

4 African travel adventures for all generations

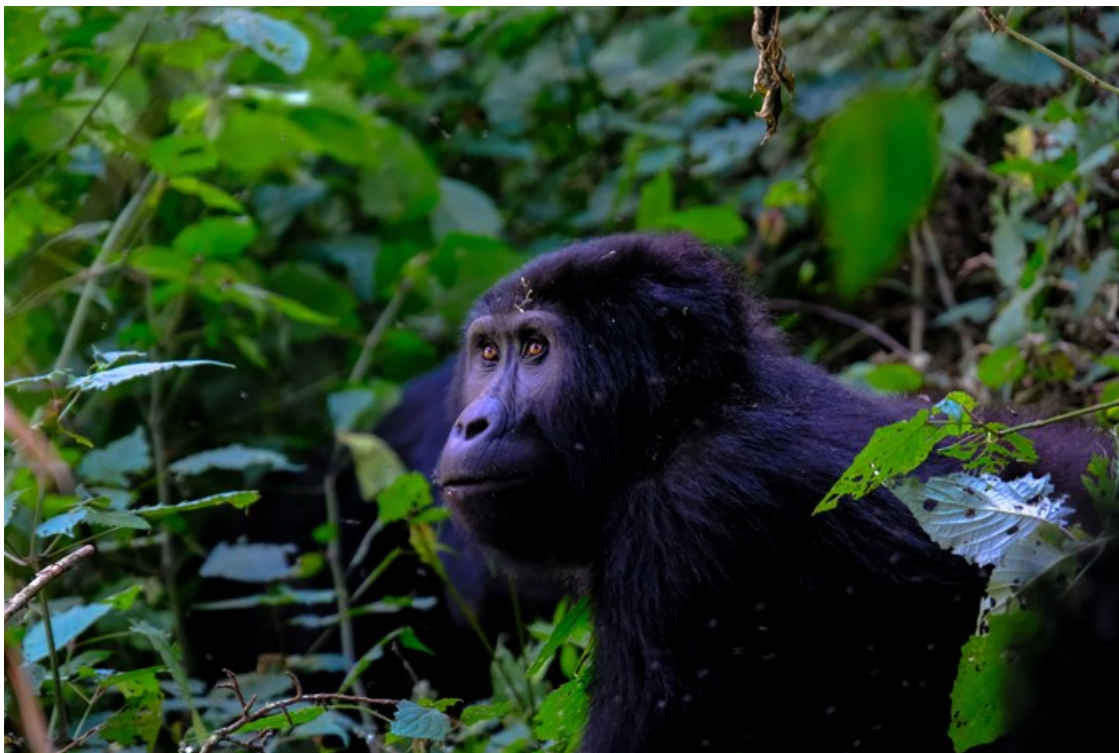
 By Jenna Berndt

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It doesn't matter your age; we all love a good travel adventure. This #YouthMonth, we seek out incredible experiences to have in Africa that are perfect not only for Generation Z and millennials but all ages.

Generation Z, go gorilla trekking

Generation Z, the generation born after millennials, is somewhere between four and 24 years old. Make the most of those young-and-carefree days by ticking off one of Africa's most unforgettable adventures: gorilla trekking in Uganda or Rwanda. Choose a reputable tour operator to ensure you're travelling safely and sustainably. See the gentle mountain gorilla in its natural habitat on a once-in-a-lifetime trek through the Bwindi Impenetrable Forest.



For another memorable outdoor experience, try a multi-day overland trip. Journeying through eight countries, Topdeck's 58-day itinerary from Nairobi to Cape Town includes uniquely African adventures such as chimpanzee trekking and whitewater rafting in Uganda, camping in the Maasai Mara National Reserve, a Serengeti safari, quad biking in Swakopmund and camping alongside South Africa's Gariep (Orange) River.

Millennials, practice mindfulness in Mozambique

For the digital nomad or Millennial (between 21 and 37 years old) corporate traveller with time for a 'bleisure' add-on, Mozambique is a paradise for adventure. From horse riding and surfing to deep sea fishing and diving, nature, marine and land-based adventures await.



If your idea of adventure is working up a sweat more mindfully, check-in at the renowned Turtle Cove Surf Lodge and Yoga Shala in Tofo. Tucked away in lush gardens, about 1km from Tofinho and Tofo beach, this is the perfect retreat for working travellers and holidaymakers. Expert yoga instructors offer workshops and meditation sessions while keen surfers can catch a wave at Tofinho.

Generation X, check into Chobe

If you're between 40 and 54 years old, you're a Generation X-er. The instigators of the multigenerational family holiday, the Generation X traveller usually has kids or parents in tow. Studies have shown that the Generation X traveller appreciates luxury when travelling, often choosing to upgrade to a better hotel room category and craves the authentic experiences that the millennials so often seek out.



So, Generation X travellers looking for a refined and unique African experience can explore the Chobe River, the lifeblood

of the densest, most unspoilt concentrations of wildlife in Africa. Ichingo Chobe River Lodge on Impalila Island in Namibia is a good base and offers a quiet, authentic and more secluded Chobe River experience. The eight Meru safari tents and one family tent are ideal for families, couples or groups. The lodge offers the ultimate water-based game viewing experience. Guests journey out daily on a tender boat to spot elephant, buffalo, lion, crocodile and zebra up close, as well as the diverse birdlife. Game viewing is at its best from March to November.

Baby boomers, journey to Vic Falls with the family

If you're a baby boomer (between 55 and 75 years old), bring along the kids and grandkids and embrace a multigenerational family adventure. Or if the adults can't take time off work, why not consider a 'skip-gen' family holiday, the term for when Baby Boomer grandparents hit the road with their grandchildren while Mom and Dad stay behind.



"In Victoria Falls, teenagers can enjoy adrenalin-pumping adventures such as abseiling and bungee jumping, while younger kids can spot game on a Zambezi River Cruise or go whitewater rafting," suggests Sue Garrett, general manager marketing and product at the Flight Centre Travel Group. "A bucket-list experience is enjoying a helicopter flip over the Falls. For a more sedate, relaxing activity for all ages, enjoy a high tea at the grand Victoria Falls Hotel watching 'the smoke that thunders' from the terrace. The views are unbeatable."

With all these adventures awaiting in Africa, the only question to ask is: when are you going?

ABOUT JENNA BERNDT

With a curious mind and a love for travel and tourism, Jenna Berndt has over nine years' marketing experience in the travel industry. She is currently a brand owner for leisure travel brands at Big Ambitions, a specialist Cape Town-based travel content marketing consultancy.

Jenna has a journalism degree specialising in graphic design, a keen eye for visual and written communication and is focused on achieving brand goals through content creation and PR, marketing strategy, SEO copywriting and social media.

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