



## Malawi Multi-Activity Adventure

### ITINERARY

#### **DAY 1 Depart from London Heathrow Airport**

We fly London to Nairobi departing in the evening from London Heathrow Airport.

#### **DAY 2 Arrive into Lilongwe – Drive to Blantyre**

We arrive into Lilongwe and make a five hour road transfer to the town of Blantyre. On arrival we transfer to our central accommodation. Blantyre is a historic city which was named after the birthplace in Scotland of the explorer David Livingston who founded a mission here in 1870.

#### **DAY 3 Blantyre to Mulanje by Mountain Bike**

After breakfast, the local guides will allocate mountain bikes to all participants and we can get used to them and make any adjustments in the hotel compound. We then drive a short distance out of the city to the starting point of our ride. We cycle on one of the best paved and quietest roads in Malawi - covering the 40 miles from Limbe (on the outskirts of Blantyre) to the Mulanje massif. A challenging but enjoyable day, and one which will have the constant support of a back up vehicle in case members are unable to complete the ride. Cycling in Malawi is a wonderful way to meet the local people and really see the country. On reaching the Mulanje area we stay at the Likabula Forest Lodge. Accommodation is provided in a mixture of twin and 3 bed rooms.

#### **DAY 4 Trek to the Thuchira Hut**

From Likabula we drive for about 10km to the Tinyade Tea Estate where we meet up with the porters who will be carrying our supplies and belongings. The hike begins along a level path which passes through open, cultivated fields. Soon we enter a forested region and the path begins a steady ascent for about 2 hours alongside and above the Thuchira River. Eventually we reach an impressive corrie with steep rock slabs walls and waterfalls cascading down. We have to cross a small stream and then the path begins a fairly steep climb up into the corrie. Eventually we emerge onto the Mulanje plateau and continue along a gentle path until we reach the Thuchira Hut. This is a pleasant and old fashioned mountain hut with three rooms and fire places. There is a verandah with great views over the plains. **(4 hours hiking)**

#### **DAY 5 Trek from Thuchira Hut to Chambe Hut**

From the Thuchira Hut we trek through delightful open country with several small rivers to cross. Some of these have pools which are ideal for washing and swimming, and the water is not too cold either! The scenery is somewhat reminiscent of Scotland with high rolling peaks and wide open valleys. After about 2-3 hours walking we reach the new Chisepo Hut, situated at the base of Sapitwa, the highest mountain in Malawi. We have lunch here, before continuing our trek towards

the Chambe Basin. This is a beautiful region of forests situated at the foot of Chambe Peak, a substantial rock buttress which dominates the view about our camp at Chambe Hut. The area is home to the native Mulanje Cedar tree, a species unique to the region. **(5-6 hours hiking)**

#### **DAY 6          Trek from Chambe Hut to Likabula**

From Chambe Hut we climb across a ridge and then hike down the Chapaluka Path to Chambe Basin. The route crosses streams, goes through thick groves of Cedars and passes the Zwilankalamba Falls, the highest in the massif. A short diversion off the main path takes us to see these falls. The descent is hard work with a path that can be slippery in places and there are some small rivers to cross, which can be awkward, especially after rainfall. Eventually the path emerges behind the Likabula Forest Lodge, our accommodation for the evening. **(4-5 hours hiking)**

#### **DAY 7          Drive from Likabula to Cape Maclear**

From Likabula we drive to the town of Zomba. This used to be a colonial administrative centre and was once regarded as the most beautiful view in the British Empire. We have lunch here before continuing to the road junction with the Shire River. We turn off the main road here, and head towards the shore of Lake Malawi, following it north to reach Cape Maclear in Lake Malawi National Park. We stay at accommodation by the lake shore.

#### **DAY 8          Watersports at Cape Maclear**

Cape Maclear is a tourist centre for all kinds of water sports including scuba diving and kayaking. We will take to the water in two-person kayaks. These kayaks are large and very stable, and after our guides have instructed us in the proper paddling techniques and safety procedures we will paddle our way 5km / 3 miles across the turquoise waters of the lake to Domwe Island. A motorised launch follow us as safety back up and takes your luggage. If the wind is a bit strong or the lake is choppy, or if you don't feel up to going in a kayak, you can get a lift in the motorboat. We reach Domwe Island, after about 1-2 hours of paddling and our tented camp accommodation by a private beach. In the afternoon you can go snorkelling, swimming or simply relax on the beach.

#### **DAY 9          Free on Domwe Island - watersports day**

We have a full day free at leisure on Domwe Island. Snorkelling equipment will be available and, for an additional cost, it will be possible to organise an Introductory SCUBA course.

#### **DAY 10        Return to Lilongwe**

The morning will be free. After lunch we travel by launch back to Cape Maclear and from there by road to Lilongwe. On arrival in Lilongwe we transfer to our central hotel and in the evening will have our final celebratory farewell dinner here.

#### **DAY 11        Depart from Lilongwe**

After breakfast we transfer to the airport for our homeward flight.

#### **DAY 12        Arrive London Heathrow Airport**

We arrive into London Heathrow Airport in the morning.