

Trip Dossier for Zambia – South Luangwa

Trip Code: FZSL Issue date: 20 February 2008 Valid from: 20 February 2008

If you and your children would like to explore one of the most intriguing countries in Africa and at the same time help its children, this trip is for you. We have put together a special itinerary based around the South Luangwa National Park in Zambia, and for every booking Families Worldwide will make a donation to the Yosefe Primary School in the nearby village of Mfuwe.

South Luangwa is a superb national park and provides a wonderful opportunity to see leopard, elephant, crocodile and many other animals in their natural habitat. Next to the park are two other special places: Kapani Lodge and the Yosefe school. In a poor area with no electricity, the school is a terrific success story. It now has nearly 900 pupils of whom well over 100 are sponsored by Kapani and runs in three shifts. Its success is epitomised by Abraham Banda, a former pupil who, thanks to the school's education, has become general manager of the Kapani, a first-rate lodge with excellent facilities.

This trip combines the best of two worlds: you'll be going on game drives and walks in the park and seeing some of the finest wildlife, but you'll also visit Yosefe School. It's a wonderful way, especially for children, of seeing the real Africa.

Yosefe School

Fund-raising and sponsorship started at the school more than 20 years ago with the aim of bringing the opportunity of a basic education to as many children in Mfuwe as possible. Since then, thousands of children have been sponsored through basic school, classrooms have been built, teachers housed and a library established. Students have been supported through their education from an early stage; most are orphans and could not otherwise hope for any form of school education at all, let alone college. The School project is run entirely voluntarily by staff at Kapani Lodge and school leavers – it is presided over by Abraham Banda – himself a former Yosefe School fund student and now manager of Kapani Lodge. But the school needs more teachers and more housing; it wants to help many more local children. Families Worldwide, in association with our sister company Wildlife Worldwide, is hoping to raise enough money to fund the building of a new school block, which will house up to six classrooms, as well as helping with other important projects such as water, sanitation and tree planting. By travelling on this trip you will be helping to raise funds for the school, as well as visiting it and getting to know its pupils

Itinerary in Depth

Day 1 Fly to Mfuwe via Lusaka

Depart from London on an evening flight with British Airways for an overnight journey to Lusaka. These flights are three times a week.

Day 2 Arrive Lusaka; fly to Mfuwe. Transfer to South Luangwa; afternoon game drive

You'll arrive in the early morning and catch a short connecting flight to Mfuwe, where you'll be met and transferred to your luxurious accommodation in South Luangwa National Park. On arrival at Kapani Lodge, you can enjoy a sumptuous brunch and spend the rest of the day relaxing and adjusting to your new surroundings. Enjoy the views over the ox-bow lagoon, relax and unwind by the secluded swimming pool. In the afternoon, you can enjoy an exciting game drive through the South Luangwa National Park with an experienced guide/driver. This is Zambia's premier wildlife destination, nestling at the southern end of the Great Rift Valley in the east of the country and covering an area of 9,050 square kilometres. The national park is renowned for its unspoilt beauty, varied habitats and meandering river with its many ox-bow lagoons and shady ebony groves. It boasts over forty species of large mammal including lion, leopard, wild dog, elephant, buffalo, Crawshay's zebra, numerous species of antelope, Cookson's wildebeest, Thornicroft's giraffe and over four hundred species of birds! Enjoy sipping your sundowner (fruit punch for the kids) overlooking the beautiful vista before you. Dinner is *al fresco* style, served on the terrace or on the spacious decking. **Kapani Lodge (brunch and dinner)**

Day 3 Game Viewing; lessons in Nyanja

This morning, wake up early for a light breakfast and enjoy the thrill of watching the African bush come alive. Your driver/guide will take you to the best places to see animals as you drive along the lazy meandering Luangwa River. Keep a checklist of what animals you see. You're likely to see herds of elephant, zebra, puku and impala that are attracted to the permanent water in the river. You'll often see giraffe, kudu, waterbuck, impala, buffalo and - if you're very lucky - you may see leopard in the acacia and mixed woodland. Once again there are lots of birds to see, including eagles and storks. Around mid-morning, you'll return to the lodge for a well-deserved brunch. During the day, your guide will teach you a few



words in *Nyanja*, the local language of South Luangwa. He'll take you on a nature walk, where you can learn to identify the local fauna and flora – play 'pick a poo' and gross out your friends! This evening the adventure continues as you head back out on a night drive, using the vehicles' spotlights to see nocturnal animals prowl and forage for food. This is the best time to see leopard, so keep your eyes peeled! **Kapani Lodge – (brunch and dinner)**

Day 4 Game drive and play football with the children of Yosefe Primary School

After an exciting game drive you'll meet the local children at Yosefe Primary School. This is a great opportunity to practice your Nyanja and make new friends. It's a fascinating insight into how Luangwa's children live and provides an opportunity to see how your contributions are helping the local community. **Kapani Lodge – (brunch and dinner)**

Day 5 - 8 Game drives and bush walks; learn a local craft and traditional Zambian Dinner

The next few days are a combination of morning and late afternoon game drives or walking safaris, relaxing in the sunshine and enjoying the sights and sounds of the African bush. Kapani operates four bush-camps, situated in remote areas of the National Park. They are only open during the dry season (June to October) and no visit to the Luangwa at this time of year is complete without visiting one or other of these camps. Although the itinerary will vary according to local conditions and availability, we hope to visit several of the camps and, with qualified guides and an armed game-scout, you will sometimes walk between camps. At Luwi Bush Camp you can see a hippo-filled lagoon, perhaps take brunch in the shade of the huge old tree and keep a watchful eye out for the 'local' pride of lions. Kakuli Camp – the Zambian name for an old buffalo bull - offers superb views over a wide grazing lawn that follows the Luangwa river until it meets the confluence of the Luwi and Luangwa. The Luangwa Valley is regarded as the home of walking safaris and for those with a sense of adventure there's nothing like setting out on foot and seeing animals on the move.

During the Green Season (November and May), the bush bursts into life as the rivers and lagoons fill. Many species of migratory birds arrive and the clarity of the air and stunning skylines make the valley a heaven for photographers. Game is still seen in abundance and it is possible (Jan to April) to take boat trips on the Luangwa to explore the nesting colonies and secret tributaries of the river.

During quiet periods between game viewing you can relax, catch up on your diary and write about all the amazing animals and birds you have seen. Game-viewing activities can be tailored for you but usually small parties are taken into the park in open vehicles twice a day. On one morning, there will be an opportunity to learn a local craft – perhaps basket weaving, wood carving or making a clay pot. Remember to brush up on your Nyanja skills in preparation for a traditional Zambian Dinner towards the end of your stay. This is a traditional meal of *nsima* - the local staple – a thick corn meal served with a "relish" of chicken and cooked in the traditional way with ground nuts or pumpkin leaves and a tasty tomato and onion sauce. You'll sit on the ground (on cushions) cross-legged and use your hands to devour your meal. **Kapani Lodge – (4 brunches and 4 dinners)**

Day 9 Fly to London

Sadly, it is time to leave you will take an early morning flight from Mfuwe to Lusaka and connect with the morning British Airways flight to London.

Victoria Falls extension

For those people taking our extension to Victoria Falls the itinerary varies from the above as follows:

Day 9 Fly to Livingstone via Lusaka

This morning you will be transferred to Mfuwe airport where you will catch your flight to Lusaka and on to Livingstone. On arrival you will be met and driven to your hotel at Victoria Falls. One of the seven natural wonders of the world, Victoria Falls will take your breath away. Local people call them "Mosi-oa-Tunya" – "the Smoke that Thunders"; 550 million litres of water cascade between 90 and 107 metres over the lip every minute, creating a towering column of spray which looks like smoke when seen from a distance. There will be time this afternoon to have a leisurely stroll along the banks of the Zambezi River and even get right up to the Falls by taking a steep track from the hotel and walking out along walkways perched over the sheer drop. Later you will set off for a late afternoon game drive. **Hotel (breakfast) – 3 nights**

Day 10 Victoria Falls; game drive and Zambezi river

This morning you will take another game drive in the Park to enjoy more of Zambia's wonderful wildlife. The area around the Falls is protected within a National Park which is home to white rhino (probably the last in Zambia) as well as most of the species of common antelope, buffalo, zebra and giraffe. Since there are no predators, the animals are very relaxed



and you will be able to take some excellent photos. Later you will visit Mukuni village, which is home to over 6,000 Leva people. You will see how these people live and work in a traditional setting. This evening you will take a sunset cruise on the Zambezi river. Sipping your sundowner, you may spot hippo, crocodile or even an elephant as you cruise around the islands of the Zambezi.

Day 11 Victoria Falls; game drives

Today you can take another game drive or try an optional activity – perhaps a day trip to Chobe National Park in Botswana, which has a huge density of wildlife. Or a Canoe Safari on the Zambezi, which enables you to get really close to antelope or elephant as they drink from the river. Please note that the canoe safari is only suitable for children over 12 years of age. See 'optional activities' section for prices. There are countless other activities available, such as white-water rafting on the Zambezi or bungee jumping – but these are more suitable for adults rather than children.

Day 12 Fly to London via Johannesburg

Today you will be taken to Livingstone airport for your flight to Johannesburg, where you will change aircraft to fly on to London Heathrow (arriving tomorrow morning).

Day 13 Arrive London

Your flight arrives into London in the early morning.

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets. Each itinerary is planned many months in advance. Consequently there are factors over which we have no control and which could make changes necessary. We will always endeavour to keep you informed of any such changes in advance.

Is this right for your family? The lodges are chosen for their comfort, atmosphere and proximity to the best game-viewing. Game-viewing is by open 4-wheel drive vehicle with no canopy, so hats are a must when travelling around. Children from five and up can join the trip and will be able to take part in nature walks from Kapani Lodge - they will be fascinated by the wildlife, the terrain, the people and the whole atmosphere of being on safari in Africa. There is a lower age limit for the bushcamps of 12 (though this can sometimes be flexible depending on other bookings) and walking safaris in the national park are only for children aged 12 and over.

Climate Zambia has a pleasant climate with three main seasons. Summer (from September to April) with temperatures ranging from 26°C to 32°C. A dry winter (from May to August) with temperatures ranging from 15°C to 27°C, but falling much lower in the evenings and early morning. NB. If you are visiting the country between May and August it is advisable to bring a sweater for the evenings as the temperatures can drop significantly from the daytime temperature. The 'green season' (November to mid-April) is warm and humid with occasional tropical downpours. The rains start around the beginning of November, with the rivers and lagoon filling to their maximum in Feb and March.

Average monthly temperatures in Lusaka. NB. temperatures are approx. 5 degrees or so higher in the Luangwa Valley.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	26	26	26	26	25	23	23	25	29	31	29	27
Min °C	17	17	17	15	12	10	9	12	15	18	18	17
Rainfall (mm)	231	191	142	18	3	0	0	0	0	10	91	150

Accommodation Kapani Safari Lodge is an exclusive, privately owned lodge situated on the banks of a large lagoon beside the Luangwa River. Accommodating only 20 guests, the ten brick and thatch rooms are designed for the warmer weather with high ceilings, overhead fans and large gauzed windows. Each of the eight standard suites has an en-suite bathroom and a lounge with bar fridge and individual room safes. Accommodation is based on two people sharing, however, an extra bed can be placed in the parents room for youngsters. There are two Lagoon Houses overlooking the Kapani Lagoon; both are very private and spacious with en-suite facilities.

The camp is on mains electricity and offers modern facilities. A thatched building in the centre of the camp houses the lounge and library. It is pleasantly cool in the hot weather and warm and cosy in the cooler months with an open fire. The bar and dining area overlooks the beautiful Kapani Lagoon where there is plenty of space for guests to relax between game drives to watch the many hippos and crocodiles in the lagoon. There is a telescope on the deck for guests to spot



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the countless species of birds and animals. According to the season, dining is *al fresco*, with dinner taken either on the terrace, on a spacious deck overlooking the lagoon, by the swimming pool or in the lounge. There is a small gift shop offering books and local crafts as well as a secluded swimming pool at the far end of camp. The word Kapani means – place of mopane trees.

Food and Drink Meals are included as per the itinerary. Please remember to drink plenty of water during your trip (the water from the borehole at Kapani is perfectly fine to drink and regularly tested – bottled water is of course available too). Please inform us if you have any special dietary requirement, for example vegetarian or food allergy, at the time of booking.

Currency The unit of currency is the Zambian Kwacha (ZMK). At the time of writing, the exchange rate is UK £1 = 7955 ZMK and US\$1 = 3888 ZMK (Dec 2007). We recommend that you change money at the airport. Sterling and US Dollar Travellers' Cheques are accepted in banks and large hotels. Visa and Mastercard credit cards are accepted in large hotels and some souvenir shops. Visitors may import foreign currency (US dollars are rather useful) without restriction, but this amount must be declared upon arrival for the purpose of re-export.

Tippling Tipping is actually technically illegal in Zambia – all workers in the tourist industry are entitled to a service charge which is included in the rates – however, a token of appreciation given at the end of your safari is always appreciated, a rough guideline is \$10 per day for the guide and \$5 per day for general staff which goes into a box and is distributed equally.

Language English is widely spoken in Zambia. With many dialects including Chinyanja (Nyanja) and Bemba.

Time Zambia is GMT +2 hours

Visa Requirements A visa is required for British Nationals entering Zambia. Other nationalities should consult the relevant embassy or our visa agency Travcour Ltd on 020 7223 5295 or www.travcour.com

Before you travel you must ensure that you are in possession of a full passport, with at least six months validity from the date of return to the UK and any visas necessary to enter or transit any countries visited during your journey. Visa requirements are shown here but please bear in mind that this information may be subject to change. Visas can be obtained through our recommended visa agency – Travcour Ltd – or through your travel agent or the relevant consulate. Passport(s) and completed application forms are normally required six weeks prior to departure date. If you need to apply for a new UK passport please allow at last 1 to 2 months for this to be processed.

Vaccinations and Malaria Prophylaxis Please check with your local GP or a local Travel Clinic prior to travel for up to date information. Current recommendations are as follows: Malaria (Malarone, Doxycycline or Lariam are recommended for all areas), Hepatitis A, Typhoid, Polio, Tetanus – Diphtheria, Rabies – for travellers who may have direct contact with animals and may not have access to medical care. Measles, Mumps, Rubella (MMR) – Recommend for all travellers.

Luggage Limit Due to the flights on smaller aircraft to Mfuwe the luggage limit is 15kg per person.

Packing List Please refer to our separate “packing list”



Clothing & Equipment List for Zambia – South Luangwa

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The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend. It is a good idea to wear muted colours while on safari as bright colours (especially white) can be seen by animals and birds from a long way off.

Although western standards are generally becoming more accepted, Zambians generally remain very traditional in what they wear. Although shorts, brief tops and skirts are acceptable while on safari, when visiting villages please dress conservatively - sleeveless tops are acceptable but midriffs should be covered. Long skirts or trousers are generally advised. Please always ask your guide to request permission when taking a photograph of a local person or their home, thank you.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Trainers or strong sandals	1 pair – all purpose wear		Soft-sided Bag 50 – 80 litres	
Socks	4+		Lightweight daypack – 25 litres	
Waterproof jacket	1 lightweight		Sunglasses	
T-shirts	3 +		Personal First Aid kit	
Long trousers or skirt	2 +		Large water bottle	
Short trousers	2		Insect repellent (high DEET content)	
Long sleeved shirt	2+		Torch and batteries	
Tracksuit bottoms or similar	Optional		Camera, film and accessories *	
Sunhat / baseball cap	Essential (styled to shade face, ears and neck)		Reading material	
Warm / windproof jacket (muted colours)	1		Washing & shaving kit - wet wipes are refreshing	
Thin fleece or sweatshirt	1		Guide book & map	
Warm hat, scarf and gloves	Woolly or fleece (winter May to August)		Towel or sarong	
Swimwear	1			

*It's a good idea to bring extra battery back up for cameras as recharging isn't always available in bush camps. Also bring extra memory storage for cameras.

NB. Power points are 3 pin UK style

ITEM	Check	ITEM	Check
Passport		Small sewing kit & safety pins	
Visa		Universal travelling adapter	
Air tickets		Tooth paste/floss	
Money/Travellers Cheques		Small calculator	
Credit Cards		Sweets and snacks for the journey	
Insurance documents		Biodegradable soap	
Trip information and itinerary		Binoculars	
Money security belt/pouch		Notebook/diary/pen	
Spectacles/contact lenses		Small presents for local kids – biros, balloons, books	
Sunscreen – lots of it		Small toys and books for your children to play with	
Moisturising cream & lip salve – not in hand luggage			
Scissor/mirror/nail clippers – not in hand luggage			

For details regarding **hand luggage restrictions** please visit www.baa.com

Please Note: Luggage restriction – 15kg per person

