

Index

A

accommodation 167-8
 activities 168-70
 birding 168-9
 climbing 118, 128-9, 169
 cycling 190-1
 hiking 118, 169
 AIDS 20, 28, 199
 air travel
 to/from Mozambique 183-6
 within Mozambique 190
 Alto Molôcúe 130
 Angoche 137
 Angónia 119
 animals 37-9
 marine life 38-9, 47, 77, 165
 Archipelago das Quirimbas 158-61
 dive sites 47
 Ilha de Macaloé 160-1
 Ilha de Matemo 160
 Ilha de Medjumbe 160
 Ilha de Quilaluia 160
 Ilha de Quipaco 161
 Ilha de Quirimba 159-60
 Ilha de Rongui 160-1
 Ilha de Vamizi 160-1
 Ilha do Ibo 158-9
 Archipelago de Bazaruto 99-102, **100**
 dive sites 46
 Ilha de Bazaruto 101
 Ilha de Benguera 101-2
 Ilha de Magaruque 102-3
 Ilha de Santa Carolina 102
 arts 32-6
 dance 32-3, 160
 music 14, 34-5, 83, 127
 woodcarvings 35, 178
 ATMs 176

B

bargaining 177
 Barra 92-3
 dive operators 92
 dive sites 45-6
 Barragem de Cahora Bassa 121-2
 Barragem de Chicamba Real 115

Barragem dos Pequenos Libombos 74
 Bartolomeu Dias 103
 bathrooms 180
 beaches
 around Maputo 73-4,
 northern 140, 154-7, 170
 southern 86, 90-3
 Beira 106-11, **107**
 bicycle travel 190-1
 Bilene 80-1
 bilharzia 148
 birding 168-9
 birds 38
 boat travel, *see also* dhow safaris
 to/from Mozambique 189-90
 within Mozambique 191
 books
 bird-watching 38
 cooking 48
 diving 43
 literature 33-4
 poetry 33-4
 travel literature 13
 border crossings 186
 bus travel
 to/from Mozambique 186-9
 within Mozambique 192
 business hours 170, *see also inside front cover*

C

Cabaceira Grande 143
 Cabaceira Pequena 143
 Cabeça do Velho 113
 Cabo Delgado province 154, **132**
 Caia 123
 camping 167
 capulanas 178
 car hire 193
 car travel
 to/from Mozambique 186-9
 within Mozambique 192-5
 Cardoso, Carlos 31
 Catapu 123
 Catedral de Nossa Senhora de Fátima 133, 7
 Catembe 71
 cell phones 179
 Chai 162
 chapas 195

children, travel with 170-1
 Chimoio 113-15, **114**
 Chissan, Joaquim 26-7
 Chissano, Alberto 35, 61
 Chocas 142-3
 Chuwanga 149
 cinema 36
 civil war 26
 climate 12, 132, 171
 climbing 118, 128-9, 169
 Cóbua 149-50
 coconut crabs 161
 conservation 40-2
 consulates 173-4
 coral reefs 46
 costs 13, *see also inside front cover*
 courses 171-2
 diving 43
 language 63, 171
 music 172
 Craveirinha, José 33
 credit cards 177
 crime 172
 crocodiles 148
 Cuamba 144-5
 culture 28-36
 customs regulations 172
 cycling 190-1

D

dance 32-3
makwaela 33
mapiko 32-3, 160
nyanga 33
tufo 33
 dangers 172-3
 dhow safaris 169, 191
 northern 140, 154
 southern 97
 dhows 165, 6
 diarrhoea 202
 hepatitis 198-9
 HIV/AIDS 20, 28, 199
 malaria 20, 199-200
 traditional healing 31, 203
 water 203
 hiking 118, 169
 history 21-7
 hitching 195
 holidays 12, 175
 hotels 168

E

education 32
 electricity 168
 embassies 173-4
 emergencies 56-7, 174
 endangered species 39
 environment 37-42
 environmental issues 41-2
 etiquette 29, 51

F

Fernandes, António 23
 festivals 174
 Avante Mozambique! 174
 Baluarte Festival 174
 Gwaza Muthini 73, 174
 Music Crossroads Southern Africa 174
 Timbilas Festival 174
 film 36
 fishing 97, 103, 165, 169
 food 48-53
 forts
 Fort of Santo António 159
 Fort of São João 159
 Fort of São Jose 159
 Fortaleza de São Sebastião 139-40
 Maputo 62
 Frelimo 24-7

G

Garuzo 116
 gay travellers 174-5
 geography 37
 Ghorwane 35-34
 government 20, 25-7
 Guebuza, Armando 27
 Gurúè 128-30

H

habanas 64, 7
 health 196-203
 bilharzia 148
 diarrhoea 202
 hepatitis 198-9
 HIV/AIDS 20, 28, 199
 malaria 20, 199-200
 traditional healing 31, 203
 water 203
 hiking 118, 169
 history 21-7
 hitching 195
 holidays 12, 175
 hotels 168

I

Ilha de Bazaruto 101
 Ilha de Benguera 101-2
 Ilha de Goa 142
 Ilha de Inhaca 72-3
 dive sites 45
 Ilha de Magaruque 102
 Ilha de Matemo 160
 Ilha de Medjumbe 160
 Ilha de Moçambique 137-42, **138**
 dive sites 46
 Ilha de Quilaluia 160
 Ilha de Quipaco 161
 Ilha de Quirimba 159-60
 Ilha de Santa Carolina 102
 Ilha de São Lourenço 142
 Ilha de Sena 142
 Ilha de Xefina Grande 71-2
 Ilha do Ibo 158-9
 Inhambane 86-90, **87**
 inselbergs 133, 8
 insurance 175, 193, 196
 internet access 175
 internet resources 15
 diving 45
 health 197
 travel advisories 173
 itineraries 16-19, **16, 17, 18**
 coastal 16-19
 highlights 18
 inland 18-19
 overland 17

L

Lago Cahora Bassa 121
 Lago Niassa 148-52, 5
 Lake Malawi 148-52, 5
 land mines 173
 language 204-8
 courses 63, 171
 food 51-3
laranjinhas 64
 legal matters 175
 lesbian travellers 174-5
 Lichinga 146-7, **147**
 literature 33-4, *see also* books
 Lumbo 142-3

M

Macaloé 160-1
 Machel, Samora 25-6, 5
 Macomia 161-2
 Makonde people 163-4
 Makuti Town 138-9
 Malangatana 35

malaria 20, 199-200
 Manda Wilderness Area 150
 Mandimba 146
 mangroves 39
 Manica 116-17
 Manyikeni 85
mapiko dancing 160
 maps 175-6
 Maputo 54-75, **56, 58-59**
 accommodation 64-6
 activities 62-3
 attractions 61-2
 entertainment 68-9
 history 55
 information 56
 restaurants 66-8
 tours 63
 travel to/from 69-70
 travel within 70-1
 walking tours 63-4
 Maputo Elephant Reserve 79-80
 Maravi people 21
 marine life 38-9, 46-7, 77, 165
 markets 50
 Inhambane 87
 Mercado Central 108
 Mercado Municipal 62, 7
 Mercado de Peixe 62
 Mercado de Praia Nova 108
 Mercado de Tchungamoyo
 Mercado de Xipamanino 108
marrabenta music 34-5
 Marracuene 73
 Marromeu 123
 Massinga 94
 Maxixe 93
 Mbande, Venâncio 83
 Meponda 148
 Messumba 149
 Metangula 149
 metric conversions, *see inside front cover*
 Mezimbite Forest Centre 108
 Milange 128
 Missão de Boroma 119
 mobile phones 179
 Moçimboa da Praia 163-5
 Moçimboa do Rovuma 163
 Mocuba 127-8
 Mogincual 137
 Mondlane, Eduardo Chivambu 24-5
 money 13, 176-8, *see also inside front cover*

Monomotapa 21
 Monte Binga 118
 Monte Gorongosa 112, 8
 Monte Namúli 128-9
 Montepuez 152
 Montes Chimanimani 117-18
 Morrumbene 94
 Morrungulo 94-5
 motorcycle travel 192-5
 Mozambique Bird Atlas Project 168
 Mozambique Company 23, 106
 Mueda 162-3
 Mueda massacre 24, 163
 museums
 Casa e Museu Malangatana 61
 Museu Chissano 61
 Museu da Marinha 139
 Museu da Moeda 62
 Museu da Revolução 62
 Museu de Arte Sacra 139
 Museu de História Natural 62
 Museu Nacional de Arte 61
 Museu Nacional de Etnografia 133
 Núcleo de Arte 61
 Palácio de São Paulo 139
 music 14, 34-5
 courses 172
 marrabenta 34-5
 Morrumbala marimbas 127
 timbila 83
 traditional 34
musiro 140, 5
 Mutarara 122

N
 Nacala 143-4
 dive sites 47
 Namaacha 80
 Nampula 132-6, **134**
 Nangololo 163
 national parks 40-1, 84-5, *see also*
 reserves
 Parque Internacional do Grande Limpopo 38
 Parque Nacional das Quirimbas 158
 Parque Nacional de Banhine 85

Parque Nacional de Gorongosa 111-12, 8
 Parque Nacional de Zinave 85
 Parque Nacional do Limpopo 84-5
 newspapers 30-1
 Ngungunhane 117
 Niassa Company 23
 Niassa Province 145, **132**

O
 opening hours 170

P
 painting 35-6
 Palma 165-6
 Pangane 162
 Parque Internacional do Grande Limpopo 38
 Parque Nacional das Quirimbas 158
 Parque Nacional de Banhine 85
 Parque Nacional de Gorongosa 111-12, 8
 Parque Nacional de Zinave 85
 Parque Nacional do Limpopo 84-5
 Pebane 127
 Pemba 152-7, **153**
 dive sites 47
 diving 154
 Penha Longa 117
 Peninsula De São Sebastião 102-3
 people 30
 photography 178
 planning 12-15
 plants 39-42
 politics 24-7
 Pomene 95
 Ponta d'Ouro 77-9, 8
 dive sites 44-5
 Ponta Linga Linga 93-4
 Ponta Macovene 103
 Ponta Malongane 77-9
 dive sites 44-5
 population 30
 Portuguese rule 22-5
 postal services 178
 Praia de Macaneta 73
 Praia de Wimbi 154-7
 Praia de Závora 86
prazos 23, 126

Q
 Quelimane 123-6, **124**
 Quissico 85-6

R
 Rádio Moçambique 146
 Rangel, Ricardo 36
 religion 31
 Renamo 26-7
 reserves 40-1, *see also* national parks
 Reserva de Sanga 147-8
 Reserva do Niassa 150-2
 Reserva Especial de Maputo 79-80
 responsible tourism 42
 restaurants 48-50
 Rio Zambezi 120
 road conditions 194
 road distances 193
 rock climbing 169
 rock paintings 116, 118
 Rongui 160-1
 Ronnie Wood Wood 41

S
 safety 77, 182
 diving 44
 swimming 148
 Sena 122
 shopping 178-9
 snake dancers 127
 snorkelling 45-6, 142
 Sofala 112
 solo travellers 179
 Songo 121-2
 Soshangane 81, 86
 sport 30
 Stone Town 138-9, 6
 surfing 90, 170
 swimming 148

T
 taxis 195
 habanas 64, 7
 laranjinhas 64
 telephone services 179-80
 Tete 118-21
timbila music 83
 time 180
 tipping 177
 Tofinho 90-2
 Tofo 90-2
 dive operators 90
 dive sites 45-6
 toilets 180
 tourist information 180
 tours 190
 diving 44
 dolphin 77
 walking 63

traditional healing 31, 203
 train travel 195
 travellers cheques 177-8
 Tsakane ka Madjadjane 80

U
 Ulóngwe 119

V
 vaccinations 196
 Vamizi 160-1
 vegetarian travellers 50
 video 178
 Vilankulo 95-9, **96**, 6
 dive operators 97
 dive sites 46
 visas 180-1

W
 water 203
 water sports 97, 140
 diving 43-7, 140
 fishing 97, 103, 165, 169
 snorkelling 45-6, 142
 surfing 90, 170
 swimming 148
 waterfalls 128, 129
 weather 12
 wildlife 37-9, 132, 150-1, 170-1
 animals 37-9
 birding 168-9
 birds 38
 plants 39-42

wildlife reserves, *see* national parks
and reserves
 women in Mozambique 32, 181
 women travellers 182
 woodcarvings 35, 178
 work 182

X
 Xai-Xai 81-5

Y
 Yao people 21, 164

Z
 Zambezia Company 23
 Zóbuè 122
 Zumbo 122