



SWIM FOR NSUMBU 2022

WHAT IS IT?

The swim is an annual event, organised by Ndole Bay Lodge, which challenges participants to take part in an open water swim across the waters of Lake Tanganyika in Zambia, the second deepest and the longest freshwater lake in the world to support conservation of this amazing Lake. This year, swim is on Sunday 2nd October, our aim is to raise money and awareness of the ecosystem, particularly Nsumbu National Park and rangers who protect it. All funds raised will be donated directly and in full to the Nsumbu Tanganyika Conservation Project managed by Frankfurt Zoological Society; and the funds will be directed towards improving ranger welfare through selected projects like water supply and sanitation improvements in accommodation for rangers.

This year we aim to raise USD\$5000 for the cause through individual swimmer sponsorship.

The swim itself covers a distance of 22kms across the national park boundary and takes a full day to complete. Participants can enter as a solo swimmer if their fitness and experience is suitable, or as a team from 2 to 6 swimmers working in relay to make it a fun team event. Participants must be able to swim for at least 30 minutes unassisted at a steady pace.

Support boats are in attendance the whole way to ensure safety, resting places and opportunity for a limited number of spectators. In order to ensure a cohesive swimming group and avoid large gaps for safety reasons; throughout the day, every 30 minutes all swimmers lagging behind will be brought to the front of the pack to maintain momentum.

We will have several support boats there to accommodate different swimming speeds along the way. Slower swimmers will be picked up and brought up to speed with other swimmers at regular intervals to.

ABOUT THE CAUSE

Nsumbu National Park (NNP) lies on the shores of Lake Tanganyika in Zambia's far north. A little-known protected area, Nsumbu remains an astounding array of pristine natural habitats including the endangered Sumbu-Itigi forests that once sprawled widely across the region and still provide critical habitat to mega herbivores. The park forms the eastern most protected area of the much wider Nsumbu -Mweru Ecosystem, some 10,200km² of wilderness linking two of the great lakes of Africa. A mosaic of forest, floodplain and escarpment; the park also encompasses an area of Lake Tanganyika waters, one of most biologically diverse habitats on earth containing an estimated 1,000 species of animal life.

In 2017 the Nsumbu Tanganyika Conservation Project (NTCP) was established under the Frankfurt Zoological Society (FZS) to focus on securing the Nsumbu Tanganyika Ecosystem: a core wildlife area of 4,000km² including NNP, Tondwa Game Management Area (GMA) and parts of Kaputa GMA and open areas. Immediate law enforcement support to government through the Department of National Parks and Wildlife (DNPW) focused on protecting the remnant elephant population and a vast undisturbed wilderness.

Intense and comprehensive protected area management support is required if we are to be able to aid the recovery of iconic and threatened species such as lion and black rhino and increase the security of a globally significant ecosystem able to positively contribute to human wellbeing and sustainability. Rangers are the frontline of this effort, and in 2022 will be participating in the swim as a standalone ranger team!

This event will help to raise funds for conservation efforts, and increase awareness of this amazing ecosystem.

THE ROUTE FOR 2022



The route begins 1km from the rocky shoreline by Nangu Headland on Lake Tanganyika, then continues 22kms across open waters, ending at the beach at Ndole Bay Lodge.

THE SWIM SCHEDULE

Competitors are to arrive to Ndole Bay Lodge by Saturday 1st October midday, in order to give enough time to recover from the journey. Ndole Bay lodge has provided discounted full board rates to swimmers, these exclude drinks/bar.

A safety briefing and Q and A session will be held at 1730pm on Saturday which is compulsory for all participants.

Sunday morning will begin with a light breakfast at 5.30am at the lodge before heading out by boat to the starting area. Light breakfast items will also be available on the boat for those who get hungry throughout the morning.

We aim to be in the water by around 6am to commence the swim.

There will be 2-3 support vessels providing coordination, direction and resting places for the participants. . Packed food and refreshments will be available on the boat for swimmers' lunches, we encourage swimmers to also bring their own energy snack/drinks as required for strenuous physical activity.

The swim will end at 5:00pm (latest) at Ndole Bay Lodge beach. This is to ensure safety of swimmers from possible animals inhabiting lake waters.

Competitors can depart the lodge Monday or Tuesday if a day of fun and recovery is needed after that epic effort.

Fun (or slow 🐢) swimmers / Families with children: We will have our largest boat following in the rear with the slowest swimmers so they can get on and off and swap swimmers/ kayakers as needed. Every 30mins, this boat is required to pick up the slowest swimmers from the water and bring them up to the middle of the pack so that we do not have large distances in-between for safety reasons. This also means we can follow the action while cheering on those who are putting in the hard yards.

WHAT TO BRING FOR THE SWIM

- Swimsuit
- Rash vest for sun protection in the middle of the day.
- Hat
- Sunscreen
- Personal water bottle (can be refilled at the lodge or bottled water can be purchased)
- Required swim aids or personal floatation support buoy
- Fins and masks are allowed
- Snacks and energy drinks
- Personal medicines as required.
- Medical aid information in case of emergency.

COSTS

A participation fee of \$60 per swimmer (adults / children) to help cover logistics/boats for the day of the swim, this also includes an event t-shirt featuring the swim and major sponsor logos.

Ndole bay has offered discounted rates as follows for participating swimmers only for 3 nights between the dates of Friday 30th April – Sunday 3rd October (depart Monday)

- Standard Ensuite room @ \$75pp/per night sharing.
- Deluxe Beachfront room @ \$100pp/per night sharing.

Rates include: Basic meals : Breakfast, light lunches and dinners, accommodation, use of WIFI in main area, all day tea/coffee, laundry, VAT.

Rates exclude: Drinks, park fees, any activities. Our other pricing are excluding VAT.

Children 14 years and under: 50% of the above rates and must have reasonable swimming skills due to safety reasons. Must share room with adults.

Any extra nights outside these dates will be at Ndole Bay standard rates. Please inquire.

Non swimmers – If you want to come to the event but are not a swimmer, you can still join in as long as you are sharing a room with a participating swimmer.

FUNDRAISING

Each competitor is expected to individually fund raise for the event. Givengain is an online donation platform set up so you can receive and track your donation progress or you can take cash and submit it upon arrival to Ndole bay prior to the swim. We are aiming our event goal at \$5000 raised for the cause.

Register yourself as a swimmer on Givengain.com the event named **Swim for Nsumbu 2022** and share on social media to gain some support from your friends and loved ones #SwimforNsumbu2022 <https://www.givengain.com/e/swim-for-nsumbu-2022/>

If you are able to raise extra sponsorship from businesses in the form of fuel donations/ snacks/drinks/towels please let us know! Any and all help is appreciated! Their logo will be displayed on marketing to promote their goodwill, tiered sponsorship levels will apply.

SAFETY

Swimmers will need to sign an indemnity form to participate in the swim to exclude Ndole Bay Lodge from liability.

We do expect all swimmers to have their own medical insurance and be medically fit to enter to swim with its inherent risks. Do not to swim unsupervised / at night / in rough waters / under the influence of alcohol or narcotics outside or during the event.

Covid19

Normal Covid precautions must be followed by all participants, if you have symptoms we recommend a test, if positive we will ask you to withdraw your entry.

Wild Animals

There are wild animals inhabiting the lake, and we ask that swimmers take general caution and be aware of their surroundings while swimming around the shoreline from Ndole Bay as a rule.

For the swim event - we start 100m offshore, and we end the event on the Ndole Bay beach under close supervision and safety. The majority of the swimming is done in extremely deep waters far offshore with little to ensure swimmer safety. It is extremely unlikely that you will encounter anything out so far, remember it is the deepest lake in the world! Precautions are in place and we consider it to be very safe for swimmers to enter the event without worry.

GETTING HERE

There are a few options to get here, either self-drive directly to the lodge via Kasama – Mporokoso – Nsumbu – Ndole Bay. The gravel road between Mporokoso has been recently graded and in quite good condition, most guests take an average of 4 hours to do this stretch, making it the cheapest and quickest way to get here apart from flying.

Alternatively, you can drive to Mpulungu avoiding all gravel roads and get a boat transfer to the lodge (around 2-3-hour scenic ride). Prices for this on request.

Lastly you could consider a private plane charter, costs depend on how many people, normally plane capacity is either 4 or 8 passengers, this is most cost efficient from Ndola. Charter company details available on request. We can try and group those interested in this into one charter if we get enough people.

TO REGISTER / BOOK YOUR PLACE

Email us to book at info@ndolebaylodge.com / WhatsApp msg: +260 962 036 871

Entry fee + 2 nights deposit is required on accommodation prior to arrival. Standard lodge cancellation fees apply.

Please fill out the entry form on google forms via this link:

<https://forms.gle/gmhAEZKhtQCjj7di6>

