

Mission Malawi 3

10 – 24 MAY 2008

Join this multi-activity challenge around Lake Malawi. You will mountain bike down the Dedza pass to the floor of the Great Rift Valley, hike between striking granite peaks and past pebble beaches, and kayak across Lake Malawi itself. You will also visit ActionAid projects along the way, giving you an invaluable insight into the difference your sponsorship is making.



DAY 1 DEPART LONDON

DAY 2 Arrive Lilongwe

Morning arrival into Lilongwe. Transfer to Kiboko Town Hotel. Afternoon free for bike allocation and general preparation. Lilongwe lies on the Central African Plateau at an altitude of 1100m.

DAY 3 Cycle from Lilongwe to Nkhoma Mission (50km)

Our route heads south out of Lilongwe towards the town of Dedza nestled in the Dedza Highlands. The plateau undulates as rivers cut across it on their way to Lake Malawi. The most significant landmarks are the granite outcrops that rise steeply from the plateau to a height of 300m above the surroundings.

DAY 4 Cycle from Nkhoma Mission to Dedza (65km)

From Nkhoma we continue to the town of Dedza. The area which we travel through is populated and intensively farmed, with maize and tobacco being the dominant crops in addition to a variety of tropical and sub-tropical crops.

DAY 5 Cycle from Dedza to Funwe (85km)

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 at an altitude of 500m. Temperatures will increase, the terrain becomes flat, and the vegetation will change to tropical African bush dominated by baobab trees.

DAY 6 Cycle from Funwe to Cape Maclear (55km). Kayak to Mumbo Island

The last section of the biking route runs towards Cape Maclear at the tip of the thickly wooded Nankumba Peninsula. The road ends on the beach in Chembe Village. After lunch we will kayak to Mumbo Island, part of the Lake Malawi National Park, and we stay in attractive bush huts. We will have the opportunity to refresh, swim, snorkel, and revel in the tranquillity of this deserted tropical island.

DAY 7 Boat transfer from Mumbo Island to Meponda (65km)

We take a six-hour boat transfer across Lake Malawi to the small village of Meponda on the Eastern shore. Here the group will enter Mozambique, and we will start the trekking leg of our challenge.

DAYS 8–11 Hiking along the Mozambique coastline of Lake Malawi (approx 25km per day)

The trek will take us to the remotest hinterland of Mozambique, where the lake is known as Lago Niassa. This is the Africa of 200 ago, with no hotels, telephones or cars.

Our hiking route will follow the “lake highway” – a footpath worn smooth by bare feet over millennia. Rocky headlands separate sheltered coves, with beaches made up of multi-coloured pebbles backed by African bush.

Overnight camps and lunch stops will be on beaches along the way. The boat will carry all camp equipment and provisions.

DAY 12 Exit Mozambique at Metangula. Transfer by lake ferry from Metangula to Chipoka

The end point of the hiking leg is Metangula, the largest Mozambican town on the lakeshore. We will leave Mozambique and then board the lake ferry, a quintessential African steamer, for the return journey. We stay overnight in cabins on the open-air deck.

Those returning home directly will disembark at Chipoka for the road transfer to Lilongwe. Those who opt for an extension to Mumbo Island will disembark at Monkey Bay then road transfer the 25km to Cape Maclear before proceeding to Mumbo by boat.

DAY 13 Chipoka-Lilongwe

Enter Malawi at Chipoka. Road transfer from Chipoka to Lilongwe (130km). Kiboko Town Hotel.

DAY 14 Depart Lilongwe

Morning departure from Lilongwe Airport.

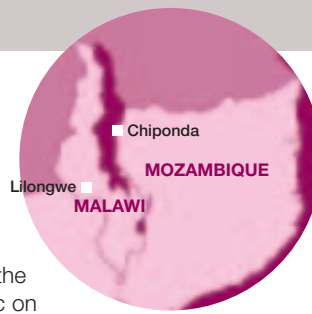
DAY 15 ARRIVE LONDON

Arrive into London Heathrow Airport in the morning.

Places are available on a first come first served basis. You will automatically be allocated a space on the next available departure date. If you have a specific date in mind please request this on your registration form.

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

Where on Earth am I going?



You and your health

You must take precautions against malaria throughout the challenge – seek advice from your doctor or travel clinic on the appropriate prophylactics to take, as well as any recommended vaccinations. You should also bring suitable water purification tablets for drinking water. 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. In response to our campaigning at the G8 summit in 2008, the G8 leaders committed to ensuring access to AIDS treatment for everyone who needs it by 2010. 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



“ It is humbling to witness first hand a community with little to no material possessions; but all the genuine happiness and contentment imaginable. ”

JOANNE SALLEY
ACTIONAID TREKKER



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 your 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 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.)

