TREK OVERVIEW
Malawi – The Warm Heart of Africa. Speak to anyone who has been there and they will have fallen in love with this delightful place. Down below the southern end of Lake Malawi is the little known and, relative to everything else in Africa, small scale Mulanje Massif. Surrounded by tea plantations and lush forests teeming with rich plant and animal species, Mulanje provides five days of excellent trekking and the chance to climb Sapitwa (3002m), Malawi’s highest peak. After the initial steep climb up onto the massif, the walking is relatively gentle and there are many optional excursions from the camps for those with excessive energy.

After the trek we go on to spend some time game viewing in Liwonde National Park and enjoy water activities on the beautiful Lake Malawi, noted for its clear waters and colourful Cichlid fish that can be observed whilst snorkelling. Quite simply just a nice introduction to Africa, a nice trek, an optional peak and some R and R to finish.

Participation Statement
Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Adventure Travel – Accuracy of Itinerary
Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.
PREVIOUS EXPERIENCE/FITNESS
If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 5 - 7 hours walking plus plenty of rest stops.

GROUP AND LEADERS
A fully qualified UK leader will accompany all groups of five or more passengers. He/she will be assisted by an experienced Malawian guide. Smaller or private groups will be led by an English speaking guide from Malawi. This trip is exclusive to Adventure Peaks.

WEATHER
May to October are the drier and cooler months in Malawi, which experiences high rainfall from November to April. However the average temperature is seldom below 20°C, but will drop the higher you climb. The mountain does attract its own micro climate and can be shrouded in cloud at any time of year, so you need to be prepared for this. Pack the waterproofs!

WHAT TO CARRY
This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.

CATERING ARRANGEMENTS
On trek our cooks pride themselves on their cooking, and ensure all food on the trek is freshly prepared using local ingredients and there is plenty for everyone. A typical menu on this trip would be:

Breakfast: Porridge or cereal, bread with, jam, margarine, eggs, tea, coffee.

Lunch: Most days apack lunch will be provided for you in the morning.
Dinner: A hot meal is served every night consisting of soup, traditional Malawi cuisine followed by fresh fruit and drinks.

ACCOMMODATION
On trek you will be staying in basic mountain huts, or possibly in tents nearby if the huts are busy. ‘Long drop’ loos, are provided at the huts and washing / bathing is done in nearby mountain streams.
In Lilongwe for the first night you are in the luxury Heuglin’s Lodge situated in the peaceful garden suburbs of Lilongwe’s residential area. The Likhubula Forest Lodge, located in the foothills of Mulanje Mountain is more basic but does offer some en-suite rooms.
Mvuu Camp is situated on the banks of the Shire River. All chalets are en-suite and meals are taken in the riverside restaurant.
Domwe Island Camp is basic yet exclusive. It lies behind a small beach on the island’s west side. Accommodation consists of fully-furnished safari tents complemented by a dining area with bar and a water sport gazebo. On Domwe, as little environmental impact as possible is made in order to maintain the pristine nature of the island. There is no electricity, so lighting is by solar, paraffin lamps and wind-up torches. Also, all the toilets are dry composter loos.

LANGUAGE AND TIME
Language: Chichewa is the native language of Malawi but English is the commercially used and spoken.
Time: GMT+2 hours. No daylight saving time at present.

HEALTH
All our UK leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. There are no compulsory vaccinations for Malawi but the following are recommended: Hepatitis A, Diphtheria, Tetanus, Polio, Typhoid and possibly Rabies. Suitable malaria prophylactics should be taken. A Yellow Fever vaccination certificate is required if entering from an infected area. The risk of contracting bilharzia when engaging in water sports in Lake Malawi is minimised if sensible precautions are taken. Bathers should swim only at the resort areas known to be free of bilharzia, avoiding parts of the lake where there is still water or close human habitation. Many areas of the lake, including where we take you, are free of this disease. Consult your GP or a vaccine specialist for professional advice or refer to this website: www.fitfortravel.scot.nhs.uk. Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

INSURANCE
Insurance which covers mountain rescue, evacuation and medical expenses is essential. You should note there are no official mountain rescue services in Malawi and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land and not by helicopter. We will require a copy of your insurance prior to departure. Your standard travel insurance should
be sufficient for this trip as there is no technical climbing and we do not go above 4000m.

ALTITUDE
This is not a very high altitude trip. However if you are new to altitude you may have concerns about the effects. Don’t worry because our itineraries allow sufficient time to acclimatise, and altitude rarely causes anyone any problems on this trip. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid.

USEFUL TIPS
Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

EQUIPMENT
A detailed equipment list is provided on booking but normal summer walking equipment is all that is required, together with a three season sleeping bag which can be hired from us. For equipment purchases Adventure Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

BAGGAGE
For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters should be kept to 15kg, (you will be wearing boots and one set of trekking clothes).

VISAS AND PERMITS
Visas for entry into Malawi are not required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries.

LOCAL COSTS
All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, souvenirs and tips for local staff.

CURRENCY
The currency in Malawi is the Kwacha (MWK). We advise you to take UK sterling, Euro or US$ and exchange on arrival. ATMs and change bureaux are available in the arrivals hall at the airport and in Lilongwe. Credit cards are not widely accepted.

TIPPING
Tipping is an accepted part of life in Malawi. We generally tip our local trek staff as a whole and would recommend around £30 per person. Tipping at meals and in hotels is also normal practice.

ADVENTURE PEAKS KITBAG
All Adventure Peaks clients who reside in the UK will receive a FREE kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

FLIGHTS AND JOINING ARRANGEMENTS
Flights are NOT included as part of this holiday. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. The best routing is either via Addis Ababa with Ethiopian Airlines or via Nairobi with KLM / Kenya Airways. Please note there is a Departure Tax of approx US$30 when leaving Malawi.

The rendezvous for this trip is the ARRIVALS HALL AT LILONGWE AIRPORT AT 1300 on Day 2.

You will meet other member of the group and your leader at the airport and then be transferred to the first hotel by private vehicle.
### MALAWI'S MULANJE MOUNTAIN ITINERARY

<table>
<thead>
<tr>
<th>No</th>
<th>Day</th>
<th>Today we...</th>
<th>We stay at...</th>
<th>Accommodation is...</th>
<th>Meals...</th>
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<tbody>
<tr>
<td>1</td>
<td>Sat</td>
<td>Fly</td>
<td>Plane</td>
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<tr>
<td>2</td>
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<td>Luxury lodge</td>
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<tr>
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<td>Likhubula</td>
<td>Lodge</td>
<td>BLD</td>
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<tr>
<td>4</td>
<td>Tue</td>
<td>Trek day 1</td>
<td>Chipeso</td>
<td>Mountain hut</td>
<td>BLD</td>
</tr>
<tr>
<td>5</td>
<td>Wed</td>
<td>Trek day 2 - climb Sapiitwa</td>
<td>Thuchila</td>
<td>Mountain hut</td>
<td>BLD</td>
</tr>
<tr>
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<td>Chinzama</td>
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<td>BLD</td>
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<tr>
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<td>BLD</td>
</tr>
<tr>
<td>9</td>
<td>Sun</td>
<td>Trek 6 - Liwonde NP</td>
<td>Liwonde National Park</td>
<td>Mvuu Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>10</td>
<td>Mon</td>
<td>Liwonde National Park</td>
<td>Liwonde National Park</td>
<td>Mvuu Camp</td>
<td>BLD</td>
</tr>
<tr>
<td>11</td>
<td>Tue</td>
<td>Transfer to Domwe island</td>
<td>Domwe Island, Cape Maclear</td>
<td>Tented Camp</td>
<td>BLD</td>
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<tr>
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<td>Plane</td>
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<td>B</td>
</tr>
<tr>
<td>13</td>
<td>Thu</td>
<td>Fly and home</td>
<td>Home</td>
<td>Own bed!</td>
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**Days 1/2**
Depart UK and fly overnight to Lilongwe. On arrival you will be met by your guide and transferred to the hotel. The rest of the day is free to explore and relax.

**Day 3**
After breakfast, you will be transferred 5-6 hours to Likhubula Forest Lodge, located in the foothills of Mulanje Mountain. Our friendly staff are at your disposal and will serve you set meals as planned for the day. Nestled at the foot of the mountain, Likhubula Forest Lodge gives a panoramic view of the mountain and surrounding area. Some special highlights include rock pools, fed by the Likhubula River. Two of the most spectacular pools, Dziwe La Nhklamba and Likhubula are close to the lodge.

**Day 4**
After an early breakfast, you will begin your ascent of Mulanje Mountain. Hiking is unrivalled up the numerous peaks and along marginal plateaus, which are intersected by deep-forested ravines, in which the most conspicuous tree - Mulanje cedar - attains heights of 150ft. Initially it is a very steady climb up to Chambe Hut where we stretch our legs, have some lunch and admire the view of nearby Chambe Peak. From here we then continue to Chisepo Hut and prepare for the ascent of Sapiitwa tomorrow. **8 hours walking.**

**Day 5**
Sapiitwa is the highest point on the mountain at just over 3000 metres and is a steady uphill with some limited scrambling near the peak. We then retrace our steps to Chisepo and it is a beautiful, scenic and relatively flat walk to Thuchila. **8 hours walking.**

**Day 6**
Initially a steep climb which brings us to a vantage point overlooking the beautiful Ru River Basin and then it's all downhill to Chinzama which is spectacularly sited with Chinzama Mountain behind and Chagaru to the front. Options in the afternoon are to ascend either Chagaru (2670m) or Chinzama(2610m) Mountains. Both involve light scrambling. **3 hours walking to Chinzama, 6 more hours for optional ascent.**

**Day 7**
Comfortable, largely flat, walking takes us across to Sombani. From here it is possible to ascend Namasile Peak. (2622m) again involving easy scrambling. **3 hours walking to Chinzama, 6 more hours for optional ascent.**

**Day 8**
Again relatively comfortable flat walking takes us south to Madzeka. Nearby Manene Peak is probably not an option as it requires 7 hours and involves some low grade rock climbing. However the hut itself is spectacularly perched on the edge of the Great Ruo Gorge and this will make a wonderful last stop on the mountain, with time in the afternoon to relax and absorb the magnificent views. **4 hours walking.**

**Day 9**
The descent from the mountain is via a steep path alongside an impressive waterfall, down to the tea estate below. After the descent you will be transferred (4-5 hours) to Mvuu Camp. Liwonde National Park is considered to be the finest park in the whole of Malawi for game and accommodation. It is also said to be one of the top birding locations in Southern Africa. The park well deserves these accolades as it offers some of the most scenic game viewing, beautiful riverine surroundings and varied bird watching you could wish to find. **3 to 4 hours walking.**

**Day 10**
Mvuu Camp is situated on the banks of the Shire River. The camp also offers a swimming pool and curio shop. In addition to boat safaris, the game drives and nature walks enable guests to experience a wide range of game, including large numbers of sable antelope, hippo, impala, and waterbuck. Huge crocodiles and serval are also fairly common. Birds are prolific, especially along the Shire River, where the African Fish Eagle and the Pel's Fishing Owl are frequently sighted, as well as Böhm's Bee-eater, White Backed Night Heron, and a host of local "specials". Over and above the main game viewing activities, you can do bicycle trips from the boundary of Liwonde to the local villages outside the park - an amazing cultural experience.

**Day 11**
After breakfast, you will be transferred 2-3 hours by road to the Kayak Africa Base Camp in Cape Maclear. You will be given a safety talk and instruction on how to use the kayaks. You can then choose to either Kayak to the island (with guide accompanying) or be transferred by boat. Domwe Island is the largest unpopulated island in Lake Malawi, with a circumference of 11km and a highest point 400m above lake level. It is separated from the mainland by the narrow Ilala Gap which, due to fluctuations in lake level over the millennia, has been dry on several occasions. As a result Domwe Island, unlike all other Lake Malawi islands, is well populated with mammals which have crossed onto the island during these dry times.Domwe Island Camp is basic yet exclusive. It lies behind a small beach on the island’s west side. You can choose to hire Sea kayaks, snorkelling gear and dry bags as required to make the most of your time here.

**Days 12/13**
After an early morning boat transfer from Domwe, you will be transferred 4 hours to Lilongwe International Airport in time to check-in for your international flight departure, arriving home the following day.