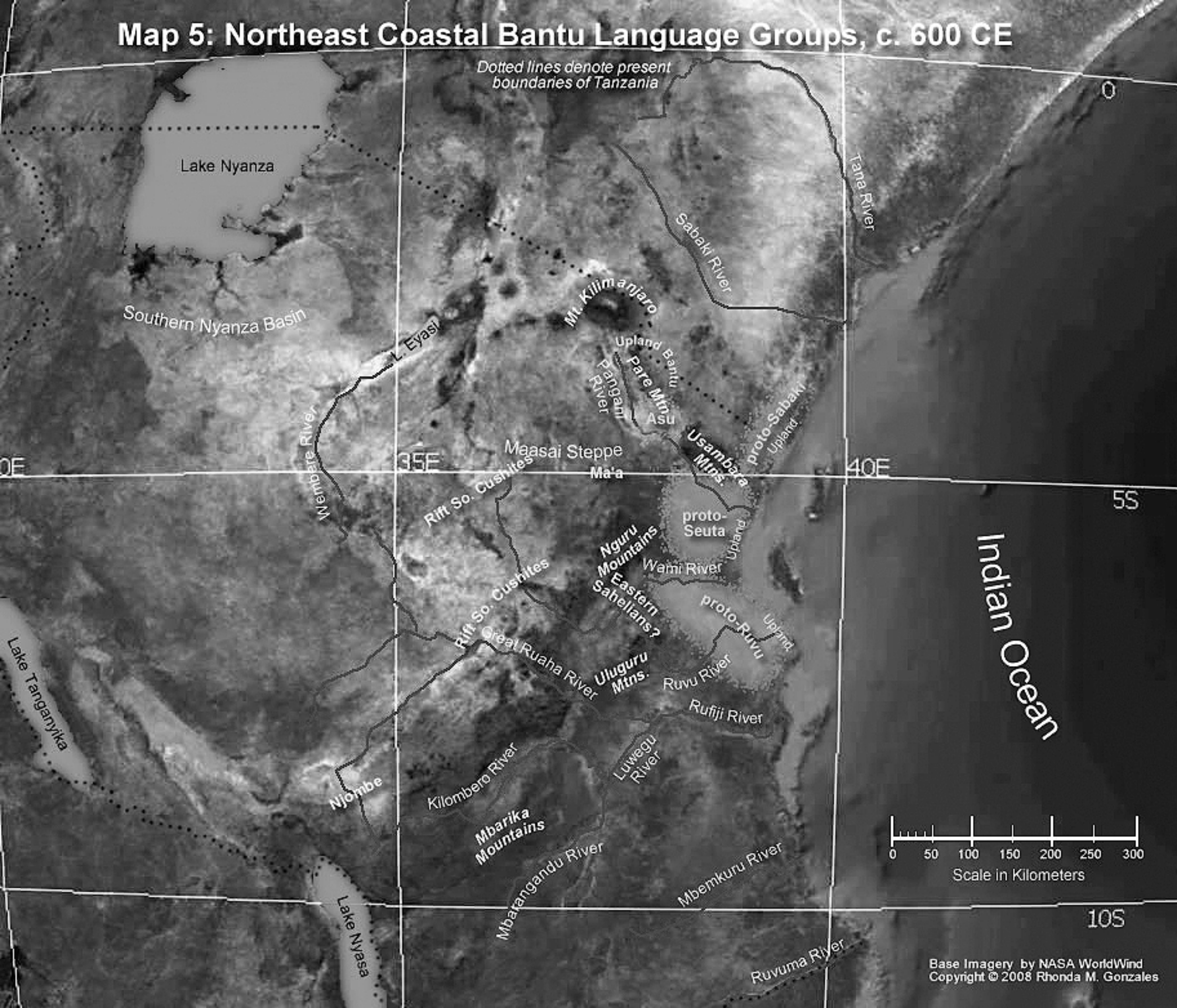


Map 5: Northeast Coastal Bantu Language Groups, c. 600 CE



Dotted lines denote present boundaries of Tanzania

Lake Nyanza

Southern Nyanza Basin

Tana River

Sabaki River

Mt. Kilimanjaro

Upland Bantu
Pangani River
Pare Mtns. Asu

Usambara Mtns.
proto-Sabaki Upland

Maasai Steppe
Ma'a

Rift So. Cushites

proto-Seuta Upland

Nguru Mountains

Wami River

Eastern Sahellans?

proto-Ruvu Upland

Rift So. Cushites

Great Ruaha River

Uluguru Mtns.

Ruvu River

Rufiji River

Lake Tanganyika

Njombe

Kilombero River

Luwegu River

Mbarika Mountains

Mbatangandu River

Mbemkuru River

Indian Ocean



10S