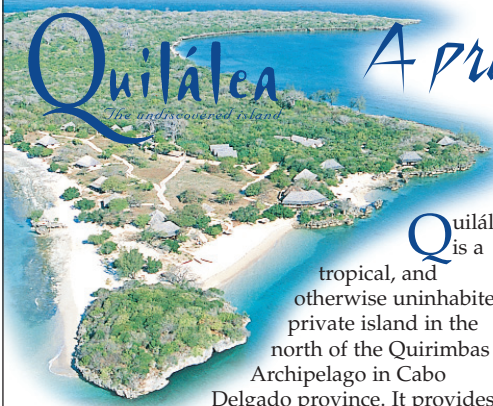
adrenaline surge is just a slide away.

SEA KAYAKING

Paddle next to ancient dhows and dugout canoes as you explore the islands, Lake Niassa or the Bazaruto or Quirimbas Archipelagos in a one or two person kayak.

WATERSPORTS

Canoeing, sailing, surfing, water-skiing, windsurfing and yachting take place along the coast and on lakes in the interior. Ponta do Ouro and beaches close to Inhambane are especially good for surfing.



Quilálea

A private island paradise

Quilálea is a tropical, and otherwise uninhabited, private island in the north of the Quirimbas Archipelago in Cabo Delgado province. It provides a malaria-free haven of luxury and beauty with the highest degree of privacy. Guests will experience authentic African hospitality with personalised service to meet their every wish. Nine spacious and luxuriously furnished villas, built with natural stone and palm thatch, ensure cool tropical comfort. Each villa's teak deck and shower offer panoramic

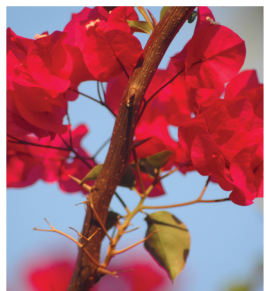
views of the Indian Ocean while exotic Mozambican cuisine is served in the open-terraced dining room, overlooking the ocean, or on the beach by candlelight.

Quilálea Island forms part of the Quilálea Marine Sanctuary, the first protected in the archipelago. Sea turtles nesting on the beach; humpback whales sheltering their young in the channel; and the occasional dugong spotted in the sea grass meadows; are just some of the marine animals that benefit from this sanctuary. Quilálea offers unlimited opportunities for relaxation and exploration with scuba diving, snorkelling, sport fishing, sailing, surf-casting and bird watching being just a few of the activities on offer.

For further information contact:
Quilálea Island Reservations:
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 Cell: + 258 82 326 3900
 E-mail: info@quilalea.com
 Website: www.quilalea.com



Special Interest



BIRD-WATCHING

The wealth of birdlife in Mozambique is stunning and more than 900 species have been recorded. Bengueria Island alone is home to 115 different types. Inhaca Island, with its flocks of flamingos, is also excellent for birding as is Lake Chicamba, with its waders and water-birds.

BUTTERFLIES

Africa is home to over 3,500 species of butterfly and a far greater variety of moth. Many of these can be found in Mozambique.

DOLPHIN TRACKING

Ponta do Ouro, a resort to the south of Maputo, and the Bazaruto and Quirimbas Archipelagos are popular places for dolphin tracking.

DUGONGS

Families of rare dugong, or sea cows, may often be seen in the waters surrounding the Bazaruto and Quirimbas Archipelagos.

FLORA ENTHUSIASTS

Cycads and many other exotic indigenous plants can be admired throughout Mozambique while ancient baobab trees, known as the "upside down tree" because its branches look like roots, are to be found in certain provinces.

RAIL BUFFS

A metal dome, designed by Gustave Eiffel of the Paris tower fame, tops Maputo's Railway Station, built in 1910 and recently renovated. On display are two turn-of-the-century, wood-burning locomotives.

ROCK PAINTINGS

Ancient rock paintings are found in the provinces of Manica, Tete and Zambèzia.

TROPICAL FISH

Mozambique's coral reefs are home to innumerable species of fish while Lake Niassa, known as 'God's Aquarium', is renowned for its spectacular cichlids.

TURTLES

Mozambique hosts five of the seven species of marine turtles. Green, hawksbill, leatherback, loggerhead and olive ridley.

WHALE WATCHING

At certain times of the year humpback whales can be seen off the coast of Inhambane province.



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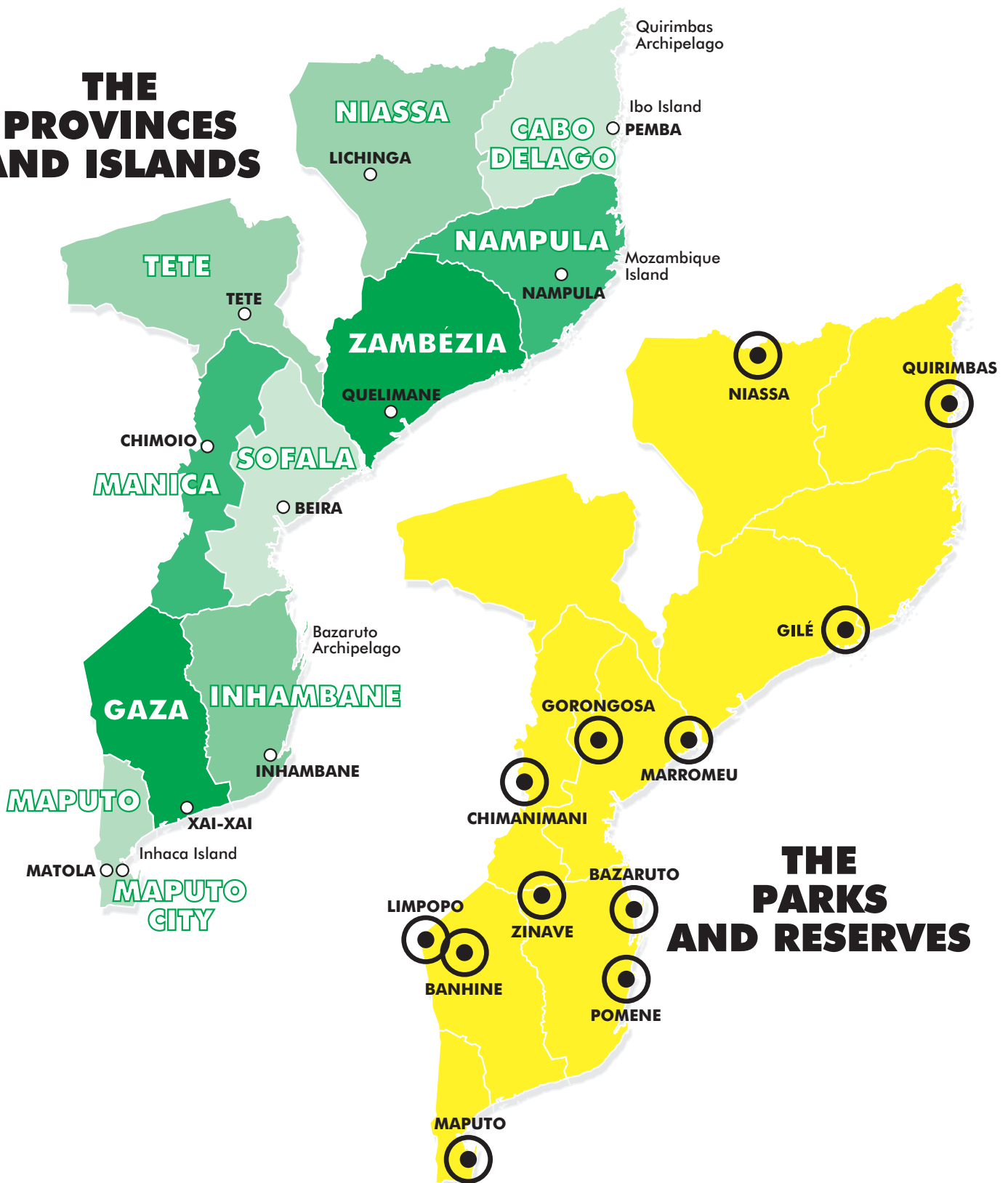
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Tourist Maps

THE PROVINCES AND ISLANDS



THE PARKS AND RESERVES

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MOZAMBIQUE

Travel Tips

INTERNATIONAL AIRLINES

Main access from Europe and North America is via Johannesburg although TAP Air Portugal and LAM Mozambique Airlines operate direct services to Maputo from Lisbon. From Johannesburg connecting flights to Maputo are operated by South African Airways and LAM while other operators serve Inhambane, Pemba and Vilanculos. Regional flights to Mozambique are also available from Durban, Cape Town and Mpumalanga in South Africa; Dar es Salaam in Tanzania; Nairobi in Kenya; and Harare in Zimbabwe. LAM's domestic services connect Maputo with the country's major cities and tourist destinations.

INTERNATIONAL AIRPORTS

Maualane International (MPM), five miles (8 km) north of Maputo. Beira (BEW), eight miles (13 km) from the city, Inhambane, Lichinga, Nampula, Pemba and Vilanculos.

PASSPORTS & VISAS

All visitors must present a passport, with a minimum six months validity, and visas are required by visitors other than nationals of Botswana, Malawi, Mauritius, South Africa, Swaziland, Tanzania, Zambia and

Zimbabwe. It is advisable to get one's visas in advance. These are obtainable from Mozambique embassies or consulates, on presentation of two passport size photographs and the necessary visa fee, but they may also be acquired at international airports and border posts.

HEALTH & IMMUNISATION

A course of anti-malaria tablets is strongly advised. Vaccinations against hepatitis A, polio tetanus and typhoid are also recommended.

A yellow fever certificate is required for those arriving from infected areas.

AIRPORT TAX

A tax of US\$30 is payable, at the airport, by passengers departing on international and regional flights or US\$10 on domestic flights.

CURRENCY

Mozambique's currency is the Metical. Banks and Foreign Exchange Bureau will exchange any recognised currency while credit cards and travellers cheques in US dollars and South African rand are widely accepted. Most city banks have ATM machines

from which local currency may be withdrawn at all hours.

CAR HIRE

International car hire companies are represented in Maputo and Beira. Driving is on the left. An international driving license is required.

SHOPPING & SOUVENIRS

There are good bargains available in Mozambique's markets and roadside stalls. Brightly coloured landscapes by Mozambican painters are becoming collectors' items. Woven baskets, bags and hats as well as beautiful, locally produced printed cloths are also worth looking out for - as is silver jewellery made by craftsmen on the islands of Mozambique and Ibo. There are lots of shops in Maputo selling locally made arts and crafts including wooden sculptures, pottery, decorated plates and ceramics.

WHAT TO TAKE

Don't forget to take the camera, camcorder and binoculars. Stock up with plenty of film and batteries. If you're visiting a game reserve, take a torch for finding your way around the camp at night.

Also bring some insect repellent for spraying on exposed areas of skin at dusk. Sunglasses, suntan lotions and possibly lip-balm should also be packed. If you do forget something, most accessories can be bought in major centres.

WHAT TO WEAR

For most of the year light clothing is a must. However, during the winter (June-August), it can get chilly in the evenings so pack a sweater or jacket. In restaurants 'smart casual' is the norm: short-sleeved shirts and slacks for men, blouses and skirts or informal dresses for women - but not shorts and vests. Topless sunbathing is frowned upon. When visiting game reserves neutral colours are preferred, but not white, because bright hues may unsettle the animals. Shorts and safari shirts in brown, beige, dark green or khaki are best. Wear sensible walking shoes and take a hat for protection from the sun. In the evening it is a good idea to wear long sleeved shirts and slacks so as little skin as possible is exposed to mosquitoes.

TRAVEL LIGHT

Some safari/air charter companies limit baggage to a 10 kilo maximum.

INATUR – MOZAMBIQUE TOURISM

Av.25 de Setembro 1203, PO Box 4758, Maputo, Mozambique
Tel: +258 21 307 320/1 Fax: +258 21 307 322
E-mail: inatur@inatur.org.mz Website: www.inatur.org.mz

MINISTRY OF TOURISM

Av.25 de Setembro 1018, PO Box 4101, Maputo, Mozambique
Tel: +258-21 303 650 Fax: +258-21 306 212
E-mail: turismo@mitur.gov.mz Website: www.moztourism.gov.mz

