



The Afrika Odyssey Expedition team at the Malawi Majete Wildlife Reserve. SUPPLIED

# Sunday Challenge

## QUESTIONS

- 1 What is the meaning of the Zulu phrase *inkuzi isemthetheni?*
- 2 Name the longest-running professional surfing competition in the world.
- 3 King Misuzulu kaZwelithini is the current Zulu monarch. How many have there been?
- 4 Where does South Africa rank among the world's citrus exporters?
- 5 Which famous TV moderator was fond of saying 'Bada Bing' and what does it mean?
- 6 How many days are there in a leap year?
- 7 Which fruit is known for having seeds on the outside?
- 8 Who lost an army to the Zulus at the Battle of Isandlwana?
- 9 The survivors of Isandlwana massacre fled and fortified themselves in a mission station at Rorkes Drift, where they fended off a Zulu attack. How many VC's (Victoria Cross medals – Britain's highest award for valour) did they win?
- 10 Where does the well-known Afrikaans word *blatjang* come from?
- 11 What instrument is used to measure atmospheric pressure?
- 12 In what type of animal is the heart located in the head?
- 13 In what year did the Titanic sink?
- 14 Who painted the *Mona Lisa*?
- 15 Who wrote the play, *Romeo and Juliet*?
- 16 What is the largest planet in our solar system?
- 17 What element does 'O' represent on the periodic table?
- 18 Which ocean is the largest by surface area?
- 19 What is the process by which plants make their food using sunlight?
- 20 Which instrument has black and white keys?

- 21 The World's Cleanest 100: Which city is the cleanest? (2023)
- 22 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 23 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 24 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 25 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 26 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 27 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 28 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 29 The World's Most Disappointing: Which city is the most disappointing? (2023)
- 30 The World's Most Disappointing: Which city is the most disappointing? (2023)

# End to a true odyssey

STAFF REPORTER

WHEN it comes to adventure, geographic achievements and humanitarian efforts, it's hard to outdo South Africa's father-and-son explorers, Kingsley and Ross Holgate and their veteran team, who have recently completed their 41st expedition.

This latest quest – a year-long, 62,000-km journey called "Afrika Odyssey" – reached some of the wildest and most remote regions on the continent. Utilising two diesel-powered Land Rover Defender 130s, the team endured extreme weather and brutal terrain on a mission to connect 22 diverse wildlife areas in 12 countries spanning more than 20-million hectares, which are managed by conservation NGO African Parks in partnership with national governments.

"Over the past 30 years, we've witnessed the frightening loss of Africa's pristine landscapes and iconic wildlife," said Holgate sr.

"For many years we've been asking the question: Is there hope for Africa's wild spaces and unique fauna and flora, as well as for the communities that depend on them?"

"That's what spawned the idea for this expedition. "The good news is we've seen firsthand, the incredible work being done across Africa to protect and restore vast tracts of wilderness, and stop wildlife poaching, illegal logging and mining."

"We've heard gut-wrenching, personal stories of loss from rangers on the front line, alongside uplifting stories of hope that bear witness to the revival happening, thanks to proactive governments, and the positive impact this is having on both conservation and communities."

The expedition had to traverse 22 countries to reach all geographic locations. Starting in the Iona desert plains of Angola; it crossed seven southern African countries; reached the highest and furthest source of the Nile – in the Nyungwe forests of Rwanda; tackled dense rainforests in the Democratic Republic of Congo (DRC) and war-ravaged regions in South Sudan and the Central African Republic; traversed the length of Cameroon to reach Chad and the Ennedi massif in the Sahara



ROSS Holgate has taken up the mantle of expedition leader on the Afrika Odyssey. SUPPLIED

Desert close to the border with Libya; before navigating through volatile areas of Nigeria to reach the north of Benin in West Africa, which is on the frontline of jihadist insurgency spilling over from Burkina Faso and Niger.

"Never before have we experienced such harsh and difficult conditions," said Holgate jr, who has taken on the mantle of expedition leader. "From record flooding in Uganda and the DRC that turned dirt tracks into rivers, to pothole-infested, treacherous roads to reach Juba in South Sudan, which is prone to banditry and land mines."

"Some routes were just a whirlwind of chaos as were remote border crossings, many of which had seldom seen overland travellers," Holgate jr said.

"Throw into the mix the world's driest desert, the Sahara: Now that's a test for man and machine, as temper-

atures soared well over 50°C day after day. It was a constant job of inflating and deflating tyres as sand dunes gave way to sharp rocks. We were amazed at how the heavily-loaded Defenders just kept on going, despite the extreme heat and terrain."

The expedition also provided humanitarian support to 100,000 people in communities adjacent to each wildlife area, in particular malaria prevention for pregnant women and mothers with young children.

"The unusually high rainfall in East and Central Africa has escalated malaria cases, especially among pregnant women and young children. "Statistics show that on average, 1,320 children die daily from this killer disease," Holgate sr said.

"But sometimes, it felt like we were risking our lives to save lives, as every member of the expedition team also

contracted malaria.

"We know from personal experience just how deadly malaria can be, so along with education on malaria prevention, we distributed more than 15,880 long-lasting insecticide-treated mosquito nets. With one mosquito net protecting on average a mum and two children, that's 47,650 people kept safe from malaria on this expedition alone," he said.

In addition, 2,250 eye tests and reading glasses were provided to people with poor sight in very remote areas.

"It's incredibly heart-warming to witness the transformation a simple pair of spectacles makes, especially for elderly people as they are able to become productive members of their communities again," said Holgate sr.

He said that the expedition also reached thousands of children through



THE route the expedition followed.

a vibrant, educational Wildlife Art programme, adding, "Children are the future guardians of these critically important natural areas, so it's important that they know from an early age about the values of caring for their environment."

African symbolism is always a key element. The Holgates' well-travelled Zulu calabash collected symbolic water from all 22 locations and the expedition carried a 250-page "Scroll of Hope for Conservation", which now contains thousands of inspiring messages handwritten by community members, park rangers, health workers, teachers and government envoys across Africa. The enormous book has been given to African Parks as a memento of the Afrika Odyssey expedition.

"When we started out on this mission to find stories of hope for Africa's wildlife, wild spaces and the communities that depend on them, to be honest we weren't sure what to expect – or if we'd find anything to celebrate," said Holgate jr.

"We found plenty. Despite the incredibly tough conditions, we feel very privileged to have journeyed to parts of the continent that we had never experienced, and to have met thousands of extraordinary individuals – all committed to preserving what makes Africa so special for future generations."

EXPLORER

## Respected, colourful and a spirit of adventure bar none

STAFF REPORTER

KINGSLEY Holgate, aka "Greybeard of Adventure", is one of the world's most respected and colourful explorers. A humanitarian, adventurer,

author, Fellow of the Royal Geographical Society and Land Rover Ambassador, Holgate holds the unique distinction of having explored all 54 countries on the African continent, including all the island states.

His lifetime of journeys has taken him on foot, in open boats, by traditional Swahili dhows and Land Rover to some of the remotest and most dangerous regions in the world. He's survived malaria more than 50 times and terrifying interrogations by some of Africa's most notorious rebel leaders. With his son Ross and a veteran expedition team, Holgate holds another distinction: Completing 40 humanitarian and geographic expeditions during the past 30 years – many of them world-firsts – across Africa and beyond.

- ◆ World-first expeditions include:
  - ◆ From the Cape of Good Hope (South Africa) to Alexandria and the mouth of the Nile (Egypt) following the waterways of Africa (1992-1993).
  - ◆ Around the world by Land Rover



KINGSLEY Holgate with Hughes Akpona, a regional manager in Benin looking through the scroll (see story above). SUPPLIED

along the Tropic of Capricorn (1996-1997).

- ◆ Tracking the entire outline of Africa through 33 countries in 449 days (2007-2008)
- ◆ Discovery of the geographic centre point of Africa, verified by the International Geographic Union (2015).
- ◆ First exploration team in history

to reach all 7 of Africa's extreme geographic points, after completing the Extreme East Expedition to Somalia (2017).

◆ The first "Hot Cape to Cold Cape" transcontinental journey in 30 years to traverse Africa through the disputed territories of South Sudan and the Republic of Sudan and successfully reach Nordkapp, the most northern point of Europe in Norway's Arctic Circle (2021-2022).

◆ Since 2021, all Holgate's expeditions have been carbon-neutral, through the planting of thousands of indigenous trees in the Eastern Cape as part of the Albany Biodiversity Corridor. What makes Holgate and his team even more unique is their enduring humanitarian theme of 'using adventure to improve and save lives' through:

- ◆ Malaria Prevention and Education – support to vulnerable pregnant women and young children.
- ◆ Water Purification – provision of

clean drinking water to water-scarce communities.

◆ Mashozi's Rite to Sight – distribution of reading glasses to poorly-sighted people in remote communities.

◆ Conservation & Communities – protection of Africa's endangered wildlife and biodiversity.

◆ Early Childhood Development – transforming underprivileged ECD centres into 'centres of hope'.

To date, the Kingsley Holgate Foundation has assisted more than 4 million people throughout Africa and beyond. Holgate is the author of five books on Africa travel and adventure. His latest, *Africa – a Love Affair with a Continent*, was published in 2018; the limited-edition print sold out within six months. Holgate and Ross were both born in South Africa and live on the North Coast, as evidenced by the number plate on their Land Rover Defenders (See picture in story above). See www.kingsleyholgate.com

## TREKNET

Gavin Thomson and Dave Gomersall

