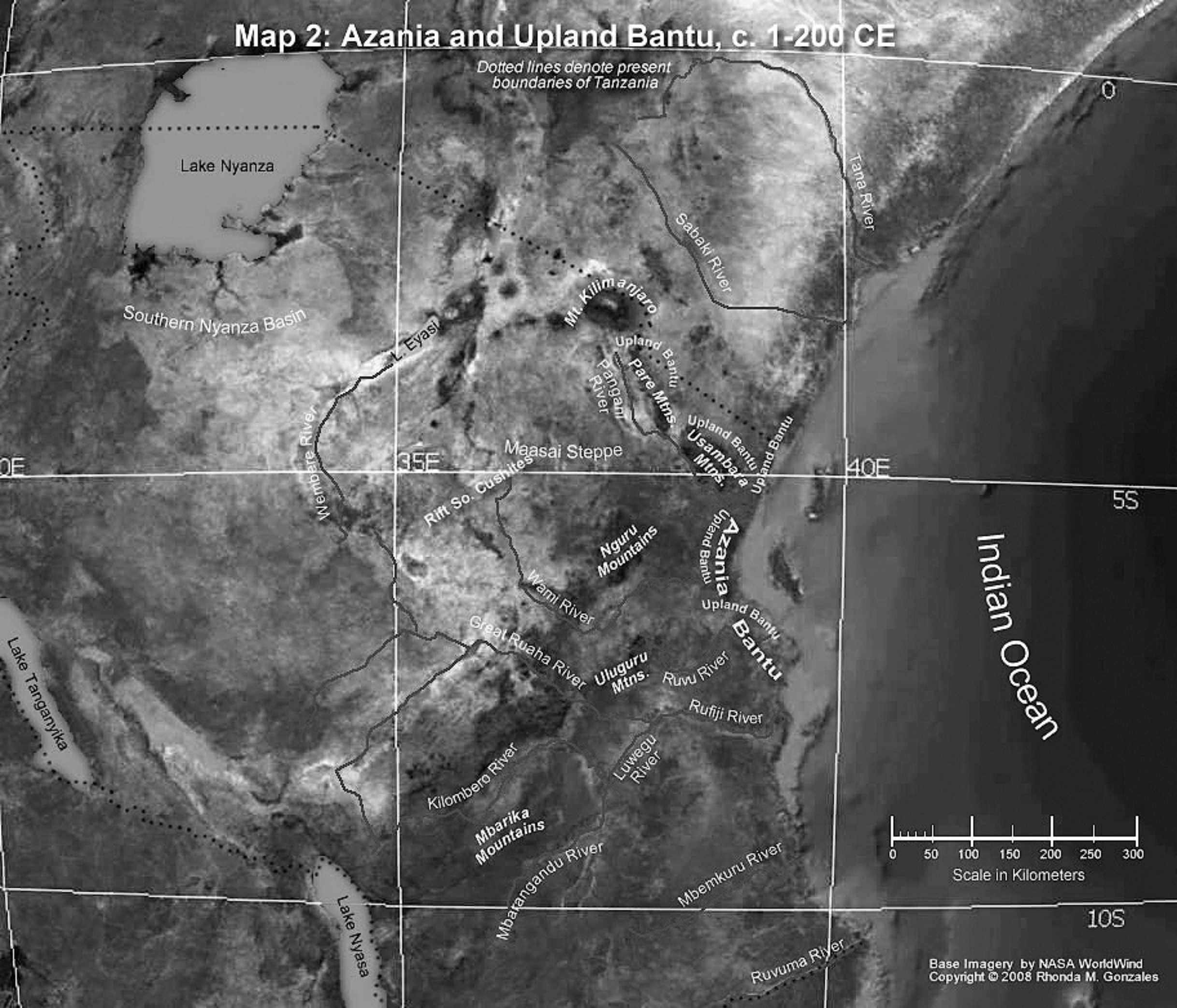


Map 2: Azania and Upland Bantu, c. 1-200 CE



Dotted lines denote present boundaries of Tanzania

Lake Nyanza

Southern Nyanza Basin

Tana River

Sabaki River

Mt. Kilimanjaro

Pangani River

Pare Mtns

Upland Bantu
Usambara Mtns

Maasai Steppe

Rift So. Cushites

Nguru Mountains

Azania
Upland Bantu

Wami River

Upland Bantu
Bantu

Great Ruaha River

Uluguru Mtns

Ruvu River

Rufiji River

Kilombero River

Mbarika Mountains

Luwegu River

Mbemkuru River

Mbatangandu River

Ruvuma River

Indian Ocean

