



Join this multi-activity challenge in Malawi. You will mountain bike through the Dedza Highlands, down to the floor of the Great Rift Valley and the shores of Lake Malawi, and hike through the jungles of Liwonde National Park. You will also visit ActionAid projects along the way, giving you an invaluable insight into the difference your sponsorship is making.

**DAY 1 Saturday 10 May
Depart London**

**DAY 2 Sunday 11 May
Arrive Lilongwe**

We transfer to our hotel and the afternoon is free for bike allocation and general preparation. Lilongwe lies on the Central African Plateau at an altitude of 1100m.

**DAY 3 Monday 12 May
Lilongwe**

Today will be a preparation day where we can road test our bikes and make any necessary adjustments. There will also be a visit to a local ActionAid project where we can see first-hand some of the valuable work that we are helping to fund.

**DAY 4 Tuesday 13 May
Cycle from Lilongwe to Nkhoma Mission (45km)**

Our route heads south east out of Lilongwe following secondary dirt roads which are ideal for cycling. The terrain is fairly flat which gives us a good introduction to the challenge. Nkhoma is a Presbyterian mission and was founded around 100 years ago.

**DAY 5 Wednesday 14 May
Cycle from Nkhoma Mission to Vila Ulongwe in Mozambique (85km)**

From Nkhoma we continue cycling south, heading up into the Dedza Highlands. The plateau undulates as rivers cut across it on their way to Lake Malawi. The area which we travel through is populated and intensively farmed, with maize and tobacco being the dominant crops. We cross the border into Mozambique and continue to the town of Vila Ulongwe, a centre for the production of paprika.

**DAY 6 Thursday 15 May
Cycle from Vila Ulongwe to Dedza (30km)**

Mozambique is culturally quite different to Malawi and we will be able to spend a leisurely morning exploring the local area. Around lunchtime we re-commence cycling, heading north to the border town of Dedza where we re-enter Malawi. We camp at Dedza in the grounds of the local pottery.

**DAY 7 Friday 16 May
Cycle from Dedza to Funwe (108km)**

Just south of Dedza the route descends the dramatic Dedza Pass and drops steeply from the highlands down to the floor of the Great Rift Valley. Temperatures will increase, the terrain becomes flat, and the vegetation will change to tropical African bush dominated by baobab trees. We camp at an agricultural research station which examines how new farming techniques can benefit the local community.

**DAY 8 Saturday 17 May
Cycle from Funwe to Nanchengwa Lodge (40km)**

Today is a shorter day as we reach the shores of Lake Malawi and follow it to our camp at Nanchengwa Lodge. The camp offers simple facilities in a beautiful grassy location on the lake shore. After lunch we will have the opportunity to refresh, swim, snorkel, and revel in the tranquillity of the lakeshore.

**DAY 9 Sunday 18 May
Rest day at Nanchengwa Lodge**

After the exertions of the previous five days, this will be a welcome opportunity to relax. There are also a range of optional watersports activities along the lake shore.

**DAY 10 Monday 19 May
Cycle from Nanchengwa Lodge to Mvela Crossing (90km)**

The last section of the biking route runs south towards Lake Malombe. We pass through the town of Mangochi and follow its shore line to the small village of Mvela Crossing. We will have chance to try nsima, the local staple food made from maize. Tonight we may camp or stay in local village homes.

**DAY 11 Tuesday 20 May
Mvela Crossing to Mvuu Camp (10km)**

Today we start a two-day trek through Liwonde National Park. We may see hippo, elephant and gazelle. Our overnight stop is at Mvuu Camp in the heart of the National Park.

**DAY 12 Wednesday 21 May
Mvuu Camp to Chinguni Lodge (16km)**

We trek along good trails which weave their way through the dense jungle. The trekking will be hot and humid, giving us a real challenge on the final activity day of the trip. Our overnight camp is at Chinguni Lodge, with simple facilities and a welcoming bar where we can celebrate the successful completion of our challenge.

**DAY 13 Thursday 22 May
Chinguni Lodge - Machinga - Lilongwe**

Today we drive to Machinga where we visit a second ActionAid project and meet the local community. After lunch we continue by road back to Lilongwe. In the evening we will have our final celebratory meal.

**DAY 14 Friday 23 May
Depart Lilongwe**

Morning departure from Lilongwe Airport.

**DAY 15 Saturday 24 May
Arrive London.**

You will also have the opportunity to extend your trip at an extra cost. There is limited availability so please request your extension upon registration.

© Great Walks of the World. The itinerary is complex and subject to change.



WHERE ON EARTH AM I GOING?

ActionAid in Malawi

Malawi is known as "the warm heart of Africa" and for good reason! Malawi's scenery is stunning and varied and its people are warm and friendly. You should seek advice from your doctor or travel clinic on malaria prophylactics as well as any recommended vaccinations. The most challenging part of this challenge will be cycling in hot and humid conditions (temperatures ranging from 20°C to 30°C), so it is imperative that you drink plenty of water to avoid dehydration.

ActionAid's work with HIV and AIDS

1 in 7 people in Malawi is living with HIV/AIDS, and someone dies every 9 minutes from



AIDS-related illnesses. ActionAid has been working on HIV/AIDS since 1987, giving practical support to people living with the disease. We campaign and lobby to make access to drugs, care and treatment fair and unbiased. During your trip you will visit ActionAid projects in the region, and will see first-hand the difference your sponsorship money makes.

This information is correct at the time of going to print. You will be advised of any changes before departure. ActionAid is acting on behalf of Great Walks of the World, ATOL 5151. Great Walks of the World aims to set responsible tourism standards within the charity expeditions industry. Every trip aims to benefit local communities whether through the employment of local people, using locally owned accommodation, providing participants with notes on environmental and cultural respect, or contributing to local community projects.

FUNDRAISING TOP TIP!

"Start early, plan events well, target people who might be very interested, and keep pestering!"

Daniel Robinson, ActionAid Trekker 2006



MONEY MATTERS

REGISTRATION FEE: £300 (can be paid in two monthly instalments)

MINIMUM SPONSORSHIP: £3,200

The trip costs of **£1,704** will be taken from the minimum sponsorship. Trip costs will cover:

- flights and transfers
- accommodation
- all meals and drinking water
- passenger service charge and UK airport tax
- group first aid supplies
- an English speaking expedition leader and full local support team
- a donation of £25 per person to ActionAid's project work that you will visit in Malawi from your tour operator, Great Walks of the World

Additional extras that you will need to cover:

- any additional airline imposed fuel surcharge
- visa fees – for British passport holders there is currently no visa required for Malawi; Mozambique visa costs £40
- any optional activities not mentioned in the itinerary
- personal spending money
- travel to/from UK airports
- any required vaccinations
- malarial prophylactics
- tips for the local support team
- travel insurance £69 (Insurance is compulsory and we strongly recommend that you use the scheme offered by Great Walks. Non-UK residents will receive travel insurance advice on registration.)

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