

## Africa Adventure Cape to Cape Expedition

### Travel Itinerary Africa

#### South Africa

**South Africa, the starting point of the Mitsubishi - Africa Adventure Cape to Cape Expedition is often described as a world in a country.**

This is also reflected in the people of this beautiful country. An interesting tapestry of races, cultures and beliefs forming the rainbow nation of South Africa.

Cape Agulhas, the southernmost tip of South Africa and the African continent is the starting point of Africa Adventure's Cape to Cape and it is here where the warm Indian Ocean meets the cold waters of the Atlantic Ocean.

From here the road takes us along the spectacular coast line of the Southern Cape to **Cape Point** on the **Cape Peninsula**. Although many say it is here where the two oceans meet, marine biologists and other scientists pin it at Cape Agulhas. However, looking down the steep cliffs and following the ever present white line of white foam stretching far to the south, it is easy to believe that this could be in fact the point where the two great oceans meet.

**Cape Town**, the mother city of South Africa, nestled at the foot of the towering Table Mountain is a city well worth visiting and has only to share the fame of being the most beautiful city on earth with Rio De Janeiro in Brazil.

Passing the spectacular landscape of the Richtersveld we cross into Namibia through the Sendlingsdrift border post.

#### Namibia

**Namibia, the second leg on our trek through Africa greets us with its vast arid expanse, rendering many of the oldest / biggest / driest attractions in Africa.**

Our first stop after crossing the border in Sendlingsdrift is the impressive **Fish River Canyon** with its hot springs at Ai-Ais. This canyon is over 550 metres deep and one of the biggest canyons on earth. It stretches over 160 km through one of the driest regions in Africa.

From here the road takes us via the coastal town of **Lüderitz** into the oldest desert on earth, the Namib desert. At **Sossusvlei** the red sand is sculpted into dunes over 300 metres in height.

Again we head for the coast to **Walvis Bay** and **Swakopmund**. These two coastal towns will be the last towns we are visiting along the Atlantic coastline before we reach Tangier, Morocco.

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We continue our travel east towards Windhoek, the capital city of Namibia and on via Gobabis towards Buitepos, the border post into Botswana.

## **Botswana**

**Botswana is the third country to be visited on our journey through Africa and Europe. Botswana's diverse landscape ranges from the dry Kalahari desert to the swamps of the Okavango Delta.**

The Chobe National Park is home to the highest density of elephants found anywhere in the world. Needless to say that a safari in Botswana tops the list of best things one can ever do.

Entering Botswana via the Buitepos border post, brings us straight into the heart of the **Kalahari desert**, a large arid to semi-arid sandy region that covers much of Botswana.

Heading north-east towards **Maun** and the only perennial river within the Kalahari, the **Okavango**. This life-giving river flows into an inland-delta, forming the marshes of the **Moremi National Park**, a heaven to an abundance of wildlife.

From there we move on in a north-easterly direction into the **Chobe National Park** boasting one of the highest game concentrations on the entire continent and one of the world's last remaining sizeable wilderness areas.

By size, the Chobe National Park is the third largest park in Botswana, after the Central Kalahari Game Reserve and the Gemsbok National Park, but definitively the most diverse and spectacular. This was also Botswana's first national park.

At **Kasane** in the far north of Botswana we cross the border into Zimbabwe towards Victoria Falls.

## **Zimbabwe**

**Zimbabwe, the fourth country in line to be visited is an incredible tourist destination.**

Surely everyone has heard about Zimbabwe's political scandals and economic crisis but there are so many wonderful things to see that make Zimbabwe a must on our travel itinerary.

Entering Zimbabwe at Kasane we have just a short way to one of the biggest attraction Africa's. **Victoria Falls**, where the mighty Zambezi plunges 111 metres into a cataract of black rock. **Victoria Falls** is often described as the **adventure capital** of Africa where bungi jumping and white water rafting is as everyday as having a cup tea with breakfast.

Leaving **Victoria Falls**, or **Mosi-O-Tunya** (the smoke that thunders) as called by the locals, we head for **Hwange National Park**, **Bulawayo** and the **Matobo National Park**. Here the legendary matabele king Lobengula and his warriors fought against the growing colonial hordes and where Cecil Rhodes found his final resting place.

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Heading eastwards to **Masvingo**, the **Great Zimbabwe Ruins** are up next to discover. This ancient city was the capital of a wealthy Shona society and abandoned in the 15th century.

The impressive stone structures of the Great Zimbabwe Ruins are the largest in Africa south of the Egyptian pyramids. Continuing eastwards, we cross the **Eastern Highlands** and leave Zimbabwe at **Mutare** to enter Mozambique.

## Mozambique

**Mozambique with its warm Indian Ocean welcomes us at the fifth leg on our journey of discovery, diversity and determination.**

Having by now crossed Southern Africa from the cold Atlantic Ocean in the west to the warm waters of the Indian Ocean in the east we are greeted by idyllic sandy beaches and endless palm tree forests.

Entering **Mozambique** through Mutare border post we head straight down to the coast at **Beira**. This historic town with a splendid beach will give us the chance not only to fill up on provision but also to relax and charge our own batteries.

From Beira our trip takes us up north into the hills of the the **Gorongosa National Park** and on back to the coast to **Quelimane**. Leaving Quelimane still in a northerly direction we drive to **Alto Molocue** and then east to **Ilha de Mozambique**.

**Ilha de Mozambique** (or simply Ilha!) is one of the oldest towns in Mozambique and is a historical and architectural pearl in southern Africa. It served the Portuguese and Arabs as a major fortified port city and was declared a **World Heritage Site** in 1991 due to its rich seafaring history and architectural heritage.

The island is just 2,500m long and its widest point measures 600m, yet its size belies the rich and varied range of cultures, languages, religions and historical influences that occupies the island, all of which have earned it the label of **Africa's meeting point of civilisations**.

After having absorbed the wonders of this bygone era we leave **Ilha de Mozambique** for Mandimba, the border post to Malawi and the Indian Ocean which we will only embrace again in Dar Es Salam, Tanzania.

## Malawi

**Malawi is one of Africa's smaller countries, a little over 118 000 square kilometres, of which about 20 per cent is occupied by Lake Malawi – Africa's third biggest lake.**

Much of the country lies within the great Rift Valley of eastern Africa, with Tanzania to the north, Zambia to the west and Mozambique to the south and east, from where we enter.

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Setting foot into Malawi through the Mandimba border post we head straight for the shore of Lake Malawi and the **Lake Malawi National Park** at **Cape Maclear**.

This nearly 600 km long freshwater lake is nestled within the narrowing of the **Rift Valley** with mountains as high as 3000 metres above sea level. These great contrasts help to make the landscape of **Malawi** one of the most varied in all Africa. The scenery, including its cloak of vegetation, presents an ever-changing vista.

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Having spent a few days of relaxing, snorkeling, diving and kayaking along the shores of this magnificent lake with its **friendly people** we head for **Lilongwe** and the border to Zambia.

## Zambia

**Zambia is an intriguing country and calls with its remote and untamed wilderness areas, breathtaking scenery and its friendly people.**

No doubt, its most famous tourist attraction is the thundering waters of the Victoria Falls, which it shares with its neighbour Zimbabwe but there is more to Zambia, a lot more! Zambia is also a land of contrasts, a land of isolated wilderness and bustling cities, a land of ancient customs and modern living. It's real Africa!

Coming into Zambia from Lilongwe, Malawi, we continue in north-westerly direction via Chipata to the **South Luangwa National Park**.

This often inaccessible stretch of wilderness is considered the best national park in Zambia and one of the **greatest wildlife sanctuaries in the world**. South Luangwa National Park is home to a dazzling array of wildlife and a dream come true for bird watchers, with over 400 species recorded.

From here we drive up north to the **North Luangwa National Park** which until 2005 was open only to licensed operators. We traverse the park on a 4x4 track and continue down the escarpment onto the main road T2 connecting **Lusaka** with **Dar es Salaam**, Tanzania, which is our next destination to visit.

## Tanzania

**Tanzania, this is Africa as you see it on post cards and in picture books. This country has it all.**

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The famous snow capped Kilimanjaro, lush forests, glittering lakes, golden savannas filled with African game and last but not least white sandy beaches lined with palm trees. And the greatest asset of all - the warm spirited Tanzanians themselves.

Coming up from Zambia via the border post of Tunduma we continue our journey to Dar es Salaam. This busy coastal city, once founded by the Arabic sultan of Zanzibar, will be a stop over for restocking our provisions and fixing whatever needs to be fixed. From **Dar es Salaam** we drive north to **Bagamoyo** from where we will embark on a traditional dhow to cross over to the island of Zanzibar.

**Zanzibar** - the exotic African island that seems to be a fairytale of "Arabian Nights". Everything here is filled with history and relicts of different cultures. **Stone Town**, the main or capital city of the semi-independent state of Zanzibar is a treasure of narrow streets and hidden courtyards.

After our visit to Zanzibar we leave the coast once more and head north towards **Moshi** and **Mt Kilimanjaro** where we will explore the magic of the highest mountain in Africa.

Leaving Moshi in westerly direction we head for the most famous National Parks in Africa namely the **Ngorongoro Crater** and the **Serengeti National Park** from which we cross the border to Kenya and enter the **Masai Mara Game Reserve**.

## Ethiopia

**Ethiopia has long been an intersection between the civilizations of North Africa, the Middle East and Sub-Saharan Africa.**

Unique among African countries, Ethiopia was never colonised, maintaining its independence throughout the "Scramble for Africa" and is the second oldest Christian country in the world. The Ethiopians are proud, religious people and if one shows respect for their culture and beliefs, they welcome the traveller warmly.

Having crossed the border at Moyale, the long road to Addis Ababa awaits us. Along the way we will pass many lakes of the great **African Rift Valley** and marvel at the incredible **bird life** indigenous to this area.

**Addis Ababa** is a strange but enchanting mix of past and present and a visit to the **Merkato**, which happens to be **the largest open market in Africa**, will dazzle our senses with its sheer size and fantastic ambience.

From Addis Ababa we continue north towards **Lake Tana**, the source of the Blue Nile and the famous **Blue Nile Falls**.

Having come that far we now taking the historical route to Gondar via the **rock hewn churches of Lalibela** and the **ancient ruins and tombs of Aksum**. Next are the **Simien Mountains National Park** and **Gondar** with its historic castles and churches. From here we head west to the Sudanese border at Metema.

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## Sudan

**Sudan gained its independence in January 1956 and has since steadily built a new nation on the African continent.**

Unfortunately, it is shaken by long lasting civil wars in the southern to the eastern regions and along the border to Eritrea which have negatively impacted upon the recent attempts to kick-start tourism growth in the country.

Nonetheless, Sudan's history dates back to the year 2000BC, where it was a prosperous empire with a sophisticated civilization and it has the largest number (about 1,000) of pyramids in the world.

Our descent from the clear air of the Ethiopian Highlands down into the dusty areas towards the Sudanese border, gives us the first glance of what awaits us ahead - the arid areas of Northern Africa with its large deserts of sand, gravel and rock.

From the border at Metema / Quallabat we continue on a gravel road north to Gedaref where we reach the tarred but badly potholed road to **Khartoum**.

Leaving **Khartoum**, our journey takes us through the desert to **Abu Dom** where we are reunited with our old friend, the **river Nile** which will from now on, be our constant companion up to Cairo and on to the Mediterranean Sea.

The road along the river Nile to **Dongola** and **Wadi Halfa** passes through many prosperous villages with very friendly people and is lined with large trees giving welcoming shade. In Wadi Halfa we board the ferry to cross **Lake Nubia / Lake Nasser** into Egypt.

## Egypt

**Egypt is perhaps best known as the home of the ancient Egyptian civilization with its temples, hieroglyphs, mummies, and - visible above all - its pyramids.**

Less well-known is Egypt's medieval heritage, courtesy of Coptic Christianity and Islam with ancient churches, monasteries and mosques punctuating the Egyptian landscape. Egypt captivates the imagination of western tourists like few other countries and is probably one of the most popular tourist destinations world-wide.

At **Aswan** we leave the ferry from Wadi Halfa and enter Egypt. Aswan is situated at a **particularly beautiful stretch of the Nile**, dark blue water surrounded by dense palms and butterscotch islands.

It is also Egypt's southernmost city and the place where the **Nubian culture meets the legendary history of Egypt**. Above all, it will be our base to discover the awesome **temple complex of Abu Simbel** before heading north towards Luxor.

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**Luxor** is built on the remains of the **4000 year-old city of Thebes** and has an extraordinary concentration of monuments. There are countless temples, the **Colossi of Menron** and the **Valley of the Kings**. But there is also the **Valley of the Queens** with its star attraction, the **Tomb of Nefertari**, whose stunning wall paintings are known to be the finest in all Egypt.

The **Great Pyramids of Giza** are the sole survivors of the **Seven Wonders of the World**. The most spectacular views are from afar, at sunrise and sunset without the crowds who converge on them like ants to their hill. Little is known about them and the neighbouring **Sphinx**. Much of what is told is based on assumptions which are not necessarily true. So when visiting them, let your imagination take control.

**Cairo is the biggest city in Africa** and certainly a busy one too. Some say it survives each day in brilliant chaos orchestrated by the never ending sound of traffic horns. There is much to see and one of the highlights is the **Egyptian Museum** with its treasures and mummies of the **ancient Egyptian civilisation**.

From Cairo our journey continues north to **Alexandria**, the famous city on the shores of the Mediterranean Sea. Alexandria was established in **332 BC by Alexander the Great** and was a major trading centre and a place of learning. However, the legendary **ancient library** which once held over **500 000 volumes** of books and papyrus scrolls burnt down in the 3rd century. Today Alexandria seeks to rekindle its former status with the creation of its **new Bibliotheca Alexandrina**.

It is here where we have completed the first part of our expedition - **crossing Africa from South to North!** Now we will head **East to West, from Egypt via Libya to Tunisia**.

## Libya

Off limits to most Americans and Europeans since the mid-1980's, Libya's rich history and culture have been little experienced by western tourists.

**This country boasts five UNESCO World Heritage Sites - Cyrene, Leptis Magna, Sabratha, the old town of Ghadames, and the rock art sites of Tadrart Akakus in the southern desert** - and is a virtual treasure trove of archaeological remains.

Its advantageous harbours and rich soil drew colonists from Phoenicia and Greece, and later attracted Roman, Byzantine and Arab conquerors.

The legacy left behind by Libya's past occupants - impressive temples, magnificent theaters, exquisite churches and formidable castles, all preserved to an astonishing degree - serve as a magnet to draw visitors today.

The blue water of the **Mediterranean Sea** will be our permanent companion during the long drive through endless desert landscapes from Sallum via Tobruk to Derna. However, it is said that Ras Al-Hilal, 30 km east of Cyrene, is the most beautiful place along this coast.

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A visit to **Cyrene**, founded in **600 BC** by **Greek** settlers, is a absolute must, not only for its temples but also because Cyrene is essentially a replica of Delphi. From Cyrene the road continues along the coast towards **Benghazi**, the second largest city of Libya, and on to **Leptis Magna**, one of the most important cities of the ancient Roman Empire.

Next is **Tripoli**, a city with a distinctly Italian face, infectious Arabic spirit and decidedly North African disposition. Tripoli combines an **ancient medina** (old town) and flashy boutiques with a colourful marketplace and fascinating architecture and is the kind of place that needs to be soaked in and enjoyed.

The **medina** is the best place in town to get lost in a labyrinth of narrow streets and souqs (markets) and is the home of **38 mosques**, the **Al Saray al-Hamra (Red Castle)** and the last remaining Roman monument in Tripoli, the **Arch of Marcus Aurelius** at the northern end of the medina.

From Tripoli our journey continues west to **Sabratha**, the sister town of Leptis Magna before heading towards the Tunisian border. The ruins of **Sabratha** are not nearly as spectacular as these from Leptis Magna, although the theatre is near-perfectly preserved and very impressive. We will cross the border from Libya into Tunisia at **Ras Jedir**.

## Tunisia

**Tunisia greets the visitor with golden beaches and a deep blue sea. Over 1200 kilometres of coast make this sunny Mediterranean country a paradise for sun seekers and water sport fanatics.**

Well known seaside resorts offer their visitors the finest sand beaches and crystalline water along with a dizzying choice of waterfront hotels featuring sun and sea sports. But there is more to Tunisia than beaches and the list of attractions would do justice to a country twice its size.

This hospitable land of colours and contrasts, spices and scents invites the traveller to enjoy its natural beauty, ancient cities, lively festivals and warm friendliness of its people.

From the border to Libya it is just a short drive to the island of **Jerba** (or Djerba). It is an island of ten thousand palm trees rising from the sea like a mirage. Splendid in its diversity, Jerba offers a variety of sea sports, **Roman sites** and a pirate's castle, the ancient synagogue of the Griba, fortress like mosques and busy souqs (markets).

Leaving Jerba, we now turn inland to cross the **Chott el-Jerid**, a huge salt lake on our way to **Tozeur** and **Nerfta** which are well known for geometric brickwork, desert dunes and famous filmscapes of "Star Wars" and "The English Patient".

**Dougga** is our next stop and all that one dreams a Roman site should be. **Grandiose temples and theaters**, forum and markets stand in remarkable repair on a mountainside overlooking wheat fields and valley.

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We now head east to **Carthage**, the ancient city of legends, which was once home to over 400 000 people . Next is Tunis, the relaxing city, which mocks the frantic character of other Arabic capitals with its easy going nonchalance.

**It is here in Tunis where we board a ferry, leaving the African continent, and crossing the Mediterranean Sea to Italy, Europe.**

### Europe

**In Europe our journey will continue through 14 countries. We will visit 25 cities and hold a total of 35 road shows promoting the tourist attractions along our travel through Africa.**

Our call for donations throughout Europe is to support our tourism education projects in Africa.

### **Countries to be visited in Europe:**

Italy, Switzerland, Germany, Austria, Czech Republic, Finland, Norway, Sweden, Denmark, Netherlands, Belgium, Luxembourg, France and United Kingdom.

### **For further information please refer to our websites**

Africa Adventure Cape to Cape Foundation <http://www.africa-adventure.org.za>

Africa Adventure Cape to Cape Expedition <http://www.africa-adventure.travel>

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