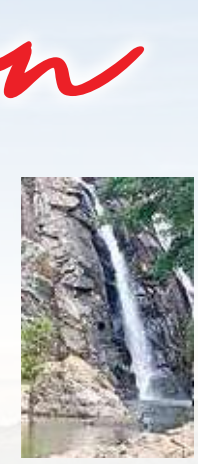
WHAT'S HAPPENING Eswatini

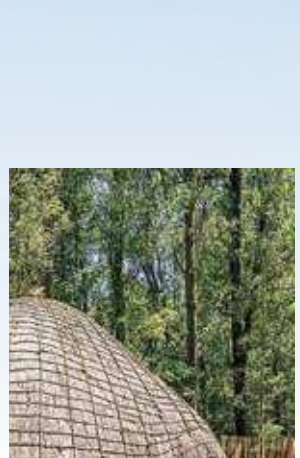
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'Tis the Season to Explore, Celebrate & Indulge!

EXPLORE | CELEBRATE | INDULGE









HAPPY VALLEY HOTEL
EZULWINI

MAKE CHRISTMAS A LITTLE MORE MAGICAL

Celebrate the season with festive flavours and a table full of your favourite people.

ADMISSION 750.00
CHILDREN BETWEEN 2- 11 YEARS PAY HALF PRICE

DATE FRIDAY, 25 DECEMBER 2026
TIME 13:00 PM
VENUE PALMERIA RESTUARANT
Jumping Castle & Swimming available for free.

Children Below 2 years Free Entry

Where Business Meets Leisure.

www.happyvalleyhotel.com
reservations@happyvalleyhotel.com

+268 2417 8100
+268 3469 0640



Make christmas a little more magical at happy valley hotel

...The ultimate festive season experience

CHRISTMAS is a time for togetherness, celebration and creating memories with the people who matter most. This festive season, Happy Valley Hotel warmly invites fun lovers, families and Eswatini's vibrant social scene to celebrate the end of the year in unparalleled style at one of the kingdom's most iconic destinations; as they bring festive cheer with exciting Christmas offerings designed to make the season extra special.

Renowned for blending luxury, elegance and genuine hospitality, Happy Valley provides the perfect setting for unforgettable holiday experiences, whether you are planning a festive family outing, a movie night or an energetic New Year's Eve celebration with friends.



Celebrate the season with festive flavours and a table full of your favourite people at the Palmera Restaurant as you indulge in a wide array of gourmet dishes thoughtfully prepared by the hotel's expert culinary team. From traditional festive favourites to innovative contemporary creations, every dish designed to delight the senses. Priced at E750 per person, with children between the ages 2 - 11 enjoying half price, while children below 2 enter free. The Christmas feast offers families an elegant and heart-warming dining experience. Coupled with the hotel's impeccable service and charming festive décor, it promises a joyful celebration for guests of all ages.





MAKE YOUR YEAR-END CELEBRATION ONE TO REMEMBER

As the year draws to a close, Happy Valley Hotel understands that hard work deserves recognition therefore offering companies and teams exciting Christmas party package to celebrate and bring colleagues together as they end the year on a high note. With the theme, "*It's Time to Celebrate! Your Christmas Party Awaits!"*, businesses are invited to host memorable year-end gatherings at the hotel.

The package includes a full-spread buffet meal, with catering for special dietary needs also available. Companies can bring their own décor and entertainment, allowing them to personalise the celebration and create an atmosphere that reflects their team's personality and style.

At E560 per person, the package is valid until 15 January 2027, offering businesses an opportunity to plan their festive celebrations or extend the year-end festivities into the new year. Whether it is an office Christmas party, a corporate appreciation lunch or a team celebration, Happy Valley Hotel provides the setting for colleagues to relax, connect and celebrate another year of achievements.

Happy Valley Hotel Ezulwini — where business meets leisure.



BOOKINGS AND ENQUIRIES

Email: reservations@happyvalleyhotel.com

Telephone: +268 2417 8100 / +268 3469 0640

Venue: Happy Valley Hotel, Ezulwini, Eswatini.



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WHAT'S HAPPENING Eswatini

- Up to 15 000 publications each month
- Monthly updated information and maps
- Distributed across the country
- Discounted rates on contracts

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...Happy Valley Hotel brings outdoor entertainment to Ezulwini

IMAGINE an evening beneath the African night sky, surrounded by great music, delicious treats, comfortable outdoor seating and the magic of cinema. This November, Happy Valley Hotel in Ezulwini invites entertainment lovers to enjoy a unique lifestyle experience with its much-anticipated Outdoor Movie Experience, scheduled for 28 November 2026.

Blending the charm of outdoor entertainment with the comfort and hospitality of one of Eswatini's established hotel destinations, the event promises an exciting evening for adults looking to unwind, socialise and enjoy something different.

The Outdoor Movie Experience is designed to offer guests much more than a traditional cinema outing. It brings together entertainment, music, relaxation and social connection in an inviting outdoor setting at the Happy Valley Hotel lawn.

Adding to the excitement, the event will feature music by DJ AyaCity, Skinny DJ and Velemseni, creating an energetic soundtrack for the evening and keeping the entertainment flowing beyond the big-screen experience.

COMFORT, TREATS AND ENTERTAINMENT INCLUDED

Guests can expect a thoughtfully prepared experience, with admission inclusive of several comfort and hospitality essentials.

The ticket package includes:

- Comfortable rugs and pillows.
- Blankets to keep guests cosy throughout the evening.
- A welcome drink.
- Fresh popcorn.
- Refreshing slush drinks.
- A selection of sweets.

It is the perfect combination for settling in, enjoying the entertainment and making the most of an evening outdoors.

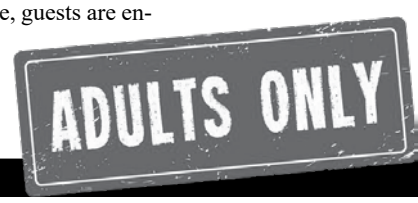
TICKET PRICES: ADMISSION MOVES TO PHASE ONE

With admission now moving to Phase One, guests are encouraged to secure their tickets early and avoid missing out on this exciting experience.

The advertised ticket prices are:

- **Early Bird:** E200.
- **Phase One:** E250.

The event is strictly for adults, making it an ideal occasion for grown-up socialising and entertainment.



EVENT DETAILS

- **Event:** Outdoor Movie Experience
- **Date:** Saturday, 28 November 2026
- **Venue:** Happy Valley Hotel Lawn, Ezulwini, Eswatini
- **Time:** 15:00 – 21:00
- **Admission:** Adults only
- **Ticket prices:** E200 Early Bird | E250 Phase One
- **Music:** DJ AyaCity, Skinny DJ and Velemseni





THE COUNTDOWN TO 20 YEARS OF BRINGING THE FIRE BEGINS

ESWATINI'S iconic festival prepares for a landmark celebration of music, arts, culture and positive change.The road to two decades of unforgettable music, cultural exchange and creative expression is officially underway, as MTN Bushfire prepares to celebrate its landmark 20th edition from 28 to 30 May 2027 at House On Fire in the scenic Malkerns Valley, Eswatini.

Under the celebratory banner #20YEARSOFBRINGYOURFIRE, the festival is already building momentum, inviting festivalgoers from Eswatini, across Africa and around the world to be part of a milestone edition celebrating the power of music, creativity and collective action.

GOLDEN LOUNGE TICKETS MOVE TO PHASE THREE

Excitement is building ahead of the highly anticipated festival, with online Golden Lounge tickets having moved to Phase Three. Festivalgoers are encouraged to secure their tickets through the official website, **www.bush-fire.com/tickets**, at the current available prices.

For Eswatini residents and festival enthusiasts looking for convenient purchasing options, specially discounted tickets are also available to eligible customers through the MTN MoMo WhatsApp Marketplace. Buyers can send "Hi" to 7808 4000 on WhatsApp, select MTN Bushfire and follow the prompts to complete their purchase. A valid Mobile Money account is required.

Adding further value to the festival experience, qualifying ticket holders can enjoy a complimentary MTN Lula Combo and festival Wi-Fi, courtesy of MTN Eswatini, the festival's Title Sponsor and Official Connectivity Partner. An active MTN Eswatini number is required to redeem the offer, with a free eSIM available for those who need one.

As anticipation grows, festivalgoers are encouraged to begin planning their experience early, exploring accommodation options, travel packages and ticket safety information through the official MTN Bushfire website.



CALLING AFRICA'S CREATIVES: ARTIST APPLICATION NOW OPEN

Beyond the excitement surrounding ticket sales, MTN Bushfire is opening its doors to artists eager to contribute to this historic 20th edition. Artist applications opened on 27 October and will close on 27 November 2026, creating an opportunity for established performers from Eswatini, across Africa and around the world to showcase their talent on one of the continent's celebrated festival platforms.

The call welcomes applications across a wide range of creative disciplines, including live music, DJ performances, dance, theatre, poetry, puppetry, visual arts, film and roving performances.

True to its eclectic and multidisciplinary identity, MTN Bushfire seeks artists whose work celebrates creative freedom, cultural diversity and artistic expression. The festival also champions performances and creative projects that encourage dialogue and inspire positive social and environmental change.

Artists interested in being part of the landmark celebration can find application details at www.bush-fire.com/artists.

TWO DECADES OF MUSIC, CULTURE AND CONNECTION

Over the years, MTN Bushfire has become an important fixture on Eswatini's cultural and tourism calendar, drawing local and international audiences to the Malkerns Valley for a vibrant celebration of artistic talent and cultural diversity.

Its 20th edition promises another opportunity for visitors to experience the atmosphere of House On Fire, connect with diverse creative communities and discover the cultural richness that makes Eswatini a distinctive destination.

For international visitors and regional travellers, the festival also offers an opportunity to turn a music-filled weekend into a broader Eswatini getaway, with advance planning allowing time to explore the country's landscapes, heritage and hospitality.









A LITTLE PIECE OF ESWATINI: Discover Mbabane Craft Market



FOR visitors exploring the Kingdom of Eswatini and locals looking to reconnect with the country's rich cultural heritage, a visit to Mbabane Craft Market is well worth adding to the itinerary. Tucked away in the heart of Mbabane City, this vibrant marketplace is a treasure trove of traditional artistry, handmade souvenirs and locally inspired creations that tell beautiful stories of Eswatini.

Step inside and you are welcomed by a colourful display of craftsmanship. From beautifully woven baskets and traditional grass brooms to intricately beaded jewellery, colourful accessories, wooden curios and hand-carved animal sculptures, every corner offers something interesting to discover. The vibrant colours, textures and patterns create an inviting atmosphere that celebrates the creativity and artistic talent found within the country.

Each handcrafted piece carries a story of skill, patience and cultural identity and promote domestic tourism, places like Mbabane Craft Market deserve recognition and support. Shopping locally helps sustain small businesses, celebrates indigenous creativity and ensures that traditional craftsmanship remains part of the country's living heritage.

The woven baskets showcase the beauty of traditional weaving techniques, while the beaded ornaments and accessories reflect the colours and patterns associated with African artistry. Wooden carvings and decorative curios, meanwhile, make for memorable keepsakes, allowing visitors to take a little piece of Eswatini home with them.

But Mbabane Craft Market is more than just a shopping destination; it is an opportunity to experience and support local craftsmanship.

Behind every purchase is the work of talented artisans and traders who help preserve traditional skills while creating opportunities for local livelihoods. Taking the time to browse, interact with the sellers and learn about the products adds a personal touch to the experience.

Whether you are a tourist searching for an authentic Eswatini souvenir, a traveller looking for a unique gift, or a local hoping to add a touch of African artistry to your home, there is plenty to explore. You might arrive looking for a simple keepsake and leave with a beautifully woven basket, a statement piece of jewellery or a hand-carved ornament that catches your eye.

So, the next time you find yourself in Mbabane, make a stop at the Craft Market. Take a stroll through its colourful aisles, discover something handmade, meet the people behind the products and support local enterprise. After all, the most meaningful souvenirs are not simply the things we take home, but the stories, culture and connections they represent.



Pics sourced from Eswatini Tourism

Dive Into the Ultimate

Magadzavane Bar Reopens with a Splash!

As the year winds down and the holiday spirit fills the warm Eswatini air, the search is officially on for the ultimate summer hangout spot. Look no further. This festive season, the iconic Magadzavane Bar is back, better than ever and ready to reclaim its former glory as the country's most vibrant social destination.

Following a stunning revamp the new and improved Magadzavane Bar is officially the place to be offering an unmatched blend of relaxation, breathtaking scenery and electric holiday energy.

Perched amidst stunning natural landscapes, Magadzavane Bar has always been a beloved retreat, but its recent transformation takes the guest experience to an entirely new echelon. Imagine stepping out into the golden afternoon sun, the stress of the past year melting away as you approach the crown jewel of the revamped venue breathtaking infinity pool. Designed to seamlessly blend into the horizon, the pool offers uninterrupted, panoramic views of the surrounding lush valleys and rolling hills. Whether you want to lounge poolside with a good book, catch up with old friends, or snap that quintessential

> "...Breathtaking infinity pool views, handcrafted cocktails and electric festive energy — Magadzavane Bar is the ultimate summer escape."











Festive Season:









festive Instagram photo against a dramatic sunset backdrop, our pool deck is the ultimate oasis.

Of course, no holiday celebration is complete without exceptional refreshments, and our mixology team has crafted a menu designed to delight every palate. Step up to the newly designed bar and order one of our signature handcrafted cocktails. From refreshing, fruit-infused tropical coolers to bold, classic concoctions made with premium spirits, every drink is meticulously crafted to complement the festive mood. Sip on a chilled cocktail while you soak up the sun or dance under the stars; this is what holiday living is all about.

We believe that extraordinary experiences should be accessible to everyone, which is why our revamped culinary and beverage offerings are thoughtfully curated to fit every budget. Whether you are planning a lavish year-end celebration with colleagues, a romantic evening out or a casual weekend get-together with mates, Magadzavane Bar delivers exceptional value without compromising on quality. Our menu features a diverse selection of delectable bites, hearty meals, and refreshing drinks tailored to suit any pocket, ensuring you can relax and indulge as much as you like.

More than just a bar, Magadzavane is designed to be a community hub, the ultimate meeting place this festive season. It is where memories are forged, laughter echoes across the water, and strangers become lifelong friends over shared stories and sunset toasts. With a calendar full of festive events, live DJ sets, and themed weekend parties, the energy here is magnetic.

Don't let this festive season pass you by without experiencing the magic for yourself. Gather your friends, pack your swimwear, and make your way to Magadzavane Bar. Rediscover the joy of great company, stunning views, and ice-cold drinks in a setting unlike any other. Your ultimate holiday escape is waiting.



Agri-Tourism on the Move

SERENE GARDENS CAFÉ: WHERE HEALTHY MEALS MEET GREEN LIVING



TUCKED away in the tranquil surroundings of Mvutshini, Ezulwini, Serene Gardens Café is a refreshing destination where wholesome food, exceptional coffee and the beauty of nature come together. Located on the grounds many will remember as the former Emfuleni Lifestyle or Plant Co, this revitalised space has blossomed into something special: Serene Gardens Café & Biophilia Plant Shop, a destination that invites visitors to slow down, reconnect with nature and embrace greener living.

A FRESH APPROACH TO FOOD AND FLAVOUR

At the heart of Serene Gardens Café is a welcoming menu designed to make every visit worthwhile. Whether you are starting your morning with a satisfying breakfast, stopping by for a leisurely lunch or simply looking for a refreshing drink, there is something to tempt your taste buds.

One of the café's highlights is its all-day breakfast, giving early risers and late starters alike a reason to pull up a chair and enjoy a delicious meal at their own pace.

Coffee lovers are equally well catered for, with carefully prepared coffee that hits all the right notes. If you have a sweet tooth, Serene Gardens has you covered. Choose from sugar-free bites for a lighter indulgence or treat yourself to a slice of the much-loved chocolate or carrot cake. Whatever your preference, the café offers the perfect excuse to pause, savour the moment and enjoy the simple pleasures of good food.





WHERE GREEN LIVING TAKES ROOT

What truly sets Serene Gardens apart is the seamless blend of café culture and horticulture. Beyond its inviting dining space lies Biophilia Plant Shop, a lush nursery offering an impressive variety of plants and vegetable seedlings for gardening enthusiasts, homeowners and farmers.

Whether you are looking to brighten up your living room with an indoor plant, transform your outdoor space into a flourishing garden or start growing your own vegetables, the nursery provides an opportunity to explore the possibilities of greener living.

This combination of food, plants and gardening makes Serene Gardens an exciting example of agri-tourism in action, bringing people closer to the natural processes that support everyday life.

YOUR PEACEFUL ESCAPE IN EZULWINI

In a world that rarely slows down, Serene Gardens Café offers a welcome change of pace. Its peaceful atmosphere and vibrant greenery create an ideal setting for catching up with friends, enjoying a quiet moment alone or finding inspiration in a natural environment.

It is also a convenient spot for remote workers, freelancers and anyone looking to change their usual working environment. Imagine enjoying a cup of freshly prepared coffee, surrounded by greenery, while working through your to-do list in a calmer, more inspiring setting.

TAKE A LITTLE GREEN HOME

A visit to Serene Gardens does not have to end when you finish your meal. Before leaving, take a leisurely stroll through Biophilia Plant Shop and choose a plant to bring a little more life into your home, office or garden. It is a simple way to extend the experience beyond the café, encouraging visitors to carry a piece of nature into their everyday spaces.









MAKE THIS FESTIVE SEASON A PHUMULA KIND OF STAY!

...the Gem of the South is ready to host you

THE festive season is all about creating beautiful memories, reconnecting with loved ones and taking a well-deserved break. At Phumula Guesthouse in Nhlangano, Eswatini, the perfect family getaway begins with comfort, warm hospitality and a peaceful setting that feels like a home away from home.

Whether planning a family holiday, end of year function or a relaxing weekend escape or a festive stopover, Phumula offers a welcoming retreat where guests can slow down, unwind and enjoy quality time together.

From comfortable accommodation to thoughtfully arranged interiors, Phumula Farm Guesthouse provides a relaxing environment for guests seeking a restful stay. Its inviting bedrooms offer a cosy space to recharge after a day of exploring, while the welcoming atmosphere makes it an ideal choice for families, groups and travellers looking for a personal touch.



CELEBRATE THE FESTIVE SEASON TOGETHER

The holidays are even more memorable when spent with the people who matter most. Phumula Guesthouse offers a peaceful setting for families and groups to come together, enjoy meaningful moments and create lasting festive memories away from the everyday rush.

Whether it is a quiet morning, a restful afternoon or an overnight escape, the guesthouse provides a refreshing change of scenery for those looking to make the most of the holiday season. This festive season, trade the stress for serenity and give yourself and your loved ones the gift of a comfortable, relaxing getaway.

PHUMULA GUESTHOUSE; WHERE COMFORT MEETS CARE.

BOOK YOUR FESTIVE STAY TODAY
+268 7830 6775 / 2207 9099

Phumula Guesthouse Achieves Prestigious Four-Star Grading

A PROUD milestone for a family-owned hospitality establishment rooted in four generations of tradition. Phumula Farm Guesthouse in Nhlangano, Eswatini, marked a significant milestone on 19 October 2026 after officially receiving a four-star grading from the Eswatini Tourism Authority (ETA), recognising its commitment to quality hospitality and service excellence.

The achievement was commemorated during an official handover ceremony attended by ETA Chief Executive Officer, Mr Vusie Norman Dlamini, and his delegation, who presented the guesthouse with its grading plaque and certificate.

For the family-owned establishment, the four-star recognition represents more than a prestigious rating. It reflects generations of dedication, perseverance and a deep-rooted passion for welcoming guests. With a legacy spanning four generations, Phumula Farm Guesthouse has continued to build its reputation around warm hospitality and a commitment to creating memorable guest experiences.

The milestone also highlights the contribution of the team behind the guesthouse's operations. From housekeeping and the kitchen to reception, maintenance and management, the establishment attributes its achievement to the collective efforts of its staff, whose professionalism and dedication help maintain its standards.

Guests have also played an important role in the journey, with their continued support and confidence serving as motivation for the establishment to grow and improve its services.

The four-star grading further strengthens the guesthouse's position within Eswatini's tourism and hospitality sector, while reflecting the broader importance of maintaining quality standards across the country's accommodation offerings.

As Phumula Guesthouse celebrates this achievement, its focus remains on preserving the warmth and personal touch that have defined its family heritage, while continuing to enhance the experience it offers to visitors.

With four stars now proudly displayed, the establishment looks ahead to welcoming more guests to Nhlangano and contributing to Eswatini's growing reputation as a destination where genuine hospitality meets memorable experiences.












COME STAY WITH US

In our quiet picturesque garden setting, complete with lapa and braai area. We provide accommodation with warm and friendly hospitality within a traditional and homely atmosphere where you and your children will be made to feel exceptionally welcome by lodge owners Norma Robberts and Antonet Reid.



WE OFFER THE FOLLOWING:

- Very reasonable tariffs
- Breakfast and dinner on request and optional
- Suitable for all stop-overs, tourists reps and semi-permanent guests
- 34 double and 8 single en-suite rooms
- 7 Self catering units complete with flat screen DStv, aircon and patio and braai stand
- Open fire boma braai area ➢ Conference hall (250 people)
- Wedding venue, and beautiful garden for weeding pictures
- Bird watching ➢ Swimming pool

PHUMULA FARM GUESTHOUSE NHLANGANO, ESWATINI +268 7830 6775 Rest Refresh Reconnect

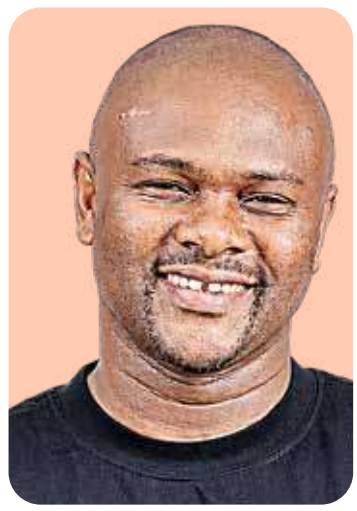
Tel: +268 2207 9099/ Fax: +268 220 79099
Reception Call: +268 78306775
Email: phumulaguesthouse@swazi.net

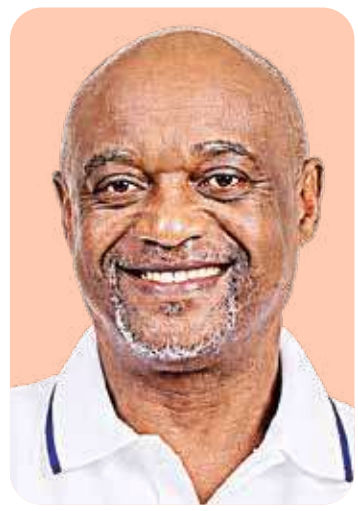
FARM GUEST HOUSE www.phumulaguesthouse.com

Turn up the heat with R&B Affair

...a day of music, style and entertainment at SibaneSami hotel









GET ready to groove as R&B Affair brings timeless rhythms and irresistible vibes to Ezulwini. Eswatini's entertainment scene is set for a soulful takeover as R&B Affair brings music lovers, lifestyle enthusiasts and partygoers together for a full day of rhythm, nostalgia and feel-good entertainment on Saturday, 21 November 2026, at SibaneSami Hotel in Ezulwini.

For those ready to take a break from the dominance of house music, R&B Affair offers a refreshing alternative, inviting revellers to immerse themselves in smooth sounds, romantic melodies and infectious beats of rhythm and blues. It is a celebration of the genre that has soundtracked generations, bringing together classic favourites and dance-floor anthems in one vibrant setting.

Taking centre stage as the guest headliner is **DJ Milo**, with an exciting entertainment line-up supported by Xtraluv, MK Hlophe, Sixo, Master P, Mixmash, Wicked, Uncle Ntombs and Veli. The programme will also feature a performance by Sethu, with Mdura serving as the event's MC, keeping the energy alive throughout the day.

From timeless R&B classics to irresistible, body-moving hits, the event promises a soundtrack that bridges generations and creates the perfect atmosphere for friends to reconnect, music lovers to indulge in their favourite tunes and partygoers to discover the magic of an R&B-inspired experience.

Running from 12 noon until midnight, the 12-hour affair offers plenty of time to soak up the atmosphere, enjoy the company and let the music set the mood. Whether drawn by the nostalgia of old-school R&B or the appeal of a vibrant day-to-night party, attendees can look forward to an experience where the music takes centre stage and every rhythm invites them to move.

Beyond the music, R&B Affair invites guests to embrace a distinctive fashion statement with its Denim and White dress code. The theme adds a stylish touch to the occasion, encouraging attendees to express themselves while enjoying a day filled with music, socialising and entertainment.

Set against the backdrop of Ezulwini, the event also offers an opportunity to experience one of Eswatini's popular leisure destinations. Known for its hospitality and attractions, the Ezulwini Valley provides visitors with opportunities to combine entertainment with a broader getaway, including exploring nearby accommodation, restaurants and local attractions.

For visitors travelling into Eswatini, R&B Affair can be an exciting addition to a weekend itinerary, bringing together the country's vibrant entertainment culture and a welcoming social atmosphere.

Whether you are a resident looking for a memorable day out or a visitor seeking to experience Eswatini's entertainment offerings, R&B Affair promises an occasion to add to your November calendar.





EVENT DETAILS:

- **Event:** R&B Affair
- **Date:** 21 November
- **Time:** 12 noon to midnight
- **Venue:** Sibanese Sami Hotel, Ezulwini
- **Guest headliner:** DJ Milo
- **Dress code:** Denim and White
- **Pre-sale tickets:** E200
- **Tickets at the gate:** E300
- **Online tickets:** www.carrottickets.com
- **Enquiries:** 7629 1651



Make your plans, bring your friends and get ready to enjoy a full day of music, fashion and entertainment at R&B Affair in Ezulwini.



Turning the Heat On at Freshly Ground







FRESHLY GROUND SALT & PEPPER

THIS summer, Freshly Ground Salt & Pepper Restaurant is turning up the heat and bringing a whole new flavour experience to Matsapha. Known for its warm hospitality, Afro-Portuguese cuisine, and vibrant atmosphere, the restaurant will be launching an exciting outdoor grilling experience that promises to make it one of the season's must-visit destinations.

TURNING THE HEAT ON AT FRESHLY GROUND

As the days get longer and the temperatures rise, Freshly Ground is taking its signature grills outdoors with the introduction of a brand-new charcoal grill station. Designed to capture the authentic flavours and aromas that only open-flame cooking can deliver, this summer addition will elevate every grilled dish to another level.

Guests can look forward to an impressive selection of premium meat cuts and fresh seafood, expertly prepared over hot charcoal flames. From succulent steaks and tender ribs to flame-grilled prawns, calamari and fish, every dish will carry that unmistakable smoky character that makes outdoor grilling such a celebrated summer tradition.

One of the standout attractions this season will be the introduction of a Brazilian-style Rodizio experience, offering guests a feast of continuously served grilled meats carved directly at the table. It's a celebration of flavour, abundance and sharing, perfectly suited to long summer afternoons and lively evenings with family and friends.

But Freshly Ground has always been about more than great food. This summer, the restaurant is creating an atmosphere that's every bit as exciting as the menu. Expect a true fiesta spirit, with music in the air, surprise entertainment, and live performances throughout the season. Guests can enjoy relaxed afternoons that effortlessly transition into vibrant evenings filled with energy, laughter and unforgettable moments.

The restaurant's popular weekly favourites will also continue to draw loyal diners and new visitors alike. The famous Tuesday Pizza Special remains a local highlight, while Thursday Cocktail Nights take centre stage this summer with an exciting new range of refreshing cocktails crafted specifically for the warmer months. From tropical flavours to creative seasonal creations, there's something for every cocktail enthusiast to discover.

Meanwhile, Friday After Work continues to be the perfect way to kick-start the weekend, combining great food, refreshing drinks and a lively social atmosphere. Throughout the summer, guests can also look forward to surprise promotions, themed evenings and special performances that ensure no two visits are ever quite the same.

Whether you're searching for the perfect seafood feast, a charcoal-grilled steak, handcrafted cocktails, or simply a vibrant place to enjoy Eswatini's summer season, Freshly Ground offers an experience that brings people together around exceptional food, great music and genuine hospitality.

This summer, the fire is lit, the grills are hot, and the celebration has begun.

Freshly Ground Salt & Pepper Restaurant
MR18, Matsapha, M202, Eswatini
+268 7627 9046 | @freshlygroundsp





Summer splash: Eswatini's refreshing swimming spots



WHEN temperatures begin to rise, there is nothing quite as refreshing as spending a sunny day by the pool, taking a dip in cool water and enjoying quality time with family and friends. Whether it is a spontaneous weekend outing, a family day out or simply an opportunity to escape the everyday routine, Eswatini offers lovely places where visitors can soak up the sunshine while enjoying a refreshing swimming experience. From scenic resort settings to relaxing country lodges and exciting water-based entertainment, these destinations provide the perfect excuse to pack your swimming costumes, grab your sunscreen and head out for a memorable summer experience.

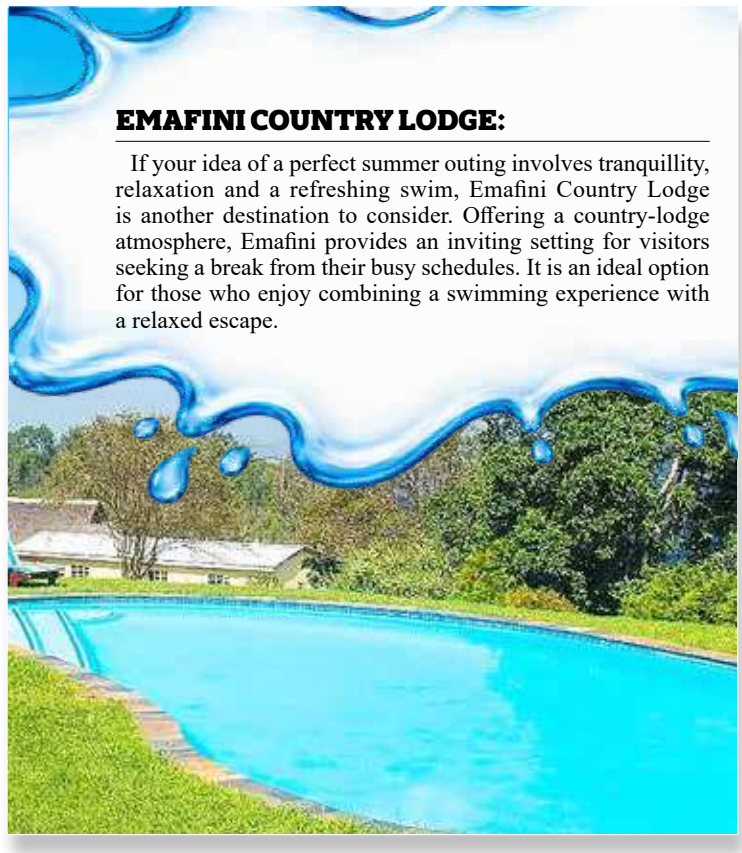
SIBEBE RESORT:

For those looking to combine relaxation with the beauty of Eswatini's natural surroundings, Sibebe Resort is a destination worth exploring. The resort offers infinity pools, waterpark thrills; a swimming outing here provides the perfect opportunity to cool off, unwind and appreciate the peaceful atmosphere.



EMAFINI COUNTRY LODGE:

If your idea of a perfect summer outing involves tranquillity, relaxation and a refreshing swim, Emafini Country Lodge is another destination to consider. Offering a country-lodge atmosphere, Emafini provides an inviting setting for visitors seeking a break from their busy schedules. It is an ideal option for those who enjoy combining a swimming experience with a relaxed escape.



THE SPLASH:

For those who want their summer outing to revolve around water and fun, The Splash is a name to add to the list. As its name suggests, it brings to mind the excitement of making a splash and enjoying the warmer season. It is a destination to consider when planning a fun-filled day with friends and family, especially for those looking for an outing that offers a break from the usual routine.



SIBANESAMI HOTEL:

For a swimming outing with a touch of hospitality and relaxation, SibaneSami Hotel is another destination to put on your summer itinerary. If you are looking to enjoy a leisurely afternoon or spend time with friends and family, the hotel provides an opportunity to enjoy a change of scenery while making the most of the warm weather.



OLIVE COUNTRY LODGE ESWATINI:

For visitors seeking a refreshing escape in a tranquil country setting, Olive Country Lodge Eswatini is another destination to add to the summer outing list. Planning a leisurely day out or simply looking for a change of scenery, Olive Country Lodge is worth considering for a relaxing summer experience. Pack your swimming essentials, gather your loved ones and enjoy a little time dedicated to relaxation and unwinding.



Experience a little farm magic this festive season









THE festive season is all about making memories, reconnecting with loved ones and finding special places to escape the demands of everyday life. If you are looking for somewhere to slow down, enjoy the outdoors and make the most of the holiday season, Buhleni Farm Chalets in the beautiful Ezulwini Valley offers a refreshing countryside experience worth discovering.

Tucked away within a peaceful, forested farm setting, Buhleni Farm Chalets offers visitors an opportunity to experience a different side of Eswatini. Away from the busy holiday crowds, the property combines the charm of farm living with comfortable self-catering accommodation, beautiful natural surroundings and spaces designed for relaxation and togetherness.

START YOUR DAY WITH A FARM ADVENTURE

One of the simplest pleasures of staying at Buhleni is waking up surrounded by nature. Trade the usual morning rush for a leisurely walk through the farm's lush gardens, forested paths and fruit orchards. Take in the fresh morning air, listen to the birds singing from the trees and enjoy the peaceful surroundings.

Nature lovers will appreciate the opportunity to spot some of the farm's resident wildlife, including birds, monkeys and mongoose. The experience offers a wonderful opportunity for families to introduce children to the beauty of nature while creating special holiday memories.

MAKE A SPLASH

Nothing says holiday relaxation quite like spending a warm afternoon beside the swimming pool. Buhleni Farm's outdoor swimming pool offers guests a refreshing way to unwind after a morning of exploring. Whether you are enjoying a leisurely swim, relaxing poolside or watching the children enjoy their holiday, it is a lovely way to embrace the summer season.

BRING EVERYONE TOGETHER FOR A FESTIVE BRAAI

The festive season is incomplete without good food, laughter and memorable moments shared around a fire. Buhleni Farm provides braai facilities, giving families and groups the perfect opportunity to prepare their favourite meals, enjoy outdoor dining and spend quality time together.



For those who enjoy a more communal atmosphere, Jerry's Campsite offers a welcoming outdoor setting with braai facilities and a gathering area. It is an opportunity to enjoy the simple pleasures of camping, good company and evenings spent beneath the open sky.

MAKE YOUR STAY AN ADVENTURE

Beyond the farm, Buhleni's location makes it an excellent base from which to explore the attractions of the Ezulwini Valley and surrounding areas. Visitors can plan outings to nearby destinations such as Mlilwane Wildlife Sanctuary, Mantenga Cultural Village and House on Fire, or enjoy shopping, restaurants and entertainment around The Gables.

Whether you prefer cultural experiences, wildlife encounters, family entertainment or simply discovering beautiful places, there is plenty to add to your festive holiday itinerary.

A PLACE TO STAY, CONNECT AND UNWIND

Accommodation is an important part of any holiday, and Buhleni Farm Chalets offers fully furnished, self-catering wooden chalets designed with comfort and convenience in mind. Each chalet accommodates up to five guests and features two bedrooms, a shared bathroom, a living area, a fully equipped kitchen, a private braai area and a covered porch.

For travellers who prefer a closer connection to the outdoors, Jerry's Campsite provides another way to experience the farm, with camping facilities, ablutions and access to the swimming pool.

Whether you are planning a family holiday, a weekend getaway with friends, a romantic escape or a longer festive-season stay, there is room to create an experience that suits your pace.

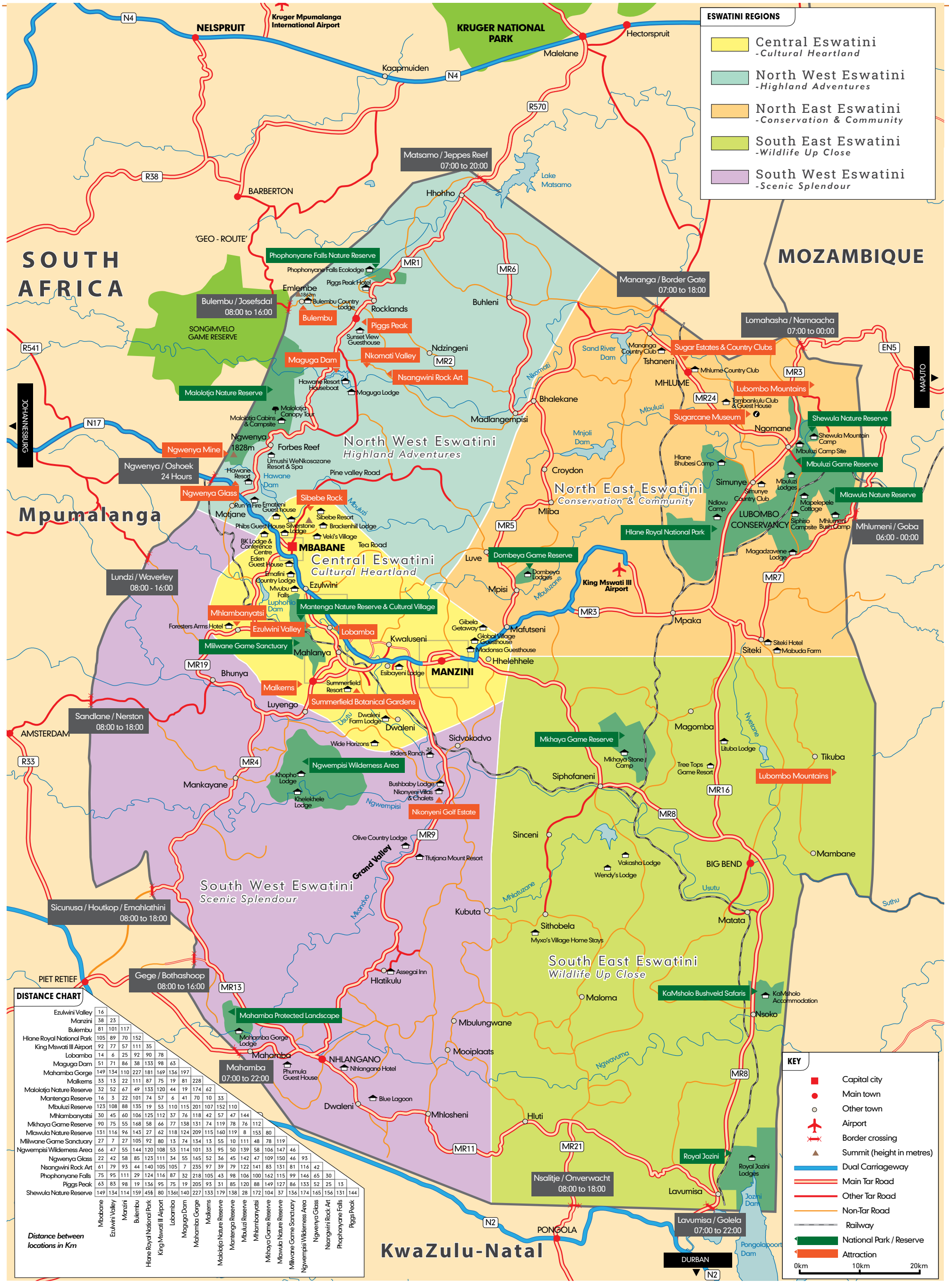
MAKE THIS FESTIVE SEASON COUNT!

Sometimes the best holiday memories are made away from crowded destinations, in places where you can reconnect with nature and enjoy the company of those who matter most.

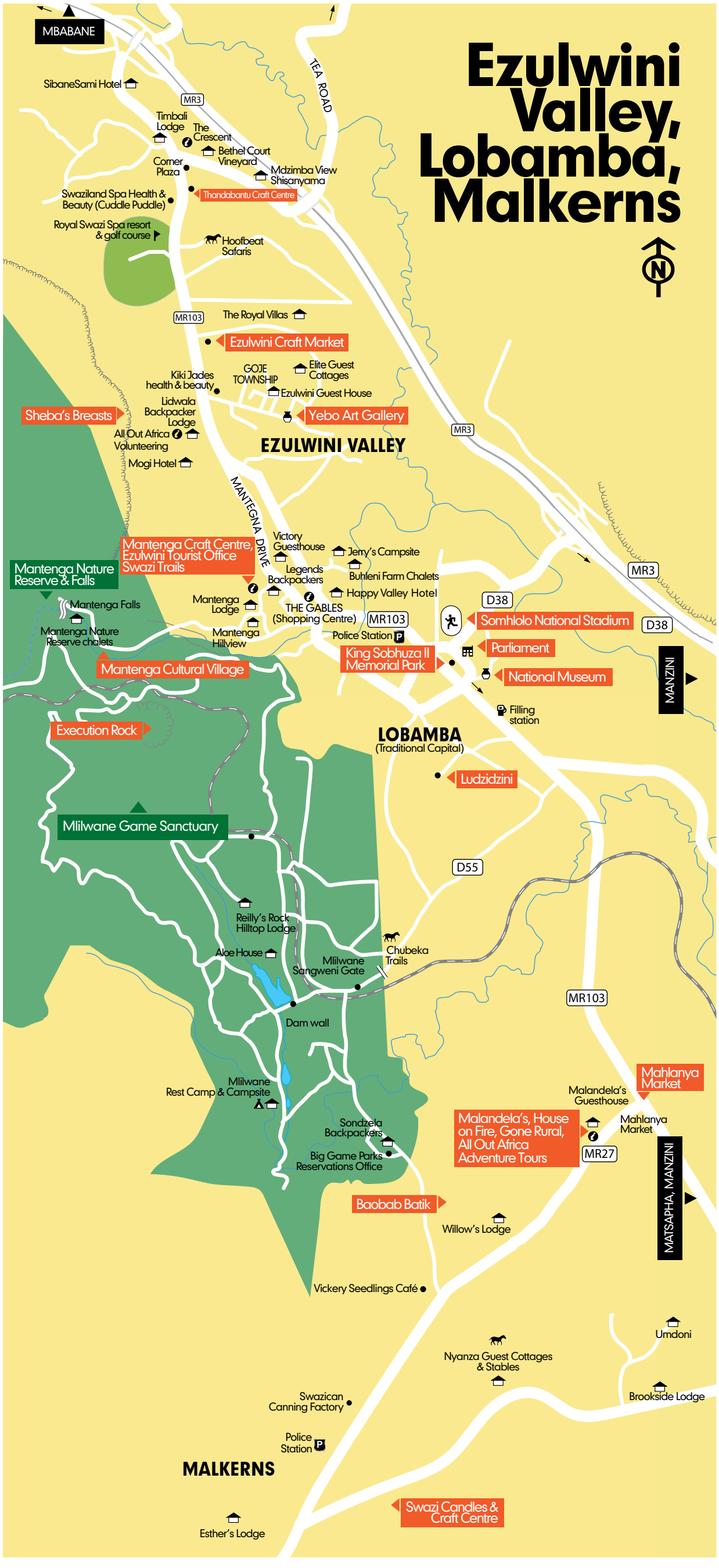
This festive season, discover the peaceful charm of Buhleni Farm Chalets. Take a morning walk, enjoy a refreshing swim, gather around the braai and end your day surrounded by the tranquillity of the farm.

You do not have to travel far to find your holiday escape. Sometimes, the perfect getaway is waiting right here in the heart of Eswatini.





	Mbabane	Ezulwini Valley	Manzini	Bulembu	Hlane Royal National Park	King Mswati III Airport	Lobamba	Maguga Dam	Mahamba Gorge	Malkerns	Malolotja Nature Reserve	Mantenga Reserve	Mbuluzi Reserve	Mhlambanyatsi	Mkhaya Game Reserve	Mlawula Nature Reserve	Mliwane Game Sanctuary	Ngwempisi Wilderness Area	Ngwenya Glass	Nsangwini Rock Art	Phophonyane Falls	Piggs Peak
Ezulwini Valley	16																					
Manzini	38	23																				
Bulembu	81	101	117																			
Hlane Royal National Park	105	89	70	152																		
King Mswati III Airport	92	77	57	111	35																	
Lobamba	14	6	25	92	90	78																
Maguga Dam	51	71	86	38	133	98	63															
Mahamba Gorge	149	134	110	227	181	169	136	197														
Malkerns	33	13	22	111	87	75	19	81	228													
Malolotja Nature Reserve	32	52	67	49	133	120	44	19	174	62												
Mantenga Reserve	16	3	22	101	74	57	6	41	70	10	33											
Mbuluzi Reserve	123	108	88	135	19	53	110	115	201	107	152	110										
Mhlambanyatsi	30	45	60	106	125	112	37	76	118	42	57	47	144									
Mkhaya Game Reserve	90	75	55	168	58	66	77	138	131	74	119	78	76	112								
Mlawula Nature Reserve	131	116	96	143	27	62	118	124	209	115	160	119	8	153	80							
Mliwane Game Sanctuary	27	7	27	105	92	80	13	74	134	13	55	10	111	48	78	119						
Ngwempisi Wilderness Area	66	47	55	144	120	108	53	114	101	33	95	50	139	58	106	147	46					
Ngwenya Glass	22	42	58	85	123	111	34	55	165	52	36	45	142	47	109	150	46	93				
Nsangwini Rock Art	61	79	93	44	140	105	105	7	235	97	39	79	122	141	83	131	81	116	42			
Phophonyane Falls	75	95	111	29	124	116	87	32	218	105	43	98	106	100	162	115	99	146	65	30		
Piggs Peak	63	83	98	19	136	95	75	19	205	93	31	85	120	88	149	127	86	133	52	25	13	
Shewula Nature Reserve	149	134	114	159	45§	80	136†	140	227	133	179	138	28	172	104	37	136	174	165	156	131	144





WHERE HISTORY MEETS ADVENTURE

...Explore the Ngwenya mountains on foot

THIS November, take the scenic route and discover the beauty of Ngwenya, one step at a time. A scenic escape into Eswatini's ancient mining heritage, wildflowers and breathtaking landscapes. Discover the history beneath your feet and celebrate the natural treasures that make Eswatini unique! For those looking to trade the noise of everyday life for fresh mountain air, spectacular scenery and a little adventure, a walk around the historic Ngwenya Mine area offers an experience worth adding to your travel itinerary.

Set against the dramatic landscapes of the Ngwenya Mountains, within the beautiful Malolotja Nature Reserve, this remarkable destination brings together nature, history and outdoor adventure. Ngwenya Mine is particularly special because of its extraordinary mining history, with evidence of iron ore mining dating back thousands of years. The area also holds a fascinating connection to early human communities, making every step through this landscape an opportunity to discover a piece of Eswatini's past.

November is an especially lovely time to explore the area on foot as it falls during late spring / the transition into the warmer summer and rainy season therefore the grasslands are expected to burst into colour, with seasonal wildflowers bringing life to the open hillsides. Imagine walking along a scenic trail, surrounded by fresh green vegetation, colourful blooms and sweeping mountain views, with nothing but the sounds of nature accompanying you.

The route takes visitors from the edge of the historic mined area across open grassland towards a small rocky soapstone ridge. Along the way, there are plenty of opportunities to pause, admire the scenery, capture beautiful photographs and appreciate the fascinating landscape. Depending on the time available, walkers can also explore the southern hilltop of the Ngwenya Ridge for even more impressive views of the surrounding highlands.

MAKE TIME FOR THE MOUNTAINS

Sometimes the most memorable travel experiences are found by stepping away from the usual tourist stops and exploring somewhere a little different. Ngwenya offers exactly that: a chance to connect with nature, discover an important part of the country's heritage and appreciate the landscapes that make Eswatini so special.

Lace up your walking shoes, pack your camera and invite your family or friends for a morning of exploration. Let the mountain air refresh you, the wildflowers catch your eye and the history beneath your feet remind you of the remarkable stories held within this landscape.





GENERAL INFORMATION

TODAY'S BANKNOTES IN ESWATINI:

PRINTER: GIESECKE & DEVRIENT-GERMANY



10 EMALANGENI (US$0,54)



20 EMALANGENI (US$1,07)



50 EMALANGENI (US$2,69)



100 EMALANGENI (US$5,37)



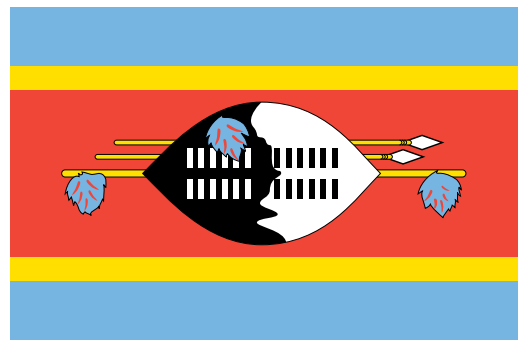
200 EMALANGENI (US$10,75)

OUR COINS



The New Eswatini Coins currently in circulation.

THE ESWATINI FLAG



PANTONE 542 C
Process: C = 51, M = 16
Y = 0, K = 0

PANTONE 803 C
Process: C = 0, M = 9
Y = 100, K = 0

WHITE

PANTONE BLACK
Process: C = 0, M = 0
Y = 0, K = 100

PANTONE 157 C
Process: C = 0, M = 88
Y = 85, K = 0

The flag is rectangular, and its colors are red, blue and yellow. Each of these colors has a meaning:

RED: Stands for the battles of the past.

BLUE: Stands for peace and stability.

YELLOW: Stands for the resources.

The flag also has a picture of a shield and spear. These two symbols stand for protection of our country from enemies. The shield is black and white to show that black and white people live together peacefully in eSwatini.

THE SISWATI CALENDAR

January	– Bhimbidvwane (everybody satisfied)
February	– Indlovana (little elephant)
March	– Indlovulenkhulu (big elephant)
April	– Mabasa (kubasa-to make fire)
May	– Inkhwekhweti (pick up everything you have)
June	– Inhlaba (Aloe blossoms)
July	– Kholwane (Hawk that nests in the moon)
August	– Ingci (small wolf breeds in this month)
September	– Inyoni (special bird mates)
October	– Imphala (Antelope bears its young)
November	– Lweti (star to see when women begin work early also Inkhosi lencane (little chief)
December	– Ingongoni/ Mavulangamithi (Buffaloe month/ to swallow pickings of teeth) also Inkhosi Lenkhulu (big chief)

BORDER HOURS



Mhlumeni/ Goba Border ..... Open 24hrs
Lomahasha/ Namaacha ... Open 07:00hrs – 22:00hrs
Ngwenya/ Oshoek Border ..... Open 24:00hrs
Lavumisa/ Golela Border .. Open 07:00hrs – 22:00hrs
Mahamba Border ..... Open 07:00hrs – 22:00hrs
Mananga Border ..... Open 08:00hrs – 18:00hrs
Matsamo/ Jeppe's Reef .... Open 08:00hrs – 20:00hrs
Nsalitshe/ Onverwacht..... Open 08:00hrs – 18:00hrs
Sandlane/ Nerston..... Open 08:00hrs – 18:00hrs
Sichunusa/ Houdkop..... Open 08:00hrs – 18:00hrs

LOCATION

***Southern Africa, between Mozambique and South Africa* Geographic coordinates:**

	26 30 S, 31 30 E
Size:	17 364sq km
	Countries border
Total:	535 km
Border countries:	
• Mozambique	105 km,
• South Africa	430 km
Lowerst point:	Great Usutu River 21m
Highest point:	Emlembe 1 862 m

TRANSPORT BETWEEN ESWATINI & SA

GETTING to eSwatini apart from traveling by coach with a group is very easy. Busses operate daily between **Johannesburg (Sandton and O. R. International Airports)** as well as daily flights:

BY AIR:
Airlink eSwatini | Tel. **+268 251 86155**
swaziairlink@flyairlink.com
www.flyEswatini.com

YOUR EMBASSY/CONSULATE IN SD

• Cyprus Consulate:	**2404 2650 / 2404 1138**
• Danish-Norwigean Consulate:	**2404 3547**
• Honorary Consul of Finland:	**7914 6951/7902 5270**
• French Consulate:	**2404 3667**
• German Liason Off:	**2404 3174**
• High Commission of India	**2417 1413**
• Italian Consulate:	**2404 4371**
• Mozambique:	**2404 3700**
• Portugal Consulate:	**2404 6780**
• Republic of China (Taiwan);	**2404 4740/1**
• Seychelles Con:	**2505 2415**
• Singapore High Commission:	**2404 2661/2/3**
• South Africa:	**2404 4651**
• Turkish Consulate:	**2422 0805**
• USA:	**24179000**

BUSINESS HOURS & PUBLIC HOLIDAYS:

OFFICE and shop hours are usually 08h00-13h00 and 14h00-17h00 Mondays to Fridays. Bank hours are 08h30-14h30 Mondays to Fridays, 08h30-11h00 on Saturdays.

Post offices are open 08h00-16h00 Mondays to Friday and 08h00-11h00 on Saturdays.

New Year's Day	– 1 January
King's Birthday	– 19 April
National Flag Day	– 25 April
Worker's Day	– 1 May
Umhlanga Reed Dance Day	– (end of August or early September)
Somhlolo Independence) day	– 6 September
Christmas Day	– 25 December
Boxing Day	– 26 December
December Incwala Day	– (December or early January)

MEDICAL HELP TEL: 7606 0911

Mkhiwa Clinic, Manzini private Hospital, 24h casualty & emergency, Tel: **2505 9299** or **2505 9293**
The Manzini Clinic Tel: **2505 7430**
Medisun Clinic , Ezulwini Tel: **2416 2800**
The Mbabane Clinic 24th Trauma Care and Laboratory Service Tel: **2404 2423**
Dentist: Mbabane Clinic Tel: **2404 2423**
Good Shepherd Hospital, Siteki Tel: **2343 4133**

ROAD DISTANCES TO ESWATINI (MBABANE) IN KILOMETERS:

• Johannesburg		(South Africa)
• Durban	635	(South Africa
• Richards Bay		(South Africa)
• Gaborone		(Botswana)
• Maputo	236	(Mocambique)
• Maseru		(Lesotho)

SOME SISWATI WORDS:

Sawubona	**Hello**
Unjani	**How are you**
Ngiyaphila	**I am fine**
Ngiyabonga	**Thank you**
Wota lapha	**Come here**
Sikhulekile ekhaya	**A Swati way of greeting a home as well as asking for permission to enter.**
Sala kahle	**Stay well**
Hamba kahle	**Go well**

GENERAL INFORMATION



ADVENTURE

All Out Adventure Tours, Malkerns
Tel: 2528 3423

Canopy Tours at Malolotja Nature Reserve,
Tel: 7806 8934

Sibebe Rock:
Cell: 7670 1667

White Water Rafting, Swazi Trails, Ezulwini
Tel: 2416 2180

Paintball, Hoof Beat
Cell: 76117655

Paintballing, Khuselwa,
Cell: +268 7803 8838

Quad Bikes, Khuselwa Farm,
Cell: +268 7803 8838

ART GALLERIES

Yebo Art Gallery, Zulwini
Cell: +268 7914 651

BACKPACKERS

Legends Backpackers, Mantenga
Tel: 2416 1870

Lidwala Lodge, Ezulwini
Tel: 7690 5865

Mlawula Nature Reserve, north of Simunye
Tel: 7806 9261

Sondzela Backpackers, Malkerns (Big Game Parks)
Tel : +268 2528 1000/1 Cel : 7677 6772

BEAUTY & HEALTH

Maguga Lodge, Maguga Dam
Tel: 2437 3975

Nkonyeni Golf Estate Spa
Cell: 7602 7749

The George Hotel: Manzini
Tel +2505 2260

ACCOMODATION

Big Game Parks,
Tel : +268 2528 1000/1 Cell : 7677 6772

Brookside Lodge, Malkerns
Tel: 2528 3765/ Cell: +268 76214228

Lebombo Villas, Big Bend
Tel: 7603 6585

Malandelas, Malkerns
Tel: 2528 3448

Mdzimba View Lodge,
Cell: 7841 2930

Phumula Guest House, Nhlangano
Tel: 2207 9099

Simunye Club, Simunye
Tel: 2328 8894

Matsapha Inn,
Cell: +268 7860 0820

Tree Tops Resort,
Cell: +268 7808 0801

Email: treetops@madlamini.co.sz

BIRD WATCHING

Buhleni Farm Chalets
Tel +268 2416 3505/8

Foresters Arms, Mhlambanyatsi
Tel: 2467 4177

Simunye (Big Game Parks)
Tel : +268 2528 1000/1 Cell : 7677 6772

KaMsholo Bushveld Safaris, South of Big Bend (Big Game Parks)
Tel: +268 2528 1000/1

Cell: 7677 6772

Mananga Country Lodge
Tel 2323 2404

Malolotja Nature Reserve,
Tel 7806 8934

Mkhaya Game Reserve, Phuzamoya (Big Game Parks)
Tel: +268 2528 1000/1 Cell: 7677 6772

Mlawula Nature Reserve, north of Simunye
Tel: 7806 9261

Mlilwane Game Sanctuary, Malkerns (Big Game Parks)
Tel: +268 2528 1000/1

Cell: 7677 6772

Nkonyeni Golf Estate
Tel: 2540 0024/5

Phumula Guest House, Nhlangano
Tel: 2207 9099

Shield Guesthouse
Tel: 2404 6072/ 7652 4021

Mhlosinga Nature Reserve
Tel: +268 76300526

Royal Jozini
+268 2550 4614/ +268 7680 7047

BUSHMAN PAINTING

Nsangwini Rock Shelter
Tel: 7619 2665

Hhelehhele Rock Art:

CAMPING

Buhleni Farm Chalets

Tel: +268 2416 3505/8

Brookside Lodge, Malkerns
Tel: 2528 3765/ Cell: +268 76214228

All OUT Adventure Tours, Malkerns
Tel: 2528 3423

Shewula Mountain camp and nature reserve:
Tel: 2343 4524/

Cell 7605 1160/7603 1931

Mhlosinga Nature Reserve
Tel: +268 76300526

CARAVAN SITES

Buhleni Farm Chalets
Tel +268 2416 3505/8

Hlane Royal National Park
Tel : +268 2528 1000/1 Cell : 7677 6772

KaMsholo Bushveld Safaris,
South of Big Bend (Big Game Parks)
Tel : +268 2528 1000/1 Cell : 7677 6772

CAVING

Swazi Trails
Tel: 2416 2180

CRAFTS & ARTS

LaJojo's Craft, Malolotja
Cell: +268 7657 8791

Gone Rural, Malkerns
Tel: 2550 4936/ 7615 2736

Kwaziswazi, Malkerns
Tel: 2528 3110

Ngwenya Glass,
Tel: 2442 4053

Rainbow Angels
Tel: 24162508

Swazi Candles, Malkerns
Tel: 2528 3219

CULTURE

King Sobhuza II Memorial Park, ENTC
Lobamba **Tel: 7806 9555**

Maguga Lodge **Tel: 2437 3975**

Mantenga Cultural Village**Tel:7806 8932**

Sibebe Resort,**Cell: +268 7804 9560**

Shewula Mountain camp and nature reserve:
Tel: 2343 4524/ Cell 7605 1160/ 7603 1931

FISHING

Royal Jozini
+268 2550 4614/ +268 7680 7047

Foresters Arms, Mhlambanyatsi
Tel: 2467 4177

Guided Fishing Tours Tiger
Fishing at van Eck Dam
+268 7602 5482

Maguga Dam
Tel: 2437 3975

Mananga Country Lodge
Tel 2323 2404

Mhlosinga Nature Reserve
Tel: +268 76300526

GAME VIEWING

KaMsholo Bushveld Safaris, South of Big Bend (Big Game Parks)
Tel: +268 2528 1000/1 |
Cell: 7677 6772

Mlawula Nature Reserve
Tel: +268 7806 9261

Mananga Country Lodge
Tel 2323 2404

Malolotja Nature Reserve
Tel: 7806 8934

Mkhaya Game Reserve, Phuzamoya (Big Game Parks)
Tel: +268 2528 1000/1 | Cell: 7677 6772

Mlilwane Game Sanctuary, Malkerns (Big Game Parks)
Tel: +268 2528 1000/1 | Cell: 7677 6772

Shewula Mountain camp and nature reserve:
Tel: 2343 4524/ Cell 7605 1160/ 7603 1931

Brookside Lodge, Malkerns
Tel: 2528 3765/ Cell: +268 76214228

Foresters Arms, Mhlambanyatsi
Tel: 2467 4177

Nkonyeni Golf Estate
Tel: 2540 0024/5

Mananga Country Lodge
Tel 2323 2404

Simunye Country Club
Tel: 2383 8894

Mhlosinga Nature Reserve
Tel: +268 76300526

Matsapha
Tel: 2518 4693

Royal Jozini
+268 2550 4614/ +268 7680 7047

HORSE RIDING

Chubeka Trails, at Mlilwane Game Sanctuary
Tel : +268 2528 1000/1 | Cell : 7677 6772

Foresters Arms, Mhlambanyatsi
Tel: 2467 4177

Hoof beat, Horse riding, Paintball
Cell: 76117655.

Khuselwa, Manzini
Cell: +268 7803 8838

HOTELS

Maguga Lodge, Maguga Dam
Tel: 2437 3975

Nkonyeni Golf Estate | Tel: 2540 0024/5
Phumula Guest House, Nhlangano
Tel: 2207 9099

The George Hotel: Manzini
Tel +2505 2260

LODGES

Brookside Lodge, Malkerns
Tel: 2528 3765/ Cell: +268 76214228

Buhleni Farm Chalets
Tel 2416 3505/8 Te: 2404 3387/ 7608 6229

Maguga Lodge, Maguga Dam
Tel: 2437 3975

Mahamba Gorge Lodge
Cell 7617 9880

Mantenga Cultural Village,
Tel: 7806 8932

Mananga Country Lodge
Tel 2323 2404

Magadzavane **Lodge 7806 8931**
Mbuluzi Nature Reserve North of Simunye
Tel: 2383 8861/2

Mhlume Country club & lodge:
Tel 2313 4350/ 2313 4777

Shield Guesthouse
Tel: 2404 6072/ 7652 4021

Sibebe resort
Tel: 3402 0406/76088228

Royal Jozini +268 2550 4614
+268 7680 7047

MUSEUMS

Bulembu Museum |www.bulembu.org
www.entc.org.sz

King Sobhuza II Memorial Park
www.entc.org.sz | 7806 9555

Mantenga Cultural Village |www.entc.org.sz
Sugarcane Museum | +268 23737334 /
www.sugarcanemusem.com

National Museum **7806 9550**

RESTAURANTS

Velvet Monkey, Zulwini,
Cell: +268 7663 4822

Esphino, Siteki,
Cell: +268 7876 0543

Email info.espihno@swazi.net

Mdzimba View Shisanyama, Zulwini,
Cell: 7841 2930

email: mdzimbaview@gmail.com
Forester's Arms, Mhlambanyatsi
Tel: 2467 4177

Sambane, Malkerns
Tel: 2528 3466

Simunye Country Club, Simunye,
Tel: 2383 8894

The Calabash: Ezulwini
Tel 2416 1187

The George Hotel: Manzini
Tel +2505 2260/ 7860 2020

Mantenga
Tel: 7806 8932

SELF-CATERING

Big Game Parks,
Tel : +268 2528 1000/1 | Cel : 7677 6772

Buhleni Farm Chalets
Tel +268 2416 3505/8

Veki's, Mbabane | Tel: 7603 6396
Mhlosinga Nature Reserve Cabins
Tel: 268 7602 5482

Lakeside Tiger Fish Cabins
Tel: 268 7822 4905 ins@gmail.com

Royal Jozini +268 2550 4614
+268 7680 7047

TOURIST INFORMATION

All Out at Malandela's Internet Café, Malkerns,
Tel: 2528 3423

Dept. of Tourism, Swazi Plaza, Mbabane
Ezulwini Tel: 2416 2180

Swazi Trails
Tel: 2416 2180

TRAVEL AND TOURS

Nolu Events & Tours
Cell: +268 78603019

Wild Hogg Tours, Eddie
+268 76047510/79047510

WALKING/HIKING

Simunye (Big Game Parks):
+268 2528 1000/1 | +268 7677 6772

KaMsholo Bushveld Safaris, South of Big Bend (Big Game Parks)
Tel : +268 2528 1000/1 | Cell : +7677 6772

Khelekhele Trail
Cell: 7631 5308

Maguga Lodge, Maguga Dam
Tel: 2437 3975

Maguga view point:
Tel:2437 1056/ Cell 7606 5519/7607 1175

Mahamba Gorge Lodge:
Cell 7617 9880

Malolotja Nature Reserve
Tel: 7806 8934

Mananga Country Lodge
Tel 2323 2404

Mkhaya Game Reserve,
Phuzamoya (Big Game Parks)
Tel: +268 2528 1000/1 | Cell: 7677 6772

Mlawula Nature Reserve,
Tel: 7806 9261

Mlilwane Game Sanctuary,
Malkerns (Big Game Parks)
Tel: +268 2528 1000/1 | Cell: 7677 6772

Nkonyeni Golf Estate
Tel: 2540 0024/5

Phumula Guest House, Nhlangano
Tel: 2207 9099

Sibebe Rock
Cell: 7670 1667

Shewula Mountain camp and nature reserve:
Tel: 2343 4524/ Cell 7605 1160/ 7603 1931

Royal Jozini
+268 2550 4614/ +268 7680 7047

A Taste of Home: Kudliwani Eswatini

Celebrating our heritage, one traditional dish at a time!

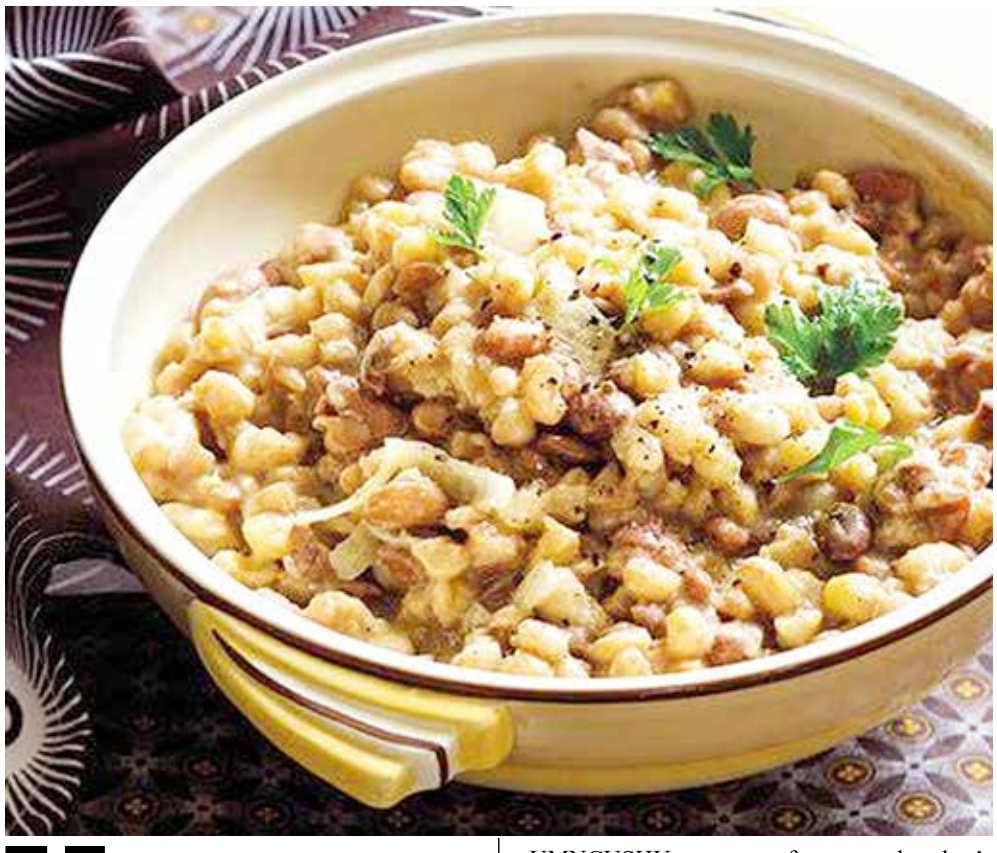





EVERY dish tells a story, and in Eswatini, our traditional food tells the story of who we are, where we come from and the rich heritage we proudly carry. From the familiar aromas of meals prepared in our grandmothers' kitchens to the traditional favourites that bring families together around the table, siSwati cuisine is deeply rooted in culture, history and a sense of belonging.

Welcome to *Kudliwani Eswatini*, a celebration of the Kingdom's culinary treasures. In this feature, we explore the traditional dishes that have nourished generations, uncover the stories behind our indigenous ingredients and revisit the cooking methods that have kept our food traditions alive. From hearty staples and wholesome family meals to much-loved traditional delicacies, we invite you to rediscover the authentic flavours of Eswatini.

UMNCUSHU: A TRADITIONAL DISH THAT NOURISHED GENERATIONS



UMNCUSHU is a favourite in many households, particularly because of its versatility: It is a delicious and nourishing traditional dish that combines samp and beans.It can be enjoyed on its own or served with vegetables, meat or a traditional relish. Although there are many different ways of preparing this beloved dish, today we are taking a trip down memory lane by preparing it the traditional way.

UMNCUSHU was one of my grandmother's favourite meals. She prepared it using a simple traditional recipe, yet the results were always incredibly delicious. Her ingredients were nothing complicated: samp, beans, water and salt. No spices, no additional ingredients, just the basics. Somehow, she managed to turn these simple ingredients into a wonderfully tasty and satisfying meal.

Let's take a look at how you can prepare this traditional dish in your own kitchen.

SAMP AND BEANS (UMNCUSHU)

Ingredients

- 1 cup dried samp
- 1 cup dried beans
- 8 cups water
- Salt to taste

METHOD OF PREPARATION

1. **Wash the samp and beans:** Rinse the samp and beans thoroughly under cold running water to remove any dirt or impurities.
2. **Soak overnight:** Place the samp and beans in a large bowl, cover with water and leave to soak for at least 8–12 hours. Soaking helps soften them, allowing them to cook evenly and reducing cooking time.
3. **Rinse and prepare for cooking:** After soaking, drain and rinse the samp and beans once again. Mix them together and transfer them into a large cooking pot. Add approximately eight cups of fresh, clean water.
4. **Bring to a boil:** Stir the mixture and bring it to a boil over high heat. After approximately one hour, reduce the heat to low and cover the pot.
5. **Allow to simmer:** Continue cooking for approximately 1½ to 3 hours, or until both the samp and beans are soft and tender. Check occasionally and add more boiling water if necessary to prevent the mixture from drying out or sticking to the bottom of the pot.
6. **Season with salt:** Once the samp and beans are fully cooked and tender, add salt to taste. Stir thoroughly to ensure that the salt is evenly distributed.
7. **Serve and enjoy:** Your traditional UMNCUSHU is now ready to serve!

UMNCUSHU can be enjoyed while hot as a wholesome meal on its own or served as a delicious accompaniment to meat, vegetables or your favourite traditional relish.

A TASTE OF TRADITION, A REMINDER OF HOME!

Simple, filling and deeply rooted in Eswatini's food culture, UMNCUSHU reminds us that some of the most memorable meals are made with the simplest ingredients. It is more than just food; it is a taste of heritage, family traditions and the generations that have kept our culinary culture alive.





Your November 2026 events calendar



NOVEMBER is bringing an exciting line-up of experiences for everyone, from outdoor adventures and cultural celebrations to fitness challenges and unique lifestyle events.

Whether you are looking to explore the Kingdom's beautiful landscapes, challenge yourself physically or enjoy a memorable day out with friends, there is something to look forward to. Here are the events to add to your November calendar!



06—08 NOVEMBER 2026
YEBO MZALA YEBO GOGO ART FESTIVAL

Venue: Malolotja Nature Reserve

Three days, one journey and a thousand stories waiting to be written! Yebo Mzala Yebo Gogo invites adventure enthusiasts, music lovers and culture seekers to an exciting three-day outdoor experience at the breathtaking Malolotja Nature Reserve.

Expect an action-packed programme featuring hiking, adventure tours, a thrilling 4x4 challenge, music and entertainment. From navigating rugged terrain and discovering the Kingdom's spectacular landscapes to enjoying evenings around glowing campfires beneath the stars, this festival promises an experience beyond the ordinary.



FESTIVAL PACKAGES:

- E350 per person
- E550 for two people in a 4x4

Tickets: Available through Moja Tickets.

21 NOVEMBER 2026
MBABANE MARATHON

Venue: Prince of Wales, Mbabane

Get ready to conquer the hills as the Mbabane Marathon returns on Saturday, 21 November 2026! Calling all runners, fitness enthusiasts and supporters to be part of an exciting sporting event that celebrates endurance, determination and the spirit of running.

Participants can choose from four distances: 42km, 21km, 10km and 5km. Rally your running crew, lace up your trainers and get ready to take on the beautiful but challenging hills of Mbabane.

- **Date:** Saturday, 21 November 2026
- **Venue:** Prince of Wales, Mbabane

21 NOVEMBER 2026
THE BUBBLY RUN

Venue: Mantenga Lifestyle Centre, Ezulwini

Fitness meets fashion, scenic adventure and a little bubbly magic as The Wine Boutique, in partnership with Simonsig Stellenbosch, presents Eswatini's first-ever Bubbly Run!

This is not your ordinary morning run. The experience invites participants to enjoy a refreshing 5km route from The Wine Boutique to the beautiful Mantenga Waterfall and back, combining wellness, outdoor exploration and the enjoyment of good company.

The celebration continues after the run with The Wine Soirée, featuring music by DJ Mixmash and DJ Tap, alongside food, wine and great entertainment.

EVENT DETAILS:

- **Date:** Saturday, 21 November 2026
- **Time:** 06:00–18:00
- **Starting point:** The Wine Boutique, Mantenga Lifestyle Centre
- **Route:** 5km from The Wine Boutique to Mantenga Waterfall and back
- **Tickets:** E400 per adult
- **Dress code:** Chic fitness attire inspired by Simonsig MCC colours
- **Entertainment:** DJ Mixmash and DJ Tap

28 NOVEMBER 2026
HAPPY VALLEY HOTEL OUTDOOR MOVIE EXPERIENCE

Venue: Happy Valley Hotel Lawn, Ezulwini

Swap the usual cinema setting for an unforgettable outdoor movie experience under the Eswatini evening sky! Happy Valley Hotel invites adults to an exciting outdoor entertainment experience on Saturday, 28 November 2026, bringing together movies, music and a relaxed social atmosphere.

Look forward to an afternoon and evening of entertainment, enjoying the outdoor setting while spending quality time with friends. Adding to the atmosphere will be music from DJs AyaCity and Skinny DJ, alongside a performance by Velemseni, promising an exciting entertainment line-up.

EVENT DETAILS:

- **Date:** Saturday, 28 November 2026
- **Time:** 15:00–21:00
- **Venue:** Happy Valley Hotel Lawn, Ezulwini
- **Admission:** Adults only
- **Early Bird tickets:** E200
- **Phase One tickets:** E250
- **Entertainment:** DJ AyaCity, Skinny DJ and Velemseni

Bring your friends, settle in and enjoy an evening where outdoor cinema meets live entertainment!



28 NOVEMBER 2026
COMEDY & JAZZ IN THE WILD!

Venue: Stush in the Bush, Kalanga, Ngcina

Comedy & Jazz in the Wild brings together comedy and live music for a unique outdoor experience at Stush in the Bush, Kalanga, Ngcina, on Saturday, 28 November 2026. Hosted by the entertaining duo Gogo Eswatini and Slwane, the event promises an enjoyable atmosphere filled with laughter, good music and great company. Guests can enjoy meals and drinks available at the venue, making it an ideal opportunity to relax, socialise and spend the day immersed in entertainment.

EVENT DETAILS:

- **Date:** Saturday, 28 November 2026
- **Venue:** Stush in the Bush, Kalanga, Ngcina
- **Hosts:** Gogo Eswatini and Slwane
- **Presale tickets:** E200
- **At the gate:** E250
- **Food and drinks:** Available at the venue
- **Additional facilities:** Camping and swimming pool available at a fee

FIVE iPHONES STILL UP FOR GRABS



MBABANE - EmaSwati still have an opportunity to walk away with one of five iPhone 18 Pro Max devices through Eswatini Mobile's Siyabangena More ngeli Million! campaign, with customers encouraged to keep recharging as the competition continues.

The latest giveaway adds a fresh attraction to the campaign, which was launched in September to distribute E1 million in cash and prizes to customers. Having already rewarded its first five monthly grand-prize winners with E75,000, Eswatini Mobile is now giving customers another reason to participate, with the coveted Apple devices up for grabs. For customers who have been following the competition, the message is simple: there is still more to win, and qualifying starts with using Eswatini Mobile services.



FIVE IPHONES, THREE MONTHS TO QUALIFY

The iPhone 18 Pro Max promotion runs across October, November and December 2026, with five devices available to be won. Customers must recharge E200 or more monthly in the aforementioned months. Importantly, customers do not have to recharge the entire E200 in a single transaction. Smaller recharges can be accumulated to reach qualifying amount every month, making participation more accessible to customers who prefer to buy airtime or bundles in manageable amounts.



HOW TO QUALIFY FOR THE DRAW

To qualify, customers should make sure their combined qualifying purchases reach at least E200 after each of three months. To increase their chances, customers can buy more airtime.

Customers should remember that qualifying requires meeting the E200 threshold after each of the three months.

MORE REWARDS THROUGH SIYABANGENA

The competition forms part of Siyabangena More ngeli Million!, which gives customers opportunities to win through qualifying purchases rather than limiting rewards to a single grand-prize winner. The campaign is designed to return value to customers while celebrating their continued support of the network.

The iPhone giveaway follows the first E75,000 monthly prize draw, in which five customers each received E15,000 through e-Mali. The winners were Simisani Mthethwa, Nomphumelelo Nhlabatsi, Lombuso Dlamini, Setsabile Dlamini and Wandile Masimula. Their winnings offered a glimpse of what participation in the campaign can mean for customers, with rewards reaching people who use Eswatini Mobile services in their everyday lives.



A CHANCE TO UPGRADE

For many customers, winning a premium smartphone would mean more than owning a new device. It could offer an opportunity to upgrade their mobile experience, enjoy advanced smartphone features and access digital services through a device they might otherwise have postponed buying.

The wider Siyabangena More ngeli Million! campaign is open to eligible Eswatini Mobile prepaid and postpaid customers. subject to the promotion's terms. Customers should complete their VELA registration and ensure their details are up to date and can take part in the comes

With October, November and December each providing opportunities to meet the qualifying target, customers can plan their recharges around their regular communication needs while keeping their eyes on the prize. Five iPhones are waiting to find new owners. For those hoping to be among the winners, every qualifying month counts.



