



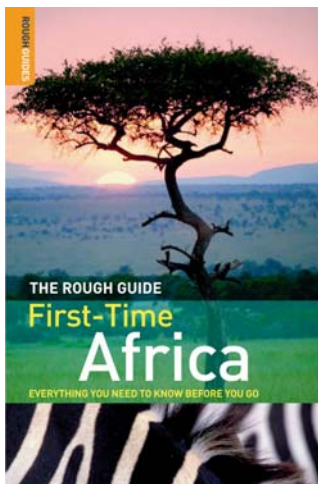
Like to spend some time in Mozambique?

The Rough Guide First-Time Africa

You don't have to be an archaeologist to feel the primal pull Africa exerts on the human imagination, given its status as the cradle of human life. Between man-made marvels like the Pyramids of Egypt and jaw-dropping natural wonders like the Sahara Desert, Victoria Falls and unrivaled wildlife, embarking on a journey to this most varied of continents can be as daunting as it is tantalizing.

First-Time Africa, by Jens Finke, author of the Rough Guides to both beachy-keen Zanzibar and zebra-rich Tanzania, is the perfect starting point for planning an African adventure. This pre-departure guide is crammed with tips and advice from experienced travelers about what you will need to know before you go, from visa requirements to packing wisely to the perfect itinerary for your trip. Beyond the book's strengths as a practical primer, its focus on culture—music, festivals, local customs, and language—in place of a check-list of must-sees makes it truly indispensable for any multi-country trip to Africa.

First-Time Africa will help you decide when to go, where to go and what to do when you get to Africa. Being prepared for the unexpected will make sure that your trip is unforgettable for all the right reasons, whether you are visiting the mythic Atlas Mountains, eating *harira* in Morocco, or going on a safari in sub-Saharan Africa.



HIGHLIGHTS INCLUDE:

- Profiles of **41 countries** from Algeria to Zimbabwe
- **Routes** in and out of each country, plus detailed **maps**
- **Recommended** places and sites to visit
- Major **attractions, activities, and festivals**
- “25 Reasons to go” **photo section**
- **Interesting and humorous tales** from individuals
- **Travel health and survival tips**
- Section on **how to make a responsible and eco-friendly trip**
- Extensive coverage of **festivals and celebrations**

First-Time Africa / Written & Researched by Jens Finke / 1-84353-707-9

464pp, 16pp color

\$16.99 US / \$22.99 CAN

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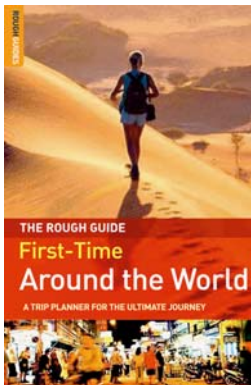
from *First-Time Africa*, p. 210

Adventure Sports

No matter what kind of weird and wonderful activity tickles your fancy, chances are you'll be able to do it in South Africa. The following are just a selection of what's on offer:

- **Abseiling (rappelling)** The biggest thrills are in Lesotho (for the world's longest commercial abseil, at 204m) and at the Victoria Falls
- **Bungee jumping** South Africa's Bloukrans Bridge jump is the world's longest, but the leap from Victoria Falls Bridge tops it for location, and you can also go gorge swinging there – a stomach-turning variant on the theme.
- **The Desert Cup (Marathon of the Sands)** An annual exercise in foot-slogging, toe-blistering pain somewhere deep in the Sahara (the location varies). For full details on www.darbaroud.com
- **Microlighting** Gliding around in a microlight gives you a whole new outlook on life. South Africa has several centres set up for tourists; Victoria Falls aren't to be outdone either.
- **Shark diving (in a cage)** Another one from those barmy South Africans.
- **Sky-diving** One for South Africa.
- **Surfing** Morocco and South Africa are the market leaders here, but for good old-fashioned long boarding, head to chilled out Cape Verde.
- **White-water rafting** Morocco's Oum er Rbia river is the place in North Africa. South of the Sahara, there is a good site on the Nile in Uganda.
- **Zorbing** What's Zorbing? Rolling down a hill inside a giant transparent ball, that's what. South Africa.

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