

MALAWI, ZAMBIA & ZIMBABWE

DETAILED ITINERARY

Oct 09/19



Experience a part of Africa that does not get the crowds but could easily be considered some of Africa's greatest gems - Malawi, Zambia and Zimbabwe! Superb game viewing, ancient ruins, local village encounters including school visits, a sunset cruise on the Zambezi, and of course, the thunder of Victoria Falls make this an exhilarating African journey.

In Malawi, explore the capital city of Lilongwe before our journey takes us to Cape Maclear, Lake Malawi and Liwande National Parks, with its excellent wildlife viewing.

In Zambia, enjoy safaris in South Luangwa and Lower Zambezi National Parks, keeping an eye out for elephant, buffalo, hippo, crocodile, lion, hyena, leopard and wild dog. We fly to Lusaka where we have our urban exploration of the capital city.

Impressive Victoria Falls is perhaps Zimbabwe's most famous site but Zimbabwe has so much more to offer. Enjoy the thrill of visiting some of Africa's

FACTS & HIGHLIGHTS

- 22 days • Maximum 16 travelers • Start in Lilongwe, Malawi and finish in Victoria Falls, Zimbabwe • All meals included • Includes 2 internal flights • Feel the thunder of Victoria Falls (UNESCO) • Explore Great Zimbabwe ruins (UNESCO) • Enjoy game drives in Hwange, Matobo (UNESCO), Matusadona N.P., South Luangwa N.P., Lake Malawi • Enjoy visits to local villages and schools

DEPARTURE DATES & PRICE

Apr 03 - Apr 24, 2020	-	\$9995 USD
Oct 26 - Nov 16, 2020	-	\$9995 USD
Mar 15 - Apr 05, 2021	-	\$10995 USD
Sep 25 - Oct 16, 2021	-	\$10995 USD

Activity Level: 2

Comfort Level:

Some long drives and unpaved roads, especially during safaris. Temperatures can be very hot.

ACCOMMODATIONS

Comfortable hotels/lodges with private bathrooms for all nights.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

best game parks including Hwange, Matobo and Matusadona National Parks. See ancient bushmen paintings and Africa's most impressive sub-Saharan ruins at Great Zimbabwe.

Experience a 'Forgotten Africa' that you will not soon forget!

DAY 1 ARRIVAL INTO LILONGWE, MALAWI

You are met upon arrival in Lilongwe and transferred to your hotel. There are no planned activities today except for dinner and your orientation meeting with the group.

Overnight in Lilongwe.

DAY 2 EXPLORE LILONGWE, TO LAKE MALAWI

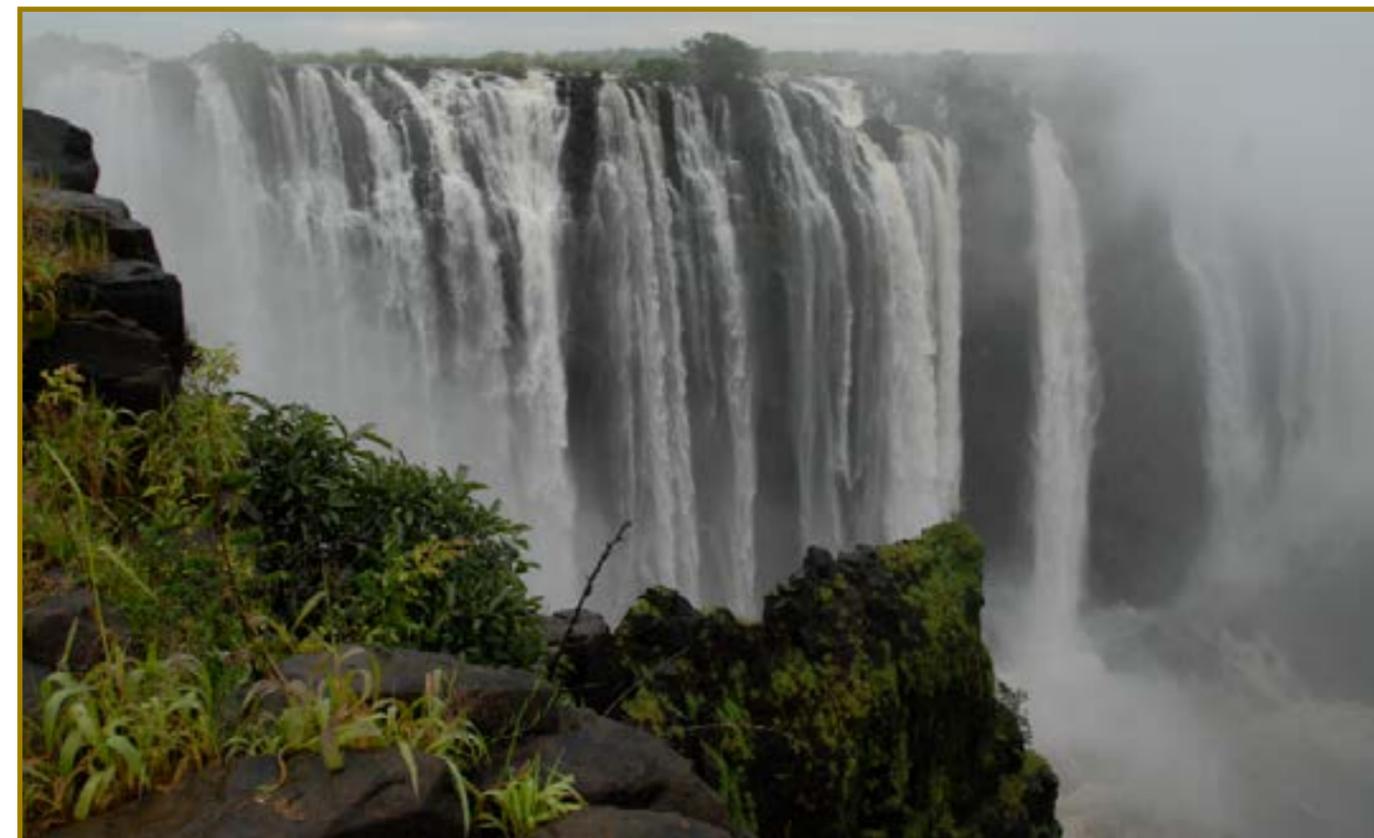
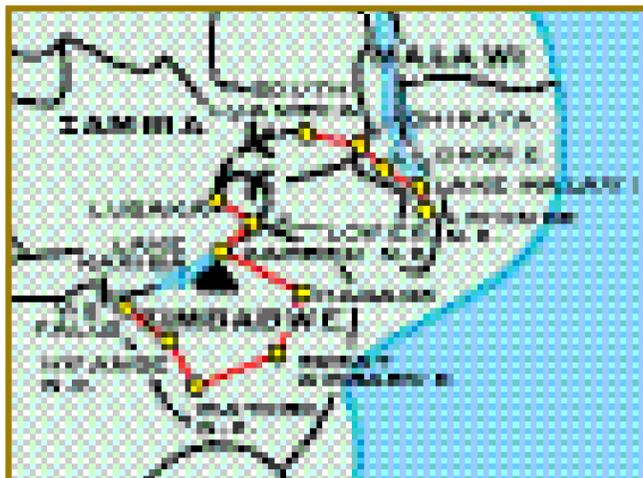
We have an early start to explore Lilongwe with a city tour including Lilongwe Natural Sanctuary, the old town and the new parliament building and Kamuzu Memorial Pillar and Mausoleum. After lunch, we depart for Lake Malawi.

Dinner and overnight on Lake Malawi.

DAY 3 CAPE MACLEAR, LAKE MALAWI NATIONAL PARK

Today we have a full day on Lake Malawi to soak up the culture and atmosphere of this lake that takes up much of this small country. We have visits to a local fishing village and school.

Cape Maclear - Lake Malawi National Park is home to an amazing diversity of mbuna, the dazzling tropical fresh water fish. Cape Maclear, a World Heritage Site, encompasses the Nankumba Peninsula - the promontory that splits this part of the lake into two





arms and also various offshore islands. The scenery is a spectacular rocky outcrop rising from deep waters clad with tropical growth mountains, sandy beaches and covers densely wooded islands, sand dunes and reed marshes. As many as 500 species of fish have been identified in Lake Malawi, most of which are endemic to these waters. Prolific bird life including the African fish eagle provides bird enthusiasts and nature lovers with hours of excitement and interest. We visit missionary graves and the site of the first Livingstonia Mission dating back to 1875.

We also have stops at Nkope Hills (a hill that looks like a human face) and Mwala wa Mphini (dating back to the Iron Age).

Dinner and overnight on Lake Malawi.

DAYS 4-5 LIWONDE NATIONAL PARK

Today we travel south to Liwonde National Park where we safari by jeep and boat! Liwonde National Park is a true evocative of a vanishing Africa. Here you can experience the best of Malawian safaris. Hippos bask in slow moving pools and crocodiles lurk on mudflats. Here is the dream of an Africa that has lured explorers along this very river into the heart

of Africa. The bird life here is prolific and is considered one of the top birding locations in Southern Africa. Cheetah have recently been re-introduced to the park and there are plans to introduce lions and leopards as well. We will also visit a local village to experience a glimpse of local life. Optional early morning walking safari (no extra charge).

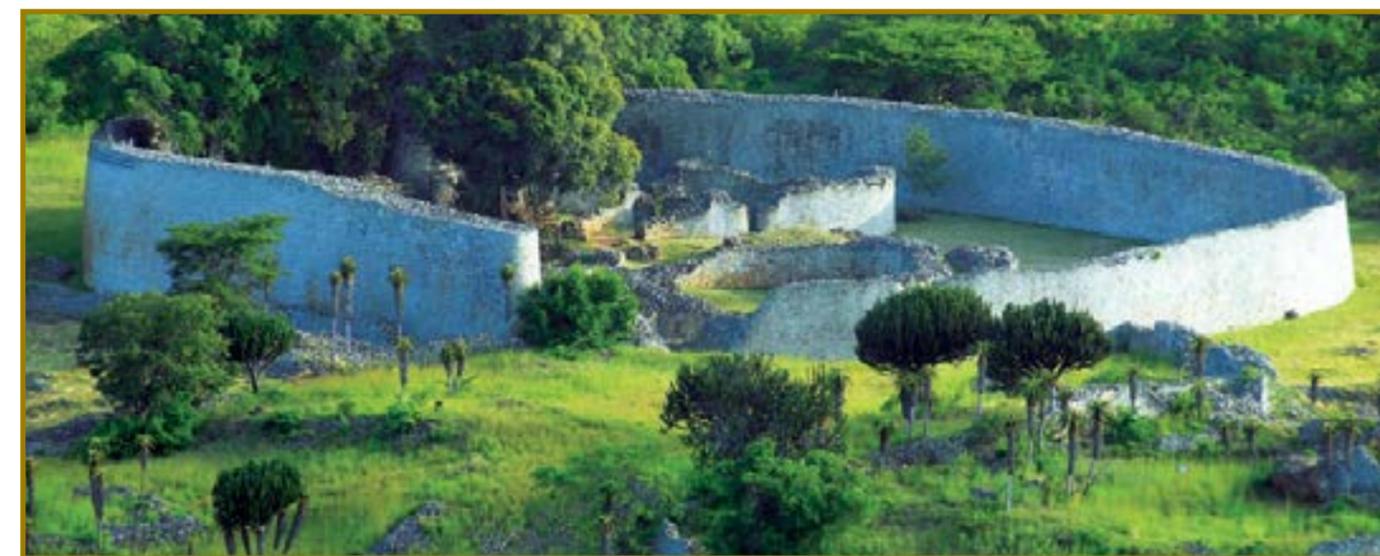
Enjoy late afternoon game drives and sundowners in 4x4's that allows off-road exploration on the tracks along the river.

Dinner and overnight in Liwonde National Park.

DAY 6 KUNGONI CENTER OF CULTURE AND ART (MUA MISSION) TO LILONGWE

Today, after a early morning game drive, we travel to Kungoni (Mua Mission) which is the best museum presenting the country's history, culture and art. The museum describes Malawi's three tribes, namely Yao, Ngoni and Chewas, their origins and their battles, slave trade influence, Christian and Islam influence and more. It is also an ideal place for buying Malawian wood carvings. In the afternoon we enjoy a traditional cultural dance performance before making our way back to Lilongwe.

Dinner and overnight in Lilongwe.



DAYS 7-9 SOUTH LUANGWA, ZAMBIA, GAME DRIVES

Today we depart early to travel to the border of Zambia, where our destination is South Luangwa, where we will spend the next three nights. Here we enjoy game drives in search of big game, including the elusive leopard. An abundance of wildlife such as elephants, monkeys, hippos and a wide variety of antelope often pass through the camp. Keep your cameras with you at all times as the safari does not stop when you get to the lodge...the wildlife comes through the camp!

Dinner and overnight in South Luangwa..

DAY 10 FLY TO LOWER ZAMBEZI (VIA LUSAKA)

Today we will fly (via Lusaka) to one of the lesser visited regions, but one of the best game viewing regions in Zambia, the Lower Zambezi. Upon arrival we will transfer to our lodge which is situated on the Zambian banks of the Zambezi River, in the unfenced wilderness of the Lower Zambezi Valley. Located within the Chiawa Game Management Area adjacent to the Lower Zambezi National Park, with traversing rights of over 5,500 square kilometers, the camp boasts magnificent views across the broad expanse of the Zambezi River to the Unesco World Heritage Site of Mana Pools in neighboring Zimbabwe.

Great Zimbabwe ruins



Dinner and overnight in Lower Zambezi..

DAYS 11-12 LOWER ZAMBEZI RIVER & NATIONAL PARK, SAFARI BY BOAT

The next two days we will safari by boat looking for some of the common animals that are sighted all year round such as elephant, buffalo, hippo and crocodile. Further down the river within the Lower Zambezi National Park, lion and hyena are regularly sighted. Leopard and wild dog are not uncommon. We will also have an opportunity for a walk to a nearby village to meet some of the local community.

Dinner and overnight in Lower Zambezi.

DAY 13 TO LAKE KARIBA, ZIMBABWE

Today we say goodbye to the Lower Zambezi as we fly to Lusaka where we will continue by bus to Zimbabwe. We will travel to Lake Kariba where we will spend 2 relaxing nights. In the late afternoon we will enjoy a sunset cruise on the lake where can witness superb soft colors and lovely calm waters.

Dinner and overnight at Lake Kariba.

DAY 14 LAKE KARIBA

On our half day tour, we will learn about the fascinating history of Lake Kariba. The flooding of the

Zambezi Valley in the 1950s was an incredible time filled with many challenges, hardships and successes. We will learn about the displacement of the Tonga people, the tragedy of the Italian workers who lost their lives, the birth of the legend of Nyami Nyami and Operation Noah, an incredible mission to rescue over 6000 wild animals from the rising dam. Today the lake is a source of fish (kapenta and bream) to feed many, a haven for wildlife along vast stretches of its shoreline, and of great importance to Zimbabwe and Zambia as it generates significant hydro-electricity through turbines at the dam wall. We will visit the dam wall, Kariba Heights, Mahombekombe Township and the Church of Santa Maria.

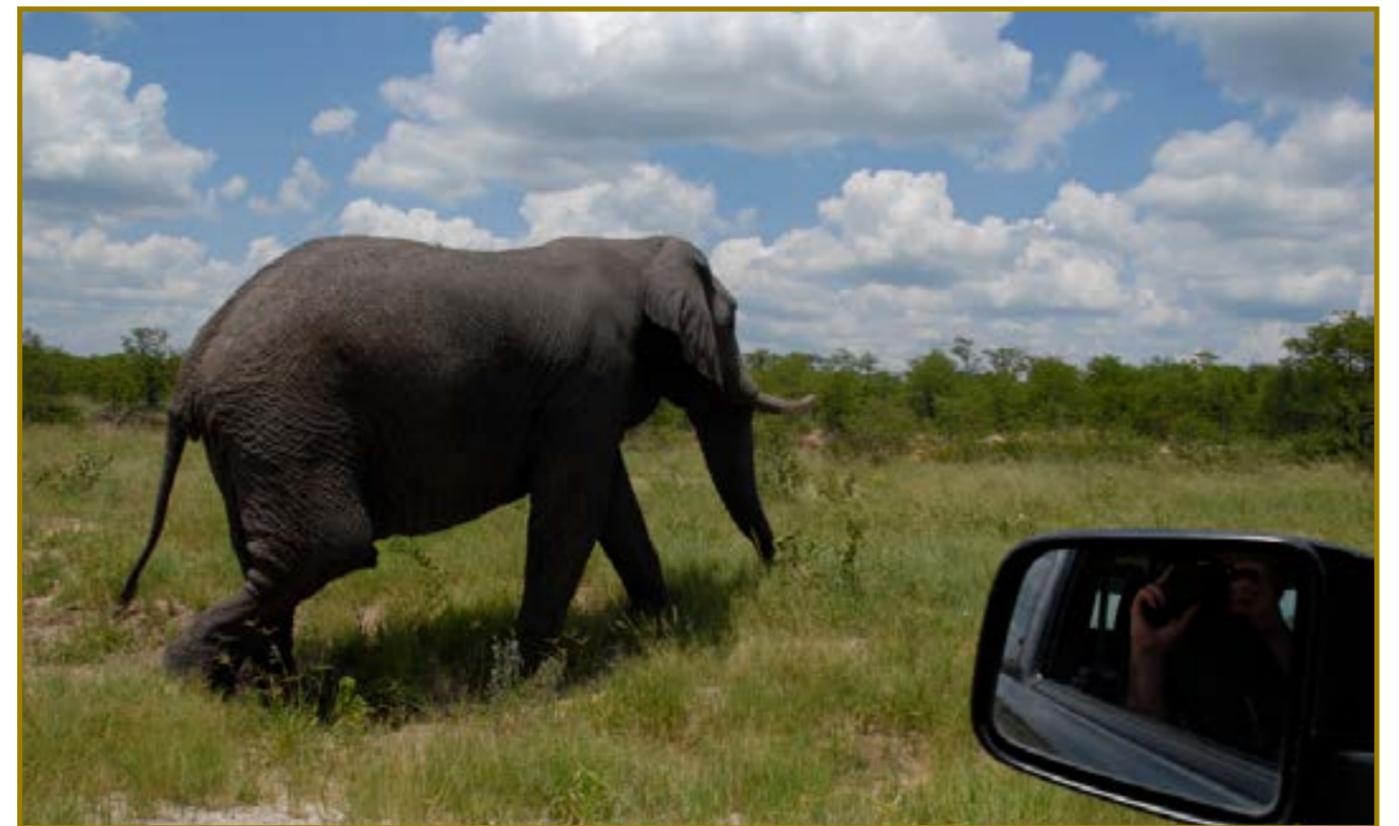
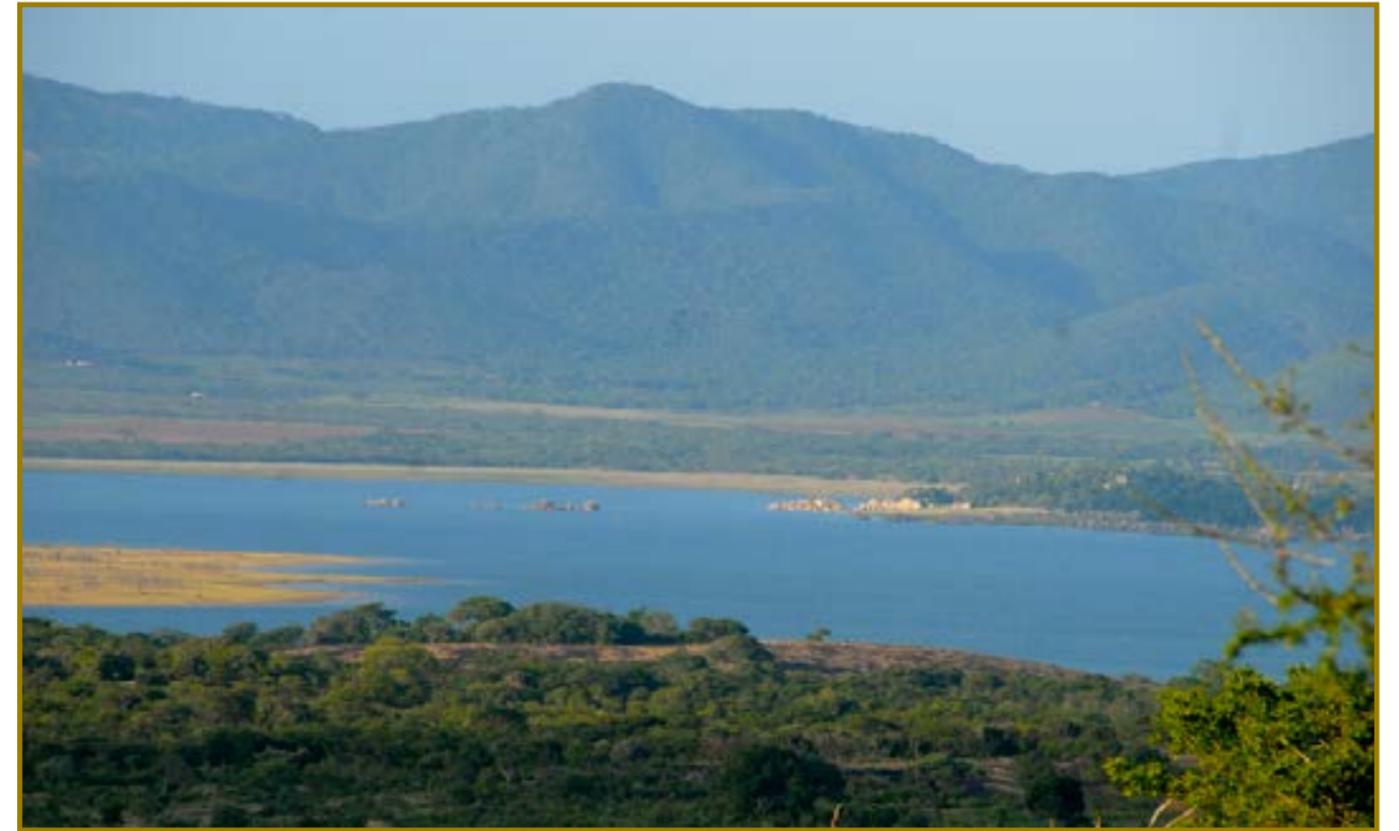
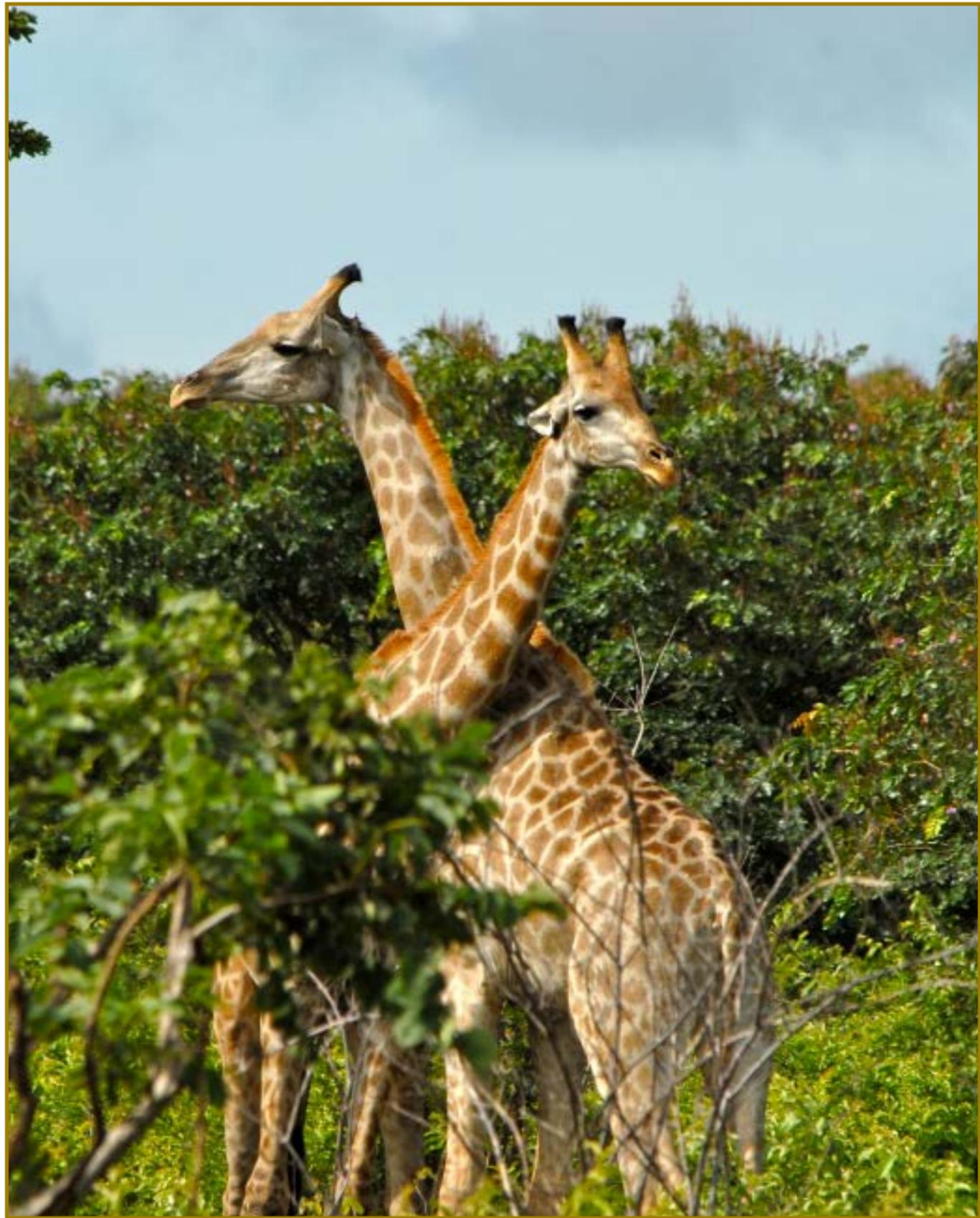
Dinner and overnight at Lake Kariba.

DAY 15 TO GREAT ZIMBABWE RUINS

Today we have an early start as we make the long journey to the greatest medieval city in sub-Saharan Africa, the Great Zimbabwe ruins.

The Great Zimbabwe ruins (UNESCO) are impressive, built over hundreds of years between the 11th and 14th centuries. The site is massive, covering almost 1800 acres, and includes some incredible architectural details in the staircases, interlocking walls, granite boulders and mortar-less walls. The site also includes a







Eland, largest of the antelope

small museum with houses, artifacts, displays of building techniques and a history of the site. The modern state takes its present name, Zimbabwe, from this national monument. The beautiful setting also has resident impala and eland.

Dinner and overnight near the Great Zimbabwe ruins..

DAY 16 GREAT ZIMBABWE, MATOBO NATIONAL PARK

We start early to take our time exploring the Great Zimbabwe ruins before we depart for Zimbabwe’s oldest national park, Matobo (UNESCO). We complete our journey in Matobo, with its beautiful rock formations.

Dinner and overnight in Matobo.

DAY 17 MATOBO - BUSHMAN PAINTINGS, RHODES GRAVE, RHINO HIKE

Matobo Park is 423 square kilometers and has approximately 3,000 San (bushman) art paintings, some more than 15,000 years old. Today’s excitement starts with a

morning hike to see some of these impressive, ancient San paintings. We later visit the grave of Cecil John Rhodes. Zimbabwe, known as Rhodesia up until 1979, was named after Rhodes. In the afternoon, we enjoy a game drive and search on foot for resident white rhinos with your knowledgeable tracker.

Dinner and overnight in Matobo.

DAY 18 TO HWANGE NATIONAL PARK

Today we depart Matobo and head out to Hwange National Park, arguably Zimbabwe’s best game reserve. Enjoy a relaxing lunch overlooking the watering hole, which often attracts wildlife. In the afternoon, we set out on our first game drive to search for wildlife including lion, elephant, buffalo and leopard, as well as eland, the largest antelope and also the elusive sable and much, much more.

Dinner and overnight in Hwange National Park.

DAY 19 HWANGE NATIONAL PARK - GAME DRIVES

Today we enjoy 2 games drives to explore the superb



Lake Kariba

wildlife in the park. We set out in the very early morning and late afternoon as these are the best times for wildlife viewing, as the animals are most active during the cooler times and often rest during the heat of midday.

Dinner and overnight in Hwange National Park.

DAY 20 FEEL THE THUNDER OF VICTORIA FALLS, ZAMBEZI SUNSET CRUISE, LIFE & TIMES OF STANLEY & LIVINGSTONE

This morning we drive to Victoria Falls. After our arrival in Vic Falls, enjoy hearing about the life and legacy of 2 of Africa's greatest explorers, personalities and humanitarians - Stanley & Livingstone, as well as Livingstone's closest friends, Chuma and Sussi, who Livingstone spared from a life of slavery. Enjoy the fascinating and animated storytelling from a well known local historian and storyteller.

In the afternoon, we explore the falls up close on foot when it is cooler and better for photos. Feel the thunder, be touched by the mist, and enjoy endless great views as you walk the path hovering up close to the falls.

We then set out on the Zambezi River for a relaxing and

beautiful sunset cruise. Enjoy your favorite beverage while keeping an eye out for hippos, elephants, crocodiles and abundant bird life.

Dinner and overnight in Victoria Falls.

DAY 21 HELICOPTER OVER VIC FALLS, HIGH TEA & FAREWELL DINNER

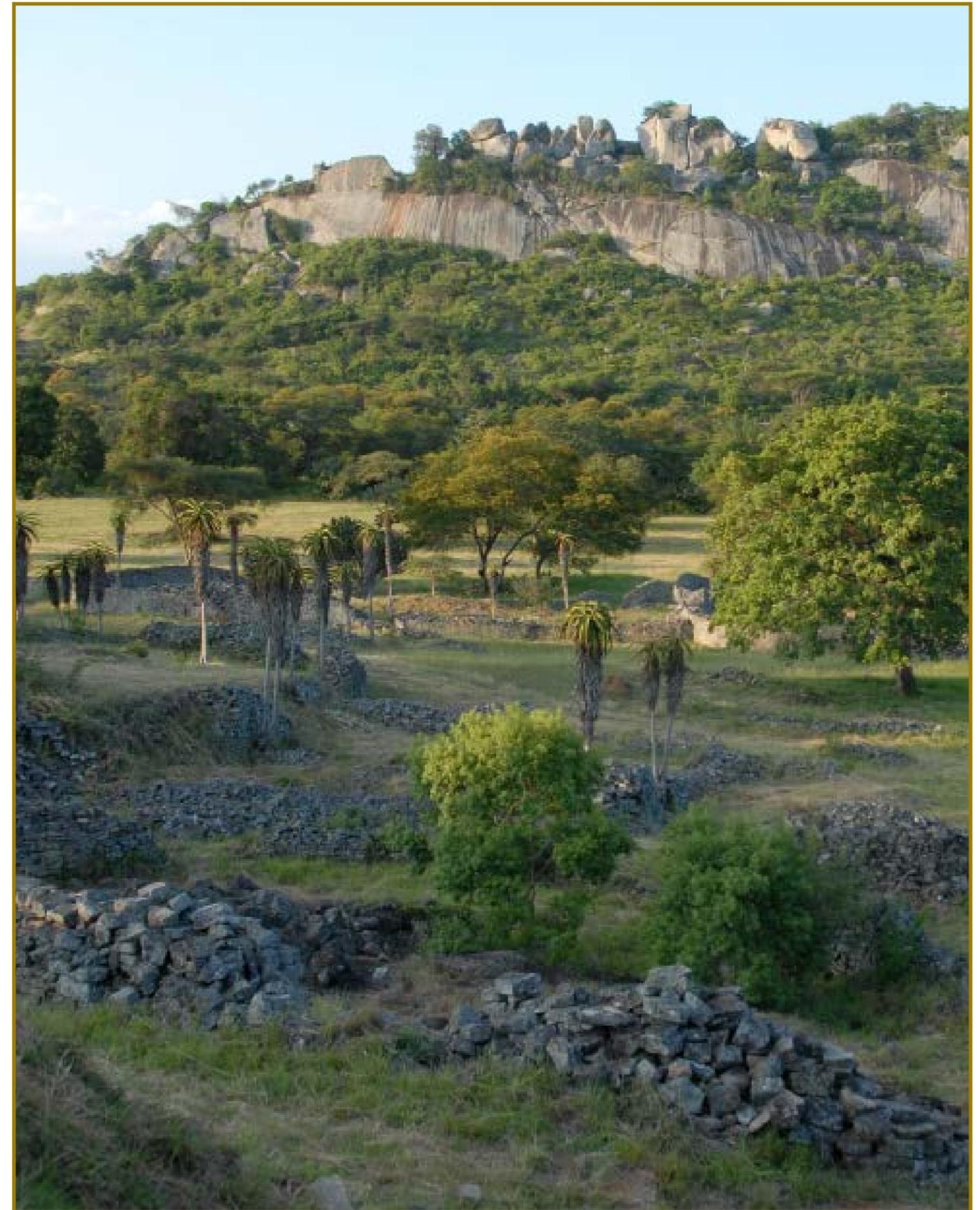
This morning we will enjoy a helicopter flight over Victoria Falls where we will visit the thundering waterfalls from the sky.

Later this afternoon we will have High Tea at the famous Victoria Falls Hotel. Built in 1904, this classic hotel is steeped in history and tradition. Enjoy the beautiful grounds just as British royalty has enjoyed it several times during the hotel's history. This evening the group will enjoy the Farewell dinner.

Overnight in Victoria Falls.

DAY 22 DEPART VICTORIA FALLS, ZIMBABWE

Today we say goodbye to Vic Falls and Africa and transfer to the airport to connect with our international flights homeward.



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE "EDUCATIONAL" TOURS?

Yes, in the broadest sense of the word, "educational". We visit museums, National Parks, and Reserves and have talks and discussions on many aspects of history, culture and nature. But this is only a portion of the educational experience. We believe that it is equally educational to get to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most "educational" moments are spent sipping a cold drink in a street market.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We have our own air-conditioned minivans or minibuses for road travel. We also use several types of boats including speedboats, houseboat, and safari jeeps in Hwange, Matopo and Matusadona National Parks. Includes 2 internal flights.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations, both hotels and lodges, where rooms have a private bath or shower.

7. WHAT ARE THE MEALS LIKE?

All meals are included, starting with dinner on day 1, and finishing with breakfast on departure day. Our breakfasts will be prepared at the guesthouse or hotel, other meals will be served in local restaurants where you can always find a full selection of vegetables, chicken, beef or seafood. For those

who enjoy culinary adventure, we also have the opportunity to try local "game" such as oryx, springbok or impala. In many cases, we simply order a number of dishes and share.

8. WHAT ABOUT THE WEATHER?

Expect a tropical climate - hot and humid year round. The temperature rarely drops below 60°F (16°C) and can climb to 90°F (32°C) or higher in the day. Travel is fine throughout the year during both the dry and rainy seasons as long as you are prepared for intermittent showers.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment in full of the land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the "Terms and Conditions" section of our brochure.

11. WHAT SHOULD I TAKE ON THE TRIP?

There is a detailed "What to Take" list in our Trip Kit which we will send to you after receiving your booking deposit for the trip.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries - not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please feel free to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.



Victoria Falls

