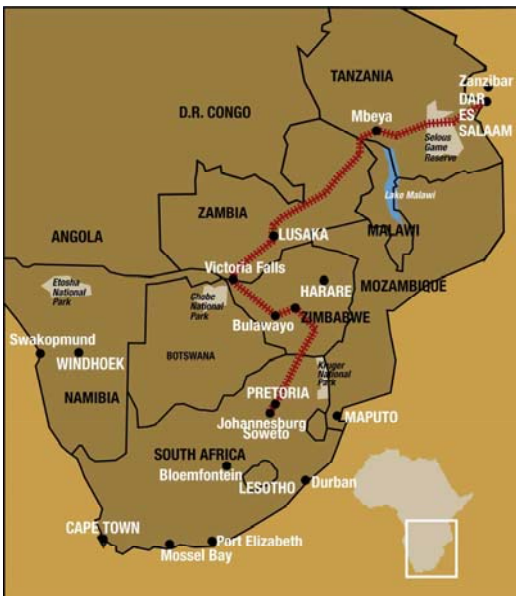




*Shongololo Express proudly introduces their Premier trip into some of the most beautiful and historically rich destinations in Southern Africa. This unique rail journey takes you to see many of the sights that astounded the 19<sup>th</sup> century explorer, Dr David Livingstone. The route covers more than 4000 kilometres through north-eastern South Africa, Zimbabwe, Zambia and Tanzania with visits to Victoria Falls and some of the most beautiful and important game sanctuaries in Africa.*

# IN THE TRACKS OF DR LIVINGSTONE

**NORTHBOUND**  
15 NIGHTS / 16 DAYS



**2007**



**TOUR DATES**

27 May 07 – 11 June 07

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Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

## PRE DAY - JOHANNESBURG (Saturday 26 May 2007)

You will be met upon arrival at Johannesburg International Airport and transferred to the train. Having a pre-day means that one is able to acclimatise and unpack prior to the first day of touring. Specialised activities that could be undertaken, should vehicles be available to take you, are:

### SPECIALISED ACTIVITIES

#### 1. The Cradle of Humankind: Maropeng and Sterkfontein Caves

The Cradle of Humankind developments (the Maropeng Visitor Centre and Sterkfontein Caves) are a Blue IQ initiative. Our visit will start at Maropeng (Setswana for “returning to the place of origin”), the visitor centre at the Cradle of Humankind. An exciting 4-billion-year journey through the elemental forces - water and ice, air, fire and earth - is simulated on an underground lake. One emerges at the beginning of the world after dipping through waterfalls and icebergs, into the eye of a storm, past erupting volcanoes and through the depths of the earth. The journey continues through an experience that highlights the history of our world and humankind as a species. Real fossils are also on display. We continue for a visit to the Sterkfontein Caves, 10 km away, most famous for the two world-renowned hominid finds, namely Mrs Ples in 1947 and Little Foot in 1997. Since excavations at the site first began, hundreds of hominid fossils as well as stone tools have been found here. The excavation of Little Foot and other fossils is an ongoing process at this still active fossil dig. The scientific exhibition here includes lifelike models of hominids as well as specific finds such as Mrs Ples, the Taung Child and Little Foot.

#### 2. Lesedi Cultural Village

We visit this multi-cultural African Village set among pristine Bushveld and rocky hills. Experience the culture of five of South Africa’s major indigenous tribes: the Xhosa, the Zulu, the Pedi, the Basotho and the Ndebele. Lunch will be included.

#### 3. Sandton City

This is truly South Africa’s premier shopping mall, the best of Africa south of the pyramids...

A pre-night on board will include dinner, bed and breakfast.

The train remains stationary in Johannesburg for the night.

(Transfer from the airport to the train: ± 60 km)

## DAY 01 - JOHANNESBURG (Sunday 27 May 2007)

Should you only arrive at Johannesburg International Airport today, you will be met upon arrival and transferred to the train. Please note that you should arrive no later than 08:00 at the airport in order to participate in the day’s excursion.

Gauteng is the economic powerhouse of the Southern African region and home to some of Africa’s greatest cities. The name of the province derives from the Sotho word meaning “Place of Gold”, which is very suitable since much of the wealth of Gauteng has come from this precious metal.

### LAND EXCURSION

#### Johannesburg: Newtown and Constitution Hill

We visit Newtown in downtown Johannesburg, identified to be developed into a Cultural Precinct. Here guests will learn more about Blue IQ, a multi-billion Rand initiative of the Gauteng Provincial Government to develop economic infrastructure for specific major projects in smart industries, high value-added manufacturing and tourism. We cross the ultra-modern Nelson Mandela Bridge and head towards the Old Fort Prison, now forming part of the Constitution Hill development, which today houses the country’s highest court. From outside, this old prison just looks like a hill in the heart of a bustling city suburb. Its history as a prison however dates as far back as the days of the old Transvaal Republic. As a natural hill it used to be the highest point in the then new-born city of Johannesburg, so it started its life as a fort, but was soon converted into a notorious prison - the “Robben Island of Johannesburg”. The Fort is the only prison to have had confined within its walls both Mahatma Ghandi and Nelson Mandela, the world’s major icons of liberation. Having the seat of the Constitution Court built here - using stones

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

from the old prison - this precinct has become the symbol for turning around the past and creating a just and equal society.

(Half day; ± 75 km)

The train departs in the early afternoon from Johannesburg to Zimbabwe.

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### **DAY 02 - ON THE RAILS TO SOMABHULA (Monday 28 May 2007)**

We cross Beit Bridge Border into Zimbabwe in the early morning, and spend the rest of the day travelling towards Somabhula. Guests have time to relax and recoup from their long haul flight to South Africa before starting their exploration of the rest of the subcontinent. Lunch (inclusive on this full day of travel) is served on board. Use the time and the presence of the experienced tourist guides at hand to inform yourself of the wonders of the magnificent continent looming in the distance.

The train arrives at Somabhula in the early evening and stays there for the night.

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### **DAY 03 - SOMABHULA (Tuesday 29 May 2007)**

#### **LAND EXCURSION**

#### **Antelope Park and Nalatale Ruins**





There are two highlights in today's activities: a walk with Lions in Antelope Park and a visit to Nalatale Ruins. (Please note that the total group will be split into two. The first group will walk with Lions, then relax in the park followed by a visit to the ruins, before heading back to the train. The second group will do the ruins first followed by some relaxing time in the park, before the walk with Lions.)

**Walk with Lions in the Wild:** This activity takes approximately one and a half hours and offers an amazing photo opportunity. The long-term project here aims to reintroduce the offspring of captive bred lions into the wild. The lions accompanying you on walks average between 3 and 15 months of age. No leashes, no collars - the lions roam free with you through the African bush. You may even be fortunate enough to experience a stalk on some of the wildlife species, which abound in Antelope Park.

**Nalatale Ruins:** These ruins boast among some of the best rock paintings in Zimbabwe and are situated close to Somabhula and Antelope Park. They are a striking example of the country's Iron Age sites and are dated the same period as Great Zimbabwe.

(Full day; ± 200 km)

#### **SPECIALISED ACTIVITIES**

-  **1. Canoeing**
-  **2. Game Drives**
-  **3. Horseback Game Viewing**
-  **4. Elephant Riding**

After the return to the train in the early evening, we will depart for Victoria Falls.

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### **DAY 04 - ON THE RAILS TO VICTORIA FALLS (Wednesday 30 May 2007)**

A full day is spent on the rails again as we progress towards Victoria Falls. Lunch (inclusive on this full day of travel) is served on board.

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

### Evening Activity

A special bush dinner will await you as a welcome to Victoria Falls. The train will remain stationary in Victoria Falls for the night.

The train will remain stationary in Victoria Falls for the night.

## DAY 05 - VICTORIA FALLS AND LIVINGSTONE (Thursday 31 May 2007)

### LAND EXCURSION

#### The Victoria Falls (Zimbabwe and Zambia)

The Falls form the largest single “curtain” of falling water on earth measuring 1708 m wide. On average the curtain is 0.92 m deep. The spray plume can rise to 500 m and can be seen from as far as 70 km away. In full flood, over 550 million litres of water per minute cascade over the brink. Because the Falls are so wide, there are numerous safe vantage points provided, from where you will be able to get various views of the Falls and the roiling water as it crashes into the gorge and the constant plume of spray that maintains the Rain Forest. The forest is an attraction on its own. The trees include Fig, Mahogany, Date Palm, Milkwood and Ebony. The bird life is also prolific and species that may be seen include the colourful Sunbird and large Trumpeter Hornbill. The sound of the water can be heard from kilometres away and up close this muted ‘thunder’ becomes a roar. Guests will cross the Zambezi River over the famous Railroad Bridge. We will first stop on the Zambian side of Victoria Falls before continuing to the town of Livingstone, named after David Livingstone, the Scottish visionary, who had an insatiable appetite for exploration and a desire to open Africa to the world. The existence of the Falls had of course been known to local tribespeople. Livingstone, upon hearing stories about “Mosi oa Tunya” (the smoke that thunders), arranged to be taken there by dugout canoe. On November 16, 1855 he came to the northern end of what is now Livingstone Island and from there crawled to the edge of the precipice and beheld the spectacle of the waterfall for the first time. If time allows, we will take a walk through the Maramba market after visiting the Livingstone Museum.

(Full day; ± 60 km)

### SPECIALISED ACTIVITY

#### Lunchtime Boat Cruise

This spectacular lunchtime cruise on the Zambezi includes a buffet lunch and drinks.

Guests will meet the train back in Livingstone from where it will depart to Lusaka early the next morning.

## DAY 06 - ON THE RAILS TO LUSAKA (Friday 1 June 2007)

Today will be spent on the rails through the south of Zambia towards its capital, Lusaka. You will be able to see rural Africa as it passes by - miles and miles of flat landscape dotted with green Mopani trees. The exciting prospect of deeper, darker Africa looming... Lunch (inclusive on this full day of travel) is served on board.

After arrival, the train will remain stationary in Lusaka over night.

## DAY 07 - LUSAKA - SOUTH LUANGWA NATIONAL PARK (Saturday 2 June 2007)

After breakfast you will be transferred to Lusaka Airport for a flight to Mfuwe International Airport inside the South Luangwa National Park.

### LAND EXCURSION

#### South Luangwa National Park

Clients will be split up into different lodges for the night (varying in standard of accommodation) depending on the booked category on board the train (Gold, Commodore or Emerald). Two days, including an overnight, will be spent in this, one of the greatest wildlife sanctuaries in the world. The concentration of game around the Luangwa River and its ox bow lagoons is among the most intense in Africa. The Luangwa River, the most intact major river system

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

in Africa, is the lifeblood of the park's 9 050 km<sup>2</sup>. There are 60 different animal species and over 400 different bird species, the only notable exception being the rhino, sadly poached to extinction. You will spend the night inside the park, allowing you to be part of a wildlife experience like few others.  
(Full day; ± 200 km, to Lusaka Airport: ± 50 km)

The train remains empty in Lusaka, while clients spend the night in South Luangwa National Park.

## **DAY 08 - SOUTH LUANGWA NATIONAL PARK (Sunday 3 June 2007)**

### **LAND EXCURSION**

#### **South Luangwa National Park**

A second morning is spent in this park, framed by the Muchinga escarpment and the mighty Luangwa River. Just some of the many species that you are likely to encounter here include: Hyena, Lion, Leopard, Wild Dog, Buffalo, Hippo, Zebra, Giraffe, Bushbuck, Common Duiker, Eland, Impala, Puku, Kudu, Reedbuck, Roan, Sable and Crowned Cranes. Elephant herds can also be encountered.

(Half day; ± 120 km, from Lusaka Airport: ± 50 km)

In the afternoon you will be flown back to Lusaka. The train will depart for Serenje over night.

## **DAY 09 - SERENJE / LIVINGSTONE MEMORIAL / KUNDALILA FALLS (Monday 4 June 2007)**

### **LAND EXCURSION**

#### **Livingstone Memorial and Kundalila Falls**

After breakfast our journey continues to the place where Dr Livingstone died on May 4, 1873. The drive from Serenje passes Kasanka National Park en route to Livingstone Memorial. Along the way you will see the houses of the Bemba people. The memorial itself is simply a plaque placed on the former site of a 'mupundu' wild fruit tree under which Dr Livingstone's heart was buried. His body was then wrapped and carried for 1 500 km (over 11 months) to the coast by his dedicated porters Susi and Chuma, from where it was shipped back to England. Before returning to the train, we will visit the Kundalila Falls (meaning "Crying Dove"). The Kaombe River falls 70 m here, breaking into thin veils of spray.

(Half day; ± 250 km)

Lunch will be enjoyed on the train in the afternoon, en route to the Tanzanian border before the train arrives late the next evening in Makambako.

## **DAY 10 - ON THE RAILS TO MAKAMBAKO (Tuesday 5 June 2007)**

The day is spent on board as we journey through the Southern Highlands of Tanzania, and move on to Makambako. Lunch will be served on board.

## **DAY 11 - MAKAMBAKO (TANZANIA) (Wednesday 6 June 2007)**

### **LAND EXCURSION**

#### **Stone Age Site and Visit to the Town of Iringa**

After arrival at Makambako, we will visit the Isimila Stone Age Site near Iringa. East Africa has always been important for the study of human evolution. It has the longest record of fossil hominids, extending back almost 5 million years. It also has a number of sites, which show that the archaeological or cultural record goes back to 2.5 million years ago. About 20 km south of Iringa, on the main road to Mbeya, some of the richest finds of Stone Age

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

tools were discovered in 1951. Many fossilised bones were also found in the area, among them those of a mammal related to the modern giraffe, but having a much shorter neck, as well as an extinct hippopotamus with unusual periscope-like projections. This is followed by an afternoon in the town of Iringa. The town dates back to 1896. During the colonial era it was a centre for the German and British settlers, who took up land and started farming. Visit a thriving market usually well stocked with fruit, vegetables, flour, rice, maize etc. Adjacent to the fresh food section, stalls sell locally made baskets, mats, pots, metal utensils, brooms, brushes and touristy knickknacks. (Full day; ± 250 km)

A Theme Dinner will await you on the train tonight. The night is spent on the stationary train in Makambako, awaiting daybreak for a scenic daylight train ride.

### **DAY 12 - SCENIC ESCARPMENT DROP (Thursday 7 June 2007)**

This full day train ride will be a highlight, as it includes a spectacular daylight drop off the escarpment and through the Selous Game Reserve. Apart from the breathtaking views of the awe-inspiring landscape, the train ride through the reserve will also afford some game viewing opportunities. Lunch (inclusive on this full day of travel) is served on board.

The train will arrive at Kisasi Station, close to Selous Game Reserve, where you will spend the night on board.

### **DAY 13 - SELOUS (Friday 8 June 2007)**

#### **LAND EXCURSION**

#### **Selous Game Reserve**

Selous, covering an area of roughly 50 000 km<sup>2</sup> is the largest game reserve in Africa - 4 times the size of the Serengeti, and almost 6% of Tanzania's land surface. It possesses a diverse landscape, ranging from hot volcanic springs to sporadic lakes, channels from the Great Raha and Rufiji Rivers. The reserve consists of 43 hunting blocks and 4 photographic zones for tourists in the north. These photographic zones cover around 2 500 km<sup>2</sup>, roughly the size of Luxembourg. Selous is famous for Elephant, Hippopotamus and Rhino. Africa's largest population of Buffalo can also be found here. Other species include Nyasaland and Brindled Gnu, Hartebeest, Greater Kudu, Sable Antelope, Eland, Reedbuck, Bushbuck, Waterbuck, Warthog, Zebra, Giraffe and Wildebeest. Predators include Lion, Leopard, Spotted Hyena and Hunting Dog. Cheetahs are rare. Over 350 species of bird and reptiles such as crocodiles, various snakes and lizards as well as 2 000 species of plants are also found in this reserve.

(Full day; ± 120 km)

Clients depart the train in the early morning to tour the National Park. Lunch will be provided in the park. Guests who didn't select the specialised option, will return to the train that afternoon for overnight on board.

#### **SPECIALISED ACTIVITIES**

#### **1. Walking Safaris**

#### **2. Overnight in a Lodge inside Selous National Park**

The train remains stationary at Kisasi Station.

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

## DAY 14 - SELOUS / OVER NIGHT TO DAR ES SALAAM (Saturday 9 June 2007)

### LAND EXCURSION

#### Selous Game Reserve

A second full day of game viewing inside the famous Selous Game Reserve is planned, before we return to the waiting train at Kisaki Station.

(Full day; ± 120 km)

The train departs over night for its final destination, Dar es Salaam.

## DAY 15 - DAR ES SALAAM / BAGAMOYO (Sunday 10 June 2007)

Dar es Salaam (meaning “Haven of Peace”) has Sultan Majid bin Said, the 1860s sultan of Zanzibar, to thank for its existence. He saw its potential as a deepwater port because of its strategic position at the centre of the East African coast. The city is an eclectic mix of Swahili, German, Asian and British architecture, reflecting its colonial past and more recent history. Today it is a bustling seaport at the crossroads of some of the most important sea routes on the Indian Ocean. A fascinating pastime here is undoubtedly sitting at the water’s edge and being witness to the diverse vessels navigating the waters of the port - not least of them being the traditional dhows, going about their business as if there were no cargo ships looming over them.

### LAND EXCURSION

#### Bagamoyo

Apart from having once been a slave and ivory port, this closest mainland town to the island of Zanzibar, was once also the terminus for caravans from the interior. The meaning of the name is twofold, with caravan porters first calling it “bwaga moyo” (Swahili for “Throw off Melancholy”). However, as a terminus for the slave trade the words changed to “baga moyo” (“Throw down your Heart”) - despair expressed by those captured as slaves, as they faced a long and uncertain future. Once a centre of trade in East Africa, it is now a shadow of its former glory. An interesting historical site is Bomani (the German Colonial Administration Headquarters). Unfortunately only sparse parts of the building remain. One can also visit the Bagamoyo Museum (which also houses the small chapel where Dr David Livingstone’s remains were laid before taken to Zanzibar to be shipped to England) as well as the German Graveyard. The first church on the East Coast of Africa also stands here, as well as 15 mosques. Of particular interest are buildings with carved wooden doors of old Arabic and Indian origin - once marks of status and wealth. They are however scarce and mostly in very bad condition now.

(Full day; ± 144 km)

The train remains stationary in Dar es Salaam.

## DAY 16 - TRANSFER DAY (Monday 11 June 2007) PLUS POST-TOUR DAYS

After breakfast you can stay on board till the time of your transfer to Dar es Salaam International Airport (depending on your flight time), or we will transport you to the starting point of your specialised activity, which we will be happy to help you organise.

(Airport transfer: ± 30 km)

### SPECIALISED ACTIVITIES

#### 1. Zanzibar

For such a small island, Zanzibar is steeped in history. From ancient Arab and Persian immigrants to bloody wars and revolutions, Zanzibar has always been in the thick of these and depicts many stories.

#### 2. Kilimanjaro

Crowned by an eternal snowcap, Mount Kilimanjaro is situated inside the Kilimanjaro National Park in Tanzania. It is the highest mountain in Africa and the tallest free-standing mountain on earth.

Nature & Wildlife	Highlights & Leisure	Culture & People	Specialised Activities
LAND EXCURSIONS – Free choice of available land excursions			Always Optional

### 3. Serengeti

Home to nearly every species of African animal, the Serengeti offers breathtaking views and a chance to see an incredible concentration of East African mammals.

#### IMPORTANT PREPARATIONS AND THINGS TO NOTE

- All visas to be finalised before the start of the journey
- Malaria prophylactics are essential
- Yellow-fever inoculations to be taken
- Warm clothing to be packed for cold winter nights and mornings
- Raincoats to be packed as well
- Sunscreen and hats are highly recommended
- Fancy Dress Clothing for a Theme Dinner on board
- Pre-day arrival highly recommended in order not to miss out part or all of the excursion on Day 1
- It is highly recommended that you obtain a Medical Evacuation Policy; details of the policy should either be given to Shongololo on booking your trip or handed to the Train Manager on arrival day

#### Services included

- 16 Day itinerary on board the Shongololo Epress, travelling from Johannesburg to Dar es Salaam
- 14 Overnights on board the Shongololo Express
- 1 Overnight in the South Luangwa National Park
- Accommodation in different compartment types (Gold, Commodore or Emerald)
- Daily dinner and breakfasts/brunches
- All Land Excursions including entrance fees where applicable
- Airport taxes and return flights between Lusaka and South Luangwa National Park
- Tourism Levy

#### Services not included

- All other flights (international, regional or domestic) and airport taxes
- Porterage
- Lunches (other than where stipulated)
- Gratuities to on-board staff (Recommendation: ± US\$ 10 per guest for each day spent on board)
- Travel and medical insurance
- Visa fees (where applicable)
- Personal expenses such as drinks, curios, laundry
- Specialised activities
- Pre-night on board the train

Please note that this itinerary is also available in the opposite direction.  
 Dates for both directions are as follows:

<b>Tour Dates</b> 27 May 07 – 11 Jun 07	N	<b>Tour Dates</b> 17 Jun 07 – 02 Jul 07	S
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**PLEASE NOTE THAT THE ABOVE PROGRAMME IS SUBJECT TO CHANGE WITHOUT NOTIFICATION DUE TO THE NATURE OF THE DESTINATIONS.**