

# Malawi Bike

Bike the spectacular shores of Lake Malawi



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## Take on this epic 5 day challenge

Malawi is one of Africa's smallest countries and is described as the 'warm heart of Africa', and whilst we hate to generalize, Malawians really do seem to be among the friendliest people you could meet anywhere. This incredible bike ride takes us from the capital, along the southern side of Lake Malawi.

Lake Malawi occupies 20 per cent of Malawi and is Africa's third biggest lake. Much of the country lies within the great Rift Valley of eastern Africa, with Tanzania to the north, Zambia to the west and Mozambique to the east and south.

The Lake itself is a great inland sea, some 360 miles north to south and up to 50 miles wide. Much of the time this tide less, freshwater lake gently laps the golden beaches which surround it.

For 5 days we bike stunning Malawi, often hugging the shoreline and spend nights in local lodges or hotels on the lake shore, witnessing the most spectacular sunsets you will have ever seen.





# Detailed itinerary

## Day 1 and 2: London to Lilongwe

Depart London for an overnight flight to Lilongwe. Arrive Lilongwe where we will be met at the airport and transferred by vehicle to our hotel. After dinner we will have a full bike briefing about the adventure ahead.

## Day 3: Lilongwe to Salima, 100kms

An early breakfast and the challenge begins! We depart the country's capital, Lilongwe and begin cycling on good tarmac roads. We descend from about 1200 metres to 450 metres, although you do not really have the sensation of descending more than you ascend! The roads sweep uphill and downhill and are a great introduction to the cycling in Malawi. Accommodation tonight is on the Salima lakeshore.

## Day 4: Salima to Mua Mission, 80kms

Another an early start to avoid the heat of the day. Today we cycle on both tarmac and dirt roads. The route is flatter than the day before but still with the occasional rises and falls, as we pass a mixture of smallholder farmland, Eucalyptus forests and shrub bush. Tonight we stay near Salima in the hills overlooking the spectacular lakeshore.

## Day 5: Mua Mission to Nanchengwa, 90kms

After a good hearty breakfast we continue south. Today our scenic flat route continues along the dramatic lakeshore along dirt and tarmac roads to a beautiful lake side spot, Nanchengwa, which is situated between Mangochi and Monkey Bay. Here we spend this evening enjoying the beautiful African sunset.

## Day 6: Nantchengwa to Zomba, 100kms

After an early breakfast we start our days cycle towards the Zomba plateau, a stunning mountain that sits at 1800m. After a long days cycling we will be picked up and transferred up the mountain to the Ku Chawe Inn at the top of the plateau. Here we will be able to visit the beautiful waterfalls and enjoy spectacular views over Southern Malawi. Overnight at the Inn enjoying views of the breath taking Zomba mountain.

## Day 7: Zomba to Blantyre, 70kms

The last day of our Malawian bike challenge! Today we will enjoy a beautiful ride to Malawi's oldest city Blantyre. Tonight we will enjoy a truly African celebratory meal!



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## Day 8: Depart Lilongwe

After an early breakfast, we will be transferred 4-5 hours to Lilongwe Airport and depart for the UK.

## Day 9: Arrive UK

### Challenge grade

Tough

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*This itinerary is complex and subject to change*

