

Mission Malawi 2012

act:onaid

Saturday 12 - Wednesday 23 May 2012



On this demanding First Hand Experience, you'll cycle 400 kilometres through Malawi, exploring diverse and stunning landscapes. You'll be able to meet local people en route as you cycle, and see why Malawi is called the 'warm heart of Africa'. You'll visit ActionAid partners who are working with people living with HIV and AIDS, and see first-hand the difference you are making to people's lives.

It is both a physical and emotional experience and participants often come away knowing a great deal more about themselves than they did beforehand.

Saturday 12 May

Overnight flight: London to Lilongwe.

Sunday 13 May

We transfer to our hotel to relax and explore before dinner.

Monday 14 May

We visit an ActionAid project before a gentle start to the cycle. We ride south towards the Dedza Highlands. Overnight stay in the grounds of Nkoma Mission – a hospital founded 120 years ago.

Tuesday 15 May

We continue our cycle to Dedza, the highest town in Malawi. We travel through densely populated areas dedicated to the farming of maize, tobacco and cassava.

Wednesday 16 May

We cycle towards the edge of the plateau and the Golomoti Pass and into the Great Rift Valley. We travel to Salima to spend the night at the beautiful Mua Mission- a Catholic church which includes a centre for wood carvings & masks portraying the spiritual mythology of Malawi.

Thursday 17 May

An early start for the longest day of cycling. Covering 85kms on dirt roads, we head to the Phirilongwe Forest Reserve, which was home to

- a Malawi's largest elephant herd. The terrain includes hill climbs to test our endurance

Friday 18 May

A 50km cycle culminating at Lake Malawi; Africa's third largest lake! We spend the night camping on the beach at Nanchengwa Lodge.

Saturday 19 May

Today we head inland towards Funwe Farm. This is an under-developed area providing few opportunities. The farm improves the development of the area by boosting employment, diversifying crops, improving food security and protecting the environment.

Sunday 20 May

Final day of cycling. We head north to Cape Maclear in Lake Malawi National Park. We end our adventure with a team relay cycle race with some local villagers, before our final night at Mgoza Lodge.

Monday 21 May

We leave Cape Maclear to be driven back to Lilongwe, stopping to visit an ActionAid project in the Salima area.

Tue 22 May

Afternoon return flight to the UK.

Money matters

Registration fee: £300 (can be paid in two monthly instalments)

Minimum sponsorship: £3,500

Your trip costs are £1,985 and will be taken from your registration fee and minimum sponsorship.

Trip costs cover: all flights and transfers, accommodation, all meals and drinking water, first aid supplies and medical backup, an English-speaking team leader with full local backup and support team.

In addition, you will need to budget for: airline-imposed fuel surcharge (subject to change – to be confirmed 12 weeks prior to departure), travel insurance, personal spending money, alcoholic and soft drinks, travel to/from UK airports, any vaccinations required (please see your GP for advice), tips for the support team.

Places are allocated on a first come, first served basis. You can extend your stay at an additional cost. This is a complex itinerary and subject to change. All flights and expedition arrangements are being undertaken by Different Travel (ATOL 6707).

For more information, please call 01460 23 8047 or email experiences@actionaid.org