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> **Hiking & Climbing**

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Mozambique's rugged terrain combined with its natural beauty, makes it a good place for hikers. For almost all hiking in Mozambique you'll be on your own, as there's very little organized

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One of the better mountain climbs is up

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, which needs no special equipment. It's the highest peak in the Zambezia Province of Mozambique. With 2,419 meters it is the second highest mountain of Mozambique behind the Monte Binga. The Namuli massif consists of a level plateau which rises 700 to 800 meters. The granite dome of the Namuli rises 1,600 meter above the plateau. The area above 1,200 meters measures 50 x 30 km. Mount Namuli is located 12 km north-east of Gurué and about 160 km from the Mulanje Massif in south-eastern Malawi.

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The forests of Mount Namuli are an important biodiversity hotspot which means that they have a high biodiversity rate of threatened animals and plant. Species like the Namuli apalis (Apalis

lynesi) and the Vincent's Bush Squirrel (*Paraxerus vincenti*) are endemic to Mount Namuli. Other rare species are the Thyolo Alethe (*Alethe choloensis*) and the Dapple-throat (*Modulatrix orostruthus*) which occur elsewhere too.

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The lower slopes of Mount Namuli are dominated by tea plantations. The middle slopes are agrarian oriented. Indigenous forests are confined to corridors along stream courses. The nearest town is Gurùè which is the largest tea estate of Mozambique.

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 which reaches 1,863 meters is also good, and equally straightforward. More than 2,000 people live on Gorongosa mountain. Residents of the mountain practice agriculture for subsistence and grow horticultural products that are a significant contribution to the nutritional needs of many residents of the district, filling the district's markets with a seasonal variety of fresh produce and livestock for purchase. They have lived on the mountain for generations and their agricultural and social practices that govern land use have kept the unique rain forest at the mountain's summit in such a condition that it supports rare or threatened species, including some endemics such as the famed green headed oriole.

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Silhouetted against the horizon on the Zimbabwe border southwest of Chimoio are the

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, Mozambique's highest peak, rising up on their eastern eadge. The mountains are beautiful ? with stands of pine and mahogany ? and a exceptionally biodiverse, and together with Chimanimani National Park in Zimbabwe have been designated part of a transfrontier conservation area. Chimanimani is particularly notable for its abundance of plants. At least 50 unique species have been identified here, many of which are prized for their medical value by traditional healers. There is also a multitude of birds, including the rare southern banded snake eagle and the barred cuckoo. Rounding out the picture are bushbuck, eland, sable, duiker, klipspringer and countless smaller animals.

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The Montes have a long history and rich traditional life. Rock paintings similar to those at
Chinhamapere have been found at several locations. Many of the rivers and pools in this area are
considered sacred by local communities, as are some of the forest areas in the foothills of the
mountains, and some of the peaks themselves. Traditional beekeeping is widely practiced and
you?re likely to see odd-looking hives hanging from tree branches
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&nbsp;is normally accessed by Zimbabwe, though it?s possible to climb from the Mozambique
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Binga is the highest mountain in Mozambique

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. It is located a few kilometres east of the border between Zimbabwe and Mozambique in the
Chimanimani Transfrontier Park in the province of Manica. Its height is 2,440 meters above sea
level.
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The climb is arduous and takes the best part of a day. There are a number of false summits en
route. At the top the mountain curves into a dome-like prominence. The appearance of the
mountain top is bleak and rocky, with an extremely shallow peaty soil supporting only tussocky
grass and moss between the lichen-covered hard rock outcrops. There are no well marked trails
from Binga to the east and one must make one?s own way, taking care when crossing the steep
ravines that lead eastwards. The views over the Mozambique plain are spectacular. The
mountain is remote from settlements and to reach it from either side of the border takes several
days walking, so overnight camping en route is necessary.
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Other areas for hikes include Penha Longa and the hills around Gurúè. Penha Longa which
straddles the border with Zimbabwe, beginning about 20 km north of Manica. It?s cool and scenic
and offers many walks, all of which can be easily undertaken from the local accommodation
spots.&nbsp;
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For rock climbing, the most appealing area is west of Nampula towards Cuamba, with its towering
granite domes and sheer faces. However, there?s nothing organized and it?s not particularly
feasible unless you have a 4WD and are self-sufficient.
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For all except Monte Gorongosa, you?ll need a tent, and a wherever you hike, don?t stray off
established footpaths.
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All the usual warnings about landmines apply here too.&nbsp;
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