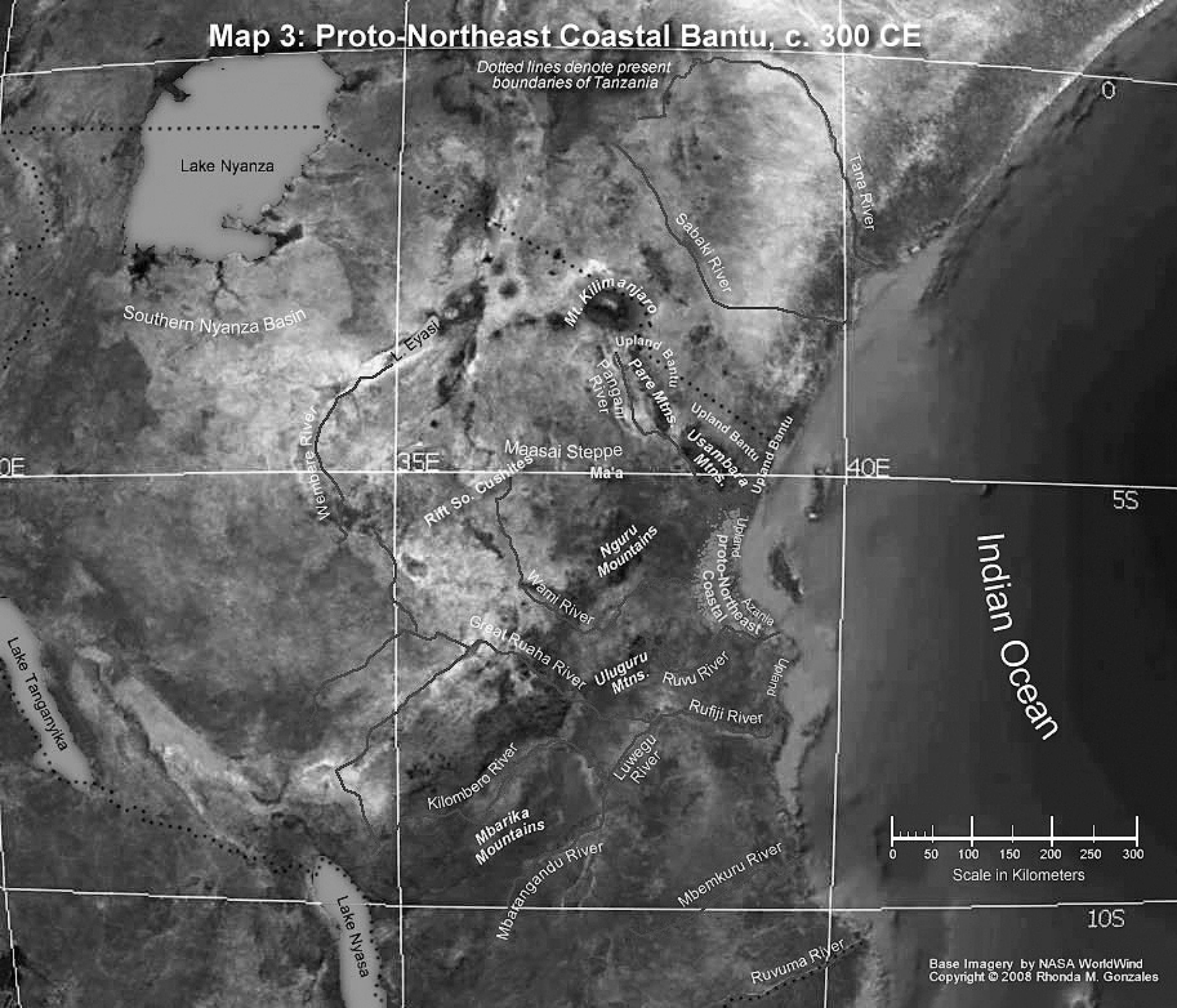


Map 3: Proto-Northeast Coastal Bantu, c. 300 CE



Dotted lines denote present boundaries of Tanzania

Lake Nyanza

Southern Nyanza Basin

Tana River

Sabaki River

Mt. Kilimanjaro

Upland Bantu

Pare Mtns

Upland Bantu

Usambara Mtns.

Maasai Steppe
Ma'a

Rift So. Cushites

Nguru Mountains

Wami River

Great Ruaha River

Uluguru Mtns.

Ruwu River

Rufiji River

Upland

Azania

Upland

Lake Tanganyika

Kilombero River

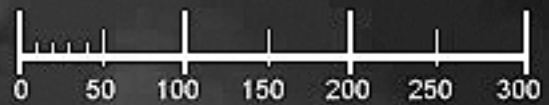
Luwegu River

Mbarika Mountains

Mbatangandu River

Mbemkuru River

Indian Ocean



Scale in Kilometers

10S