



# BAREFOOT SAFARIS & Adventure Tours

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## TRIP DOSSIER

### Zambia: Luangwa National Park and Victoria Falls (VF) (8 DAYS LAND ONLY) Camping

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The first Europeans to arrive in Zambia were Portuguese explorers who reached the interior from the East Coast. However, the most famous visitor was David Livingstone, whose exploration heralded the arrival of Europeans in a way, which was to change the nature of the region forever. The establishment of missions to promote the spread of Christianity and the abolition of slavery soon followed. We tread in the footsteps of those early pioneers through a land of spectacular scenery, unparalleled hospitality and unique wildlife. The land of the legendary African walking safari, the Victoria Falls, the wild Zambezi, breath-taking lakes, abundant wildlife, and raw pulsating wilderness, all in one friendly country.

Eastern Zambia offers us the chance to explore one of the best wildlife areas in Africa. Luangwa National Park contains one of the largest concentrations of elephant, as well as supporting a wealth of other species and habitat. And then the Victoria Falls, one of the seven modern wonders of the world. This journey, rich in contrast and adventure, is full of unforgettable experiences. Victoria Falls are a spectacular sight of awe-inspiring beauty and grandeur on the Zambezi River, bordering Zambia and Zimbabwe. Described by the Kololo tribe living in the area in the 1800's as '**Mosi-oo-Tunya**' - 'the Smoke that Thunders'.

**Grading:** *Anyone in good health with a sense of adventure should be able to take part. There is no real physical difficulty involved, but as in much of Africa, rough roads, limited facilities and basic accommodation may require you to adjust your levels of expectations.*

**NB:** *Barefoot Safaris is first and foremost a conservation company. Although it is our intention to operate this itinerary as printed and detailed below, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure such as accommodation, or other operational factors. As a consequence, the order or location of overnight stops may vary from those outlined.*

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

#### Day 1: Lilongwe.

From Lilongwe we drive to the Zambian border at Chipata on our way to South Luangwa National Park. The Luangwa valley is one of Africa's prime wildlife sanctuaries, with concentrations and varieties of game and birdlife that have made it world famous. This is the landscape of the 'real Africa', with herds of antelope roaming the plains, predators stalking through the shadows, and primordial flora in every vale and oxbow lagoons act as natural water holes. The list of animals that frequent the park is endless.

Mammals include zebra, buffalo and lion, as well as endemic species such as Thornicroft's giraffe and Cookson's wildebeest. The park successfully supports one of the largest concentrations of elephant in Africa and also has an expanding population of leopard. For the next three nights we stay in our Camp set in a beautiful location on the banks of the Luangwa River just outside the national park.



Elephant at South Luangwa.

Upon arrival we set up our camp and have the rest of the afternoon free.

We can relax next to the swimming pool or we can partake in an Optional night Game Drive.

*Camping, 3 nights (2xB, 2xL, 3xD)*

#### Day 2 & 3: South Luangwa NP.

For the next two days we explore this remote wilderness area, that covers over 9,000 square kilometres, by doing two game drives a day. A morning and afternoon game drive. The park encompasses a wide variety of habitats and the Luangwa River describes a torturous course along the valley floor. Near

the river the vegetation is lush and dense, and along its many tributaries riverine forest remains emerald green all year round

We may also make a night game drive (optional) to catch a glimpse of the nocturnal world within the park illuminated by spotlight. Our guide will assist you to book same if need be. Viewing game at night allows us to see species that would normally be hidden throughout the day, and may include porcupine, hippo grazing on land and Honey badger. For scenery and sheer variety of animals, South Luangwa is one of the best wildlife parks in Africa. Multitudes of species thrive in this sanctuary, and the size of the national park allows large herds to develop and live in harmony with each other. South Luangwa National Park is one of the world's great wildernesses.



Sunset at South Luangwa.

#### Day 4: To Lusaka.

This morning we leave the open vistas and staggering beauty of eastern Zambia behind and travel to Lusaka. Our drive takes us across the rich farmland of central Zambia. On arrival in Lusaka in the early afternoon, there is the chance to do some shopping and



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further explore this bustling capital or to relax next to the pool. We can also do a nature and bird watching walk before we go for our dinner.

*Camping, 1 night (B)*

### Day 5: Victoria Falls.

Today is a short but interesting ulendo to one of the seven natural wonders of the world; the Victoria Falls. These are the greatest curtain of falling water on earth. The clouds of spray and tremendous roar produced by this immense amount of water crashing down into a narrow chasm, gave rise to its more evocative African Name, Mosi-O-Tunya, "Smoke that Thunders". About 1,708 metres wide and 103 metres deep at the highest point; the Victoria Falls is in fact divided into six waterfalls: Devils Cataract, Main Falls, Horseshoe Falls, Rainbow Falls, Armchair Falls and Eastern Cataract.

For centuries, these dazzling waterfalls were considered to be sacred and local people came here to pray and make their offerings. Only following the visit of David Livingstone on 16<sup>th</sup> November 1855 did they come to the attention of

the western world. Soon they became an integral part of the grand African

tour for the adventurous and wealthy.

However, only with the explosion of air travel have more people been able to view them. After settling into our tents we head for a visit to the falls. There can be few experiences on earth as gratifying as watching the gushing white waters of the magnificent Victoria Falls. The experience is enhanced by the fact that it is possible to walk in front of them, unlike many other waterfalls, which are seen from the

side. Well-kept paths lead to different points for the views of the falls. But the most astonishing view is from the Knife Edge Bridge. This is as close as you will ever get to the falls. The rest of the afternoon is free for personal exploration.

*Fixed Tent, 2 nights (2xB)*

### Day 6: Victoria Falls.

Today is set aside to explore this area. The following optional excursions are available (your guide will assist you in booking any of the below).



*Fishing Eagle*

**Canoeing:** The natural beauty of the Zambezi is unsurpassed and a canoe trip is the best way to enjoy the upper parts of this lovely river. This is a part of the Zambezi so different from the one that challenges white water rafters.

**Jet Boating:** For stomach-churning thrills, spin on the Zambezi in a sleek and powerful jet boat.



*Victoria Fall (Mosi-O-Tunya)*

**River Surfing:** If you ever wanted to pit yourself against the Zambezi, river surfing is the way to do it. After learning the basic skills of catching waves in calm water, armed only with a helmet, flippers, wetsuit and body board take on progressively larger rapids with names like Terminator, Gnashing Jaws of Death and Stairway to Heaven

**Flight of Angels:** For an unsurpassed view of the famous water falls and the Zambezi River rapids, just above and below the falls take to the air in a helicopter or light wing aircraft. Or even more exiting take a micro light flight.

**White-water rafting:** White-water rafting is the most famous activity in the area and how it began is a piece of local history. In 1981, amid gales of publicity, Sobek, an American rafting company made the first attempt to raft the Zambezi. This attempt was successful and within a week of this first exploratory expedition, Sobek was offering commercial trips down the Zambezi. Today there are numerous

reputable and licensed companies willing to take you down the Zambezi.

Kitted out in helmets and life jackets, you will listen closely to a final briefing from your guides. Then you are off to

a gentle start down river, but soon you find yourself hollering with fear or joy as you experience the most exciting white water in the world.

**Bungee jumping:** For sheer heart-stopping terror, bungee jump from the Victoria Falls Bridge on the Zambezi River. At 111 metres, it is reputed to be the second highest commercial bungee jump in the world. The

scenery of the gorge and the Zambezi River with the Victoria Falls as a backdrop makes this jump even more breathe taking.

**Abseiling:** Expertly harnessed in climbing gear abseil down the side of the beautiful Batoka Gorge. Or try free

falling off a 70m cliff harnessed to a rope.

**River cruises.** To relax take a sundown cruise up the Zambezi River. While

gently sipping a cold drink, watch the wildlife and gorgeous sunset over the river.

**The Victoria Field Museum:** A few metres away from the falls is a museum of the Victoria Falls geology. Built around an actual excavation site the purpose of this museum is to preserve and display material telling the story of the falls.

**The Curio Market:** The small curio market, located by the Victoria Falls car park, offers a wide range of arts and crafts.

**Mosi-O-Tunya Zoological Park, Old Drift Cemetery, Mukuni Village, Songwe Point Village, Livingstone Museum, Railway Museum and Maramba Cultural Village** is also there to explore. Your guide would assist you to organize the optional excursions you would prefer to partake in.

### Day 7: Lusaka.

We leave the Zambezi River to the south today on our way to Lusaka. We follow in the footsteps of David Livingstone after his 2<sup>nd</sup> visit to Victoria Falls. We visit the Choma Museum and Crafts Project., dedicated to preserve the heritage of the Tonga tribe in the southern province. It houses and sells traditional crafts and artefacts including beadwork, musical instruments, spears, clay figurines, jewellery and much more, on our way to Lusaka. The afternoon is spent lazing around the swimming pool of our lodge or to do some last minute shopping.

*Camping, 1 night (BL)*

### Day 8: To Lilongwe.

After breakfast we head back to Lilongwe ETA 16h00. End of Safari

***N.B. This is a no frills safari***

## RESPONSIBLE TRAVEL

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

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

**NB:** It is possible to upgrade to chalets at all our destinations. Such upgrades would be for the clients own cost.



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### Price Includes:

- All transport on tour.
- All meals as per itinerary.
- 1 entrance fee to visit the Falls.
- All game viewing activities as per itinerary.
- All accommodation fees as per itinerary.
- Tents and sleeping mattresses.
- Safari equipment.
- Reference library.
- Deep freezer.

### Price Excludes:

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

**NB:** Whilst camping everyone is expected help with camp cooking, camp chores, loading and unloading of the vehicle as well as making & breaking camp.

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

### ADDITIONAL INFORMATION

**Climate:** Malawi's wet season runs from mid October or early November to March or April. During the rainy season, daytime temperatures are pleasantly warm, but low lying areas can sometimes be humid. The heaviest rain is confined to the highlands, while while the lakeshore is much drier.

The dry season tends to be cooler and generally runs from May to early October. During the dry season, daytime temperatures in the lower areas are fairly consistent at 21°C to 26°C. In the highlands daytime temperatures can be considerably cooler ranging between 10°C and 20°C. Nights can be particularly cold during the dry season, so warm clothing is essential. Eastern Zambia's climate is very similar to Malawi's. The cool and dry season runs from May to Aug; the hot and dry from Sep to Oct, and the wet season from Nov to Apr. South Luangwa is relatively low lying, so evening temperatures shouldn't be too low!

### Baggage:

- One piece of main luggage only (**max 12kg**), this should be a soft bag rather than a hard suitcase, so it can be easily stowed and not take up too much room in the vehicle or in the tent. space in the vehicle is restricted.
- A day sack (large enough to carry your camera, water bottle, & binoculars etc) is also essential.
- Sleeping Bag

### Clothing and Footwear:

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

- natural colours i.e. beige, khaki, olive, etc, but **not** army-style camouflage clothing).
- A long-sleeved shirt is essential to protect neck and arms while on game walks/drives.
- Long trousers and socks for evenings.
- Windproof/waterproof jacket.
- Lightweight trail boots.
- Trainers or sandals for relaxing.
- Sunhat.
- Swimming gear.
- Warm mid layers i.e. fleece or jumper for cool nights and early mornings
- Kagoul if you are travelling during the rains.

### Equipment:

- A laundry service may be available in some hotels, but we recommend you take biodegradable travel detergent
- Sleeping bag
- Torch (Head torch is ideal)
- Water bottle
- Sunglasses, sunscreen and lipsalve
- Insect repellent
- Binoculars
- Dust can be a problem for cameras; take a dustproof bag

### Medicine:

- Basic personal first aid kit
- Any prescription drugs required
- Female sanitary products
- Malaria prophylaxis

### Visas and Permits:

**Malawi:** Holders of UK, USA, CAN, AUS, NZ, IRL, NOR, NL passports do not require a visa.

**Zambia:** Holders of UK, USA, NZ, NOR, NL passports do require a visa, but with sufficient advance warning it may be possible to have this requirement waived. In view of the unreliability of local communications however, you must be prepared to pay for your visa at the Zambian border (approx US\$65). It is unnecessary to acquire your Zambian visa in advance.

This information is given in good faith, but may be subject to change without warning. Please note that, where appropriate, obtaining a valid visa is ultimately your responsibility. Please consult a visa agency or the consular authorities 4-6 weeks before departure for the most up-to-date information.

### Vaccinations & Health Advice:

Vaccination requirements & other health advice can change, so please check with a specialised travel clinic for up to date information before you depart. For useful advice you can visit The Medical Advisory Service for Travellers Abroad [www.masta.org](http://www.masta.org) Nevertheless we recommend that you protect yourselves against: *Malaria, Hepatitis A, and Polio & Typhoid as a minimum.*

**NB:** The Yellow Fever vaccination is compulsory if travelling via an infected country. As you enter Zambia at a land border, coming from Malawi where yellow fever is endemic, the Zambian authorities will require you to produce a certificate to prove you have been vaccinated against yellow fever.

**Food:** Although every effort will be made to accommodate any dietary requirements, the

availability of certain products is limited in Malawi and Zambia. Any special dietary requirements should be explained to us in writing at time of booking. Gluten free flour should be brought with you if required. Decaffeinated coffee should be brought with you if required.

**Local Costs:** 6 Breakfasts, 3 lunches and 3 evening meals are included. You must pay for all other meals yourself (you can eat very well for \$20 a day). Approximate costs are given for guidance only, and may vary widely according to location and type of establishment

Coffee/tea	USD1.50
Soft drink	USD1.50
Medium beer	USD3.00
Local snack lunch	USD3.50
3-course dinner*	USD11.50

\*reasonable mid-range tourist class restaurant.

### Optional Excursions:

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

White water rafting (Full day) per person	USD155.00
Tandem kayaking	USD150.00
Bungee jumping	USD100.00
Fishing safari, ½ day	USD120.00
Horse trails including lunch ½ day	USD120.00
Elephant back safari am or pm	USD155.00
Canoeing Upper Zambezi, full day	USD120.00
River boarding	USD165.00
Lunch & sunset cruises	USD50.00
Dinner cruise	USD55.00
Breakfast cruise	USD50.00
Helicopter flight (15min)	USD120.00
Luangwa night game drive	USD26.00
Horse riding	USD26.00

**Tipping:** For better or worse, tipping is an accepted part of everyday life, and - although it is always at your discretion - you will be expected to tip to reward service. Your group leader will give you an indication of when and how much is appropriate. This can vary widely, but please allow \$ 45 per person for this tour.

**Seasonal changes:** Although all rooms and tents that we use are protected with mosquito netting; there will be insects and mosquitoes about. The camps are essentially "al fresco" so you should be prepared with insect repellent and appropriate long sleeved/legged clothing. Insects are attracted to lights at night and are especially prevalent during the rainy season. Switching the lights off and placing a hurricane lamp a distance from you will remove the problem. The evenings and mornings will be chilly from about June to August; so it is advisable to take a light sweater or fleece. The Highlands in Malawi has a much cooler climate, so if you are visiting these areas warmer clothes will be required during these months.

**Currency:** Malawian & Zambian Kwacha. We recommend that you bring all you need for the trip as cash in US\$.

### CLIMATE CHART

Lilongwe (1100m)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Lilongwe:</b> Temp average high / low °C	27/17	27/17	27/16	27/14	25/11	23/8	23/7	25/8	27/12	30/15	29/17	28/18
<b>Lilongwe:</b> Average monthly rainfall (mm)	208	218	125	43	3	0	0	0	0	0	53	125
<b>Lusaka:</b> Temp average high / low °C	26/17	26/17	26/17	26/15	25/12	23/10	23/9	25/12	29/15	31/18	29/17	27/17
<b>Lusaka:</b> Average monthly rainfall (mm)	231	191	142	18	3	0	0	0	0	10	91	150