



Africa

Zambezi River: Whitewater Rafting & Safari



trip highlights

Experience a four-day rafting expedition through Batoka Gorge, navigating the Zambezi's whitewater below Victoria Falls.

Soar above Batoka Gorge by helicopter, tracing the rapids and route you've just rafted from the air

Camp beneath the stars on sandy beaches deep within Batoka Gorge, beside the Zambezi River.

Relax at a lodge perched high above Batoka Gorge, looking back across the landscape you've just rafted through.

Cruise the upper Zambezi at sunset, with opportunities to spot wildlife along the riverbanks.

Explore Botswana's Chobe National Park on included game drives and boat safaris along the Chobe River.



Trip Duration	8 days	Trip Code: ZRW
Grade	Moderate	
Activities	Rafting	
Summary	8 day trip, 4 days rafting, 3 nights comfort camping, 4 nights premium lodges	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Zambezi River: Whitewater Rafting & Safari, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

When travelling on the Zambezi River, experienced guiding and well-managed river operations are essential. The rafting team brings extensive international river experience and detailed knowledge of the Zambezi, its wildlife, local customs and history, supported by safety kayakers, medical qualifications, established evacuation procedures and satellite communications. River operations are adapted to water levels, group experience and conditions, with mandatory portages and conservative rafting lines used where appropriate. World Expeditions has operated active adventures since 1975 and works with local guides, operators and suppliers as part of its responsible travel approach



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World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we cannot match you up a single supplement will be applicable. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

the trip

This highly inclusive eight-day journey combines a four-day rafting expedition through Batoka Gorge with a helicopter flight above the Zambezi and a wildlife safari in Botswana's Chobe National Park.

Begin with a sunset cruise on the upper Zambezi before taking to the whitewater below Victoria Falls. With experienced river guides and safety kayakers supporting the journey, paddle the rapids of Batoka Gorge and spend your nights beneath the stars on sandy beaches deep within the gorge, with meals prepared beside the river.

After four days on the Zambezi, take to the air by helicopter, soaring above the rapids you've just rafted and tracing your journey through the gorge from above. Then retreat to a lodge perched high above the gorge, where you can relax and look back across the landscape you've just experienced.

Next, cross into Botswana's Chobe National Park, swapping whitewater for wildlife. Settle into a comfortable safari lodge and enjoy included game drives and boat safaris along the Chobe River, with opportunities to encounter elephants and other wildlife. Between safaris, relax at the lodge and watch the comings and goings around its waterhole.

about your leader/escort

The people behind your Zambezi River rafting adventure are a big part of what makes the journey so memorable. An experienced river team of trip leaders, whitewater rafting guides and safety kayakers will accompany you, with a mix of local and international guides. The river guides and safety kayakers hold IRF, NZRGA or equivalent qualifications, along with advanced first aid qualifications. The team also carries a group first aid kit and emergency communication device while on the river. Throughout your journey through the Batoka Gorge, the team will guide you through the whitewater, manage camp life and prepare meals, while sharing their knowledge of the river, wildlife and local surroundings. With several days together on the Zambezi and evenings around camp, you'll have plenty of time to get to know the people behind the adventure.

at a glance

DAY 1	JOIN LIVINGSTONE & UPPER ZAMBEZI SUNSET CRUISE
DAY 2	RAFTING ZAMBEZI RIVER: INTRODUCTION, RAPIDS & BATOKA GORGE
DAY 3	RAFTING ZAMBEZI RIVER: TACKLE RAPID 18, OBLIVION
DAY 4	RAFTING ZAMBEZI RIVER: OPEN SEASON TO LOWER MOEMBA FALLS
DAY 5	RAFTING ZAMBEZI RIVER: GHOSTRIDER & HELICOPTER FLIGHT OVER BATOKA GORGE
DAY 6	SAFARI CHOBE NATIONAL PARK: SWAP WHITEWATER FOR WILDLIFE
DAY 7	SAFARI CHOBE NATIONAL PARK: WILDLIFE FROM DAWN TO DUSK
DAY 8	FINAL SAFARI & RETURN TO LIVINGSTONE

additional deposits required

In addition to the World Expeditions deposit, you will also be required to pay a deposit of USD\$700 (or equivalent) to secure local services. This deposit is not refundable and we recommend you take out travel insurance at the time of booking.

what's included

- Helicopter flight through the Batoka Gorge at the end of the rafting expedition
- Chobe National Park wildlife activities as specified in the itinerary
- Upper Zambezi sunset cruise

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trip dates

Camping

fast facts

Countries Visited:
Zambia, Botswana

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

- Professional rafting guides and safety kayakers
- All safety and rafting equipment including buoyancy aids, leg flotation devices and helmets
- 7 breakfasts, 6 lunches and 6 dinners
- Airport transfers (day 1 and 8 only)
- 3 nights fully supported comfort camping on a twinshare tent basis
- 4 nights premium lodge accommodation on a twinshare basis
- Group camping equipment including tents, sleeping mats and chairs (sleeping bag not provided; sleep kits may be hired)
- Transfers to and from the Zambezi River
- Emergency communications and group first aid kit
- All necessary permits and licenses

what's not included

- International flights
- Travel Insurance
- Visa fees
- Airport and departure taxes
- Sleeping bag (Can be hired)
- Meals not listed as included
- Bottled water, aerated and alcoholic drinks
- Personal expenses such as phone calls and laundry
- Tips and gratuities
- Optional activities
- Any items not listed as included

detailed itinerary

DAY 1 Join Livingstone & Upper Zambezi Sunset Cruise

Join in Livingstone, gateway to Victoria Falls and the starting point for your Zambezi adventure, with a transfer to your accommodation and time to settle in. This evening, take a sunset cruise along the upper Zambezi River, watching the sun sink behind ancient baobab trees while looking for elephants along the riverbanks and pods of hippos in the water. Livingstone is named after missionary and explorer David Livingstone and lies approximately 10km / 6.2mi from Victoria Falls, where the Zambezi plunges into the Batoka Gorge. Return to David Livingstone Safari Lodge & Spa before meeting your rafting guides for a pre-departure briefing ahead of tomorrow's journey into the gorge.

Accommodation: David Livingstone Safari Lodge & Spa or similar
meals: NIL

DAY 2 Rafting Zambezi River: Introduction, Rapids & Batoka Gorge

After breakfast, transfer to the base of Victoria Falls, where the basalt walls of the Batoka Gorge form a dramatic backdrop for a comprehensive safety briefing and time to practise your paddle strokes on the Zambezi. If water levels allow, head to the Boiling Pot for lunch directly beneath magnificent Victoria Falls before tackling a memorable succession of rapids with names as colourful as the river itself, from "Morning Glory" and "Stairway to Heaven" to "Gulliver's Travels" and the enormous wave of "Midnight Diner". Make a mandatory portage around "Commercial Suicide" before returning to the river to tackle today's finale, The "Gnashing Jaws of Death".

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading Moderate

To determine the grade of a particular adventure we consider a number of factors. This trip is graded introductory to moderate. This trip involves 4 – 5 hours of rafting each day in a remote area with lots of physical activity. Rafting is an activity that any reasonably fit person can participate in. We do ask however, that all participants should feel confident in swimming with a buoyancy vest should they fall out of the raft. Our leaders will prepare you for such an event before we begin the trip.

Suggested preparation: 1 hour of aerobic exercise, three to four times a week and extended periods of exercise during the weekend will accustom you to regular exercise. Hill walking with a pack in variable weather conditions will be beneficial if you are taking part in a trekking adventure, kayaking or road cycling is also recommended depending upon the activity you plan to undertake.

Finish on a secluded sandy beach beneath the basalt cliffs, where your guides prepare dinner as the sun disappears behind the gorge and you settle in for your first night beside the Zambezi.

Accommodation: Beach camp in the Batoka Gorge

meals: B,L,D

DAY 3 Rafting Zambezi River: Tackle Rapid 18, Oblivion

Wake to the African sunrise over the Batoka Gorge and, after breakfast, load the rafts and continue downstream for another day on the Zambezi. Tackle the rapids "Creamy White Buttocks" and "The Mother", learning from your guides how these unusually named rapids earned their names, before reaching the day's highlight, Rapid 18, better known as "Oblivion". One of the river's most famous commercially run rapids, Oblivion builds through a sequence of waves to a huge third wave, adding another memorable challenge to the journey through the gorge. Finish further downstream on a broad sandy beach, where camp is established as fish eagles soar overhead and dusk settles over the Zambezi.

Accommodation: Beach camp in the Batoka Gorge

meals: B,L,D

DAY 4 Rafting Zambezi River: Open Season to Lower Moemba Falls

Begin with the aptly named "Morning Shower", an invigorating start to another day on the Zambezi as the river begins to widen through the gorge. Take on the more technical "Open Season" before stopping for lunch, then return to the river for an afternoon tackling "Chamamba" and the ride through "Upper Moemba". As you journey downstream, the landscape leads towards Lower Moemba Falls, where the next stage of the river awaits. Finish at a sandy beach within sight of the falls, settling into your final riverside camp and reflecting on the day as evening descends over this section of the Zambezi.

Accommodation: Beach camp in the Batoka Gorge

meals: B,L,D

DAY 5 Rafting Zambezi River: Ghost rider & Helicopter Flight over Batoka Gorge

Begin with a mandatory portage around Lower Moemba Falls before drifting downstream to Chabango Falls, where the rafts are carried around the waterfall and you stop for lunch in the shade. Back on the river, build towards the finale of your four-day rafting journey as you tackle "Ghost rider", the longest and one of the biggest white water rapids on the Zambezi. From the riverbank, swap raft for helicopter and soar back through the Batoka Gorge, gaining a bird's-eye view of the river, basalt cliffs and rapids you have navigated over the past four days. Leave the river behind and continue to Taita Falcon Lodge, where you can freshen up and spend the evening reflecting on your experience down the Zambezi.

Accommodation: Taita Falcon Lodge or similar

meals: B,L,D

DAY 6 Safari Chobe National Park: Swap Whitewater for Wildlife

After breakfast, leave the Zambezi behind and transfer to Kazungula, where you meet your safari guide and cross into Botswana for the next chapter of your journey in Chobe National Park. Home to a significant population of African elephants, Chobe offers a striking change of pace as you swap whitewater for wildlife and begin exploring the park by game drive or boat cruise on the Chobe River. Watch for elephants and other wildlife across the park and along the river, with time permitting

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

for further wildlife viewing as the afternoon draws towards sunset. Continue to Elephant Valley Lodge, where you settle in for the next two nights and enjoy dinner surrounded by the African bush.

Accommodation: Elephant Valley Lodge or similar

meals: B,L,D

DAY 7 Safari Chobe National Park: Wildlife from Dawn to Dusk

Rise early for a morning game drive in Chobe National Park, when the cooler hours offer opportunities to look for lions and leopards before the heat of the day sends them towards the shade. Return for breakfast and time to relax, read or cool off before lunch, enjoying a slower pace between wildlife excursions. Head out again in the afternoon for another game drive, exploring more of Chobe and watching for wildlife as the day begins to cool. Return to the lodge as the sun sets over the surrounding landscape, with dinner bringing your final full day in Botswana to a close.

Accommodation: Elephant Valley Lodge or similar

meals: B,L,D

DAY 8 Final Safari & Return to Livingstone

Rise early for a final opportunity to watch for Botswana's wildlife as you leave Chobe and begin the scenic drive towards the border. Enjoy the changing landscapes and a last chance to spot wildlife along the way before crossing back into Zambia. After completing the border crossing, meet your waiting vehicle for the onward journey to Livingstone. Return to Livingstone, where your trip concludes.

Accommodation: Nil

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip

All hotel accommodation is on a twin share basis with ensuite rooms. We will endeavour to arrange for single travellers to share hotel accommodation with another participant of the same gender, however if we can not match you up a compulsory single supplement will be applicable. A single hotel room or tent can be requested in advance, subject to availability - additional cost applies. Any hotels specified in the itinerary are subject to change due to availability.

For the camping portion of your itinerary our local team will provide a tent (twin share), inflatable sleeping mat and chair. Separate toilet tent is also provided along with all general camping equipment.

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what you carry

In the dry box (pelicase), you will need to carry water bottle, camera gear, valuables and personal items such as sunscreen, lip balm etc.

equipment required

Specialist gear required includes sleeping bag; or sleep kits may be hired (a comprehensive gear list is provided in the pre-departure information provided on booking).

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Zambia

A visa is exempt for passport holders from the following countries visiting Zambia for short term tourism purposes:

Australia

New Zealand

Canada

United States

United Kingdom

For all other nationalities and longer stays please contact the relevant embassy.

Botswana

Visas for Botswana are exempt for passport holders from the following countries:-

Australia

New Zealand

Canada

United States

United Kingdom

All other nationalities should check with your nearest embassy or consulate.

Regulations have been implemented for people travelling with children to/from Botswana. Anyone who is a minor (less than 18 years) must produce an original birth certificate in addition to a valid passport. If the child is not travelling with both parents named on their birth certificate a statutory declaration or affidavit made by the parent/s who are not accompanying the child, declaring that they give consent for the accompanying adult/s to travel with the child. This should be done and signed before a Justice of Peace. If the new requirements are not met, then boarding can be denied by any airline flying to/from Botswana, or travellers may be turned back at the border. If this applies to you, please make enquiries with your respective Botswana consulate/mission to confirm, as the conditions frequently change. We can assist with contact details of the relevant authorities if required.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

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webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.