

namaste

A male lion with a large, dark, spiky mane is lying in a savanna landscape. The lion is facing left, and its mane is a mix of dark brown and black. The background is a dry, open plain with some sparse vegetation and a few small trees in the distance. The sky is a pale, hazy blue.

August 2005

Vol 2, Issue 5

Africa...

Zanzibar

Across the Serengeti

World Relief in Malawi

To the roof of Africa - Scaling Kilimanjaro

Plus...

Nairobi & Dar Es Salaam

Namaste Global Expedition

...and more

Namaste!

Welcome to the August 2005 edition of Namaste News. Congratulations to everyone who spotted the small fictional element to last month's news. This month has been dominated by an exploration of Tanzania's remarkable natural landscapes, wildlife reserves, beaches and mountains.

Including an incredible wildlife tour of the world famous Serengeti and Ngorongoro Crater plus the lesser-known Selous Reserve, the largest in Africa. Relaxing on the beautiful Indian Ocean waters & beaches of Zanzibar, the quintessential

Spice Island; before completing the tough ascent of Africa's biggest mountain, Kilimanjaro. Finally, the expedition crossed through Kenya's Masai Mara on route to Nairobi and a chance to repair the Landie, the result of driving along some of Africa's toughest terrain.

Packed full of features as well as the regular updates, feel free to send me an email with your suggestions and ideas for future issues (chris.charlton@namaste.co.uk)

Cheers, Chris

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Global Expedition Highlights

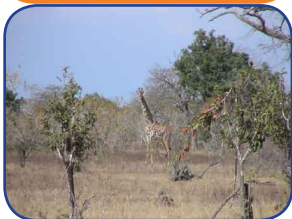
1/8/05 Day 484
Udzungwa Mtns Mile 52214



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Mombo Mile 52954



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Masai Mara Mile 53597



13/8/05 Day 496
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22/8/05 Day 505
Arusha Mile 53142



20/8/05 Day 503
Kili - Summit Mile 53142



18/8/05 Day 501
Kili - Camp 3 Mile 53142



Photos in this issue
by Chris Charlton

Expedition Trivia...

# of Days (overall):	31 (514)
Miles in month (overall):	1571 (53785)
Avg miles/day (overall):	51 (105)
Longest day miles (overall):	239 (612)
# countries (overall):	3 (29)
# of police stops (overall):	18 (178)

Top Tips this month...

Top Tip:	Ngorogoro Crater, Tanzania
Favourite City:	Arusha, Tanzania
Adventure Spot:	Kilimanjaro National Park
Place to Stay:	Visiwani Lodge, Arusha
Night Spot:	Italian Bar, Paje, Zanzibar
Wilderness:	Selous Reserve, Tanzania

Features...

Read about what it takes to scale Africa's biggest mountain, Kilimanjaro, on page 2; Discover the Serengeti and Zanzibar on page 6; and find out what it is like to work with World Relief in Malawi on page 7. Explore Nairobi and Dar Es Salaam on page 8 and read the Expedition Africa Plan on page 9. And find out what is coming next on page 10...

Kilimanjaro Expedition

Welcome to the August 2005 Namaste Kilimanjaro Expedition Report...

On 16th August 2005, we set out to scale Africa's highest mountain at 5,895m (19,340ft). On Day 5, we reached the summit, first under the watchful gaze of the full moon, then in perfect sunshine after 2 days of inclement and stormy weather.

'Kili' can often be underestimated, partly because it is easily accessible and offers non-technical routes, including ours, the Machame & Marangu Routes; and partly because people are unprepared for the effects of high altitude trekking, when the

weather and terrain can present massive physical and mental challenges.

Kili is also unique among the 7 summits as it is possible for hillwalkers of all abilities and experience to undertake the trek. And not least because of the level of guiding and portering support available to individuals and groups.

Here is our story, and with it, everything you need to know to make a successful ascent of this incredible mountain...

Cheers, Chris

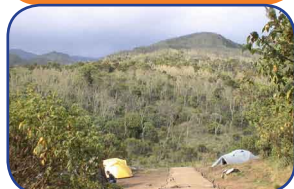
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CLICK HERE to go to the website to download the full 9-page Kilimanjaro Expedition Report, including:

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Kilimanjaro - 'the mountain that glitters'

16/8/05 Camp 1
Machame Camp 3,100 m



17/8/05 Camp 2
Shira Camp 3,840 m



18/8/05 Camp 3
Barranco Camp 3,860 m



19/8/05 Camp 4
Barafu Camp 4,700 m



20/8/05 Summit Day
Summit 5,895 m



About Kilimanjaro

Looming some 16,000ft (4,900m) above the plains that spread out from its base, Kilimanjaro dominates its surroundings. It is an extinct volcano, with 3 peaks: Kibo, Shira & Mawenzi.

Kibo is the highest one (5,895m or 19,340ft) in the centre, Mawenzi is lower (5,149m or 16,896ft) and east of Kibo, but more technical. Kili's 3rd peak Shira is less obvious, but it's also an extinct volcano (3,962m or 13,000ft), west of Kibo.

The peaks of Kibo and Mawenzi are joined by a broad saddle 7 miles (11 kilometres) long.

Comprising these three separate volcanoes, the massive and complex Kilimanjaro covers an area 60 miles (100 kilometers) long and 40 miles (65 kilometers) wide.

The volcanoes, whose lava fields overlapped and partially obliterated each other, began erupting approximately 2 million years ago.

The first western ascent was by H. Meyer & L. Purtscheller in 1889.

The Machame Route

If Marangu is the "CocaCola" route, then the Machame Route is the "whiskey" route. It is the second most popular and arguably the most scenic route on the mountain. All climbers sleep in tents and meals are served on the floor of a dinner tent or on a blanket outside. It is done over six to seven days, so acclimatization is easier, and the success rate is fairly high.

With the Machame/South Circuit route, you will circle halfway around the mountain with great views from all angles. This route

is approximately 40km versus 20km on the Marangu route. It is for physically fit people with some hiking experience.

The Marangu Descent

The Marangu Route provides easy walking down steep scree slopes from the broad crater rim with good views over the caldera and of Mawenzi. The first section undulates and is occasionally snowy.

The Marangu Route is also known as the "Coca Cola" or "tourist" route. It is the easiest and shortest route to/from the summit and many people in a hurry try to make the summit via this overcrowded route, although less than 50% actually make it.

90% of Kilimanjaro climbers use this route and all the other routes combined see only 10% of visitors...

Global Expedition Update

After a day's rest in a remote corner of the Udzungwu Mountains in southern Tanzania, I was a little surprised by a visit from the local police to advise me of bandits. After some friendly chat, it became clear that this was more of an excuse to find out what I was up to rather than an actual issue - fortunately for me as I was to spend another night there.

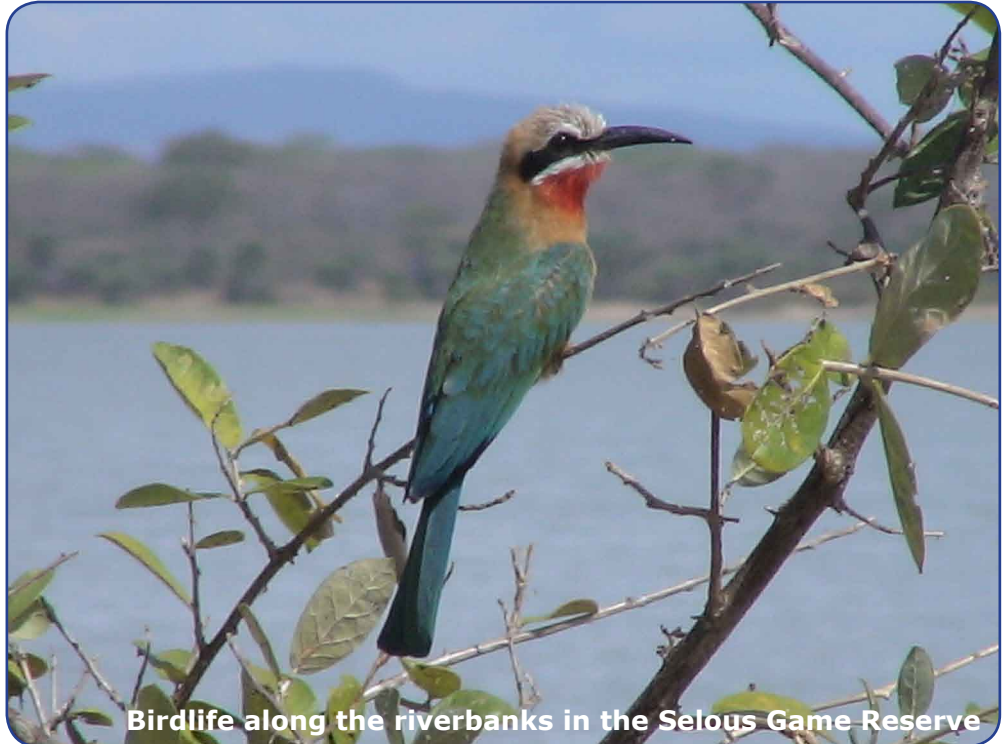
With a number of problems with the Land Rover niggling in my mind, I was conscious of the need to reach a decent garage to get them fixed. This meant Dar Es Salaam. Rather than head straight there, though, I opted to make the detour south through the Uluguru Mountains on route to the Selous Game Reserve.

On straightforward dirt tracks, I wove my way through the lush, forested mountain slopes, through tiny villages, sometimes stopping to chat with local school kids, fascinated by the thought of exploration. After 2 days, I reached the remote western gate of the Selous Game Reserve, the largest game reserve in Africa.

The reserve was founded in Tanzania some time before 1914, and refounded in 1951. It covers about 45,000 sq km (17,400 sq mi) and the principal area for visitors lies along the River Rufiji and its tributary, the Luwegu, and is located some 200 km (125 mi) south-west of Dar es Salaam. The reserve contains open grasslands alternating with dense forests of hardwood trees and contains more than a million large animals, of which 50,000 are elephants. Owing to the activities of poachers, the elephant total has decreased since 1976, when a government survey put it at 110,000.

Thanks to some remarkable stories from one of the lodge managers in the reserve, I also discovered it was named after a notorious WWI veteran. I am also indebted to the staff of Beho Beho for providing a welcome box of food (& beer) to supplement my depleted stocks.

I camped on the edge of one of the hippo-dominated lakes in the reserve and shared adventurous tales with fellow travellers and local rangers by the campfire. The following morning, I spent cursing the electrical circuits of the Landie, as some form of short circuit was tripping the immobiliser fuse, effectively rendering the vehicle



Birdlife along the riverbanks in the Selous Game Reserve

Did you know?

"The word *Mzungu*, meaning 'white person' - and beloved of screeching kids all over [southern &] east Africa - was coined in the days of the early European explorers. It comes from the Kiswahili verb *kuzunguka*: 'to wander around aimlessly, like a mad person'. The Swahili word for a hangover, *kuzungu-zungu* ('my head's going round and round'), comes from the same root. Travellers wandering around aimlessly and nursing hangovers? Not much has changed..." Lonely Planet

stationary. After much hair-pulling, expletives and a handful of fuses, I finally overcame the problem and the Landie roared back to life. For the rest of my journey to Dar (and indeed all the way to Nairobi as it turned out), I would be unable to lock the vehicle - a little inconvenient to say the least, but I wanted to be sure not to repeat the 'Selous' incident and that was the only way to do it. Though the boys at the Landie garage in Dar thought it might be a problem with the on-board computer, the Nairobi lads identified the issue - the door lock mechanisms were sticking due to dust & dirt, thereby causing the short circuit - and fixed it. "Shit, that easy", I thought. All part of the great learning curve!

Reaching Dar Es Salaam on a 3-day holiday weekend, I was unable to get into the garage

immediately so I took some time to explore the sights and find out a little more about Tanzania...

More than 90 per cent of the population of the country consists of indigenous African groups, the majority of whom speak Bantu languages; there are also Nilotic groups, such as the Masai. The largest of the 120 ethnic groups are the Sukuma and the Nyamwezi. Other major ethnic groups include the Haya, the Ngonde, the Chagga, the Gogo, the Ha, the Hehe, the Nyakyusa, the Nyika, the Ngoni, and the Yao. The population also includes people of Indian, Pakistani, and Goan origin, who make up a significant minority in the urban areas, and small Arab and European communities. Most of the people, however, still live in rural areas.

The United Republic of Tanganyika and Zanzibar was formed on April 26, 1964, by the adoption of an Act of Union between Tanganyika, on the mainland, and the island of Zanzibar; the name Tanzania was adopted on October 29 of that year. The nation is governed under a constitution of 1977, as amended. The internal affairs of Zanzibar are administered under a constitution of 1979, amended in 1985. In 1992 legislation allowing for the establishment of a multi-party system was passed. On October

continued on page 4...



Udzungwu Mountains...

Coming Up...to find out how to join, click below

September 2005

After a journey in the deserts of northern Kenya; time to prepare in Kampala, Uganda, for one of the expedition's toughest sections, but not before a chance to meet the famous gorillas on the border of Uganda and the Congo. Discovering the equatorial jungle of northwest Uganda, southern Sudan before heading west to explore exotic butterflies and the pygmies of the Central African Republic (CAR).

October 2005

Highlights include a visit to the capital of Burkina Faso, Ouagadougou, once the centre of one of the ancient Mossi kingdoms; the famous red, white and black Volta rivers; historic Mopti, the 'Venice of Mali' founded in the 13th century and the legendary Timbuktoo; and experiencing the unique lifestyle of the nomads of Niger...

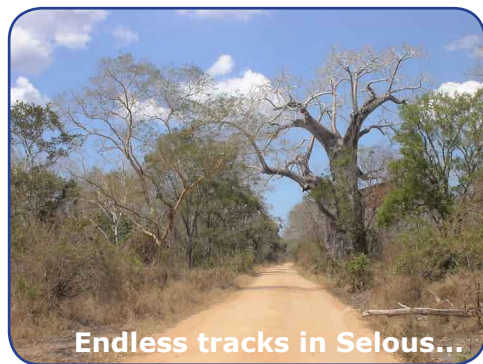


Sunset in Selous...

Global Expedition Update cont...

29, 1995, the first national multi-party presidential and legislative elections were held. I was also a little surprised by the significant level of public and private debate in the run up to the elections to be held in October. Good to see democracy, albeit immature, in action.

In addition to urban sightseeing, I decided to make use of the holiday weekend and headed for the spice island of Zanzibar. Pulling into Stone Town



Endless tracks in Selous...

port after a few hours on the ferry, I looked for my contact in the crowds, as he had organised a motorbike for my 3-day stay. Clearing customs, I donned a helmet and headed east. It was great to be back on 2-wheels after 17 months on 4, and I happily swerved around the mad 'matatu' (minibus) drivers, animals and pedestrians before reaching the open road on the edge of town.

Throttle open, shades on, rucksack strapped to the pillion seat, sun shining, it was bliss...for a while...until the heavens opened in a torrential downpour! And I hadn't exactly packed any weather protection so I ploughed on through, eventually reaching the east coast at Paje. Dripping wet, I pulled into a storm-battered lodge on the beach, and was delighted by the Japanese host's welcome. The sun did return for the rest of my stay, and I relaxed in paradise, even managing to make some headway on one of the books I am writing. I was all too aware that this would be my last chance for R&R before heading north and climbing Kilimanjaro. [For more on Zanzibar, see page 6.]

Returning to Dar, I reflected on the relatively harmonious cultural blend in Tanzania. Whilst Zanzibar is predominantly Muslim, mainland Tanzania is evenly split between Muslim and Christianity (plus Hindu and traditional beliefs) and remains an example of people of different faiths living largely happily side by side. A far cry, perhaps, from the tensions elsewhere in the world, though East Africa has also suffered its share of the global crisis with a terrorist bomb attack on the US Embassy in Dar es Salaam in August 1998 killing 10 people, all Tanzanians, and wounded more than 70 others. A second bomb exploded a few minutes later at the US Embassy in Nairobi, Kenya.

Internal cultural tension in Central & East Africa is more to do with tribal & ethnic differences and power-mongering than any supposed faith-related issue. This was illustrated to horrific effect by the genocidal disaster in neighbouring Rwanda and still is in many pockets across the region, including eastern Congo, northern C.A.R, northern Uganda and Darfur in Sudan. Later in August, Ania and I visited the ongoing United Nations (war crimes) Tribunal, set up in February 1998 in Arusha, Tanzania to hear evidence and prosecute those responsible for the massacres that were perpetrated in Rwanda in 1994. Let's hope the upcoming UN Summit is able to make some headway to give the UN some 'teeth' and efficiency to act, quickly and

effectively, to end such disasters before they occur. The inability of the international community to act in what was an avoidable escalation of events in Rwanda is inexcusable, and the lessons from this small country's experience also include the dangers of an uncontrolled transition to a new democracy.

Returning from political and humanitarian debate, I was forced to more mundane matters - fixing the Land Rover, and the long road north to Arusha, my planned base for the ascent of Kilimanjaro. Skirting to the west of the rolling ridges and sharp escarpments of the Usambara Mountains, I approached the roof of Africa from the south. Hoping to enjoy views of this volcano towering above the plains from afar, as I had done some 12 years earlier from Kenya, I was a little disappointed that it was covered in cloud.

Undeterred, though, I settled into my base, the wonderful Visiwani Lodge on the outskirts of Arusha, and completed preparations for the climb. [For the full story of our 6-day ascent of Kili, see page 2 or go to www.namaste.co.uk/7-summits.htm]

Suffice to say, my new comrades in hiking boots and I reached the summit underneath beautiful blue skies on Day 5 on 20 August, a wonderful feeling. I was also really impressed by a number of individuals on the mountain, for their spirit and determination, and in a few cases, taking on their first big mountain challenge. As I know all too well, the engagement of human spirit in mountain endeavours is highly rewarding, and the summit is only a small part of the game.

Returning to the Visiwani Lodge, which I dubbed 'a little piece of heaven', I was very ready for a shower, and celebratory beers! Thank you to Sami, who runs the lodge, for creating such a place, and hosting it with a personal style so often lacking in the tourist industry. I was also pleased to bump into Ania, who I had met on Kili, in Arusha; and we shared some great cheese and wine and a few days of much-needed R&R.

As Ania headed east to Zanzibar, I was looking

forward to crossing the Serengeti and Masai Mara on route to Nairobi. But first, I wanted to visit what one of my Masai friends had described a 'blessed' place, the Ngorongoro Crater.

The Ngorongoro Conservation Area (and world heritage site) was established in 1956, after having been since 1951 part of Serengeti National Park. It is 8,300 sq km (3,200 sq mi) in extent and within its borders there are mountains, plains, forests, lakes,



Zanzibar's Red Colobus Monkeys

archaeological sites, and, notably, Ngorongoro Crater and Oldupai Gorge.

The crater is one of the truly outstanding wildlife refuges in the world, and is in fact the caldera of a volcano that has been extinct for several million years, and is about 610 m (2,000 ft) deep. Views from the rim of this natural amphitheatre, where all the camps are located, are spectacular. About 25,000 big game animals live on the crater floor, which is about 14 km (9 mi) in diameter. Among the grasslands, swamps, lakes, rivers, woodlands, and mountains of the area is the largest predator population in Africa. In the forests are bull elephants, waterbuck, and some black rhino. The Masai ceased to live in the crater in 1956, but still take their cattle to the salt licks around

continued on page 5...



Stone Town, Zanzibar

Global Expedition Update cont...

Lake Makat within the crater. The crater floor was at times farmed by Europeans until it became a conservation area.

The most remote part of the park is in the north, where may be seen Olmoti and Empakaai craters, Lake Natron (a breeding ground for the flamingos of eastern Africa), and Oldoinyo Lengai (in Masai, "mountain of God").

At Oldupai Gorge, some of the oldest hominid



fossils have been found proving Tanganyika was home to some of the Earth's earliest known hominid ancestors of human beings. These were discovered in the Gorge and elsewhere in the country, by Mary Leakey and her husband Louis Leakey and others.

As such, the Gorge is one of the most important archaeological sites on earth. The geological strata exposed in the gorge reveal a remarkable record of animal and human evolution from about 2 million until 15,000 years ago. Among the significant finds are the range of stone tool types, the thousands of animal fossils - both extinct and extant species - and the fossil bones of hominids and early Homo sapiens. The contribution of the Leakeys' work to palaeoanthropology is highly significant. Slightly to the south of the gorge is the Laetoli region, in which evidence of bipedal hominids exists dating back a staggering 3.6 million years - some seriously old dudes!

Continuing north towards the Serengeti, I couldn't help but feel frustration with the crappy road. While the rewards of Ngorongoro are unquestionable, it is also the most expensive national park I've ever visited, anywhere in the world, and the cost is rising. Perhaps some of this enormous revenue could be used to improve the tracks, which are simply unacceptable. Another challenge for sure!

And then I reached the Serengeti, and frustration gradually turned to wonder at the vast landscape. While you can be surrounded by many other safari vehicles in Ngorongoro, in the Serengeti, you can drive all day and barely see anyone, a definite advantage, though it is obviously harder to locate and spot particular species. And given the time of year, my goal was to follow the trail of the famous migration northwards and over the border into Kenya's Masai Mara which lies adjacent to the Serengeti.

Whilst the border between Tanzania and Kenya in this area is officially closed (though other main land borders are open), I thought I would be able to 'wing it'. Indeed, a helpful Tanzanian official in the park prepared a letter for the guards on the Tanzania side to allow me through. Which I did without issue. Then there is about 10km before you reach the gate to the Masai Mara. No border post, no police, no customs, hmmm?

Instead, there are rangers who will give you a permit to enter the park, but not before permission has been granted by the head of security, an

amusing man in a small wooden hut. After some debate and my promise to sort out the relevant immigration visas and customs on my arrival in Nairobi, plus of course the greasing of palms, I sailed happily on into the 'Mara' and found a great campsite just outside the park run by a Masai family (New Crocodile Camp). [I was pleasantly surprised on arrival in Nairobi that, despite my 'illegal alien' status, I was able to belatedly obtain my entry visa and carnet stamp in town easily and without issue; quite different from the painstaking bureaucratic experience in Honduras, having not been issued a temporary import permit for the Landie when we crossed in from El Salvador at a remote border post.]

So, I was back in Kenya, and it felt good to be back - I hadn't visited this part of East Africa since 1993, during the Easter Holidays before my finals at Cambridge. I was also looking forward to the arrival of my friend, Jo, who was flying up from South Africa for 12 days or so. Kenya is divided by the equator into two almost equal parts. The region north of the equator is hot and receives comparatively little rain and much of it is desertified. The southern region falls into three zones. The coast is humid, with a mean annual temperature around 26C; the highlands are relatively temperate; and the Lake Victoria region is tropical.

After the 11th century, the coastal areas were dominated by traders and settlers from southern Arabia. They established the various Zanj city-states, so called because in Arabic the country was known as the land of the Zanj, or "black people". The most important of these settlements in Kenya were Malindi and Mombasa. The Muslim entrepreneurs were content to control the interior trade, and their cities became important ports in the Indian Ocean trade system. In time a composite Arabic-Bantu culture developed along the coast, exemplified by the hybrid Swahili language, which became the trading language of East Africa.

Following independence, Kenya's first president, Kenyatta, sought to maintain good relations with Kenya's neighbours although this was difficult

at times, especially with the regime of Idi Amin in Uganda. His moderate, stable government also attracted large-scale foreign investment. A new industrial area was established near Thika, and central Nairobi was modernized. The tourist industry, based on Kenya's great national wildlife reserves, expanded rapidly to become the single most important source of foreign exchange. Kenyatta was recognized at the time of his death in 1978 as Mzee, (the wise old one), not only by his



own people but by a wide array of world leaders.

During our stay in Nairobi, we spent much of our time in and out of the CMC garage, where the boys were doing a good job fixing the electrical issues with the Landie; lunching at the famous Thorn Tree Cafe; and debating the proposed new and surprisingly liberal Kenyan Constitution with taxi drivers. Perhaps they will have a little more success than the bureaucrats in Europe!!

As August drew to a close, Jo and I prepared for the long, dusty and terrible track through the deserts of northern Kenya on route to the mountains of Ethiopia. Leaving Nairobi, being stranded in the desert a few days later for 4 days couldn't have been further from our minds...

by Chris Charlton



Across the Serengeti...

The Serengeti, possibly the most famous of all Africa's national parks and game reserves, conjures up countless images of wildlife close-ups and its centrepiece, the mass annual migration of hundreds of thousands of wildebeest and other animals.

The Serengeti National Park, in the Mara, Arusha, and Shinyanga provinces of north-eastern Tanzania, Africa, was established in



Leopard...

1941. The 14,763 sq km (5,700 sq mi) which it covers consist mainly of flat, open grassland but the park also has areas of woodland and bushy savannah and a few rocky kopjes (small hills). More than 200 species of birds and 35 species of plains animals, including relatively large numbers of cheetahs, leopards, and giraffes, inhabit the Serengeti. There are also about 200,000 zebras, 2 million wildebeest, 1 million gazelles, and thousands of elephants, which

did not roam in large numbers in the park until the 1960s, when the pressure of rising human population on resources forced many into the protected area. The Serengeti is also famous for its black rhinoceroses, of which about 100 live on its plains. Both elephants and rhinoceroses have been threatened by poachers, whose activities continue to present problems for the park authorities.

The Serengeti, which has been designated a World Heritage Area, is the only national park in Africa where massive seasonal migrations of plains animals take place. Millions of animals move to the western part of the park during the dry season (May to early June) and then return to the eastern part of the park and into the Masai Mara National Park in Kenya, on which it borders.

The region is also dominated by the Masai people, who traditionally herded their cattle freely across the highlands of Kenya. Probably at the height of their power in the mid-19th century, they suffered from the British colonization of Africa and the resultant ecological and political changes that took place. Rinderpest, an infectious febrile disease, apparently accompanied the British, decimated the cattle herds that supplied the Masai with milk and blood; and famine and then smallpox followed. The weakened Masai attacked rather than cooperated with the new rulers, and, in 1904 and the period 1912-1913, the British government relocated the Masai population to distant southern Kenya and Tanzania, where

they now live.

Masai males are rigidly classed by age into the categories boys, warriors, and elders. Girls often have their marriages negotiated by their fathers before they are born. Both boys and girls undergo circumcision ceremonies. Older women enjoy the same status as male elders. The Masai, most of whom are nomadic throughout the year, live in kraals, small clusters



Hippos...

of cow-dung huts, which are constructed by the women. They remain a pastoral people.

To the southeast of the Serengeti lies one of Tanzania's other natural masterpieces, the Ngorongoro Crater. With camps and lodges located on the crater rim, a journey into the crater with its abundant wildlife is unforgettable; just try and forget the inflated prices (probably the most expensive game park in all Africa)!

Zanzibar...

Oh Zanzibar, Zanzibar, the quintessential tropical Spice Island, and a true tropical paradise. A low-lying coral island that was possibly once part of the African continent, Zanzibar rises out of the Indian Ocean 35 kilometres (22 miles) off the coast of east central Africa. Gently undulating hills, coconut palms, and native forests cover the island, which lures many visitors to its tropical shores, not least for its pristine scuba-diving.



Crystalline waters near Paje

Zanzibar has also developed into an important commercial centre in the Indian Ocean trading system. Island residents grow coconuts and cacao for export, and together with the people of the nearby Pemba Island, they produce most of the world's clove supply. Fishing also plays an important role in the local economy.

The name Zanzibar is derived from Zengi, the name of a local people, and the Arabic word barr, or "coast". The island's history is one of foreign

occupation, intensive commerce, and slavery. While the earliest known inhabitants on the island were Bantu-speaking Africans - the Hadimu and the Tumbatu, local legend says that in the 10th century the yearly monsoon trade winds carried Persian sailors to Zanzibar Island along their Indian Ocean trading routes. Because these sailors needed the monsoon winds to reverse course and sail home, they found themselves guests on the island for months at a time. The Persians eventually built permanent settlements there.

Portuguese traders established a trading post on the island several hundred years later, and by 1503 Zanzibar and the eastern African coast was under the rule of Portugal. Arabs from Oman banished the Portuguese from Zanzibar in 1698, and the Omani sultan's palace and capital were moved there early in the 19th century.

Because the demand for slave labour in North and South America was increasing rapidly during the late 18th and early 19th centuries, Zanzibar Island grew as a pivotal location along east African slave-trading routes for slave expeditions departing into the heartland of the continent.

Zanzibar Island became an independent sultanate, separate from Oman, in 1861, and in 1890 the British Empire declared Zanzibar and Pemba a protectorate. Zanzibar, Pemba, and the surrounding islets briefly enjoyed recognition as an independent country - called Zanzibar - for several months in late 1963. The following year, however, the islands were united with mainland Tanganyika to form the United Republic of Tanzania. In October 1995, the residents of Zanzibar participated in their first multi-party elections in almost 30 years, electing a president and a parliament.

Today more than 90 per cent of the island's population is Muslim, and most people on Zanzibar speak the official language, Kiswahili, a form of highly Arabized Swahili. Students move to mainland Tanzania for university education and, because limited economic opportunities exist on the island, few of these students return after completing their education, though opportunities in tourism are beginning to change that.



Village life north of Paje

The island is also home to the extremely rare and native red colobus monkey. These beautifully-coloured and highly expressive creatures are full of life and it is possible, under the watchful eye of local rangers, to sit amongst one or more of the troops in the south of the island.

If you're looking for a lively nightlife, head for the north of the island. For peace and tranquility (plus a good Italian-run bar if you need it), head to the East Coast...

Working with World Relief in Malawi...

I have spent the last three months absorbing the warm sun of Malawi. Travelling through the road side, watching the sun set on another day, watching the women carry water and babies, the men on their bikes with a load of sugar cane. It's a beautiful and rich land.



I am a college student who is currently doing a six month internship with World Relief Malawi (WRM). My love for life, justice, and people has brought me down this path. WRM is an NGO working towards the transformation of persons through holistic development.

They are committed to utilizing the local churches as their vehicle of development. All of our work, directly or indirectly, is related to the HIV crisis. We focus on health, education, orphan care, the equipping and training of pastors towards a holistic gospel, refugee re-settlement and agriculture. The more deeply I listen to the struggles, the more humbly I recognize the complexities embedded in them. I am continually being renewed in my understandings of poverty, racism, HIV, and injustice.

While I've come here as a volunteer of an NGO, I've mostly come to Malawi in order to experience life here in Malawi. And this is a beautiful and comprehensive task.

I keep reminding myself this is what I've come for - I've come for every part of everyday - it all is spectacular - every smile, every tear, every awkward

interaction, every Cherry Plum Soda, every handshake, every greeting, every hug, every prayer, the small children with wide eyes, the crumbling ceiling, broken down chairs, Madonna t-shirts fashioned at church, morning tea, the many times I choke on the word injustice because I have heard myself say it and think it so much and it doesn't come near to doing justice to the injustices around me.

And when my stomach is fighting the 8 oz. of oil I have poured into it throughout the day in the process of eating, dancing with archbishops form the Zion prophetic Church on Sunday morning celebration, nightly chats with my African sisters, all of it, this is what I've come for - and it is spectacular - I've come to experience all these things because they are all a part of life here in Malawi - it is all part of the spectacular mystery of life.

In my short time here, I have been most taken by my understanding and re-understanding of Malawi. Malawi is a dynamic place, the story of which is not AIDS, hunger, poverty or fly-swapping babies with swollen stomachs. Yes, these are intimate parts of the story of Malawi, but this is not the whole story.

The story of Malawi that sings brightly and confidently is a story of celebration, joy, community and laughter. Woven into this story are ripples of AIDS, hunger, and

poverty, but Malawi is not defined by her problems, but by the stories of her people. Yes, as I travel, the roads are dusty, the plants are brown as we are in the midst of famine; yes, the population is devastated with HIV/AIDS, where approximately one tenth of the population are orphaned.



These are realities, and these are painful realities, but Malawi is much more. In Malawi I am discovering a new way of embracing the beauty of being women, I am discovering the joy that is embedded in life, the comfort of laughter and stories. I'm listening, I'm listening hard. The story that I am told on the other side of the Atlantic is a story of devastation, my experience here has rewritten the story as I am being blessed by the richness and fullness that is life here.

by Megan McMinn



People

Fellow Adventurers...



Naiman, Ales, Lawrence, Emanuel, Musa, from Arusha, Tanzania, joined Chris for the ascent of Kilimanjaro from 16-21 August.



Ania Leslie-Wujastyk, 20, from Brighton, UK, was climbing Kilimanjaro at the same time as Chris, and they joined up for a few days after for some much needed R&R, wine & Cheese, in Arusha.



Jo Shaw, 30, from Tswalu Kalahari Reserve, joined the expedition for a planned 12-day journey through Kenya, Ethiopia and Uganda. [As is life sometimes on expedition, broken shock absorbers prevented the trip to Ethiopia, but gave an experience of a recovery operation in the deserts of northern Kenya.]



Along the way...

A big thank you to all those people who we've met along the way in August, including:



The friendly police of Udzungwu Mountains, the staff of Beho Beho Lodge & my Dutch compadres (Selous), the staff of Peacock Hotel (Dar Es Salaam), the Paje beach crowd, the staff of Paradise Inn & Colobus Monkey Rangers (Zanzibar), the local families of Mombo, Sami & his Visiwani Lodge staff; Leonard & team; Ania, Chris, Phil, Gronja & Letty, Jo and everyone on Kili (Arusha), the Overland group & everyone at Simba Camp (Ngorongoro), the Oldupai anthropologists, Edward & family (Masai Mara), the CMC team (Nairobi)...



In the News

In the News

See www.namaste.co.uk/news for details...

Previous Newsletters

Previous issues of Namaste News are also available at www.namaste.co.uk/news

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Letters & Emails

Thank you for all your letters, emails, text messages, and faxes. Each month, a few excerpts will be printed here...

"...Every time we reached the top of a hill, the next band of cloud would lift and you could see it just went on and on, up up up. And of course it rained: freezing rain which then turned to sleet, snow, hail... I couldn't really pause for a rest because it was just too cold. But after about four hours of this, we headed downhill, much to my relief! For a further two hours, we descended into Barranco Valley, and slowly the landscape around us came back to life - the rain lightened, and vegetation began to reappear. As we got lower, crossing mountain streams, there were trees and flowers again...[excerpt from Ania's Kili story]", Ania, Brighton, UK

"Hey Chris, how are you? ..just had a look at your website - have seen you on the Mt. Kili, we've been a few times to Tanzania, but never climbed up.....- thought it would be a good idea to send a mail. Do you remember this "Bawogame" at the big Blue? Wish to be back...And where are you at the moment, are you still in Kenya or already on your way to the west? Would be very nice to hear from you. Good and save travels.", Nina, Nkhata Bay, Malawi

"Hi Chris, The adventure in Africa looks and sounds great so far. Finally managed to catch up with the latest Namaste news. Our satellite link failed after leaving the Gulf of Mexico, so it was a 19 day transit with no phones or internet... Currently in dry dock in Rotterdam fixing a couple of thrusters. Heading over to Newcastle at the weekend to start the load out for the Mauritanian project. Despite the thruster problem we are still on schedule for arriving off West Africa. Our project there runs from October to January, then we are off to Angola for a few months...", Lesley, Holland

"Looking good atop Kilimanjaro!", Heidi, Canada

"[Fastnet] Complete, 9th in Class, so not a bad result. Trust all going well with your trip" Chris, UK

"Hey Chris! how is your trip going? sounds like your having a freakin blast! I would totally be up for Denali 2006, I actually was back there again this June and summited the West Rib...I am waiting to find out if i have a spot on a trip to climb Broad Peak and K2 next June-Sept 2006... will let you know as soon as i findout!", Bobby, USA

Website Update

Stage 1 Development

Stage 1 development is now complete.

Stage 2 Development

The first Namaste Management Guides (Project Management Series; Leadership & Management Series) and Namaste Adventure Films (Climbing Denali; A Taste of North America) are now in production; and should become available from December 2005.

August 2005 Stats

Hits: 36,732
Countries: 51
Downloads: 2,723 Mb

July 2005 Stats

Hits: 28,772
Countries: 45
Downloads: 2,634 Mb

Nairobi & 'Dar'...

From its humble beginnings as a swampy spring at "Mile 326" on the railway, Nairobi has grown from a colonial settlement to a bustling modern city and the capital of Kenya. Known to the indigenous Masai as N'erobi, or "place of cold waters", the site attracted many British colonials in the late 19th century, who wished to cultivate its nearby fertile highlands.

As these settlers attained more and more of the region's productive land, resentment inevitably grew among the local Kikuyu. Their uprising, called the Mau



Dar Es Salaam...

Mau Rebellion, erupted in 1952. It was inspired by the writings of Mzee Jomo Kenyatta, who advocated land reform and who, as the "father of modern Kenya", became the country's first president.

Nairobi was a frontier town when it gained its independence from Great Britain in 1963. Today it ranks as one of the most important cities in Africa, boasting broad boulevards lined with tall buildings, many open spaces, a busy international airport, and the headquarters for the United Nations Environment Programme.

Dar es Salaam, which is Arabic for "Haven of Peace", the de facto capital of Tanzania, is the nation's largest city and chief seaport as well as its principal commercial, manufacturing, and educational centre.

The city was founded in the 1860s as a summer residence for the sultan of Zanzibar. Then it was developed by German colonial interests after 1885, and in 1891 it became the capital of German East Africa, finally passing to British control in 1916; and its main growth as a modern city began in the 1940s. It became the capital of newly independent Tanganyika in 1961 and continued as the seat of administration when Tanganyika and Zanzibar were merged to form Tanzania in 1964.



Nairobi...

Today, 'Dar', as it is known locally is a bustling city mixing modern infrastructure with local and ancient cultures. Importantly, it is the stop-off point for trips to the wonderful islands of Zanzibar and Pemba.

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GLOBAL EXPEDITION

Join the expedition in Africa

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Namaste!

Welcome to the Africa Plan of the Namaste Global Expedition, an amazing around the world adventure. Join me on the expedition for a weekend, a week, a month or longer, and it is up to us to decide what we want to do.

Click here to download the full Africa Plan PDF (to be updated monthly), which should give you some idea of the expedition plan for Africa, though this is subject to variation depending upon conditions, politics and what you would like to do. You will also

find other info documents for more detail, including how to join the expedition.

If you need anything more, please don't hesitate to contact me, by email, fax or phone. I look forward to your suggestions and ideas; and travelling with you soon...

Cheers, Chris



Africa Route Plan

Africa. This vast and diverse continent of 53 countries stretches from the Cape of Good Hope to the shores of the Mediterranean. Encompassing the world's largest desert and one of its most extensive rainforests, it is the adventurer's last frontier. Whether it's the stunning wastes of the Sahara Desert with its barren mountains, the inspiring beauty of snow-capped Kilimanjaro rising sheer from the East African plateau, the lush, mist-covered volcanoes and lakes of Kenya's Rift Valley, colourful tribal peoples, or the lure of ancient Egypt, this continent has them all. And of course, the large numbers of big game that still roam the plains of this fascinating land make Africa the king of safari...



This route plan is a guide only. The exact routing will be determined on the ground depending upon conditions, politics, and accessibility...

CLICK HERE TO
DOWNLOAD THE FULL
NAMASTE GLOBAL
EXPEDITION AFRICA
PLAN

Highlights...

Perhaps nowhere in the world will you find such a variety of cultures, vistas, contrasts and contradictions, cities ancient and modern as in Africa. From the snow-capped peaks of Kilimanjaro and Mt Kenya, to the scorching heat of the desert; from the impenetrable jungles of the Congo, to the silver-sanded beaches bordering the Indian Ocean.

Some of the planned highlights include:

May 2005

Time to explore gorgeous Cape Town, built on the peninsula of the Cape of Good Hope with Table Mountain as a backdrop before heading north through the western Cape to the Tswalu Kalahari Reserve & rhino sanctuary...

June 2005

Exploring Namibia's incredible landscapes from the Fish River Canyon in the south to the Skeleton Coast in the north; from the Namib Desert in the west to the Caprivi Strip in the northeast. Touring the Okavango Delta, Makgadikgadi pan & diamond mines of Botswana on route to Victoria Falls...

July 2005

Touring south through eastern Botswana and southern Zimbabwe, through South Africa's legendary Kruger National Park, before exploring Mozambique's Indian Ocean coastline. Then north through Malawi, often known as 'little Switzerland' owing to its beauty...

August 2005

Across the great plains of Tanzania before climbing Kilimanjaro, Africa's highest at 5,895m (19,340 ft). Then to the coast for some relaxation and diving on Zanzibar before a journey inland through Kenya's incredible game parks, including Tsavo & the Masai Mara. And in both countries, a chance to see much of the Great Rift Valley, one of Africa's most spectacular sights...

September 2005

After a journey in the deserts of northern Kenya; a chance to meet the famous gorillas on the border of Uganda and the Congo. Discovering the equatorial jungle of northwest Uganda, southern Sudan before heading west to explore exotic butterflies and the pygmies of the Central African Republic (CAR).

October 2005

Highlights include a visit to the capital of Burkina Faso, Ouagadougou, once the centre of one of the ancient Mossi kingdoms; the famous red, white and black Volta rivers; historic Mopti, the 'Venice of Mali' founded in the 13th century and the legendary Timbuktoo; and experiencing the unique lifestyle of the nomads of Niger...

November 2005

From the mountains of Guinea to the Adrar plateau of Mauritania; the Atlantic coast of the Gambia and Senegal, before turning north through Mauritania along the western Sahara...

December 2005

A tour of the length of the Atlas Mountains and ancient cities of Morocco. Then crossing into Spain and France for Christmas and returning to Tunisia in North Africa for New Year...

January 2006

Exploring Roman ruins of coastal Libya; and the pre-historic wonders of its Fezzan region. Then into Egypt to explore the the Gifl Kebir plateau, the Nile river region, Cairo and the pyramids, the Great Desert Road and of course some Red Sea diving off the coast of the Sinai Peninsular before crossing into Jordan...

www.namaste.co.uk/africa.htm

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What's next...

**September
2005**

**Kenya Masai
Ethiopia &
Uganda**

**Gorillas of
the Congo**

**October
2005**

**Into the
Sahara - Chad
& Niger**

**Mali - Mopti &
Timbuktoo**

**November
2005**

**Ancient
Mauritania
The Coast
of Gambia &
Senegal**

Plus the usual Global Expedition Update...

www.namaste.co.uk/news