

LESOTHO

‘MOUNTAIN KINGDOM’



Lesotho covers 30,355 km². It is the only independent state in the world that lies entirely above 1,000 m sea level. Its lowest point is 1,400 m and over 80% of the country lies above 1,800 m. Lesotho is also landlocked and is entirely contained within the country of South Africa.

Capital city: Maseru



Lesotho has a population of approximately 1.881 million, according to 2006 census where from 23.8% urban and 76.2% rural. Population density is lower in the highlands than in the western lowlands. Although the majority of the population -- 57.6% -- is between 15 and 64 years of age, Lesotho has a substantial youth population numbering around 37 percent. The annual population growth is -0.46% with a life expectation of about 36 years!

Administratively, Lesotho is divided into ten districts, each headed by a district administrator. Each district has a capital known as a camptown:

Berea; Butha-Buthe; Leribe; Mafeteng; Maseru; Mohale's Hoek; Mokhotlong; Quthing; Quthing Nek; Quthing and Thaba-Tseka.



Education and literacy

An estimated 85 percent of the population 15 and over was literate, according to recent estimates. As such, Lesotho boasts one of the higher literacy rates in Africa. Although education is not compulsory, the Government of Lesotho is incrementally implementing a program for free primary education.

Currency

The loti (pl. *maloti*) is the currency subdivided into 100 *lisente* (sg. *sente*). It is pegged to the South African Rand (ZAR) on a 1:1 basis through the Common Monetary Area) and both are accepted within Lesotho. The loti was first issued in 1966 as a non-circulating currency. In 1980, Lesotho issued its first coins denominated in both loti & lisente to replace the South African rand as legal tender.

Coin denominations are: 5, 10, 20, 50 lisente; 1 loti; 2 and 5 maloti.

Banknotes are: 10, 20, 50, 100 and 200 maloti.

Banks:

In Lesotho, we can find the Lesotho Development Bank, the Standard Bank and Barclays. Banks are open Monday to Friday from 8.30 am to 3 pm (to 1 pm on Thursday), and on Saturdays from 8.30 am to 11 pm.

Languages

Lesotho's ethno-linguistic structure consists almost entirely of the Basotho, a Bantu-speaking people with a language related to some found in South Africa. The Kwena (Bakoena) are the largest subgroup of the Sotho; other Basotho subgroups include the Natal (North) Nguni, Batlounge (the Tlou), Baphuthi (the Phuti), Bafokeng, Bataung (the Tau), Bats'oeneng (the tso'ene) and the Cape (South) Nguni (Thembu), Sesotho (Southern Sotho) and English languages are both official. In some regions Afrikaans, Zulu, Xhosa and even French (its history can be found in the missionary activities).

Religion

Roman Catholics are the largest religious group in Lesotho, making up more than 2/5 of the population. The Evangelical Church has 1/4 of the population under its wings, 1/9 Anglican and some other Christian and tribal groups.

undergone major revisions in recent years (in part due Revenue Authority in 2003 - www.lra.org.ls). Value 2003 at 14% (replacing a 10% Government Sales

Tax). An upfront VAT refund facility is in operation that effectively means that no VAT is paid on inputs into goods destined for export (a big help to Lesotho's garment exporters).

Visas:

When traveling from South Africa, don't forget that you won't be readmitted to that country unless you have a multiple-entry visa. People of most foreign countries DO need a visa to visit Lesotho but there are some EXCEPTIONS: Denmark, Finland, Greece, Iceland, Israel, Japan, Norway, San Marino, Sweden and South Africa. Citizens of Commonwealth countries do not need a visa. (Exceptions to the Commonwealth rule are: Australia, Canada, India, Ghana, New Zealand, Nigeria, Pakistan and Namibia.)

Prices are M20 for a single-entry visa and M40 for a multiple-entry visa.

You get two weeks' stay renewable by either leaving the country and reentering, or by application at the Ministry of Immigration in Kingsway in Maseru.

Health:

There is neither a risk of malaria nor bilharzia in Lesotho but avoid drinking untreated water. The weather is cold and changeable and that can be detrimental to one's health. And remember that people are injured each year as a result of being struck by lightning. No vaccination certificates are necessary to enter Lesotho unless you have recently been in a yellow fever area.

Time Zone:

Lesotho time is the same as SAST (South African Standard Time), which is GMT/UTC plus 2 hours year-round. At noon in London, it's 14:00 in Maseru.

Lesotho time is seven hours ahead of USA Eastern Standard Time - At noon in New York, it's 19:00 in Maseru, and eight hours behind Australian Eastern Standard Time - At noon in Sydney, it's 04:00 in Maseru.

Breathtaking scenery abounds and every season has
Visiting Lesotho is a chance to experience

traditional Basotho life.

Lesotho is a small independent country, also known as the Mountain Kingdom, is completely surrounded by its big neighbor South Africa. Thaba Ntlenyana (3482m) is the highest peak in Southern Africa, situated in north Lesotho, and geographically most of the country consists of high mountain ranges, which have been carved out by rivers. All these rivers flow into the well known Orange River and then into the Atlantic Ocean.

A substantial percentage of the population live on the flat plateau referred to as the Lowlands while the Highland is sparsely populated due to its harsh living conditions.



The summer is the wet season with regular thunderstorms in the afternoons. The winter is the dry season, the temperature often dropping below zero. When a frontal weather system moves through, the mountains are often covered in snow. The summer temperature in the mountains rarely exceeds 28°C and may drop below -10°C in the winter. When preparing a trip to Lesotho, whether it is the summer or the winter, on foot or in 4 wheel drives, you must prepare warm clothing as temperatures in the mountains can drop fast.

Driving in Lesotho is with a 4x4 vehicle and refueling happens at each possible opportunity. Distances in Lesotho must be judged by time and not kilometers for the simple reason that the terrain is quite rough.

No visit to Lesotho would be incomplete without a pony trek. It is the transport of choice for most Basotho as the sturdy ponies handle the narrow trails better than any 4X4 can. This is the most unique way of exploring the roof of Africa. During the treks and hiking trails, accommodation is provided by local Basotho people, especially in remote areas. No horse riding experience is required and the treks are accompanied by an experienced Basotho guide and packhorses. Some of the lodges offer day horse riding packages. While others organize overnight treks.

Semonkong

Once the secret hideout of outlaws, this remote, sprawling, village still has an untamed feeling to it. Semonkong means "Place of Smoke" and is so named because of the Maletsunyane. The falls, about 5 kilometres south of Semonkong, are set in a picturesque landscape with water plunging 192 meter down from the cliffs.



Sani Pass

The Sani Pass is the only vehicle route over the Drakensberg escarpment and into the mountain Kingdom of Lesotho. This spectacular 4x4 trail is twisting and snaking its way through the rocky cliffs and is situated near Underberg in South Africa and Sani Top at the other end. Before the 1950's, it was a trail for pack animals to carry goods through to the isolated town of Mokhotlong in Eastern Lesotho. Now, the road carries 4x4 vehicles, though the odd donkey and horse can still be seen plodding slowly up the steep route. Crossing the border at the top of the pass, one enters not only another country (passports required), but also another world which is home to the Basotho people having a unique African mountain culture which one makes think about Tibet.

The Basotho people live in traditional rondavels (round shape with thatched roof), herd goats and sheep in the high mountains and grow crops by ox-ploughing and hand-hoeing in a lifestyle fascinating for the visitor.



Border posts and opening times:

Maseru - Ladybrand ó Free State: open 24 hours per day.
 Qacha's Nek - Matatiele ó Eastern Cape: .08h00 - 20h00
 Maputsoe - Ficksburg ó Free State: open 24 hours per day
 Ramatseliso's Gate - Matatiele ó Eastern Cape: 08h00 - 18h00
 Caledonspoort ó Free State: 06h00 - 22h00
 Peka Bridge - Gum Tree ó Free State: 08h00 - 16h00
 Tele - Sterkspruit ó Eastern Cape: . 08h00 - 22h00
 Sephapho's Gate ó Boesmanskop ó Free State: 08h00 - 16h00
 Van Rooyen's - Wepener ó Free State: . 06h00 - 20h00
 Makhaleng Bridge - Zastron ó Free State: 08h00 - 16h00
 Sani Pass - Himeville ó KwaZulu Natal: 08h00 - 16h00

Customs regulations:

All goods brought into Lesotho are subject to Customs control and baggage maybe subject to examination. Customs declarations are required upon arrival. False or incomplete declaration is an offence involving penalties, including forfeiture of any article.

Duty Free

The following items and quantities to a total value not exceeding M500.00 per person are allowed under rebate duty:

- 2 liter of wine per person, 1 liter spirits or other alcoholic beverages
- 200 cigarettes, 250 gm pipe tobacco, and 20 cigars.

at a flat rate of 20%.

South Africa and Swaziland , are not permitted to bring

Prohibited and Restricted Goods

Counterfeit coins or notes; dangerous weapons, including swords, cutlasses, bayonets, daggers, knives with cutting edges of 30 cm or more in length (excluding such knives as are ordinarily used for domestic purposes, agriculture or the meat trade); blasphemous material; indecent or obscene works or articles of an inflammatory nature such as certain pamphlets or posters.

Customs Officers and members of the Police Force give highest priority to drug detection and the legal penalties for drug trafficking are severe.

Domestic pets, livestock, seeds, bulbs, plants and trees may not be imported without payment of Customs and Sales Duty and are subject to quarantine restrictions.

Permits may be obtained from:

The Principal Secretary. Ministry of Agriculture & Food Security. P.O. Box 24 . Maseru 100. Lesotho

Accommodation and pony trek details

Lesotho offers a real and authentic African experience designed to restore sanity in a modern life characterized by the hustle-bustle of city life and industrial culture.



Just as much of the beauty of Lesotho is secret and understated, so is the hospitality. Lesotho , offers its visitors a good choice of accommodation, ranging from sophisticated hotels and casinos to lodges, B&Bs, where guests can enjoy peace and solitude, as well as self catering facilities for family and long term stays, and new village stay accommodation, experiencing the real life of Basotho in their homes.

The hotels and lodges provide a leisure experience rather than just a room to sleep in. One can go pony trekking on the sure-footed Basotho pony in the early morning breeze; take in the stunning mountain landscapes and scenery; watch traditional life in a place that upholds a unique balance of the old and the new; laze round and soak up the sun; and



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ethnic meal around people who are sure to become
standard hotels in Maseru , there are plenty of
some idyllic retreats found in remote spots, where the
quality of welcome and comfort is first class. Backpackers are also catered for around the
country.

Maseru District

É Maseru Sun Hotel Private Bag A84 Maseru Tel.:+266 22 312434 Fax: 22 310158

É Lesotho Sun Hotel and Casino Private Bag A68 Maseru Tel.:+266 22 313111 Fax: +266 22 310104

É Hotel Victoria Tel: +266 22 313687

É Khali Hotel P.O. Box 1072 Maseru Tel.:+ 26658160329, khalihotel@hotmail.com

É Lancer's Inn Private Bag A216 Maseru Tel.:+266 22 312114 Fax: +266 22310223

É Lakeside Hotel P.O. Box 602 Maseru Tel.:+266 22 313646

É Maboltenyane Lodge P.O Box 0945 Maseru Tel.+266 22 347766

É Mahloenyeng Lodge P.O. Box 7137 Maseru Tel. +266 5873 1277

É Marakabei Lodge Tel +266 22 312653 / 5885 5885

É Molengoane Lodge P.O. Box 0945 Maseru Tel.+266 22 347766

É Mmesi Lodge P.O. Box 2039 Maseru 100 Tel.:+26652500007. mmesi@ilesotho.com

É Mpilo Lodge P.O. Box7345 Maseru 100 Tel & Fax. +266 22 317800. mpilo@ilesotho.com

É Orion Mohale Lodge Private Bag A38 Mohale Dam Tel:+266 22 936432

É Trading Post and Ramabanta Lodge. P.O. Box 64 Maseru. Tel +266 22340202/267.
tradingpost@leo.co.ls , www.tradingpost.co.za

É Anglican Training Centre Tel: +266 22322046

É Foothills Guest House +266 58706566. melvin@xsinet.co.za

É J&E Cyaara Guest House Tel: +266 22320303

É Khotsong Lodge P.O. Box 213 . Maseru . Tel: +266 22310100 / 58850062/ 62850062

É Maluti Guest House Tel: +266 22312677

É Maly's B&B and Country Home P.O. Box 13545 . Maseru Tel: +266 58570431/ 58869326.
malysbb@yahoo.co.uk

É Maseru Backpackers and Campsite. P. O. Box 7256 Maseru Tel.: +266 22325166. info@ldl.co.ls

É Morija Guest House Tel: +266 58845432/ 63065093/22360306. mgh@leo.co.ls

É Molemo Guest House Tel: +266 22331376. molemoguesthouse@hotmail.com

É Mountain Delight Private/Bag A35 Maseru Tel:+266 5874 2976

É Phomolo Guest House. Tel: +266 22 333384 /5885 8849. baso@ilesotho.com

É Seilatsatsi Bed & Breakfast P. O. Box 7497 Maseru Tel: +266 22314331 Fax +266
22314331/58852284/58868553. kmophethe@ilesotho.com

É Semonkong Lodge P.O. Box 21 Semonkong. Tel: +266 27 006037 bookings@placeofsmoke.co.ls ,
www.placeofsmoke.co.ls

É Tribute Guest House. P.O. Box 7641 . Maseru . Tel: +266 22325356. tributeguesthouse@yahoo.com

Berea District	
É Blue Mountain Inn P.O. Box 7 Teyateyaneng Tel.:+266 22500362. hmm@ilesotho.com	
É Ka Pitseng Guest House Tel: +266 22 501638	
É Palace Hotel P.O. Box 1642 Maseru 100 Tel.:+266 58864905	
Leribe District	
É Bokong Nature Reserve Tel: +266 22 460723 / 22913206	
É Chock's Guest House Tel: +266 22 332485 / 58748023	
É Leribe Hotel P.O. Box14 Hlotse Leribe 300 Tel: +266 22400559	
É Orion Katse Lodge Tel: +266 22910202	
É Sekekete Hotel P.O. Box142 Maputsoe Tel: +266 22430789	
É Ts'ehlanyane Nature Reserve Tel: +266 22460723	
Butha-Buthe District	
É Afri Ski Resort Tel: +27 118888881 . Maggie@afriski.net	
É Butha Buthe Youth Hostel P.O. Box 80 Butha Buthe Tel.:+266 22460027	
É Crocodile Inn P.O. Box 72 Butha-Buthe Tel. +266 22460223	
É Likileng Village P.O. Box 582 . Butha Buthe. Tel: +266 22460686	
É Liphofung Cultural Village Tel: +266 22 460723	
É Mamohase Rural Stay B&B Tel: +266 58058438 / 58045597	
É Oxbow Lodge P.O. Box 60 Ficksburg 9730 South Africa . Tel.: +27 519332247	
Mokhotlong District	
É Mokhotlong Hotel Tel: +27 22 920212	
É Molumong Lodge Tel: +27 832543323 molumong@mweb.co.za	
É Sani Top Chalet P.O. Box 12 Himeville 4585 South Africa Tel.:+27 337021158	
É Senqu Hotel P.O. Box 13 Mokhotlong Tel.: +266 22 920330	

É Mountain Star Lodge Tel: +266 22900415

É Farmers Training Centre Tel: +266 22900231

É Thaba Tseka Guest House Tel: +266 22 900231

Mafeteng District

É Golden Hotel P.O. Box 36 Mafeteng Tel.:+266 22 700566

É Hotel Mafeteng P.O. Box 109 Mafeteng Tel.:+266 58855555

É Malealea Lodge, Adventure & Pony Trek Centre P.O. Box 12118 Brandhof 9324 Tel/Fax.:+27 51 4366766 RSA. Cell +27 82 5524215, malealea@mweb.co.za www.malealea.co.ls

Mohale's Hoek District

É Hotel Mount Maluti P.O. Box 10 Mohale's Hoek Tel: +266 22 785224. hmm@ilesotho.com

É Monateng Lodge P.O. Box 174 Mohale's Hoek Tel: +266 22 785337

Quthing District

É Fuleng Guest House Tel: +266 58782779 / 22 750260

É Moorosi Chalets Tel: +266 6303 0429

É Mountain Side Hotel Tel: +266 22 750262

É Orange River Hotel P.O. Box 37 Quthing. Tel: +266 58716486 / 62841440

Qacha's Nek District

É Anna's B&B and Guest House P.O. Box 56 . Qacha's Nek. Tel: +266 22950374. annasb&b@leo.co.ls

É Central Hotel Tel: +266 22 950612

É Farmers Training Centre Tel.: +266 22 950231

É Letloepe Lodge Tel: +266 22 950383 / 63012310. info@letloepelodge.co.ls , www.letloepelodge.co.ls

É Nthatuoa Hotel P.O. Box 167 Qacha's Nek Tel: +266 22 950260

É Range Management Tel: +266 22 950231

É Schlaba-thebe Self Catering Tel: +266 22 311767 / 22326075