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CIMA WALK (UPTOWN): 7KM; 4 MILES

This walk, starting and ending at the stately and palacial **Hotel Polana** (designed by renowned British architect Sir Herbert Baker), explores the newer part of Maputo, built on a hill overlooking the bay. The Polana, where there is **safe parking**, recalls the opulent 1920s when no expense was spared on style and luxury. It is a fascinating place to visit. The Polana's marvellous lift, with its carved hardwood panels, ornate iron railings and crystal windows, is on its own worth a visit.

Walk out of the Polana parking area, cross over Av. Julius Nyerere and to your right, across the wide Av. Mao Tsé Tung (but still on Julius Nyerere) you'll see two stately old colonial homes. The first villa is still occupied by the descendants of the original owners, while the second was once the Ungumi Restaurant, reputedly then the finest dining establishment in town, whose patron was former first lady Maria Chissano.

From here, continue around the building onto the Rua Kwame Nkrumah. To the right, one block up from here is the **Church of Santo Antonio da Polana**. Do enter this serene building and admire the enormous stained-glass windows extending into the soaring spire. At the next intersection take a left turn into Av. Mártires da Machava. After five blocks you will reach Av. Eduardo Mondlane with its four traffic lanes. On the corner to your left, is the **Bureau de Informação Público** (Public Information Bureau also known as BIP) which offers for sale a good variety of useful and informative videos, books and magazines about Mozambique.

From here turn right along Av. Eduardo Mondlane, past the sprawling grounds of the **Central Hospital** to the quaint and unmistakable **Restaurante 1908**. This Victorian-style mansion, once the hospital of Lourenço Marques, has been converted into a restaurant which serves a variety of very good Italian dishes.

Cross Av. Eduardo Mondlane to Av. Salvador Allende and walk four blocks towards the bay. At the junction with Av. Patrice Lumumba turn left and enjoy the view during the short walk to the **Natural History Museum** (Museu da Historia Natural), built in the Manueline style. Exhibits include stuffed animals and the only known (almost complete) collection of elephant fetuses displaying all 22 months of gestation. The museum director, Dr Augusto Cabral, is a fount of information on Mozambique's history and wildlife.

Walk back around the praça and turn left into Rua de Mateus Sansão Muthemba with **Clube dos Empresários** almost immediately to your left. The shady terrace overlooking the swimming pool is a great place to sit and sip a cold drink. Carry on down the road, watching out for the **Associação Cultural Tchova Xitaduma** on your right, two blocks before the intersection with Av. Julius Nyerere. This cultural centre often has exhibitions by local artists.

Continue with Sansão Muthemba and turn left at the junction into Av. Julius Nyerere, the road on which the Hotel Polana is situated. It is now a 2km (1¼-mile) walk back to your starting point, along a leafy avenue lined with stately homes, interesting shops and various restaurants. Pause for an ice cream, stop off for lunch, watch the passing show over a cup of espresso, and support the curio sellers who offer their wares under the trees just before you reach the parking area of the **Hotel Polana**.