



CYCLE MALAWI

 **actionchallenge**
challenge events worldwide

ITINERARY- OUTLINE FOR BESPOKE TRIPS

Few countries are so dominated by a single geographical feature as the 'Land of the Lake'. Lake Malawi covers 15% of the country and is enclosed by sheer mountains and edged by seemingly endless palm-fringed sandy beaches. We cycle long distances through lush lakeside vegetation, tribal villages and experience the warmth and friendliness of the locals. This is tropical Africa at its best in one of the most laid-back nations on the earth, a challenge that will change your life.

DAY 1 DEPART UK

DAY 2 LILONGWE

We arrive in Lilongwe and are met by our guides and transfer to our accommodation. We have some time to relax and prepare our bikes before our welcome dinner and briefing.

DAY 3 DEDZA 70 KMS CYCLING

After breakfast we take a short transfer out of town. We then cycle 70km on a mixture of real African roads through mountain valleys and passed World heritage rock paintings to the Forest Training guest house close to the town of Dedza. We are greeted upon arrival at this cultural education centre and later have dinner with the team.

DAY 4 DZALANYAMA 80 KMS CYCLING

Today we head west to the Dzalanyama range and follow this northwards to Dzalanyama forest Lodge. Almost all day we will be cycling on great African dirt roads.

DAY 5 NAMITETE 7 HRS CYCLING

We finally emerge from the forest and cycle to Namitete where we stay overnight on a private farm on a site overlooking a great dam. We will all once again be camping this evening.

DAY 6**MCHINJI****65KM CYCLING**

Today we head off from Namitete west towards the Malawi/Zambia border. We finally get a break for African dirt roads today as we cycle some stretches of tarred roads and some off road tracks running parallel with the main road. Tonight we stay in a local lodge in Mchinji.

DAY 7**CHIPATA SOS CHILDREN PROJECT****35KM CYCLING**

For our final cycling day we make our way to the border and cross over into Zambia. From here there are only 20kms to get to our destinations of Chipata and the great Mama Rula's. We then make our way to the SOS Childrens Project where we have lunch and spend the whole afternoon together. This evening we return to our accommodation and relax in our comfortable surroundings.

DAY 8**LILONGWE**

After breakfast we return to Lilongwe and have the rest of the day free in town to soak up a little of the culture and atmosphere of this wonderful city. Tonight we have a gala dinner to celebrate our week's achievements and we overnight at our comfortable lodge.

DAY 9**DEPART MALAWI**

The morning is spent at leisure before our transfer to the airport for our flight home.

DAY 10**ARRIVE HOME**



LOGISTICS

COSTS OF CHALLENGE

From £2,099 per person

Minimum number 15

For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge cycle guide

First Aid trained member of staff/doctor

English-speaking local guide

Luggage Transfer

Bike

All accommodation

All meals, except in free time

All transfers

All National Park fees

3 litres of water provided daily

NOT INCLUDED

Alcoholic drinks

Travel insurance

Personal kit

Single supplement

Tips for local guides

Local departure tax

Fuel supplement

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

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RATING

Moderate

FITNESS

This challenge requires a good level of fitness to cycle the route.

ACCOMMODATION

Basic hotels and lodges on a twin/triple sharing, single sex basis.

For camping nights we will use 2 man tents.

FOOD

Breakfasts each morning will be at the accommodation, packed-lunch en-route and evening meals will be at the hotel or in a local restaurant.

WEATHER

May to October are preferable months as it is the dry season, malaria is less prevalent and game is easier to spot. Rains in short bursts may still be encountered during this time.