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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Zambia African Safari**

**By Enestle zimba**

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You are on the highway traveling as usual and thinking you are enjoying yourself. But it occurs to you that in fact you are a tepid tired, actually really tired and that you have just realized that you have been tired for such a long time! Why? Because you realize that you have had no break in a long, long time! Voila! You realize that you know the solution. A break! To recharge your natural rhythms, to recharge your natural "batteries". In your mind you see a banner, an advert you recently saw.

**\*\*SAFARI HOLIDAYS!\*\***

That really already makes you feel like you are relaxing already, seeing yourself almost getting to feel like enjoying life again? And indeed WHY?

..... sometimes she is referred to as Zambia...the Real Africa'. Zambia is sandwiched between 8 countries. From Zambia you can get practically anywhere in Southern Africa and even far beyond. Zambia continues to be a haven of peace. With 73 ethnic groups Zambia is an example of African unity in diversity. Zambia is a nation teeming with wildlife in its 19 national parks and private game reserves. It is a land of unspoiled nature with many wetlands and unblemished forests.

Once there you will get close to nature. You will get the feeling, the rhythm of pulsating nature, the soothing feel of close proximity to nature. The friendly people with their warmest of warm African welcomes will embrace you.

Awaiting you is the embracing unspoiled nature that will give you the soothing you yearn. Get the healing, recharge the natural batteries. That is what Zambia Safari Holidays will do for you!

Zambia is home away from home, where nature and life slows down to let your natural rhythms refresh you. Allow the untamed natural elements of the beautiful weather per excellence soothe you, cares you, recharge you, and make you feel life anew!

You will enjoy nature. By watching, feeling and being part

of nature. Allowing the healing of mother nature, just like nature intended it to be. That is what Zambia – the land of glorious sunsets, friendly people, ancient traditions and mystic legends, of nature at its wildest and most exquisite will do for you!

Zambia is a land of the legendary African walking safari and they did originate here. Zambia has earth's biggest waterfall, the wild Zambezi River, breath-taking lakes and wetlands, a profusion of birds, abundant wildlife, and raw, pulsating wilderness, .....all in one friendly country!

What constitutes Zambia's Safaris is its 19 national parks and private game reserves covering a total of 47,662 square kilometres. Most popular of these are South Luangwa, Mosi-oa-Tunya, Kafue, Lochinvar, Lower Zambezi, Kasanka, North Luangwa and Nsumbu. And so also are the best accommodation found there.

Zambia's natural parks are strategically positioned and cover every part of the country. The largest, Kafue National Park is centrally positioned but to the west of Lusaka, accessible by an all weather road. Then there is the unique dual of North and South Luangwa in the east. Others are in the north, in the west and in the south of Zambia.

Zambia's astonishing wildlife includes the graceful lechwe antelope filling the vast plains of Busanga and Bangweulu in their tens of thousands; the annual wildebeest migration of the Liuwa Plains which rivals the Serengeti. See the elephant, hippo, buffalo, giraffe, zebra, warthog, primates, antelope and various reptiles and rodents and are common

sightings in the game reserves.

And there are large carnivores too! The common ones seen in the Zambian game parks are the cheetah, leopard, lion (the legendary king of the jungle), spotted hyena (wild' strongest teeth) and the wild dog. Smaller carnivores such as honey badger, African wildcat, mongoose jackal, etc., are common sights too.

Zambia has three natural lakes. In the north are the Bangweulu, Mweru and the southern tip of Lake Tanganyika, the world's second deepest lake. Along the southern border is the exciting mighty Lake Kariba, one of the world's largest man-made lakes. It measures 280 kilometres long and 40 kilometres at its widest.

Of the 73 tribes of Zambia, 20 practise annual traditional ceremonies. These manifest customs, social life, rituals, oral history, material and spiritual culture. When these ceremonies are in session visitors are welcome to watch. Catch one and you will enjoy it.

Apart from its abundant wildlife, rivers, and lakes, Zambia holds 6% of the world's copper reserves and is the fourth largest copper producing nation in the world. Zambia is internationally recognised as a major producer of emeralds, aquamarines, amethyst and tourmalines. The qualities of the gems are highly competitive on the world markets.

Zambia's vegetation is savanna type with lots of trees varying in density. The climate makes Zambia suitable for a wide range of farming crops. All vegetables and fruits such as citrus, bananas, pineapples, mangoes, avocados, etc., grow. The weather is fine just about the whole year round; a bit sun shine now and a bit of rain another season.

While on holiday in Zambia you can choose to enjoy adventures of your choice. In Livingstone town, the Adventure Centre is a must visit. You will be able to choose the adventure of your liking and they're a myriad. The adventure tours can also be arranged from the comfort of your hotel lobby or lodge. These adventures include;

White water rafting on 23 wild Zambezi river rapids below

Victoria Falls

Canoeing safaris along the Zambezi River

River–boarding by surfing the Zambezi below Victoria Falls

Houseboating on Lake Kariba

Bungee jumping off the Victoria Falls Bridge

Walking safaris are the best on the continent

Abseiling the gorges of Victoria Falls

Horse riding safaris, a unique way to view game

Tandem kayaking with an experienced kayaker who will take you through the raging rapids of the Zambezi – great fun and quite safe.

Fishing such as fly fishing, tiger fishing, are some of the best fresh water fishing

Elephant back safaris; tame elephants give the best view for game viewing in the Mosi–oa–Tunya National Park.

One guarantee! The contagious "Simply–Love–Zambia–Safari–Bug" will affect you. Once "infected" you will always remember Zambia, the warmest of warm African welcomes, Africa's best–kept secret. The superb enjoyment cure of exhaustion!!

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Enestle Zimba is the founding editor of Africa's Best Kept Secret Ezine. Enestle is geologist of over twenty years and manages Zambia African Safari (ZAS) part time. He is dedicated to the promotion of safaris and tourism in Zambia and the conservation of wildlife and the environment. Do You Know What is Africa's Best Secret? <http://www.zambia–the–african–safari.com>

## **African Safaris From East To South**

**By Low Jeremy**

If you are a novice in African safaris, you probably might find yourself overwhelmed with the array of

## Zambia African Safari

choices that will arrest your sight. If you have already gone there, you might as well know how to plan a tour so as to delve into the deeper wonders of the African safaris. Remember, some solitary locations are far more marvelous than those, which already became traditional destinations.

Go. Plan a different route. Seek places that you haven't scoured before and experience wonder that you should not miss.

You can't off course explore the whole of African safaris on a few days of trip. There simply are too many sights to feed your spirit and too many places where you may see the real and seldomly seen creations.

This is what an African safari may look like—

A spot may feature a snow-capped mountain while another site will let you witness the miracle of aquatic reefs. And there are definitely deserts and endless selections of wildlife. On another spot, you may even see a remarkable waterfall that will let you experience African safari the different way. Not to mention the diversity of culture and traditions, people and norms that form Africa.

It simply has got it all! Even the most amazing wonders that you can imagine may be found lingering in its rich and vast African safaris.

### East and Central Africa

Mount Kilimanjaro...Ngorongoro Crater...countless plains animals...prides of lion along with other predators are all found in these African safari regions. It is strange how these two regions harbor the diversity of animals that feeds on its earth. Its amazing how animals like impala, hartebeest, cheetah, buffalo and others coexist harmoniously in African safaris.

### South Africa

Though southern African safaris lack the famous wonders that east and central Africa offer, it still has other things to present to its guests. This is the sight most films of life in the safaris are made.

Zimbabwe is often deemed to be the most marvelous place in African safaris. Why not? It is the honors the mighty Victoria Falls.

One of the African safari favorites is the Zambia. It harbors wilderness camps that may be found in national parks such as Kafue National Park and South Luangwa.

To finish your African safari trip, you may find pleasure in the Indian Ocean islands, which cover Mozambique, Madagascar, Malawi, Mauritius and Seychelles Islands. The waters that cover these places are great havens for marine life.

This content is provided by Low Jeremy. It may be used only in its entirety with all links included. For more information on safari & other useful information, please visit



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