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Mozambique

MOZAMBIQUE



Mozambique is located on the South-eastern coast of Africa and is bordered by

- Tanzania to the North*
- South Africa and Swaziland to the South*
- Zimbabwe to the West*
- Zambia and Malawi to the North-west.*



- **Capital:** Maputo (previously known as Lourenço Marques)
- **Medical requirement:** Recommended vaccinations: hepatitis A, hepatitis B, typhoid, cholera, yellow fever, rabies.
- **Currency:** Mozambican Metical. Currency symbol MT.
- **National Carriers:** LAM - Linhas Aéreas de Moçambique
- **Main airports:** Maputo International Airport (MPM), Vilankulos Airport (VNX), Aeroporto de Pemba (POL),
- **Time Zone:** Same as SA
- **Public transport:** Rail, road, water, and air.
- **Best time to visit:** A warm tropical climate. The dry season is considered to be the best time to visit which is between June and September.
- **Food specialities:** Seafood (Prawns & other fresh fish), Matapa (stewed cassava leaves (similar to spinach), ground peanuts, garlic and coconut milk), Paõ (pronounced pow, are Portuguese white bread rolls baked in wood-fired ovens), Peri chicken (chicken marinated in lemon juice, garlic and a healthy dose of peri sauce), Prego roll (steak covered in peri sauce), Cashew Nuts, Tropical Fruit (papayas, coconuts, avocados and small, sweet mangoes), 2M (pronounced doish-em, local beer), Tipo Tinto (national rum, mix with Sparberry),
- **Language:** Portuguese (Official)



Main Hubs

- *Bazaruto Archipelago - a beautiful island and underwater marine park.*
- *Quirimbas Archipelago - a scenic and secluded holiday destination off the beaten track.*
- *Ilha de Mozambique - a World Heritage Site.*
- *Pemba - a popular holiday destination.*
- *Tofo Beach - a backpacker haven on the coastline with excellent diving.*
- *Vilanculos - the gateway to the Bazaruto Archipelago.*

Accommodation



Quirimbas Archipelago

Anantara Medjumbe Island Resort and Spa

Ibo Island Lodge

Bazaruto Archipelago

Azura Benguerra Island

Anantara Bazaruto Island Resort and Spa

*andBeyond - Benguerra Island4**

Dugong Beach Lodge

Azura Quilalea Private Island

Azura Quilalea

Vilanculos

Casa Rex Lodge

Bahia Mar Boutique Hotel

Santorini Mozambique

Maputo

Machangulo Beach Lodge

Southern Sun Maputo

Polana Serena Hotel5 - Maputo*

Radisson Blu Maputo - Maputo

Mossuril

*Coral Lodge5**

Inhambane

Massinga Beach

Ponta Mamoli

White Pearl Resort