

Directory

CONTENTS

Accommodation	167
Activities	168
Business Hours	170
Children	170
Climate	171
Courses	171
Customs	172
Dangers & Annoyances	172
Embassies & Consulates	173
Emergencies	174
Festivals & Events	174
Food	174
Gay & Lesbian Travellers	174
Holidays	175
Insurance	175
Internet Access	175
Legal Matters	175
Maps	175
Money	176
Photography & Video	178
Post	178
Shopping	178
Solo Travellers	179
Telephone	179
Time	180
Toilets	180
Tourist Information	180
Travellers With Disabilities	180
Visas	180
Women Travellers	181
Work	182

ACCOMMODATION

Accommodation in Mozambique ranges from the most basic rooms to five-star luxury and stunning island lodges. There's a wide choice in most major cities and tourist destinations. Elsewhere, selection is limited. Throughout the country, accommodation tends to be more expensive than elsewhere in the Southern Africa region, though a few good deals are available, especially in the top-end category, which includes some idyllically situated island lodges.

Accommodation along the coast, and especially in the south, fills up around Christmas and during the South African

school holidays (see p175); book in advance if you'll be travelling then. Discounts are often available during the low season, and sometimes also midweek, so always ask. Almost all places offer children's discounts as well, and extra beds can usually be arranged for US\$10 to US\$20. When quoting prices, many establishments distinguish between a *duplo* (a room with two twin beds) and a *casal* (double bed).

Sleeping listings in this book are divided into budget, midrange and top-end categories. See the inside front cover for approximate price ranges.

Backpackers Lodges

There are a few backpacker lodges (usually called 'backpackers') in Mozambique, similar to those found in South Africa, and the network is slowly expanding, especially in the south. Most offer a choice of dorm beds or private rooms, plus cooking facilities and sometimes camping. They're always worth hunting down and are usually the best-value budget accommodation. The price of a dorm bed averages US\$10.

Camping

There are plenty of camping grounds along the southern coast, plus enough others scattered around the country that it's well worth carrying a tent if you're trying to save money (and essential if you're cycling or spending significant time in rural areas). Camping avoids grubby *pensões* (cheap local hotels), and some of the beachside camping grounds are wonderful, with the surf in front or just over the dunes. Officially, camping is permitted only in designated areas. The realities of land mines, wildlife and general security risks mean that it's not wise to free camp anyway, particularly if you're on your own. In rural parts of the country, or wherever there is no established camp site, ask the local chief (*régulo*) for permission; you'll invariably be welcomed and well taken care of, and should reciprocate with a modest token of thanks. (Generally what you would pay at an official camping ground or a bit less should be fine.)

PRACTICALITIES

- Weights, measures and road distances use the metric system.
- Electricity is 220-240V AC, 50Hz, usually accessed with South African-style three-round-pin plugs or two-round-pin plugs. Surges, troughs and power cuts are common; adaptors are easily found in major cities.
- The most readily available of Mozambique's lively press: *Notícias* (daily); *Diário de Moçambique* (daily); *Savanna* (weekly). For English-language news, try the **Mozambique News Agency (AIM) website** (www.poptel.org.uk/mozambique-news).
- **Radio Mozambique** (www.rm.co.mz) is state run, with programming in Portuguese, English and local languages.
- TV: **TVM** (www.tv.mz; state run); RTK (commercial); RTP1 (Portuguese TV).

Hotels & Pensões

The cheapest hotels (*pensão*, singular, or *pensões*, plural) average from about US\$8 per room. For this price you can expect a tiny, nonventilated box of a room with a communal toilet and bucket bath. There may or may not be electricity.

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, and cost from around US\$150 per room.

In out of the way areas, if you happen to be in a district capital and stuck for accommodation, check with the district administrator, who will generally have some sort of guesthouse for official visitors that you may be permitted to use if it's empty (from about US\$15 per person). There are usually no amenities and you'll need to look elsewhere for drinks and meals.

Self-Catering & Rentals

South African-style self-catering accommodation – with sleeping facilities plus a kitchenette or braai area – is very common,

especially along the southern coast. Many of the beach places offer self-catering options and there are many places geared exclusively to self-caterers (ie they don't offer meals or other hotel services, so you'll need to bring all your food with you, though most places at least have a bar). Most self-catering places have kitchen utensils and plug points. Some supply bed linens, mosquito nets and, occasionally, towels, while for others you'll need to bring these yourself.

It's also possible in some coastal areas to rent private beach houses. Several have been listed in the individual town sections of this guide. Otherwise, look in the Mozambique pages at the back of *Getaway* magazine (see p190) or ask at travel agents.

ACTIVITIES

Mozambique is a prime destination for diving and snorkelling, as well as birding, fishing and surfing. Dhow safaris are also increasingly popular and there are several established rugged hikes, plus wildlife-watching both underwater and on land.

Birding

Mozambique offers excellent birding, and because much of the country is still uncharted territory, you may even have the chance to record some first-sightings. Among the best birding areas are the Archipelago de Bazaruto (p99), Parque Nacional de Gorongosa (p111) and nearby Monte Gorongosa (p112), the Montes Chimanimani (p117), the area around Monte Namúli (p128), the southern coastal wetlands (around Xai-Xai, p81), Reserva Especial de Maputo (p79), and the area around Catapu (near Caia; p123) in central Mozambique.

In 1996 the Mozambique Bird Atlas Project was initiated – a massive undertaking aimed at charting the distribution and abundance of all bird species in the country, beginning in the south and moving northwards. The project can be contacted through the South Africa-based **Avian Demography Unit** (http://web.uct.ac.za/depts/stats/adu/p_mozat.htm) at the University of Cape Town or through the **Endangered Wildlife Trust** (www.ewt.org.za), also in South Africa. It welcomes correspondence from travellers in Mozambique with records of sightings. In addition to these two entities – both of which can provide bird lists for the country – good initial contacts for Mozambique birding in-

clude the Pretoria-based **Indicator Birding** (www.birding.co.za), which organises occasional birding trips to Mozambique; **Southern African Birding** (www.sabirding.co.za); and the **African Bird Club** (www.africanbirdclub.org).

Dhow Safaris, Boating & Kayaking

Good places for arranging dhow safaris include Vilankulo and the Archipelago de Bazaruto (contact Sail Away, p97); and northern Mozambique around Pemba, Pangane and the Archipelago das Quirimbas (contacts include Kaskazini, p154, and Guludo, p162). In these places, in Moçimboa da Praia and elsewhere along the coast, it's also easy enough to organise things on your own (from around US\$15 per local boat per day), though always ask at your hotel for recommendations of reliable captains, travel with the prevailing winds and read the boxed text on p191.

For upmarket yacht and boat charters around Pemba and the Archipelago das Quirimbas, see p154. Most lodges on the Archipelago de Bazaruto also arrange charters. In Maputo, the best contacts are top-end hotels, **Clube Naval** (☎ 21-492690, 21-494881, Avenida Marginal), and the speedboat-charter operators listed on (p73).

Sea kayaking is in its infancy, which means that for any major jaunts you'll need to bring boats and all other equipment with you. A few resort areas, including Ilha de Inhaca and the dive shops at Praia de Wimbi in Pemba, rent small sea kayaks suitable for short paddles close to shore. Another option, if you're self-equipped, is kayaking along the Lago Niassa coastline (see p148).

Diving & Snorkelling

Diving and snorkelling are Mozambique's main 'activity' draws and there are excellent opportunities for both. See the Diving chapter (p43).

Fishing

Among anglers, the waters off the Mozambican coast have long been legendary, particularly 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 Archipelago das Quirimbas. Saltwater fly-fishing is also increasingly popular. Inland, the most popular fishing areas are Barragem de Cahora Bassa near Tete, and Barragem de Chicamba

Real near Chimoio. A recommended initial contact for fishing in northern Mozambique is **Visagie World Charters** (www.world-charters.com). For Barragem de Cahora Bassa, contact Ugezi Tiger Lodge (p121).

Many people bring their own boat and equipment from South Africa. Fishing charters can also be arranged through most of the coastal resorts and upscale hotels. If you're signed up with a charter, all the necessary paperwork should be taken care of. If you are bringing your own boat to Mozambique, you will need a sportfishing license (about US\$16 per month), as well as a Form ORI/IIP (Registration Form for Captured Sports Fish). Launching is allowed from designated beach-access roads with a permit (from about US\$15), available from the local *capitania* (maritime office) found in major coastal towns. Both fishing licenses and launch permits can usually also be sorted out with most coastal resorts.

Species you are likely to encounter include marlin, kingfish, tuna and sailfish. Marlin season is from October/November to February/March. For sailfish, it is generally year-round. Tag and release is encouraged at many resorts. Officially, no more than 6kg of any one type of catch from sport- and deep-sea fishing can be taken out of the country.

Hiking & Rock Climbing

For almost all hiking in Mozambique you'll be on your own, as there's very little organised. One of the better mountain climbs is up Monte Namúli, which needs no special equipment. Monte Gorongosa is also good, and equally straightforward. Monte Binga is normally accessed from Zimbabwe, though it's possible to climb from the Mozambique side. The surrounding Montes Chimanimani are beautiful for hiking, but without any infrastructure other than a handful of basic camp sites. Other areas for hikes include Penha Longa, west of Chimoio, and the hills around Gurúé. For information on all of these places, see the Central Mozambique chapter (p104). For all except Monte Gorongosa, you'll need a tent, and wherever you hike, don't stray off established footpaths.

For rock climbing, the most appealing area is west of Nampula towards Cuamba, with its towering granite domes and sheer faces. However, there's nothing organised and it's not particularly feasible unless you have a 4WD and are self-sufficient. All the usual warnings about landmines apply here too.

BEACH BITS

Mozambique's beaches are idyllic, but there are some things to watch out for.

Crime Don't tempt someone by leaving your belongings unguarded on the beach, and avoid isolated areas.

Currents The strong pulls that often accompany tidal ebbs and flows make swimming risky in some areas, so check with locals first before plunging in.

Jellyfish Bluebottles and other creatures with stinging tentacles are common in some seasons and areas. Most are painful rather than seriously harmful, but ask around locally if you see them on the beach.

Seashells, sea urchins & worms Sharp shells, sea urchins and the like inflict painful cuts that are slow healing in the tropics, so sandals or other footwear are a good idea if you'll be wading. They're also a good idea for beach walking, as more than one visitor has become infected with creeping eruption (also called cutaneous larva migrans or migrating larvae). This ailment, which probably sounds worse than it is, is spread through the droppings of humans, dogs and other animals.

Tides Keep an eye on water levels if you're travelling by dhow. For swimming, the water goes far out at low tide and many beaches are only good for swimming at high tide.

Surfing

The best waves are at Ponta d'Ouro (see p77) in the far south of the country and (for skilled surfers) at Tofinho (see p90) – Mozambique's unofficial surfing capital. Boards can be rented at both places.

Wildlife Watching

Some of the best wildlife watching is underwater; see the Diving chapter (p43). A particular highlight here is whale-watching (see boxed text, p47).

On the terrestrial side, wildlife-watching in Mozambique is very much for those with an adventurous bent who are seeking an alternative to southern and East Africa's established safari circuits. 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 – though the adventure and rugged bush backdrops compensate for often-challenging sightings. For more, see the Wildlife and National Parks & Reserves sections in the Environment chapter (p37 and p40), and the individual park and reserve listings.

BUSINESS HOURS

For business hours, see the inside of the front cover; exceptions are noted in individual listings. Most *casas de câmbio* (foreign-exchange bureaus) are open from about 8.30am to 5pm Monday to Friday, and on Saturday until about noon. Many shops and offices close for an hour or two between noon and 2pm. In northern Cabo Delgado, where dawn comes early, many places open by 7am or

7.30am, and close by about 5pm or 5.30pm, particularly in towns without good electricity supplies.

CHILDREN

Mozambicans are generally very friendly, helpful and protective towards children. The main considerations for travel here will likely be the scarcity of decent medical facilities; the length and discomfort involved in many road journeys; the problem of maintaining a balanced diet outside the major towns; and the difficulty of finding clean bathrooms outside of midrange and top-end hotels.

Many of the southern resorts, which are among the most family-friendly, offer special children's rates. These often include free accommodation for those under five years old and significant discounts (usually 50%) for those between five and 12 years of age. Similar discounts are increasingly available in other parts of the country as well, and many midrange and top-end hotels in tourist areas have swimming pools.

It's a good idea to travel with a blanket to spread out and use as a makeshift diaper-changing area. Powdered full-cream milk (but not skimmed milk) is available in almost all midsize 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. Useful items to bring from home include a good supply of wet wipes (though these are often

available in major cities), eye baths and antibiotic eardrops.

If you will be travelling with an infant, 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. For long journeys, always take extra food and drink along (for the baby and for yourself).

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.

Maputo-based car-hire agencies can arrange child seats with advance notice, and upscale hotel restaurants sometimes have child seats. Breast-feeding in public is a non-issue in Mozambique, as women do it everywhere. Child care can generally be arranged informally through your hotel.

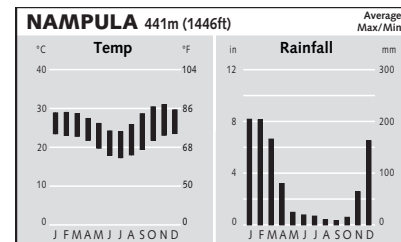
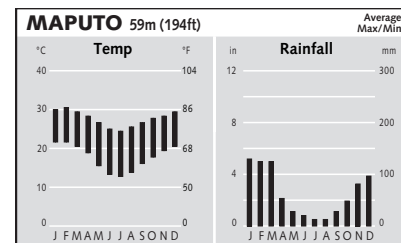
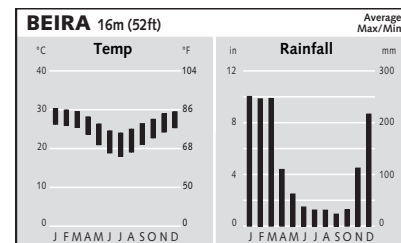
Lonely Planet's *Travel with Children* by Cathy Lanigan is full of tips for keeping children and parents happy while on the road.

CLIMATE

Southern Mozambique becomes unpleasantly hot for only a short period between late December and February, when temperatures can climb at midday to over 30°C, and unpleasantly wet between January/February and late March/April. For the rest of the year, it has an abundance of clear, blue skies and sunny days, with temperatures averaging around 24°C. From June through August the weather can get chilly at night, so bring a light jacket.

Heading north along the coast, temperatures and humidity levels rise, though conditions are moderated by sea breezes. At the height of the rainy season between February and early April, secondary roads often get too wet to negotiate.

The hottest areas of the country are in the dry west around Tete city and along the humid Zambezi River Valley, where the mercury frequently exceeds 30°C. The coolest areas – where a light jacket is essential in the winter months from June through August – are elevated parts



of Nampula and Niassa provinces, and northern Tete province.

Rainfall averages 750mm annually in Maputo, and between 800mm and 900mm along the northern coast. In the rainiest parts of the country – such as around Gurúé, southeast of Milange, and along the Zimbabwe border near Mt Binga – annual rainfall can be as high as 1800mm to 2200mm. Mozambique's zones of lowest precipitation are in the southwest, including parts of northwestern Gaza and western Inhambane provinces.

COURSES

There are several Portuguese language schools in Maputo (see p63). Elsewhere, private tutors can be easily arranged for Portuguese and for local languages, although don't expect books or formalised instruction. Rates start at about US\$10 per hour.

The best place to arrange music, especially drumming, or dance instruction is at one of the provincial *casas de cultura* (cultural centres). In Maputo, a good initial contact is the Companhia Nacional de Canto e Dança (p68).

Diving-certification courses are available all along the coast; see p43.

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, generator, deep freeze or other major camping and fishing equipment, or similarly expensive items into Mozambique, you will need to fill out a temporary import permit (which may be nothing more than a handwritten piece of paper). 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 or the equivalent. You'll need to show the form again when leaving to justify any amounts over this. Local currency cannot be exported.

If you'll be stocking up in South Africa on food and other consumables, remember that import of these is limited to a maximum value of US\$200. 'Reasonable' quantities of souvenirs for personal (rather than commercial) purposes can be exported without declaration.

Firearms of any type, including sporting firearms, aren't permitted to be brought into Mozambique unless you have a permit. (These are arranged by hunting companies for their clients.)

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 a bit of caution is warranted.

Crime

If you are a Western-looking traveller, you will stand out as someone who is wealthy, which increases your vulnerability and means extra precaution is necessary.

Petty theft is the main risk: watch your pockets or bag in markets; don't leave per-

sonal belongings unguarded on the beach or elsewhere; and minimise (or eliminate) trappings such as jewellery, watches, headsets and external money pouches. 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.

In Maputo and southern Mozambique, due to the proximity of South African organised-crime rings, carjackings, muggings and more violent robberies occur with some frequency. Most incidents can be avoided by taking the usual precautions: avoid driving at night; keep the passenger windows up and the doors locked if you are in a vehicle (including taxis) at any time during the day or night; don't wander around isolated or dark streets; and avoid walking – alone or in a group – at dusk or at night, particularly in isolated areas or on isolated stretches of beach. At all times of day, try to stick to busier areas of town, especially if you are alone, and don't walk alone along the beach away from hotel areas. If you're driving and your car is hijacked, hand over the keys straightaway. The flashier the car, the higher the risk, with new 4WDs the main targets.

When riding on chapas or buses, keep your valuables well inside your clothes to avoid falling victim to unscrupulous entrepreneurs who take advantage of overcrowded conditions to pick their fellow passengers' pockets.

Hassles & Bribes

More likely than violent crime are simple hassles with underpaid authorities in search of a bribe. If you do get stopped you should not have any problem as long as your papers are in order. Being friendly, respectful and patient helps (and you won't get anywhere otherwise), 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 fine (*multa*) 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 *esquadrão*, (which you should always do anyway).

Land Mines

Thanks to a massive de-mining effort, many of the unexploded land mines in Mozambique – a legacy of the country's long war – have been eliminated. However, mines are still a risk, which means that it's unsafe to free camp or to go wandering off into the bush anywhere without first seeking local advice. Even then, stick to well-used paths where other people have obviously gone before. Areas that should always be avoided include the bases of bridges, old schools or abandoned buildings, and water tanks or other structures. Also take special care on roadsides in rural areas – if you need to relieve yourself, stay on the road or seek out a trodden path. Mine-removal work is ongoing; you may see trucks or red and white markings in areas where mines have been identified for removal.

EMBASSIES & CONSULATES

Mozambican Embassies & Consulates

Mozambican diplomatic representations in the region and around the world include the following:

France (☎ 01 47 64 91 32; 82 Rue Laugier, Paris 75017)

Germany (☎ 030-3987 6500; Stromstrasse 47, 10551 Berlin; emoza@aol.com)

Italy (☎ 06-3751 4852; Via Filippo Corridoni 14, 00195 Rome; segreteria@ambasciatamozambico.it)

Malawi Lilongwe (☎ 01-774100; off Convention Drive);

Limbe (☎ 01-643189; 1st Fl, Celtel Bldg, Rayner Ave, Limbe, near Blantyre)

Portugal (☎ 021-797 1747, 797 1994; Av de Berna 7, 1050-036 Lisbon)

South Africa Pretoria (☎ 012-401 0300, 012-321 2288; 529 Edmund St, Arcadia); Johannesburg (☎ 011-484 6427; 11 Boundary Rd, cnr with Carse O'Gowrie Rd, Houghton); Cape Town (☎ 021-426 2944; 45 Castle St, Castle Bldg, 7th fl); Durban (☎ 031-304 0200; 320 West St, Room 520); Nelspruit (☎ 013-752 7396; 32 Bell St)

AVIS! (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 drivers license and other essential documents. If you're stopped on the street or at a checkpoint and asked for any of these, always hand over the notarised copy, rather than parting with the original. Notary facilities are available in Maputo and other major cities; ask at your hotel for a recommendation. Some Mozambique embassies will also provide this service before you travel. The notarised copies will also be helpful in getting replacements, should your originals get stolen: bring the copies with you to the police station, where you will then be given a temporary travel document that should get you through the remainder of your travels.

TRAVEL ADVISORIES

Government travel advisories are good sources of updated security information:

Australia www.dfat.gov.au

Canada www.voyage.gc.ca/dest/ctry/reportpage-en.asp

UK www.fco.gov.uk

US http://travel.state.gov

Swaziland (☎ 404 3700; Mountain Inn Rd, Mbabane)

Tanzania (☎ 022-211 6502; 25 Garden Ave, Dar es Salaam)

UK (☎ 020-7383 3800; 21 Fitzroy Square, London W1T 6EL; www.mozambiquehc.org.uk)

USA (☎ 202-293 7146; 1990 M St, NW, Suite 570, Washington, DC 20036; www.embamac-usa.org)

Zambia (☎ 01-239135; 9592 Kacha Rd, off Paseri Rd, Northmead, Lusaka)

Zimbabwe (☎ 04-253871; 152 Herbert Chitepo Ave, Harare)

Embassies & Consulates in Mozambique

Countries with diplomatic representations in Maputo include the following. For a more complete listing check the telephone directory. Most are open from about 8.30am to 3pm, often with a midday break.

Australia (☎ 21-322780; cnr Av Zedequias Manganhela & Vladimir Lenine, 33 Storey Bldg, 1st fl; www.embassy.gov.au/mz.html)

Canada (☎ 21-492623; 1128 Av Julius Nyerere; www.dfait-maeci.gc.ca/mozambique/menu-en.asp)

France (☎ 21-490444, 21-492896; 2361 Av Julius Nyerere; www.ambafrance-mz.org)

Germany (☎ 21-492714; 506 Rua Damião de Gois; www.maputo.diplo.de)

Ireland (☎ 21-483524/5, 21-491440; 3332 Av Julius Nyerere; ireland@vircom.net)

Italy (☎ 21-491605; 378 Av Kenneth Kaunda; ambasciata@italia.gov.mz)

Malawi (☎ 21-492676; 75 Av Kenneth Kaunda)

Netherlands (☎ 21-490031; 285 Rua de Mukumbura; www.nlembassy.org.mz)

Portugal (☎ 21-490316; 720 Av Julius Nyerere; embaixada@embpormaputo.org.mz)

South Africa (☎ 21-490059, 21-491614; 41 Av Eduardo Mondlane; consular@tropical.co.mz)

Swaziland (☎ 21-492117, 21-492451; Rua Luís Pasteur; swazimoz@teledata.mz)

Tanzania (☎ 21-490110; 852 Av Mártires de Machava)

UK (☎ 21-320111, 21-310111; 310 Av Vladimir Lenine; bhc.maputo@teledata.mz)

USA (☎ 21-492797; 193 Av Kenneth Kaunda; www.usembassy-maputo.gov.mz)

Zambia (☎ 21-492452; 1286 Av Kenneth Kaunda)

Zimbabwe (☎ 21-490404, 21-486499; 1657 Av Mártires de Machava)

EMERGENCIES

Meagre salary levels, poor organisational infrastructure and low morale mean that Mozambique's police are often not particularly useful in an emergency. To facilitate things, always carry a copy of your insurance information (including contact telephone numbers) with you. Before beginning your travels, also make copies of all other important documents, including passport, travellers cheque purchase receipts, credit cards, air tickets, drivers licence and international health card. Leave one copy with someone at home and keep another with you, separate from the originals.

If you'll be travelling upcountry for an extended period, try to register with your embassy in Maputo, and carry a copy of their telephone number with you as well (although remember that there are limits on what the embassy can do). It's a good idea to have emergency dollars hidden somewhere in case you should need them. If you have had items stolen and need a police statement for insurance purposes, you'll need to go to the police station responsible for the section of town where the robbery occurred. The procedure is generally straightforward enough, although time consuming. See the boxed text on p173.

FESTIVALS & EVENTS

Apart from national holidays – most of which are celebrated with parades, and song and dance performances – Mozambique has few

countrywide festivals. Smaller events abound though, most with no advertising. For concerts and larger happenings, watch for posters around town, and announcements in *Noticias*, and check with the Centro Cultural Franco-Moçambicano (p56).

Music Crossroads Southern Africa (January; www.jmi.net/activities/crossroads/) A showcase for young musical talent from throughout Southern and East Africa, including Mozambique; times and locations vary.

Gwaza Muthini (February) Marracuene's commemoration of the Battle of Marracuene and the start of the *ukanhi* season; date varies, usually early February; see boxed text, p73.

Baluarte Festival (June; www.ccfmoz.com) Held on Ilha de Moçambique to celebrate local Makua culture, and to promote cultural links between Mozambique and its French-speaking Indian Ocean neighbours; dates vary.

Timbilas Festival (July/August) The famed timbila festival of the Chopi around Quissico; see boxed text, p83.

Avante Mozambique! (August/September; avantemozambique@yahoo.com) A celebration of Mozambique's art and cultures, including song, music and dance; just getting started, but planned to be an annual event; held in Maputo over two weeks in late August-early September.

FOOD

Eating listings are ordered by budget and divided into three price ranges: Budget, Midrange and Top End; see inside the front cover for price ranges. For more on dining in Mozambique, see the Food & Drink chapter (p48).

GAY & LESBIAN TRAVELLERS

Mozambique tends to be more tolerant than some of its neighbours, although gay sexual relationships are for the most part culturally taboo. The country's small gay scene, centred in Maputo, has traditionally been quite discrete, but things are starting to open up. From an official viewpoint male homosexuality is illegal in Mozambique, although this statute is rarely enforced and gay travellers should anticipate no particular difficulties.

There is very little tourism information available that is Mozambique-specific. Probably the easiest way to break into things is to contact gay establishments in neighbouring South Africa. A good place to start is the **International Gay & Lesbian Travel Association** (www.igla.org), which can link you up with gay-friendly travel agents in the Southern Africa region. Also check out www.mask.org.za, following

links to articles (including those in the archive) on Mozambique.

HOLIDAYS

Most Mozambican public holidays are celebrated with parades, and song and dance performances.

New Year's Day 1 January

Mozambican Heroes' Day 3 February – commemorating the country's revolutionary heroes

Women's Day 7 April

International Workers' Day 1 May

Independence Day 25 June – Mozambique's independence from the Portuguese colonial government in 1975

Lusaka Agreement/Victory Day 7 September – the signing of the independence treaty

Revolution Day 25 September – the initiation of Mozambique's independence struggle in Chai, Cabo Delgado province

Christmas/Family Day 25 December

Each city and town also has a 'city/town day' commemorating its founding. Maputo Day is 10 November; for the dates of other city/town days, check with the provincial administration in each provincial capital.

The main holidays affecting accommodation availability, especially in the south, are South African school holidays, particularly the December–January holiday break, and around Easter. For exact dates, see www.saschools.co.za/sas/calendar.htm.

INSURANCE

A travel-insurance policy to cover theft, loss and medical problems is essential. Before choosing a policy spend time shopping around, as those designed for short package tours in Europe won't be suitable for Mozambique. Also be sure to read the fine print, as some policies specifically exclude 'dangerous activities', which can include scuba diving, motorcycling and more. At a minimum, check that the policy covers emergency medical evacuation to Johannesburg and/or an emergency flight home. For more, see p196 and p193.

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.

With your own laptop, you can get on line at top-end hotels in Maputo, and at a few other hotels elsewhere in the country. Wireless-access points are rare, though this is likely to change rapidly, so ask around.

For a small sampling of internet resources on Mozambique, see p15.

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 where an influx of travellers has created demand. If you're offered anything, it is invariably part of a set up, usually involving the police, and if you're caught, penalties are very stiff. At the least, expect to pay a large bribe to avoid arrest or imprisonment (which is a very real risk).

If you're arrested for more 'legitimate' reasons, you have the right to talk with someone from your embassy, as well as a lawyer, though don't expect this to help you out of your situation with any rapidity. Driving on the beach, driving without a seatbelt (for driver and front-seat passengers), exceeding speed limits and driving without a red hazard triangle in the boot are common ways of attracting police attention and demands for a bribe or fine. For more on what to do if you're stopped by the police, see p172.

MAPS

The most readily available and user-friendly country map is put out by Ravenstein and is best purchased before arriving in Mozambique. It shows many smaller towns, has inset maps for central Maputo and Beira, and the road network is generally accurate, although it's gradually becoming outdated. Cartographia publishes essentially the same map, which is sometimes available in Maputo. Futur puts out the good Mozambique Tourist Map with city inserts, available at their Maputo office (p57) and some hotels and bookshops.

InfoMap (www.infomap.co.za) puts out a Mozambique map with GPS coordinates for the southern part of the country, although the road network in the north is more accurate on the Ravenstein map. Globetrotter also puts out a Mozambique map, with numerous town inserts. If you'll be self-drive touring off main

roads, check out www.tracks4africa.co.za for downloads of GPS maps.

Coastal and maritime maps (*cartas náuticas*) are available from the **Instituto Nacional de Hidrografia e Navegação** (Inahina; ☎ 21-429240, 21-429108; Rua Marques de Pombal) in Maputo for a negotiable US\$12 apiece. Inahina is at the *capitania* (maritime office), behind the white Safmar building near the port. Inahina also sells a tide table (*tabela de marés*) for the country (US\$5).

For detailed topographical maps, contact the **Direcção Nacional de Geografia e Cadastro** (Dinageca; ☎ 21-302555; www.dinageca.gov.mz; 537 Avenida Josina Machel, Maputo).

If you'll be combining travels in Mozambique with elsewhere in the region, look for Lonely Planet's *Southern Africa Road Atlas*.

There is an excellent series of city maps for several of Mozambique's provincial capitals put out by Coopération Française together with the local municipal councils. They cover Maputo, Beira, Quelimane, Nampula and Pemba, but can be difficult to find – check at bookstores and hotel bookshops, or at the local municipal council.

MONEY

Mozambique's currency is the metical (plural meticaais, pronounced 'meticaish'), abbreviated Mtc. As of July 2006, the '*metical nova família*' (new family metical) was introduced, at a rate of 1000 old meticaais to one metical *nova família*. Only *nova família* metical notes and coins will be accepted now. In theory, prices throughout the country are to remain the same, just minus the final three zeros. So, something priced at Mtc25,000 under the old system will be Mtc25 under the metical *nova família* system. Metical *nova família* note and coin denominations are 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 will also be coins of Ct1, Ct5, Ct10, Ct20 and Ct50. For exchange rates, see inside the front cover. For an overview of costs, see p13. Metical prices mentioned in this book are for the *nova família* metical.

Under the old system, a unit of Mtc1000 was called a *conto* or, occasionally in street slang, a *pão*, and it's likely this terminology may continue. Thus a *nova família* price of Mtc5 may still be quoted as '*cinco contos*', or sometimes '*cinco pão*'.

Outside of Maputo, the best way to travel is with a good supply of cash in a mixture of US dollars (or South African rand, especially in the south) and meticaais (including a good supply of small denomination notes, as nobody ever has change). Supplement this with a Visa card for withdrawing meticaais at ATMs (the best way of accessing money); and a supply of travellers cheques for emergencies (though they are difficult to change). Away from major towns and ATMs, cash is the only option.

ATMs

All larger towns have ATMs for accessing cash meticaais. Most accept Visa card only and many have a limit of Mtc3,000,000 (US\$120) per transaction. There are none in rural areas.

Black Market

Due to currency deregulation, exchange rates are 'free', so banks and the privately owned foreign-exchange bureaus can offer current market rates and the black market is hardly an issue. You may be offered 5% or 10% more than bank or bureau rates by shady-looking characters on the street, but the risks are much higher than any potential gain and you can assume it's a set up.

Cash

US dollars are easily exchanged anywhere in the country, and – together with South African rand (which are especially useful in southern Mozambique) – are the best currency to carry. Note that only new-design US dollar bills will be accepted, and some vendors may be reluctant to accept US\$50s and US\$100s (though this is less of a problem than it used to be since the introduction of the new-design US bills). Other major currencies can be changed in Maputo, but usually at less favourable rates.

Most banks don't charge commission for changing cash, and together with foreign-exchange bureaus, these are the best places to change money, although some banks (especially in smaller towns and many BIM branches) will only let you change cash if you have an account.

In Maputo and a few other cities there are also private foreign-exchange bureaus, which usually give a rate equivalent to or slightly higher than the banks and are open longer

hours. Shops selling imported goods will often change cash dollars or rand into meticaais at a rate about 5% higher than the bank rate and can be helpful outside of banking hours. Changing money on the street isn't safe anywhere and is illegal – asking shopkeepers is a much better bet. If you do try, be discreet, watch out for set ups involving the police, and count and recount before handing over your cash.

Credit Cards

Credit cards are accepted at most top-end hotels, a few midrange places, at most car-hire agencies, and by a few dive operators, but otherwise are of only limited use in Mozambique. Visa is by far the most useful, and is also the main (often only) card for accessing money from ATMs. MasterCard, while generally accepted by major hotels and car-hire agencies, does not work in many ATMs.

It's possible in theory to use credit cards for cash advances (in meticaais, or in dollars with a high commission) at several banks in Maputo and major towns, although few are willing to do this now that ATMs are in place. Commissions for meticaais withdrawals average 1%. Unlike at the ATMs, there is no maximum limit (other than whatever your card company imposes) placed on withdrawals.

International Transfers

With time (allow at least several days) and patience, it's possible to organise international bank transfers in Maputo and sometimes you may have the choice of getting your money in dollars or rand rather than meticaais. If you do request a transfer, arrange for the forwarding bank to send separate confirmation with full details. In the event of problems, you can then go into the local bank with the proof that your money has been sent. For all transfers, you'll need details of your home bank account, including account number, branch and routing numbers, address and telephone number.

Security

Because of the lack of ATMs outside of major centres and the near impossibility of changing travellers cheques upcountry, you may find yourself needing to carry a fair amount of cash. It's well worth taking the time to divide this into several stashes and sew a few inner pockets into your clothes – in addition to an internal money belt – to hide it away. We know several travellers who have been saved

by a 'decoy' wallet that is easily accessible and can be handed over if you have the bad luck to be robbed, while the main part of your funds and passport remain safely hidden. Decoy wallet or not, it's also a good idea to keep a small amount of cash handy and separate from your other money so that you do not need to pull out a large wad of bills for making purchases.

Wear loose-fitting clothing so your internal money belt isn't visible. Wearing an external money pouch is just asking for trouble, as is keeping money in your back pocket.

Safes are available at top-end hotels and at some midrange establishments. However, many hotels in Mozambique don't offer this service. Leaving your valuables in your room is risky, though depending on the circumstances, it may be less risky than carrying them with you on the street.

Tippling & Bargaining

In low-budget bars and restaurants tipping is generally not expected, and locals usually don't tip unless they're out to impress. At anywhere upscale or catering to tourists, tipping is customary. About 10% is usually appropriate, assuming service has been good. Tips are also warranted, and always appreciated, if someone has gone out of their way to do something for you.

Bargaining over prices is part of everyday life in Mozambique. However, apart from craft markets and other tourist-oriented places – where initial prices will almost always be wildly exaggerated – don't assume that every price quoted is inflated. In markets, especially in smaller towns, the first price is often the 'real' price (the same price locals pay). A bit of good-natured negotiating is never out of place, but if the seller refuses to budge, you can assume that their initial price was at a level they feel is fair. If you've just arrived in Mozambique, take time to become familiar with standard prices for basic items, keeping in mind that prices can vary depending on location and season: fruit and vegetables are generally more expensive in cities, whereas tinned goods cost more in remote areas, as transport costs must be paid.

Travellers Cheques

Regulations on travellers cheques change frequently, but when this book was researched, cheques could only be changed 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). Only a small handful of hotels accept travellers cheques as direct payment, and then usually with a 5% surcharge to cover their banking costs. The bottom line: while it's a good idea to bring some along as an emergency standby, travellers cheques shouldn't be relied on as a source of funds in Mozambique.

PHOTOGRAPHY & VIDEO

Film & Equipment

Print film is available in Maputo, Beira and larger towns. In Maputo, a reasonably good range of brands and types are available, generally in speeds of ASA100, 200 and 400, but elsewhere selection is limited. Slide film is only occasionally available in Maputo.

There are several fairly reliable processing shops in Maputo for print film, though it's generally best to wait until you get home. Upcountry, developing is erratic and often of inferior quality. Slide film can only be processed in Maputo.

A small selection of camera batteries is available in Maputo, as is a limited selection of digital photographic equipment. While most internet cafés don't do CD burning, you can print digital photos or burn CDs at photo shops in major cities.

For film, ASA100 is good for most situations and lighting conditions in Mozambique. For shots of birds and wildlife (if you're lucky enough to spot any), try a lens between 210mm and 300mm, or a 70mm to 300mm zoom. Zoom lenses are good as you can frame your shot easily to get the best composition; a 200mm lens is the minimum you will need to get good close-up shots. Telephoto (fixed focal-length) lenses give better results than zoom lenses, though you will be limited by having to carry separate lenses for various focal lengths. For photographing people, a 50mm lens should be fine. If you are using zoom or telephoto lenses, bring some ASA200 or ASA400 film with you from home.

Whatever equipment you take, carry it in a bag that will protect it from dust and knocks, and that ideally is waterproof. Also make sure your travel-insurance policy covers your camera. For more tips, look for a copy of *Travel Photography* by Richard I'Anson.

Restrictions

Photographing government buildings, ports, airports, or anything connected with the police or military – including parades and other official gatherings – is not permitted. If you try anyway, it may result in your film being confiscated, or, as happened to us, being delivered a swift kick in the heels by a policeman who was obviously taking his job seriously.

Technical Tips

The best times to take photographs are in the early morning and in the late afternoon, when the rising and setting sun optimally illuminates the country's rich panorama of colour. Mornings also have the advantage that the streets are not as busy, and there tends to be less dust in the air. To avoid underexposure in shots of people and animals, take light readings on the subject rather than on the background.

POST

International mail from Maputo takes about 10 days to Europe and costs about US\$1.20 per letter. Domestic mail is more sporadic, with letters taking between one week and one month to reach their destinations.

Major post offices have poste restante. Letters are generally held for one month, sometimes longer, and cost US\$0.15 to receive.

SHOPPING

Mozambique is known for its beautiful and highly stylised woodcarvings and turned wood items, as well as for its paintings, pottery and basketware. Other crafts include jewellery (particularly silverwork), leatherwork and textiles.

For Makonde woodcarvings, Pemba, Nampula and Maputo are the best places to start your search. The widest selection of sandalwood carvings is in Maputo. Inhambane province is known for its baskets, and Cabo Delgado for its attractive woven mats. The etched clay pots made by Makonde women and sold in Nampula, Pemba and Maputo make beautiful but heavy souvenirs. Some of the best silver artisanship in the region comes from Ilha do Ibo in the Archipelago das Quirimbas. While the silver itself is often not of high quality, the craftsmanship is highly refined. The colourful cloths (*capulanas*) worn by women around their waist can be found at markets everywhere and make practical souvenirs – useful as tablecloths, wraps, wall

hangings and more. *Capulanas* are more colourful in the north, where shades of yellow and orange dominate.

When buying woodcarvings, remember that many of the pieces marketed as ebony may be simply blackened with shoe polish or dye. Rubbing the piece with a wet finger, or smelling it, should tip you off. Higher-quality pieces are those where more attention has been given to detail and craftsmanship. If you're using this book as an armchair reader, and won't have the chance to get to Mozambique, you can contact Artes Maconde (see p157) and Shanty Craft (p69), who both take orders for local carvings and crafts, and will mail or ship internationally. Finely crafted wood products are also available online at www.allanschwarz.com/bracelet.php.

For some tips on shopping responsibly (and on what souvenirs to avoid), see boxed text, p42. For more on bargaining, see p177.

SOLO TRAVELLERS

While you may be a minor curiosity in rural areas, especially solo women travellers, there are no particular problems with travelling alone in Mozambique, whether you're male or female. Times when it is advantageous to join a group are for car hire, dhow safaris and organised excursions (when teaming up can be a significant cost-saver); when going out at night (travelling solo can be limiting on the nightlife); and if you're interested in hiking (it's always wise to travel at least in pairs in the bush). If you do go out alone at night, take taxis and use extra caution, especially in urban and tourist areas. Also, it's generally assumed that everyone in bars – male and female – is looking to pick up, unless you already have an escort.

Whatever the time of day or location, avoid isolating situations, including isolated stretches of beach. Women, especially, shouldn't hitch alone. For bus journeys, get to the bus stand early to try to get a seat up front, and if you're getting dropped off at a bus stand in the pre-dawn hours, arrange for your taxi to wait with you until you can board the bus or until other people are around. If you are driving, avoid solo night travel. Also see Women Travellers, p181.

TELEPHONE

Mozambique's telephone system is efficient, though there aren't enough lines to meet demand. For international calls, all larger towns

have telecom (Telecomunicações de Moçambique or TDM) offices open at least during business hours Monday through Saturday, and daily in cities. There are also card phones which can be used for international calls, with cards sold at TDM offices and nearby shops. The TDM Bla-Bla Fixo card is a pre-paid card for fixed lines (including at TDM offices and card phones), and is cheaper for international dialling than if you call from TDM directly. Collect (reverse charge) calls are only possible 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 about US\$6 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 slightly cheaper on weekends and evenings.

If you are looking for a number: the Mozambique telephone directory (*Lista Telefónica*) is online (www.tdm.mz and www.paginasamarelas.co.mz).

In 2005, all Mozambique telephone numbers changed from five or six digits to eight digits, including provincial area codes. The provincial codes (which must always be dialled, no matter where you are calling) are listed inside the front cover of this book, and at the start of each town listing. No initial zero is required.

Cell Phones

Cell phones (GSM900 system) are widely used; the numbers are seven digits, preceded by ☎ 82 for mCel (www.mcel.co.mz) or ☎ 84 for Vodacom (www.vm.co.mz). The dialling networks were recently changed, so now – as with land-line numbers – no initial zero is required. If you see an old-style Mozambique cell 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 cell numbers listed with zero at the outset are in South Africa; these must be preceded by the South Africa country code (☎ 27).

The cell network is expanding, and now covers provincial capitals, although many rural areas are still out of reach. Check the mCel and Vodacom websites for coverage (*cobertura*) maps. The main provider, mCel, has a massive advertising campaign, with outlets (look for the bright yellow shops) every-

where around the country where you can buy SIM card starter packs (US\$2) and get linked into the network. Vodacom also 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 cell numbers, dial the international-access number, followed by the international code, the cell prefix (no zero) and the seven-digit number.

TIME

Time in Mozambique is GMT/UTC plus two hours. There is no daylight savings. Because the country is so large, and parts of it so far east in relation to other countries in this time zone, it gets light very early in some areas, with daybreak at about 4am in parts of Cabo Delgado province.

TOILETS

Toilets in Mozambique are either sit-down style with a toilet bowl and (sometimes) a seat, or squat style, with a hole in the ground, often rimmed by a tile frame with rests for the feet. For the uninitiated, the keys to a successful outcome with the squat toilets are positioning the feet well, and ensuring that odds and ends from your pockets don't fall down into the hole.

Running water is a luxury in many areas. With public toilets, if you have a choice, go for a squat-style toilet, as these usually come equipped with a bucket of water and tend to be more sanitary than flush toilets, which are often clogged. Public toilets almost never have toilet paper. For those that do, the custom is to dispose of the paper in the nearby basket, rather than into the toilet itself.

Bidets are a ubiquitous feature of many bathrooms in Mozambique, left over from colonial days, though most don't have running water, except those in upscale hotels.

TOURIST INFORMATION

The national tourist organisation, **Fundo Nacional de Turismo** (Futur; www.futur.org.mz) is primarily geared to advertising and tourism promotion, but its English-language website is a good introduction to the country, with a

comprehensive overview of tourism developments and some helpful links. Most Mozambique embassies also have a supply of tourist brochures and general information.

TRAVELLERS WITH DISABILITIES

While there are few facilities specifically for the disabled, Mozambicans tend to be very accommodating and helpful to disabled people. Those who are mobility impaired are especially likely to meet with understanding, as there are hundreds, if not thousands, of amputees throughout the country – victims of land mines set during the war.

The most accessible and easily negotiable area of the country is Maputo. Many of the upscale hotels have wheelchair access and/or lifts, and taxis and hire cars are readily available (though taxis don't have wheelchair access, and most are small). While most sidewalks have kerbs, often fairly high, the road network is tarmac and in good condition.

For travel upcountry, getting around on public transport usually means lots of crowds, heat and jostling. Travelling by hired car is the best option, though expensive. Along the coast you'll rarely need to deal with long flights of steps – just soft, deep sand – although chalets at some resorts are built on stilts.

The squat-style toilet facilities, common throughout Mozambique outside tourist hotels, can put a strain on anyone's knees, no matter what their physical condition. Except at top-end hotels in Maputo, there are never hand grips on the walls, and few bathrooms large enough for manoeuvring a wheelchair. As far as we know, there are no facilities anywhere in the country specifically targeted at deaf or blind visitors.

Useful contacts include the following:
Access-Able Travel Source (www.access-able.com) Has lists of tour operators offering tours for travellers with disabilities.
Disability Online (www.disabilityonline.com) A large data base of links and resources for disabled travellers.
Endeavour Safaris (www.endeavour-safaris.com) Focuses on South Africa and other areas of the region, and may be able to help with Mozambique itineraries as well.
Epic-Enabled (www.epic-enabled.com) More of the same.

VISAS

Visas are required by all visitors except citizens of South Africa, Swaziland, Zambia and Botswana. They are currently available at most

major land and air entry points (US\$25 for a one-month, single-entry visa). However, regulations change frequently and queues at busy borders are often long, meaning that it's best (and often cheaper) to arrange your visa in advance. This is especially true if you're arriving in Maputo via bus from Johannesburg, as most buses won't wait for you to arrange your visa.

Fees vary according to where you buy your visa. Outside Africa, it costs anywhere from US\$20 to US\$70 for a one-month single-entry tourist visa, and from US\$40 to US\$125 for a one- to three-month multiple-entry visa. Within the region, fees are cheaper, although you'll need to pay about double for express service (usually anything faster than one week). 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; for getting a visa in Swaziland, you'll need at least three blank pages in your passport. Also 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 (p173) for bank account details. No matter where 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.

For South Africans and citizens of other countries not requiring visas, visits are limited to 30 days from the date of entry, after which you'll need to exit Mozambique and re-enter. Note that the length of each stay for multiple-entry visas is determined when the visa is issued, and varies from embassy to embassy; only single-entry and transit visas are available at Mozambique's borders.

While in Mozambique, you may hear talk of a 'univisa' – planned to be implemented by 2010 by Mozambique and the other Southern African Development Community (SADC) countries. Once in effect, the same visa will be good for Mozambique and many of its neighbours.

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 fairly straightforward. Don't wait until the visa has expired, as hefty fines (US\$100 per day) are levied for overstays.

WOMEN TRAVELLERS Status of Local Women

To understand the reception that you're likely to receive as a woman travelling in Mozambique, it's worth taking a look at the status of local women. The country is notable for holding a place among the top twenty countries worldwide for its percentage of female parliamentarians. Currently, over 30% of deputies in Mozambique's parliament are women, ranking it as number two in Africa. The prime minister is a woman, and there are several female cabinet ministers (including the Minister of Foreign Affairs) and vice-ministers, and a small but influential group of highly educated Mozambican women in the private sector. The national women's organisation, *Organização das Mulheres Moçambicanas* (OMM), although politicised, is well established and enjoys a high profile throughout the country. In the heady post-independence days of the early 1970s, Frelimo declared women's emancipation to be an integral aspect of Mozambique's revolutionary struggle.

In contrast with this encouraging picture is the fact that in many areas, especially among the country's large rural population, women are frequently marginalised. The difference in male and female literacy rates (33% for women versus 64% for men), and the education gender gap at the secondary and tertiary levels, are just two indicators. And, the realities can be seen simply by looking around: one of your most lasting impressions of travel in Mozambique is likely to be how hard the women work.

Despite a progressive land law, women still struggle for land rights. Polygamy, which is common in many areas, is another factor, as is migrant labour. Thanks to the high percentage of men (especially in southern Mozambique) who are migrant workers in South African mines, many women are left to raise their families alone. When their husbands return home, they bring back better salaries from the mines, and potentially AIDS. Economic realities and limited job opportunities also force many women to turn to sex for survival. About 55% of Mozambican AIDS sufferers are women.

Attitudes towards Foreign Women

It's rare to find a Mozambican woman travelling alone for no apparent purpose and lone foreign women seen to be idly wandering around the country may be viewed as something of a curiosity, especially in remote areas. Apart from this, attitudes in Mozambique towards foreign women travelling alone tend to be fairly liberal. Although you'll still get questions about what you are doing, and where your husband and children are, reactions are usually matter-of-fact. In tourist areas, if you're backpacking, locals may assume you are a Peace Corps volunteer, and if you're in a vehicle, the assumption will be that you're either a South African on holidays, or one of Mozambique's large brigade of aid workers.

It's a great help both in explaining yourself, and in getting to know local women, if you are able to surmount the language barrier – either by learning Portuguese or by working with a translator.

Sexual hassles rarely go beyond the verbal. However, to avoid problems getting started, things like dressing conservatively, wearing a ring, and having a husband or boyfriend (fictitious or not) somewhere nearby all seem to help, as do heeding the precautions outlined under the next section. Going to a bar on your own is seen as an open invitation.

Safety

As far as safety is concerned, the best maxim is, 'An ounce of prevention is worth a pound of cure.'

Common-sense precautions are well worth heeding: don't wander around alone anywhere at night, and during the daytime avoid anywhere that's isolated, including streets, beaches and parks. A few extra meticalais spent on a taxi are well worth it. Be cautious about opening your door to a knock if you're alone

in your hotel room/house, and never let anyone unknown in with you. Especially away from the coastal resorts, dress modestly, and ideally with clothing that's not skintight. Be wary of anyone who tries to draw you into an isolated situation. Also be wary of accepting certain invitations and of the signals your behaviour may be giving off. Avoid hitching alone and if you do hitch, avoid getting in cars with only men.

Many budget hotels double as brothels and are best avoided if you're travelling solo.

WORK

It isn't permitted to work in Mozambique if you enter on a tourist visa. In order to get the required residency (*Documento de Identificação e Residência para Estrangeiros* or DIRE) and work permits, you need an offer of employment. Your employer will also be required to pay various fees, including one equalling a month or two of your salary.

Apart from resorts (where there are the occasional jobs with dive operators) and tourism-related establishments, the majority of positions are with international aid organisations. However, as most of these hire through their headquarter offices, it's better to start your research before leaving home.

Most volunteer work is in teaching, health care and school construction. Good initial contacts include **InterAction** (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), with 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

CONTENTS

Getting There & Away	183
Entering the Country	183
Air	183
Land	186
Sea & Lake	189
Tours	190
Getting Around	190
Air	190
Bicycle	190
Boat	191
Bus	192
Car & Motorcycle	192
Hitching	195
Local Transport	195
Tours	195
Train	195

GETTING THERE & AWAY

ENTERING THE COUNTRY

Mozambique is straightforward to enter, but you should expect the occasional bureaucratic hassles and – for popular border posts such as South Africa and Swaziland – long lines at the visa counter during peak periods (a good reason to arrange your visa in advance, p180).

Only a valid passport and visa are required to enter, plus the necessary vehicle paperwork if you are driving.

AIR Airports

Maputo's **Maualane International** (MPM; ☎ 21-465827/8; www.aeroportos.co.mz) is the main airport, with a modest collection of souvenir shops, ATM (Visa cards only), post office, telephone centre, and a branch of **Linhas Aéreas de Moçambique** (LAM; ✈ 6am-10.30pm) and **Cotacambios** (foreign exchange bureau; ✈ 6am-9.30pm Mon-Thu, 6am-10pm Fri, 7am-10pm Sat & 11.30am-10.30pm Sun). Airports with regularly scheduled regional flights include **Vilankulo** (☎ 223-82207), **Beira** (BEW; ☎ 23-301071/2), **Nampula** (APL; ☎ 26-213100, 26-213133) and **Pemba** (POL; ☎ 272-20312).

Airlines

Mozambique's national carrier is **Linhas Aéreas de Moçambique** (LAM; code TM; ☎ 21-468 0000, 21-490590; www.lam.co.mz; hub Mavalane International, Maputo). In addition to its domestic network (p190), flights connect Johannesburg with Maputo (daily), Vilankulo and Beira (both twice weekly); Dar es Salaam with Pemba (five weekly); and Lisbon (Portugal, five weekly) with Maputo. Other airlines flying into Mozambique:

Kenya Airways (code KQ; www.kenya-airways.com; hub Jomo Kenyatta International, Nairobi) Twice weekly between Maputo and Nairobi.

Pelican Air Services (code 7V; www.pelicanair.co.za; hub Johannesburg International) Daily between Johannesburg and Vilankulo via Kruger Mpumalanga International Airport, with connections to the Bazaruto archipelago.

SAAirlink (code SA; www.saairlink.co.za; hub Johannesburg International) Three times weekly between Beira and Johannesburg, and between Maputo and Durban.

South African Airways (SAA; code SA; www.flysaa.com; hub Johannesburg International) Daily between Maputo and Johannesburg.

Swazi Express (code Q4; www.swaziexpress.com; hub Durban) Two to three flights weekly between Durban, Matsapha (Swaziland), Maputo and Vilankulo.

TAP Air Portugal (code TP; www.tap-airportugal.pt) Five flights weekly between Maputo and Lisbon.

Tickets

LAM and TAP Air Portugal run occasional specials between Lisbon and Maputo. SAA has good deals on intercontinental through tickets; if you fly with them intercontinentally to Johannesburg, it's often only marginally more expensive to connect on to Maputo.

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check with the airline or a travel agent to make sure you understand how a fare or ticket works, and be aware of the security requirements for international travel. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

ARRIVAL & DEPARTURE TAXES

There's an arrival tax of US\$2. Departure tax is US\$20 for intercontinental and regional flights, payable in metacais, US dollars or South African rand.

Otherwise, the best way to save money on your Mozambique ticket is to look for good deals on fares into Johannesburg or other regional capitals, and then travel overland or get an onward ticket from there. Also check fares into Nairobi, from where you can connect on Kenya Airways direct to Maputo. For northern Mozambique, look at fares into Dar es Salaam, with connections from there to Pemba.

Online ticket sellers include:

Cheapflights (www.cheapflights.co.uk)

Cheap Tickets (www.cheaptickets.com)

Expedia (www.expedia.com, www.expedia.co.uk, www.expedia.ca)

Flight Centre (www.flightcentre.com)

LowestFare.com (www.lowestfare.com)

OneTravel.com (www.onetravel.com)

STA Travel (www.statravel.com)

Travel.com.au (www.travel.com.au) Bookings from Australia.

Travelocity (www.travelocity.com, www.travelocity.ca)

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor transport generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: www.lonelyplanet.com.

Africa

For regional connections, see Airlines (p183) and Indian Ocean Islands (opposite).

Several Maputo hotels, notably Hotel Polana and Hotel Pestana Rovuma, offer package deals between Johannesburg and Maputo that also include airfare. Good deals are also offered out of Johannesburg by most of the lodges on Archipelago de Bazaruto, and by the beach resorts at Barra (p92) and south of Inhambane (p88).

Ticket discounters include **Rennies Travel** (www.renniestravel.com) and **STA Travel** (www.statravel.co.za), both with offices throughout Southern Africa. **Flight Centre** (☎ 0860 400 727, 011-778 1720; www.flightcentre.co.za) has offices in Johannesburg, Cape Town and several other cities.

Asia

Most routes go via Johannesburg. Possibilities include direct from Singapore on **Singapore Airlines** (www.singaporeair.com), from Hong Kong on **Cathay Pacific** (www.cathaypacific.com) and from Kuala Lumpur on **Malaysia Airlines** (www.malaysiaairlines.com). From Mumbai, you can fly to Nairobi or Dar es Salaam, and connect to Pemba or Maputo, or alternatively go via Mauritius and Johannesburg on **Air Mauritius** (www.airmauritius.com).

Singapore, Hong Kong and Bangkok are the best places to shop for tickets. Discounters include **STA Travel** (Thailand ☎ 0 2236 0262; www.statravel.co.th; Singapore ☎ 6737 7188; www.statravel.com.sg; Hong Kong ☎ 2736 1618; www.statravel.com.hk; Japan ☎ 0353-912 922; www.statravel.co.jp). Also try **No 1 Travel** (☎ 0332-056 073; www.no1-travel.com) in Japan, and **Four Seas Tours** (☎ 2200 7760; www.fourseastravel.com/english) in Hong Kong. **STIC Travels** (www.stictravels.com) has offices throughout India. Another agency is **Transway International** (www.transwayinternational.com).

Australia & New Zealand

There are direct flights to Johannesburg (with connections to Maputo) from Sydney and Perth on **Qantas** (www.qantas.com.au), and from Perth on SAA. Alternatively, connect to Johannesburg on Air Mauritius from Perth, or via Singapore, Hong Kong or Mumbai (Bombay).

Discounters include **Flight Centre** (☎ 133 133; www.flightcentre.com.au) and **STA Travel** (☎ 1300-733 035; www.statravel.com.au). For online bookings, try www.travel.com.au.

From New Zealand, the best options are via Australia, Singapore, Hong Kong or Malaysia to Johannesburg and on to Maputo. Another option is **Emirates** (www.emirates.com) via Dubai, with connections to Dar es Salaam, and then on LAM to Pemba or Maputo. **Flight Centre** (☎ 0800-243 544; www.flightcentre.co.nz) and **STA Travel** (☎ 0508-782 872; www.statravel.co.nz) have branches throughout the country. For online bookings, try www.travel.co.nz.

Continental Europe

LAM and TAP Air Portugal fly between Lisbon and Maputo. From other European capitals, the best routings are via Johannesburg, or via Nairobi on Kenya Airways. Hubs include Paris, Amsterdam, Frankfurt and Zurich.

For northern Mozambique, try looking for a good fare to Nairobi, Blantyre or Dar es Salaam, and then continue overland or via air from there. Ticket agencies include:

Airfair (☎ 0206-20 51 21; www.airfair.nl) Netherlands.

Anyway (☎ 08 92 89 38 92; www.anyway.fr) France.

Barcelo Viajes (☎ 902 11 62 26; www.barceloviajes.com) Spain.

CTS Viaggi (☎ 064 62 04 31; www.cts.it) Italy; specialising in student and youth travel.

Just Travel (☎ 089-747 33 30; www.justtravel.de) Germany.

Lastminute (www.lastminute.fr, www.lastminute.de) France; Germany.

Nouvelles Frontières (www.nouvelles-frontieres.fr, www.nouvelles-frontieres.es) France; Spain.

OTU Voyages (www.otu.fr) France; for students and youth.

STA Travel (☎ 0180 545 64 22; www.statravel.de)

Germany; for travellers under the age of 26.

Voyageurs du Monde (☎ 01 40 15 11 15; www.vdm.com) France.

Indian Ocean Islands

From Madagascar, connections are either via Johannesburg or Nairobi on **Air Madagascar** (www.airmadagascar.mg), or via Johannesburg on SAA and SAAirlink. **Air Tanzania** (www.airtanzania.com) flies between Moroni (Comoros) and Dar es Salaam, from where you can connect to Pemba.

Mauritius is something of a hub, with connections from Asia (Singapore, Hong Kong and Mumbai) on Air Mauritius, and then to Johannesburg, Nairobi or Dar es Salaam and on to Mozambique.

For the Seychelles, connect via Johannesburg on **Air Seychelles** (www.airseychelles.com) or via Nairobi on Air Kenya.

Middle East

The best connections are from Cairo to Nairobi and on to Maputo on Kenya Airways or from Dubai to Dar es Salaam on Emirates, connecting to Pemba.

Agencies to try include **Al Rais Travels** (www.alrais.com) in Dubai; **Egypt Panorama Tours** (☎ 023-590 200; www.eptours.com) in Cairo; the Israel Student Travel Association (ISTA; 026-257257) in Jerusalem; and **Orion-Tour** (www.oriontour.com) in Istanbul.

South America

SAA and **Varig** (www.varig.com.br) link São Paulo and Johannesburg. Malaysia Airlines flies between Buenos Aires, Cape Town and Johannesburg. Discounters include **ASATEJ** (☎ 54-011 4114-7595; www.asatej.com) in Argentina; the Student Travel Bureau (☎ 3038 1555; www.ividiomas.com) in Brazil; and **IVI Tours** (☎ 0212-993 6082; www.ividiomas.com) in Venezuela.

UK & Ireland

Airlines flying between London and Southern Africa include **British Airways** (www.britishairways.com), **Virgin Atlantic** (www.virgin-atlantic.com) and SAA, all to Johannesburg. Otherwise, hunt for a cheap fare to Nairobi or Dar es Salaam, and continue from there to Mozambique. Kenya Airways does the London to Maputo route via

Nairobi. From Ireland, connect via London or a continental European capital.

Advertisements for many discounters appear in the travel pages of the weekend broadsheet newspapers, in *Time Out*, the *Evening Standard*, in the free online magazine **TNT** (www.tntmagazine.com) and in the free *SA Times*, which is aimed at South Africans in the UK and sometimes advertises good deals to the region. Recommended agencies include:

Bridge the World (☎ 087-0444 7474; www.b-t-w.co.uk)

Flightbookers (☎ 087-0814 4001; www.ebookers.com)

Flight Centre (☎ 087-0890 8099; flightcentre.co.uk)

North-South Travel (☎ 012-4560 8291; www.northsouthtravel.co.uk) North-South Travel donate part of their profit to projects in the developing world.

Quest Travel (☎ 087-0442 3542; www.questtravel.com)

STA Travel (☎ 087-0160 0599; www.statravel.co.uk) For travellers under the age of 26.

Trailfinders (www.trailfinders.co.uk)

Travel Bag (☎ 087-0890 1456; www.travelbag.co.uk)

USA & Canada

The only direct flights from North America are on SAA from New York and Atlanta via Johannesburg to Maputo. Another inexpensive option is flying to London on a discounted transatlantic ticket, where you can then purchase a separate ticket to Johannesburg or Nairobi, then to Maputo. Alternatively, watch for specials to Lisbon, with direct connections on to Maputo.

From the US west coast, Malaysia Airlines flies from Los Angeles to Kuala Lumpur, from where you can connect to Johannesburg and on to Maputo.

San Francisco is the ticket consolidator (discounter) capital of America, although some deals can be found in Los Angeles, New York and other big cities. See p183 for online booking agencies. Another to try: **STA** (☎ 800-781-4040; www.sta.com), for travellers under 26.

LAND

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 for drivers, see p192.

Border Crossings

There are almost two dozen official land entry points into Mozambique. Except as noted, most borders are open from 6am to 6pm.

MALAWI

The busiest crossing is Zóbuè, on the Tete Corridor route linking Blantyre (Malawi) and Harare (Zimbabwe). Others include 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 (Lago Niassa).

SOUTH AFRICA

The busiest crossing is at **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), west of Massingir.

SWAZILAND

The main crossing is at **Lomahasha/Namaacha** (☎ 7am-8pm) in Swaziland's extreme northeast corner, with another, quieter post at **Goba/Mhlumeni** (☎ 7am-6pm).

TANZANIA

The main crossing is at Namiranga, 130km north of Moçimboa da Praia. You can also get your passport stamped (but no visas) at the village of Moçimboa do Rovuma, and there are border and customs officials at Palma and Moçimboa da Praia for those arriving from Tanzania by boat. It's also reportedly possible to get stamped in at the Rio Rovuma crossing between Lichinga and Songea (Tanzania).

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 Lago Cahora Bassa.

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: at Espungabera, in the Chimanimani mountains, and at **Mukumbura** (☎ 7am-5pm), west of Tete.

Malawi

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 (the border posts are separated by about 5km of no-man's-land, although a new single-stop border post is planned), there are daily chapas to Tete. Buses between Blantyre and Harare via Zóbuè can drop you at Tete.

The Vila Nova da Fronteira crossing sees a reasonable amount of traffic, although it's still an off-the-beaten track journey on mostly unpaved but decent roads on the Mozambique side. 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 if you want to go to Quelimane or Gurúè, or 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 on one of the chapas that run between the border and Cuamba. On the Malawi side, there are minibuses from the border to Liwonde. Another option is the Malawi train that runs weekly, currently on Monday, to the border (on Tuesday in the opposite direction), from where you'll need to take a chapa to Cuamba. There's basic accommodation in Entre Lagos.

Most travellers use the more northerly crossing by Mandimba. 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 daily vehicles 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 scenic tarmac road. From Tete, there's usually at least one chapa daily to Vila 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. We've had several reports about travellers having difficulty getting a Mozambique visa at Dedza, so arrange one in Lilongwe beforehand.

South Africa

TO/FROM NELSPRUIT & JOHANNESBURG Bus & Chapa

There are daily minibuses and chapas to Maputo from Ressano Garcia (US\$3.50, two hours, 120km), Nelspruit (US\$10, three hours, 230km) and on to Johannesburg (nine hours, 590km), with the best connections in the early morning. Much better is to use one of the large 'luxury' buses that do the route daily (US\$30 to US\$38 one-way, eight to nine hours), listed on p69. All lines also service Pretoria. You can also travel in each direction on the following lines between Maputo and Nelspruit but not between Nelspruit and Johannesburg. Organise your Mozambique visa in advance, as lines are long at Ressano Garcia and most buses won't wait. The following phone numbers are all dialled within South Africa:

Greyhound (☎ 011-276 8500; www.greyhound.co.za)

Daily from Johannesburg's Park City Station at 6.45am and from Maputo at 7.30am.

InterCape Mainliner (☎ 021-380 4400; www.intercape.co.za) Daily from Johannesburg's Park City Station at 8am and from Maputo at 7.45am.

Panthera Azul (☎ 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 (☎ 011-774 3333; www.translux.co.za) Daily from Johannesburg at 8.45am; from Maputo at 7.45am.

Car

There's a good road connecting Maputo with Johannesburg via Ressano Garcia, with tolls in Mozambique at Matola and Moamba, and in South Africa between Middelburg and Witbank, at Machadodorp, and west of Malelane.

Train

South Africa's **Komati line** (☎ 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 slow and connections times often don't coincide, so it's much faster to take a chapa. If you decide to stick with the rails, see p70 for schedules and fares between Ressano Garcia and Maputo.

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 alternate route to the Mozambican coast. See p84 for more on this crossing.

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 Parque Nacional do Limpopo, or towards Chokwé and the EN1 – all 4WD territory. There's also a 4WD track sponsored by **Sanparks** (www.sanparks.org) and **Parque Nacional do Limpopo** (www.dolimpopo.com) that uses this crossing. The Rio Limpopo is unbridged and crossable only in the dry season. Mozambique visas are not issued at Pafuri, so arrange one in advance. 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 p79.

Swaziland

BUS & CHAPA

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 (p90). Maputo Backpackers (p64) 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: about US\$23 one-way between Swaziland and Maputo, and US\$55 from Swaziland to Tofo.

CAR

The road is fairly good tarmac the entire way and easily negotiated with 2WD. The Namaacha border is notoriously slow on holiday weekends; the quiet border at Goba (Goba Fronteira) – reached via a scenic, winding road on the Mozambique side – is a good alterna-

tive. The new road from Swaziland's Mananga border, connecting north to Komatipoort-Ressano Garcia, is another option.

Tanzania

BUS & CHAPA

For all Mozambique–Tanzania posts, arrange your Mozambique visa in advance. Pick-ups depart Mtwara (Tanzania) daily between 6.30am and 8am to the Kilambo border post (US\$2.50, one hour), and on to the Rovuma, which is crossed via dugout canoe (US\$2, 10 minutes to over an hour, depending on water levels). On the Mozambique side, there are usually two pickups daily to the Mozambique border post (4km further) and on to Palma and Moçimboa da Praia (US\$10, four hours). The last one leaves around noon, so it's worth getting an early start from Mtwara. If you get stuck overnight at the Rovuma, there's a bedbug-ridden guesthouse on one of the sandbanks in the middle of the river. Camping on the river bank on the Mozambique side is a better option. Also see p165.

The Rovuma crossing is notorious for pickpockets. Keep an eye on your belongings, especially when getting into and out of the boats, and keep up with the crowd when walking to/from the river bank.

The crossing north of Moçimboa do Rovuma is rarely used and entails long walks on both sides (up to 25km in Tanzania, and at least 10km in Mozambique). The first Tanzanian town is Newala, from where there are daily buses to Mtwara. In Mozambique, there's a daily chapa between Moçimboa do Rovuma and Mueda, departing Moçimboa do Rovuma by midmorning.

In the west, there is a truck every other day from Lichinga via Macaloge and Nova Madeira to the Rovuma. Once at the river, cross by dugout canoe and then make your way (first on foot, then via sporadic transport on a rough road) to Songea. We've heard that you can get your passport stamped at the border; otherwise, there's an immigration office in Songea.

CAR

The road from Mtwara (Tanzania) to the border is mostly unpaved but in good condition. There's a **vehicle ferry** (☎ in Tanzania 0744-869357; per vehicle US\$50) at Kilambo which operates at high tide. It generally runs daily during peak travel seasons (December–January, around Easter, and July–August), though this can't

be counted on. To avoid long waits, call to let the captain know when you're coming. In Mozambique, get an update at Russell's Place (p155), Pemba. In Tanzania, if you can't get through on the ferry number, ask at **Ten Degrees South** (www.eco2.com) or The Old Boma (www.mikindani.com), both in Mikindani.

On the Mozambique side, the road is unpaved but in fair condition during the dry season from the border to Palma, a mix of tarmac and good graded dirt from Palma to Moçimboa da Praia, and tarmac from there to Pemba.

Work has started on the Unity Bridge over the Rovuma, well southwest of Kilambo, near the confluence of the Rio Lugenda, and accessed from Mozambique via Mueda. Once completed (likely not within the lifetime of this book – the cornerstone was laid in late 2005), it should make all this easier, albeit somewhat longer.

Zambia

The roads of the Cassacatiza–Chanida border crossing are reasonably good, but the crossing is seldom used as most travellers combining Mozambique and Zambia go via Malawi. 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 Lago Cahora Bassa; see p122.

Zimbabwe

TO/FROM HARARE

Both the Nyamapanda and Machipanda border crossings have reasonably good tarmac access roads, are heavily travelled by private vehicles, 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 Machipanda and on 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 the orderly little border town of 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.

SEA & LAKE Malawi

The *Ilala* ferry services several Mozambican ports on its way up and down Lago Niassa, departing Monkey Bay (Malawi) at 10am Friday, arriving in Metangula (via Chipoka and Nkhatakota in Malawi) at 6am Saturday, reaching Còbuè around noon, Likoma Island (Malawi) at 1.30pm, and Nkhata Bay (Malawi) at 1am Sunday morning. Southbound, departures are at 8pm Monday from Nkhata Bay and at 6.30am Tuesday from Likoma Island, reaching Còbuè at 7am and Metangula at midday. The schedule changes frequently; get an update from **Malawi Lake Services** (ilala@malawi.net). Fares are about US\$20/US\$40 for economy class/1st-class cabin between Nkhata Bay and Còbuè. There are immigration posts in Metangula and Còbuè (and on Likoma Island and in Nkhata Bay, for Malawi). You can get a Mozambique visa at Còbuè, but not at Metangula. Slow sailing boats also go between Likoma Island, Còbuè and Metangula; see p149.

Meponda was formerly linked with Malawi's Senga Bay via the weekly MV *Mtendere*. It's currently not running but it's worth asking around to see if services have resumed. Local boats travel frequently between Meponda and Senga Bay but the crossing is risky due to sudden squalls and not recommended. The closest immigration office is in Lichinga.

South Africa

There are no regularly scheduled passenger ships between South African and Mozambican ports, other than luxury cruise liners. One to try: **Starlight Lines** (www.starlight.co.za), which runs luxury liners from Durban that call at Ilha de Inhaca, Barra, the Archipelago de Bazaruto and Ilha de Moçambique. Otherwise, the best bet is to ask around at boating clubs in Durban to see whether any boats are looking for additional crew.

Cargo ships rarely take passengers, but if you want to try your luck, a good initial contact is **Tall Ships** (www.tallships.co.za), which has cargo ships between Durban and various Mozambican ports.

TOURS

All of the following organise travel to Mozambique, as well as in-country itineraries. Many top-end hotels and lodges in Maputo and Pemba also offer fly-in packages from Johannesburg. The Mozambique pages in the South African travel magazine **Getaway** (www.getawaytoafrika.com) are a good source of information on package tours and cruises.

Dana Tours (www.danatours.net) A recommended Maputo-based operator covering most areas of the country, and also doing Mozambique–South Africa combination itineraries.

Makomo Safaris (www.makomo.com) Combination itineraries for northern Mozambique, southern Tanzania, Zambia and Malawi.

Mozaic Travel (www.mozaictravel.com) Coastal Mozambique, and dhow trips around the Archipelago de Bazaruto.

Mozambique Connection (www.mozambiqueconnection.co.za) A comprehensive and long-established operator, covering most of the country. All price ranges.

Mozambique Tours (www.mozambiquetravel.co.za) Fly-in packages to the Archipelago de Bazaruto and other southern Mozambique destinations.

Ocean Island Safaris (www.oceanislandsafaris.com) Luxury travel to the Archipelago das Quirimbas, and itineraries combining Mozambique and other Indian Ocean islands.

Wildlife Adventures (www.wildlifeadventures.co.za) Coastal Mozambique, and itineraries combining Mozambique with elsewhere in southern and East Africa.

Zambezia Travels (www.zambezia.ch) Quelimane-based, and recommended for central Mozambique, Gurúê, Monte Namúli, Cuamba, Lichinga and other points north; also good for exploring away from established routes.

charter 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. Baggage handling has also improved, but don't check anything of value. More problematic are overbookings; always reconfirm your ticket and check in well in advance. Flights can be paid for in local currency, dollars or rand, and in Maputo, Beira and Nampula by Visa or MasterCard. Sample one-way fares and flight frequencies include: Maputo to Pemba (US\$392, daily), Maputo to Beira (US\$236, daily), Maputo to Lichinga (US\$368, three per week), Tete to Quelimane (US\$296, one per week) and Maputo to Vilankulo (US\$216, four per week).

LAM offers frequent specials; watch for advertisements in the daily newspaper, *Notícias*. You can also save by asking for one of their *Jacto Popular* fares, which require three to five days advance purchase.

Other domestic carriers and routes include: **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. **Moçambique Expresso** (Mex; ☎ 21-466008; mex@mex.co.mz) A LAM subsidiary, flying LAM routings. **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 Ilha de Inhaca.

TTA (☎ 21-465484, 21-465015, 282-82348) Daily between Vilankulo and the Bazaruto Archipelago, together with Pelican Air Services (see p183).

Most of the above also do charters. Others include **Rani Aviation** (Pemba Beach Resort Hotel, ☎ 272-21770, in South Africa 011-465 6904; www.pembabeachresort.com) and **Quirimbas Aviation** (☎ 272-21808; aircharters-quirimbas@plexusmoz.com), both between Pemba and the Archipelago das Quirimbas, and **Unique Air Charter** (☎ 01-465992; Maputo Airport).

BICYCLE

Cycling is a 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 Maputo and along main roads whenever possible, as there's often

no shoulder, traffic is fast and drivers have little respect for cyclists. A cross-terrain bike is best for secondary and tertiary roads, and for the many sandy beach access roads.

The most pleasant hours for cycling are between dawn and midmorning to avoid the heat and the worst of the traffic, and to have plenty of time in the afternoon to relax on the beach. Carrying a tent is essential. However, because of land mines, the odd chance of encountering roaming wildlife (especially in the north), and general security, it's not a good idea to free camp (plus it's illegal). It's much better to arrange something with villagers, who will invariably warmly welcome you.

A good lock is also essential. And even when locked, it's worth keeping the bike in view. You're bound to be the greatest novelty that's rolled into most towns, and anything removable, such as tyre pumps and water bottles, is likely to make its way into the hands of local souvenir hunters and entrepreneurs. Bicycles can be transported on buses; expect to pay from US\$2 to US\$5 depending on the journey.

Rental & Purchase

Heavy, Chinese-made single-speeds can be easily rented for the day in most towns. Ask around by the market or at bicycle repair stands. In Maputo and other places with large numbers of expatriate residents, you can sometimes find decent mountain bikes for

sale. Embassy notice boards are a good place to start. A better option is to buy a bicycle in South Africa and then try to sell it in Mozambique before you leave, although the market is limited. Spares for Western-made bicycles are not available in Mozambique. However, you may be able to pick up some useful parts from stolen bicycles at Maputo's Mercado de Xipamanine (p62), and bicycle repair stands everywhere are excellent at improvisation.

BOAT

There is no regular passenger service between major coastal towns. However, it's worth asking at ports and harbours, as there is frequent cargo traffic along the coast and captains are sometimes willing to take passengers. Chances improve the further north you go. Possibilities include small freighters running between Quelimane, Nacala and Pemba, and regular ferries between Beira and small towns along the Sofala coastline. On larger ships, once you find a captain willing to take you, the price generally includes meals and a cabin. On Lago Niassa, there is passenger service between Metangula and Cóbue (p189).

If you've brought your own boat into Mozambique, beach launching requires a permit from the local maritime office (*administração marítima or capitania*). Most southern coastal resorts can also help you sort this out.

For information on dhow safaris, see p169.

DHOW TRAVEL

Dhows (*barcos a vela* in Portuguese) have played a major role in Mozambican coastal life for centuries, and are still the main form of transport and means of livelihood for many coastal dwellers, especially in the north.

If the wind is with you and the water calm, a dhow trip can be enjoyable, and will give you a better sense of the centuries of trade that shaped Mozambique's history. However, if you're becalmed miles from your destination, if seas turn rough, if the boat is leaking or overloaded, if it's raining, or if the sun is strong, the experience will be much less pleasant.

The best way is to try dhow travel arrange a dhow safari with one of the operators listed on p169. Some things to keep in mind if you decide to do things on your own:

- Travel with the winds, which blow from south to north from approximately April/May to August/September and north to south from November/December through February.
- Be prepared for rough conditions. There are no facilities on board, except possibly a toilet hanging off the stern. As sailings are wind and tide dependent, departures are often during the predawn hours.
- Journeys often take much longer than anticipated; bring plenty of extra water, food and sun protection plus waterproofing for your luggage and a rain jacket.
- Boats capsize and people are killed each year as a result. Avoid overloaded boats, and don't set sail in bad weather.

GETTING AROUND

AIR

Airlines in Mozambique

The national airline is **Linhas Aéreas de Moçambique** (LAM; ☎ 21-468000; www.lam.co.mz) which, with Moçambique Expresso (Mex), runs most non-

DOMESTIC DEPARTURE TAX

Departure tax on domestic flights is US\$8, payable in dollars, meticaís or rand.

BUS

As long as you're fortified with nerves of steel (for the high speeds), plenty of patience (for the many stops en route), and lots of time (for the huge distances) bus travel is the most straightforward and economical way to get around Mozambique. Good services connect all major towns at least daily.

A large bus is called a *machibombo*, and sometimes also *autocarro*. The main companies are: the declining Transportes Oliveiras, with an extensive but slow route network in southern and central Mozambique; the buses that formerly belonged to the now-defunct TSL, and which operate on the southern routes; and the good Grupo Mecula, which has reasonably comfortable buses and 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, and you'll have fewer problems with overcrowding and squawking chickens.

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 often involves a short hike from the centre of town). Long-distance transport in general, and all transport in the north, leaves early – between 3.30am and 7am. Outside of southern Mozambique and along the Beira corridor, it's often difficult to get a vehicle anywhere after midmorning. And unlike many countries where you spend interminable periods waiting for vehicles to fill, 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, latest. 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).

Classes & Reservations

All buses have just one class. For some routes it's possible – but seldom essential – to buy a ticket a day in advance. Generally, showing up on the morning of travel (about an hour prior to departure for heavily travelled routes) is enough to ensure you get a place. If you are choosy about your seat, get to the departure point a bit earlier. To avoid the crowds at the ticket window, especially in Maputo, it's easier to simply board and buy the ticket from the conductor. If a bus has baggage on the

roof, chances are that it's not an express bus (most of which have luggage compartments underneath).

CAR & MOTORCYCLE

If you have your own vehicle in the region, or can afford rental and fuel costs, Mozambique is an adventurous but highly satisfying destination to tour as self-drive. Road savvy helps, as does experience driving elsewhere in Africa.

Bringing 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; trailers from US\$12) are available at most land borders, and you'll be need to show the paperwork at all checkpoints (and will be fined if you can't produce it). Fees can be paid in meticaís, 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 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, try contacting **Hollard Seguros** (☎ 21-313114; www.hollard.co.za) to help you sort it out.

Driving Licence

You'll need either a South African or international drivers licence to drive in Mozambique. Those staying longer than six months will need to get a Mozambique drivers 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, if there's a power outage, fuel may not be accessible. In some places, the only choice will

ROAD DISTANCES (KM)

Beira	---																		
Chimoio	162	---																	
Inhambane	707	664	---																
Lichinga	1184	1308	1938	---															
Maputo	1080	1037	406	2311	---														
Nampula	928	978	1608	688	1981	---													
Pemba	1355	1405	2035	746	2408	427	---												
Ponta d'Ouro	1190	1147	516	2421	110	2091	2518	---											
Quelimane	481	531	1161	814	1534	484	911	1644	---										
Tete	555	371	1035	560	1408	840	1267	1518	902	---									
Vilankulo	481	438	280	1712	620	1382	1809	730	935	809	---								
Xai-Xai	906	863	235	2137	174	1807	2234	284	1360	1234	449	---							
	Beira	Chimoio	Inhambane	Lichinga	Maputo	Nampula	Pemba	Ponta d'Ouro	Quelimane	Tete	Vilankulo	Xai-Xai							

be petrol sold from roadside *barracas* (stalls); watch for petrol mixed with water or kerosene. Unleaded fuel (*gasolina sem chumbo*) is available in major centres, but not elsewhere. Fuel prices in Mozambique average about US\$1 per litre for petrol, somewhat less for diesel.

A limited supply of spare parts is available in Maputo and in major towns upcountry. Otherwise, they'll need to be special-ordered from South Africa.

Hire

There are rental agencies in Maputo, Beira, Nampula and Pemba. Elsewhere, you can usually arrange something with upscale hotels. Rates start at US\$100 per day for 4WD, excluding fuel. At the moment, no rental agencies offer unlimited kilometres. Rental cars from Mozambique can be brought across the borders into South Africa and Swaziland only. 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 insur-

ance at the border, which covers you to some degree in the event of hitting a pedestrian or another Mozambican vehicle. Given the relatively high incidence of vehicle thefts and break-ins in Mozambique, 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 and those that do often have high deductibles that 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 the special tax

NIGHT DRIVING

Night driving is particularly hazardous in Mozambique and should be avoided. Apart from road hazards (such as pedestrians, potholes and unmarked construction sites), many vehicles have no lights. Numerous accidents result when a broken-down vehicle is left in the roadway – without lights or other markers – and another vehicle slams into it in the dark.

Safety is also a concern, as there are long stretches of road with nothing along them – not ideal should you have a breakdown or otherwise need assistance. Armed robberies and car hijackings are a risk in some areas, especially near the South African border. If you do need to drive at night, use appropriate speeds, watch for pedestrians and obstacles in the road and keep the doors locked and windows up.

The same applies to public transport; try to get an early enough start so that you reach your destination before nightfall and avoid night routes whenever possible.

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 if you're driving ask around to get the latest updates.

As of now, most of the main north-south highway is tarmac and in reasonable shape except for the stretches between the Rio Save and Beira (under construction), from Caia north to Quelimane and on to Nampula (also under construction), and from Palma north to the Rio Rovuma. The Beira corridor (EN6) is asphalt and in generally good condition, especially from Chimoio westwards. 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.

A road distances chart is included (p193). However, it's usually senseless to calculate driving times based on distance without taking road conditions into account. A very rough average along the EN1 and other main

routes would be 50km to 70km per hour, and 30km per hour off main routes. A few examples: the 500km from Vilankulo to Beira (a combination of good and bad roads, and currently under construction) takes about nine hours by car and somewhat longer by bus, while the 300km between Lichinga and Cuamba takes six to seven hours. An exception is the new and excellent highway between Inchope (west of Beira) and Caia.

Road Hazards

Drunk driving is common, as are excessive speeds. Both together mean that there are many road accidents. To minimise encounters with drunk drivers (or, if you are on public transport, to minimise the chances of your own driver being drunk), travel as early in the day as possible.

If you are not used to driving in Africa, watch out for pedestrians, children and animals on the road or running into the road. Many locals have not driven themselves, especially in rural areas, and are not aware of concepts such as necessary braking distances. Night driving should also be avoided and always choose to take buses rather than chapas. 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. The difficulty of spotting the branches after dusk is yet another reason not to drive at night.

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, 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 the axle-shattering potholes that can appear out of nowhere, or children or livestock running unexpectedly into the road.

Driving on the beach is illegal (fines are about US\$80), and driving off-road isn't recommended because of the risk of landmines.

HITCHING

As anywhere in the world, hitching is never entirely safe, and we don't recommend it. Travellers who decide to hitch should understand that they are taking a small but potentially serious risk. This said, in parts of rural Mozambique, your only transport option will be hitching a lift. In general, hitching is not particularly difficult, though it's often slow off main routes. Going to/from beaches and resort areas is easiest on weekends. 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. If you do need to pay, it is usually equivalent to what you would pay on a bus or chapa for the same journey. To flag a vehicle down, hold your hand out at about waist level and wave it up and down; the Western gesture of holding out the thumb is not used. The best place to wait is always outside town at the head of the road leading to your destination. Hitching in pairs is safer, and women should avoid hitching alone. In urban areas, hitching through less salubrious suburbs, especially at night, is asking for trouble. 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
Chapa**

The main form of local transport is the chapa, the name given to any public transport that runs within a town or between towns, and isn't a bus or truck. They're usually a converted pickup or minivan, and are notorious for careening wildly through the streets, packed

to bursting point. On some longer 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.

Prices for chapa transport are fixed. Intra-city fares average US\$0.20; long-haul fares are usually slightly higher than the bus fare for the same route. The most comfortable seat is up front with the driver, on the window side, though you'll have to make arrangements early and sometimes pay more.

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. Patience, combined with a sense of humour, also helps when taking local transport.

Like buses, chapas in Mozambique tend to depart early in the day and relatively promptly, although drivers will cruise for passengers before finally leaving town. City chapas run throughout the day, and can be hailed down almost anywhere.

Taxi

Maputo, Beira, Nampula and Pemba have taxi services and there are a few private taxis in Quelimane. Apart from airport arrivals, taxis don't cruise for business, so you'll need to seek them out. In Maputo, Nampula and Pemba, some taxis have meters. Otherwise, you'll need to negotiate a price. Town trips cost from US\$2.

TOURS

All of the tour companies listed on p190 can organise itineraries within Mozambique as well.

TRAIN

Mozambique has a straggling rail network. The only passenger train regularly used by tourists is the slow line between Nampula and Cuamba (see p145). For more on the slow line between Maputo and the South African border, see p187. For information on other local lines from Maputo – all slow and prone to breakdowns – see p70.

There are vendors at all the train stations, but it's a good idea to bring along some food and drink to supplement what's available en route. Second class, when available, is not in the least plush, but is reasonably comfortable, with windows that open. Third class is hot and crowded. Bookings for all routes can be made the morning of travel.

Health

Dr Caroline Evans

CONTENTS

Before You Go	196
Insurance	196
Recommended Vaccinations	196
Medical Checklist	196
Internet Resources	197
Further Reading	197
In Transit	197
Deep Vein Thrombosis (DVT)	197
Jet Lag	197
In Mozambique	197
Availability & Cost Of Health Care	197
Infectious Diseases	198
Travellers' Diarrhoea	201
Environmental Hazards	202

A long as you stay up to date with your vaccinations and take basic preventive measures, you're unlikely to succumb to most of the health hazards covered in this chapter. While Mozambique has an impressive selection of tropical diseases on offer, it's more likely you'll get a bout of diarrhoea or a cold than a more exotic malady. The main exception to this is malaria, which is a real risk throughout the country.

BEFORE YOU GO

A little pre-departure planning will save you trouble later. Get a check-up from your dentist and from your doctor if you have any regular medication or chronic illness (eg high blood pressure and asthma). You should also organise spare contact lenses and glasses (and take your optical prescription with you); get a first-aid and medical kit together; and arrange necessary vaccinations.

Travellers can register with the **International Association for Medical Advice to Travellers (IMAT; www.jamat.org)**, which provides directories of certified doctors. If you'll be spending much time in remote areas (ie anywhere away from Maputo), consider doing a first-aid course (contact the Red Cross or St John's Ambulance), or attending a remote-medicine first-aid course, such as that offered by the **Royal Geographical Society** (www.wildernessmedicaltraining.co.uk).

If you bring medications with you, carry them in their original (labelled) containers. A signed and dated letter from your physician describing all medical conditions and medications, including generic names, is also a good idea. If carrying syringes or needles, be sure to have a physician's letter documenting their medical necessity.

INSURANCE

Find out in advance whether your insurance plan will make payments directly to providers or will reimburse you later for overseas health expenditures. Most doctors and clinics in Mozambique expect up-front payment in cash. It's vital to ensure that your travel insurance will cover the emergency transport required to get you at least to Johannesburg (South Africa), or all the way home, by air and with a medical attendant if necessary.

If your policy requires you to pay first and claim later for medical treatment, be sure to keep all documentation. Some policies ask you to call back (reverse charges) to a centre in your home country where an immediate assessment of your problem is made. Since reverse-charge calls aren't possible in Mozambique (except to Portugal), contact the insurance company before setting off to confirm how best to contact them in an emergency.

RECOMMENDED VACCINATIONS

The **World Health Organization** (www.who.int/en/) recommends that all travellers be covered for diphtheria, tetanus, measles, mumps, rubella and polio, as well as for hepatitis B, regardless of their destination. The consequences of these diseases can be severe, and outbreaks of them do occur.

According to the **Centers for Disease Control and Prevention** (www.cdc.gov/), the following vaccinations are recommended for Mozambique: hepatitis A, hepatitis B, rabies and typhoid, and boosters for tetanus, diphtheria and measles. While a yellow fever-vaccination certificate is not officially required to enter the country unless you are entering from a yellow fever-infected area, carrying one is advised; check with your doctor before travelling, and also see p201.

MEDICAL CHECKLIST

It's a very good idea to carry a medical and first-aid kit with you, to help yourself in the case of minor illness or injury. Following is a list of items to consider packing.

- Antibiotics (prescription only), eg ciprofloxacin (Ciproxin) or norfloxacin (Utinor)
- Antidiarrhoeal drugs (eg loperamide)
- Acetaminophen (paracetamol) or aspirin
- Anti-inflammatory drugs (eg ibuprofen)
- Antihistamines (for hayfever and allergic reactions)
- Antibacterial ointment (eg Bactroban) for cuts and abrasions (prescription only)
- Antimalaria pills
- Bandages, gauze, gauze rolls and tape
- Scissors, safety pins, tweezers
- Pocket knife
- DEET-containing insect repellent for the skin
- Permethrin-containing insect spray for clothing, tents, and bed nets
- Sun block
- Oral rehydration salts
- Iodine tablets (for water purification)
- Sterile needles, syringes and fluids if travelling to remote areas
- Acetazolamide (Diamox) for altitude sickness (prescription only)
- Self-diagnostic kit that can identify malaria in the blood from a finger prick.

INTERNET RESOURCES

A good place to start is the Lonely Planet website at www.lonelyplanet.com. The World Health Organization publishes the helpful *International Travel and Health*, available free at www.who.int/ith/. Other useful websites include **MD Travel Health** (www.mdtravelhealth.com), and **Fit for Travel** (www.fitfortravel.scot.nhs.uk).

Government travel-health websites include the following:

- Australia** www.dfat.gov.au/travel/
- Canada** <http://www.hc-sc.gc.ca/english/index.html>
- UK** www.doh.gov.uk/traveladvice/index.htm
- USA** www.cdc.gov/travel/

FURTHER READING

- A Comprehensive Guide to Wilderness and Travel Medicine* by Eric A Weiss (1998)
- Healthy Travel* by Jane Wilson-Howarth (1999)
- Healthy Travel Africa* by Isabelle Young (2000)
- How to Stay Healthy Abroad* by Richard Dawood (2002)

Travel in Health by Graham Fry (1994)

Travel with Children by Cathy Lanigan (2004)

IN TRANSIT

DEEP VEIN THROMBOSIS (DVT)

Prolonged immobility during flights can cause deep vein thrombosis (DVT) – the formation of blood clots in the legs. The longer the flight, the greater the risk. Although most blood clots are reabsorbed uneventfully, some might break off and travel through the blood vessels to the lungs, where they could cause life-threatening complications.

The chief symptom is swelling or pain of the foot, ankle or calf, usually but not always on just one side. When a blood clot travels to the lungs, it may cause chest pain and breathing difficulty. Travellers with any of these symptoms should immediately seek medical attention. To prevent DVT, walk about the cabin, perform isometric compressions of the leg muscles (ie contract the leg muscles while sitting), drink plenty of fluids and avoid alcohol.

JET LAG

If you're crossing more than five time zones you could suffer jet lag, resulting in insomnia, fatigue, malaise or nausea. To avoid jet lag try drinking plenty of fluids (nonalcoholic) and eating light meals. Upon arrival, get exposure to natural sunlight and readjust your schedule (for meals, sleep, etc) as soon as possible.

IN MOZAMBIQUE

AVAILABILITY & COST OF HEALTH CARE

Maputo is the only place in the country with good emergency medical service, although for Western standards, expect to pay Western prices. Elsewhere, facilities range from limited to non-existent. All provincial capitals have a hospital that can test for malaria. These tests are very cheap (usually about US\$1) and well worth getting if you have even the slightest suspicion that you may have become infected. In smaller towns, the only facility will often be a local health post. If you become seriously ill, the best thing to do is to seek treatment in South Africa, return home or at least try to make your way to Maputo.

If you fall ill in an unfamiliar area, ask staff at a top-end hotel or resident expatriates where the best nearby medical facilities are, and in an emergency contact your embassy.

There are numerous well-stocked pharmacies in Maputo; upcountry, all provincial capitals have at least one or two. These will invariably carry chloroquine and sometimes Fansidar (both for malaria) and other basics, though it's best to bring whatever you think you may need from home. Always check the expiry date before buying medications, especially in smaller towns. We've given some suggested dosages in this section, but they are for emergency use only. Correct diagnosis is vital.

There is a high risk of contracting HIV from infected blood transfusions. The **BloodCare Foundation** (www.bloodcare.org.uk) is a useful source of safe, screened blood, which can be transported to any part of the world within 24 hours.

INFECTIOUS DISEASES

Following are some of the diseases that are found in Mozambique, though with a few basic preventative measures, it's unlikely that you'll succumb to any.

Cholera

Cholera is usually only a problem during natural or artificial disasters (eg war, floods or earthquakes), although small outbreaks can possibly occur at other times. Travellers are rarely affected. Cholera is caused by a bacteria and spread via contaminated drinking water. The main symptom is profuse watery diarrhoea, which causes debilitation if fluids are not replaced quickly. An oral cholera vaccine is available in the USA, but it is not particularly effective. Most cases of cholera could be avoided by careful selection of good drinking water and by avoiding potentially contaminated food. Treatment is by fluid replacement (orally or via a drip), but sometimes antibiotics are needed. Self-treatment is not advised.

Dengue Fever (Break-bone Fever)

Dengue fever is spread through the bite of the mosquito. It causes a feverish illness with headache and muscle pains similar to those experienced with a bad, prolonged attack of influenza. There might be a rash. Self-treatment: paracetamol and rest.

Diphtheria

Diphtheria is spread through close respiratory contact. It usually causes a temperature and a severe sore throat. Sometimes a membrane forms across the throat and a tracheostomy is needed to prevent suffocation. Vaccination is recommended for those likely to be in close contact with the local population in infected areas. More important for long stays than for short-term trips. The vaccine is given as an injection alone or with tetanus and lasts 10 years.

Filariasis

Tiny worms migrating in the lymphatic system cause filariasis. The bite from an infected mosquito spreads the infection. Symptoms include localised itching and swelling of the legs and/or genitalia. Treatment is available.

Hepatitis A

Hepatitis A is spread through contaminated food (particularly shellfish) and water. It causes jaundice and, although it is rarely fatal, it can cause prolonged lethargy and delayed recovery. If you've had hepatitis A, you shouldn't drink alcohol for up to six months afterwards, but once you've recovered, there won't be any long-term problems. The first symptoms include dark urine and a yellow colour to the whites of the eyes. Sometimes a fever and abdominal pain might be present. Hepatitis A vaccine (Avaxim, VAQTA, Havrix) is given as an injection: a single dose will give protection for up to a year, and a booster after a year gives 10-year protection. Hepatitis A and typhoid vaccines can also be given as a single dose vaccine, hepatyrix or viatim.

Hepatitis B

Hepatitis B is spread through infected blood, contaminated needles and sexual intercourse. It can also be spread from an infected mother to the baby during childbirth. It affects the liver, causing jaundice and occasionally liver failure. Most people recover completely, but some people might be chronic carriers of the virus, which could lead eventually to cirrhosis or liver cancer. Those visiting high-risk areas for long periods or those with increased social or occupational risk should be immunised. Many countries now routinely give hepatitis B as part of the routine childhood vaccination.

It is given singly or can be given at the same time as hepatitis A (hepatyrix).

A course will give protection for at least five years. It can be given over four weeks or six months.

HIV

Human immuno-deficiency virus (HIV), the virus that causes acquired immune deficiency syndrome (AIDS), is a major problem in Mozambique, with infection rates averaging about 16% nationwide, but much higher – well over 20% – in some areas. The virus is spread through infected blood and blood products, by sexual intercourse with an infected partner and from an infected mother to her baby during childbirth and breastfeeding. It can be spread through 'blood to blood' contacts, such as with contaminated instruments during medical, dental, acupuncture and other body-piercing procedures, and through sharing used intravenous needles. At present there is no cure; medication that might keep the disease under control is available, but these drugs are too expensive for the overwhelming majority of Mozambicans and are not readily available for travellers either. If you think you might have been infected with HIV, a blood test is necessary; a three-month gap after exposure and before testing is required to allow antibodies to appear in the blood.

Malaria

This is the most serious risk in Mozambique. There are thriving populations of malaria-carrying mosquitoes throughout the country, and taking prophylaxis or otherwise protecting yourself from bites is highly important. Infection rates are higher during the rainy season, but the risk exists year-round and it is extremely important to take preventative measures, even if you will just be in the country for a short time.

Malaria is caused by a parasite in the bloodstream spread via the bite of the female Anopheles mosquito. There are several types of malaria, falciparum malaria being the most dangerous type and the predominant form in Mozambique. Infection rates vary with season and climate, so check out the situation before departure. Unlike most other diseases regularly encountered by travellers, there is no vaccination against malaria. However, several different drugs are used to prevent malaria and new ones are in the pipeline. Up-to-date advice from a travel-health clinic is essential as some medication is more suitable for some travellers than others. The pattern of drug-resistant malaria is changing rapidly, so what was advised several years ago might no longer be the case.

Malaria can present in several ways. The early stages include headaches, fevers,

ANTIMALARIAL A TO D

A Awareness of the risk. No medication is totally effective, but protection of up to 95% is achievable with most drugs, as long as other measures have been taken.

B Bites – avoid at all costs:

- Sleep in a screened room, use a mosquito spray or coils and sleep under a permethrin-impregnated net at night. Light-weight travel-style nets are not available in Mozambique, so buy one before leaving home.
- Cover up in the evenings and at night with long trousers and long sleeves, preferably with permethrin-treated clothing. Light-coloured clothing is best.
- Apply appropriate repellent to all areas of exposed skin in the evenings. While prolonged overuse of DEET-containing repellents may be harmful, especially to children, its use is considered preferable to being bitten by disease-transmitting mosquitoes.
- Avoid perfumes, aftershave and heavily-scented soaps.

C Chemical prevention (ie antimalarial drugs) is usually needed in malarial areas. Expert advice is needed as resistance patterns can change, and new drugs are in development. Not all antimalarial drugs are suitable for everyone. Most antimalarial drugs need to be started at least a week in advance and continued for four weeks after the last possible exposure to malaria.

D Diagnosis. If you have a fever or flu-like illness within a year of travel to a malarial area, malaria is a possibility, and immediate medical attention is necessary.

generalized aches and pains, and malaise, which could be mistaken for flu. Other symptoms can include abdominal pain, diarrhoea and a cough. Anyone who develops a fever in a malarial area should assume malarial infection until a blood test proves negative, even if you have been taking antimalarial medication. If not treated, the next stage could develop within 24 hours, particularly if falciparum malaria is the parasite: jaundice, then reduced consciousness and coma (also known as cerebral malaria) followed by death. Treatment in hospital is essential and the death rate might still be as high as 10% even in the best intensive-care facilities.

Many travellers are under the impression that malaria is a mild illness, that treatment is always easy and successful and that taking antimalarial drugs causes more illness through side effects than actually getting malaria. In Mozambique and elsewhere in the region, this is unfortunately not true. Side effects of the medication depend on the drug being taken. Doxycycline can cause heartburn and indigestion; mefloquine (Larium) can cause anxiety attacks, insomnia and nightmares, and (rarely) severe psychiatric disorders; chloroquine can cause nausea and hair loss; and proguanil can cause mouth ulcers. These side effects are not universal and can be minimized by taking medication correctly (eg with food). Also, some people should not take a particular antimalarial drug (eg people with epilepsy should avoid mefloquine, and doxycycline should not be taken by pregnant women or children younger than 12).

If you decide that you really do not wish to take antimalarial drugs, you must understand the risks and be obsessive about avoiding mosquito bites. Use nets and insect repellent, and report any fever or flu-like symptoms to a doctor as soon as possible. Some people advocate homeopathic preparations against malaria, such as Demal200, but as yet there is no conclusive evidence that this is effective and many homeopaths do not recommend their use.

People of all ages can contract malaria and falciparum causes the most severe illness. Repeated infections might result eventually in less serious illness. Malaria in pregnancy frequently results in miscarriage or premature labour. Adults who have survived childhood malaria have developed immunity and usually only develop mild cases of malaria; most Western travellers have no immunity at all.

Immunity wanes after 18 months of non-exposure, so even if you have had malaria in the past and used to live in a malaria-prone area, you might no longer be immune.

If you will be away from major towns, it's worth considering taking standby treatment, although this should be seen as emergency treatment only and not as routine self-medication. It should be used only if you will be far from medical facilities and have been advised about the symptoms of malaria and how to use the medication. If you do resort to emergency self-treatment, medical advice should be sought as soon as possible to confirm whether the treatment has been successful. In particular you want to avoid contracting cerebral malaria, which can be fatal in 24 hours. As mentioned on p197, self-diagnostic kits, which can identify malaria in the blood from a finger prick, are available in the West and a worthwhile investment.

The risks from malaria to both mother and foetus during pregnancy are considerable. Unless good medical care can be guaranteed, travel in Mozambique while pregnant should be discouraged unless essential.

Meningococcal Meningitis

Meningococcal infection is spread through close respiratory contact and is more likely in crowded situations, such as dormitories, buses and clubs. Infection is uncommon in travellers. Vaccination is recommended for long stays and is especially important towards the end of the dry season, see p171. Symptoms include a fever, severe headache, neck stiffness and a red rash. Immediate medical treatment is necessary.

The ACWY vaccine is recommended for all travellers in sub-Saharan Africa. This vaccine is different from the meningococcal meningitis C vaccine given to children and adolescents in some countries; it is safe to be given both types of vaccine.

Poliomyelitis

Generally spread through contaminated food and water. It is one of the vaccines given in childhood and should be boosted every 10 years, either orally (a drop on the tongue) or as an injection. Polio can be carried asymptotically (ie showing no symptoms) and could cause a transient fever. In rare cases it causes weakness or paralysis of one or more muscles, which might be permanent.

Rabies

Rabies is spread by receiving the bites or licks of an infected animal on broken skin. It is always fatal once the clinical symptoms start (which might be up to several months after an infected bite), so post-bite vaccination should be given as soon as possible. Post-bite vaccination (whether or not you've been vaccinated before the bite) prevents the virus from spreading to the central nervous system. Animal handlers should be vaccinated, as should those travelling to remote areas where a reliable source of post-bite vaccine is not available within 24 hours. Three preventive injections are needed over a month. If you have not been vaccinated you will need a course of five injections starting 24 hours, or as soon as possible, after the injury. If you have been vaccinated, you will need fewer post-bite injections and have more time to seek medical help.

Schistosomiasis (Bilharzia)

This disease is spread by flukes (minute worms) that are carried by a species of freshwater snail. The flukes are carried inside the snail, which then sheds them into slow-moving or still water. The parasites penetrate human skin during paddling or swimming and then migrate to the bladder or bowel. They are passed out via stool or urine and could contaminate fresh water, where the cycle starts again. Paddling or swimming in suspect freshwater lakes (including many parts of Lago Niassa) or slow-running rivers should be avoided. There might be no symptoms. There might be a transient fever and rash, and advanced cases might have blood in the stool or urine. A blood test can detect antibodies if you might have been exposed and treatment is then possible in specialist travel or infectious-disease clinics. If not treated the infection can cause kidney failure or permanent bowel damage. It is not possible for you to directly infect others.

Trypanosomiasis (Sleeping Sickness)

Spread via the bite of the tsetse fly. It causes a headache, fever and eventually coma. There is an effective treatment.

Tuberculosis (TB)

Tuberculosis is spread through close respiratory contact and occasionally through infected milk or milk products. BCG vaccination is

recommended for those likely to be mixing closely with the local population, although it gives only moderate protection against TB. It is more important for long stays than for short-term stays. Inoculation with the BCG vaccine is not available in all countries. It is given routinely to many children in developing countries. The vaccination causes a small permanent scar at the site of injection, and is usually given in a specialist chest clinic. It is a live vaccine and should not be given to pregnant women or immuno-compromised individuals.

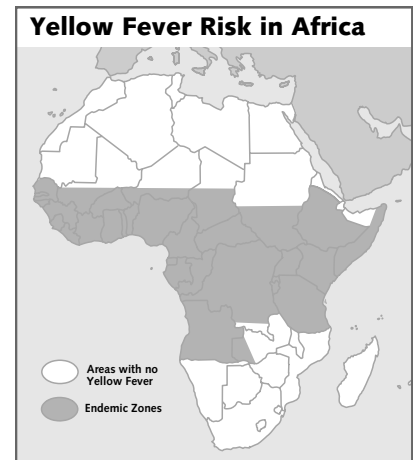
TB can be asymptomatic, only being picked up on a routine chest X-ray. Alternatively, it can cause a cough, weight loss or fever, sometimes months or even years after exposure.

Typhoid

This is spread through food or water contaminated by infected human faeces. The first symptom is usually a fever or a pink rash on the abdomen. Sometimes septicaemia (blood poisoning) can occur. A typhoid vaccine (typhim Vi, typherix) will give protection for three years. In some countries, the oral vaccine Vivotif is also available. Antibiotics are usually given as treatment and death is rare unless septicaemia occurs.

Yellow Fever

Although Mozambique does not require you to carry a certificate of yellow-fever vaccination unless you're arriving from an infected area (which includes neighbouring Tanzania),



it is recommended for almost all visitors by the **Centers for Disease Control and Prevention** (www.cdc.gov/travel/yb/outline.htm#2).

Yellow fever is spread by infected mosquitoes. Symptoms range from a flu-like illness to severe hepatitis (liver inflammation) jaundice and death. The yellow-fever vaccination must be given at a designated clinic and is valid for 10 years. It is a live vaccine and must not be given to immuno-compromised or pregnant travellers.

TRAVELLERS' DIARRHOEA

Although it's not inevitable that you will get diarrhoea while travelling in Mozambique, it's certainly very likely. Diarrhoea is the most common travel-related illness and sometimes can be triggered by simple dietary changes. To help prevent diarrhoea, avoid tap water, only eat fresh fruits and vegetables if cooked or peeled, and be wary of dairy products that might contain unpasteurised milk. The small plastic bags of water sold on street corners are best avoided. Also take care with fruit juice, particularly if water may have been added. Milk in many up-country restaurants is made from reconstituted milk powder, which is safe if it's been made with boiled or mineral water.

With its excellent fruits and fresh produce, and seafood-based cuisine, Mozambique can be quite healthy, as far as diet is concerned. Yet while freshly cooked food can often be a safe option, plates or serving utensils might be dirty, so be selective when eating food from street vendors (make sure that cooked food is piping hot all the way through). If you develop diarrhoea, be sure to drink plenty of fluids, preferably an oral rehydration solution containing water (lots), and some salt and sugar. A few loose stools don't require treatment, but if you start having more than four or five stools a day, you should start taking an antibiotic (usually a quinoline drug, such as ciprofloxacin or norfloxacin) and an antidiarrhoeal agent (such as loperamide) if you are not within easy reach of a toilet. If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking chills or severe abdominal pain, seek medical attention.

Amoebic Dysentery

Contracted by eating contaminated food and water, amoebic dysentery causes blood and

mucus in the faeces. It can be relatively mild and tends to come on gradually, but seek medical advice if you think you have the illness as it won't clear up without treatment (which is with specific antibiotics).

Giardiasis

This, like amoebic dysentery, is caused by ingesting contaminated food or water. The illness usually appears a week or more after exposure to the offending parasite. It might cause only a short-lived bout of typical travellers' diarrhoea, but it can also cause persistent diarrhoea. Ideally, seek medical advice if you suspect you have giardiasis, but if you are in a remote area you could start a course of antibiotics.

ENVIRONMENTAL HAZARDS

Heat Exhaustion

This condition occurs following heavy sweating and excessive fluid loss with inadequate replacement of fluids and salt, and is particularly common in hot climates when taking unaccustomed exercise before full acclimatisation. Symptoms include headache, dizziness and tiredness. Dehydration is already happening by the time you feel thirsty – aim to drink sufficient water to produce pale, diluted urine. Self-treatment: fluid replacement with water and/or fruit juice, and cooling by cold water and fans. The treatment of the salt-loss component consists of consuming salty fluids as in soup and adding a little more table salt to foods than usual.

Heatstroke

Heat exhaustion is a precursor to the much more serious condition of heatstroke. In this case there is damage to the sweating mechanism resulting in an excessive rise in body temperature, irrational and hyperactive behaviour, and eventually loss of consciousness and death. Rapid cooling by spraying the body with water and fanning is ideal. Emergency fluid and electrolyte replacement is usually also required by intravenous drip.

Insect Bites & Stings

Mosquitoes might not always carry malaria or dengue fever, but they (and other insects) can cause irritation and infected bites. To avoid these, take the same precautions as you would for avoiding malaria (see p199). Use DEET-based insect repellents. Excellent clothing treatments are also available; mosquitos that land on treated clothing will die.

Bee and wasp stings cause real problems only to those who have a severe allergy to the stings (anaphylaxis). If you are one of these people, carry an 'epipen' – an adrenaline (epinephrine) injection, which you can give yourself. This could save your life.

Sandflies are found in some areas. They usually only cause a nasty itchy bite, but they can carry a rare skin disorder called cutaneous leishmaniasis. Prevention of bites with DEET-based repellents is sensible.

Scorpions are frequently found in arid areas. They can cause a painful bite that is sometimes life-threatening. If bitten by a scorpion, take a painkiller. Medical treatment should be sought if collapse occurs.

Bed bugs are often found in hostels and cheap hotels. They lead to very itchy, lumpy bites. Spraying the mattress with crawling-insect killer after changing bedding will get rid of them.

Scabies is also frequently found in cheap accommodation. These tiny mites live in the skin, particularly between the fingers. They cause an intensely itchy rash. The itch is easily treated with malathion and permethrin lotion from a pharmacy; other members of the household also need treating to avoid spreading scabies, even if they do not show any symptoms.

Snake Bites

Do not walk barefoot, or stick your hand into holes or cracks. However, 50% of people bitten by venomous snakes are not actually injected with poison (envenomed). If bitten by a snake, do not panic. Immobilise the bitten limb with a splint (such as a stick) and apply a bandage over the site, with firm pressure – similar to bandaging a sprain. Do not apply a tourniquet, or cut or suck the bite. Get medical help as soon as possible so antivenom can be given if needed.

Water

Avoid drinking tap water in Mozambique unless it has been boiled, filtered or chemi-

cally disinfected (such as with iodine tablets). Never drink from streams, rivers and lakes. It's also best to avoid drinking from pumps and wells – some do bring pure water to the surface, but the presence of animals can still contaminate supplies.

Traditional Medicine

More than 80% of Mozambicans rely on traditional medicine, often because conventional Western-style medicine is too expensive, or because of prevailing cultural attitudes and beliefs. It might also be because there's no other choice: a World Health Organization survey found that although there was only one medical doctor for every 50,000 people in Mozambique, there was a traditional healer (*curandeiro*) for every 200 people.

Although some traditional remedies seem to work on malaria, sickle cell anaemia, high blood pressure and some AIDS symptoms, most healers learn their art by apprenticeship, so education (and consequently application of knowledge) is inconsistent and unregulated.

Rather than attempting to stamp out traditional practices, or simply pretend they aren't happening, a positive step has been an attempt to regulate traditional medicine by creating healers' associations, such as the Associação dos Médicos Tradicionais de Moçambique (Ametramo; see boxed text 'Feeling under the weather?', p31). Among other things, Ametramo is working to obtain more formalised education for its members, and training them in HIV/AIDS prevention and treatment in ways that are compatible with Western medicine. Yet, in the short term, it remains unlikely that even a basic level of conventional Western-style medicine will be made available to all Mozambicans. Traditional medicine, on the other hand, will almost certainly continue to be widely practised.

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