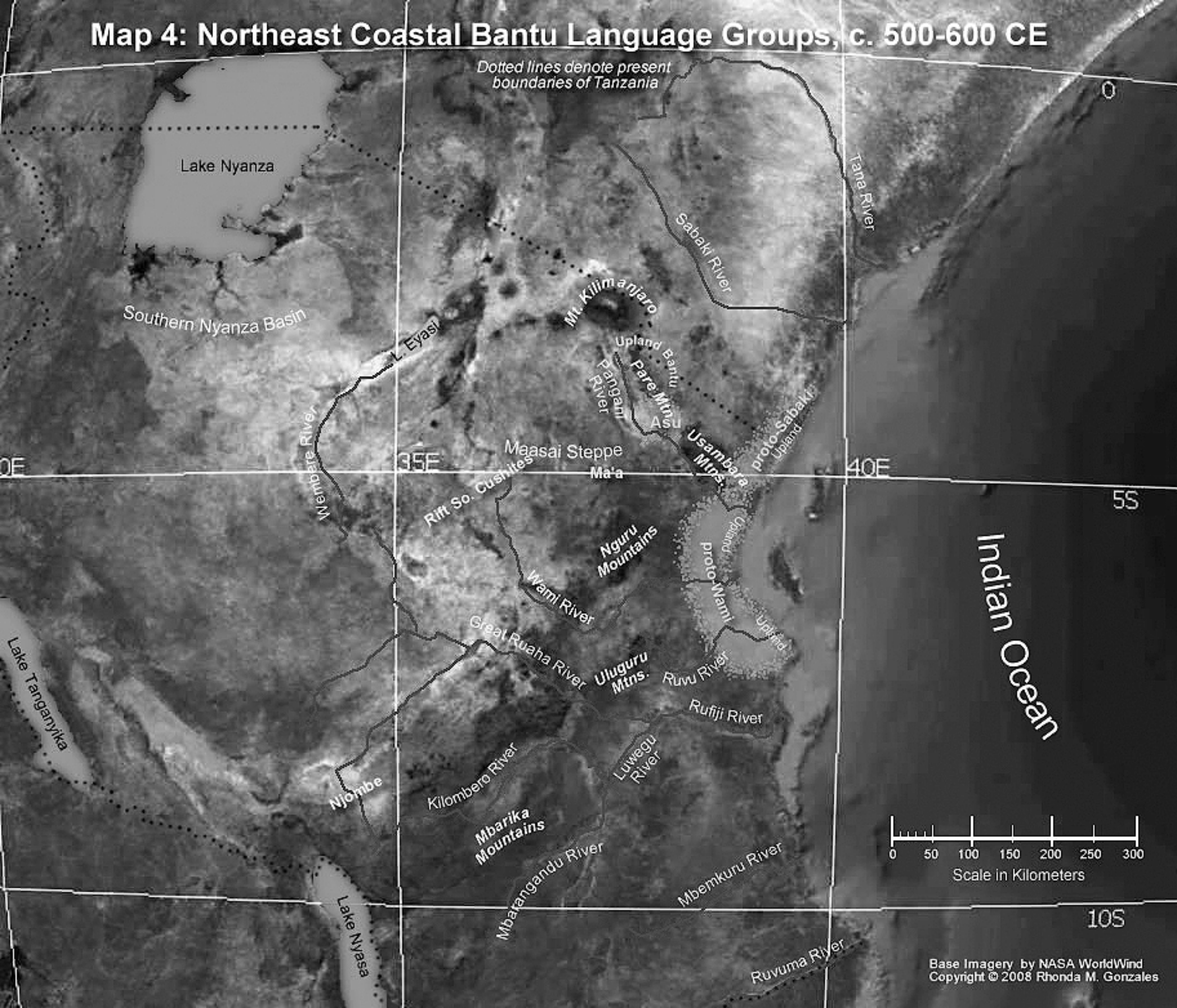


# Map 4: Northeast Coastal Bantu Language Groups, c. 500-600 CE



Dotted lines denote present boundaries of Tanzania

Lake Nyanza

Southern Nyanza Basin

Tana River

Sabaki River

Mt. Kilimanjaro

Upland Bantu  
Pare Mtns. Asu  
Pangani River

proto-Sabaki Upland

Maasai Steppe  
Ma'a

Usambara Mtns.

Rift So. Cushites

Nguru Mountains

Wami River

proto-Wami Upland

Great Ruaha River

Uluguru Mtns.

Ruwu River

Rufiji River

Lake Tanganyika

Njombi

Kilombero River

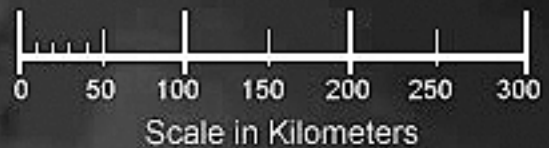
Luwegu River

Mbarika Mountains

Mbatangandu River

Mbemkuru River

Indian Ocean



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