

## Trip Dossier for Malawi – Lake Discovery

Trip Code: FMLD Issue date: 28 Jan 2008 Valid from: 01 January 2008

### Day 1 to 2 Fly to Lilongwe and visit Dedza pottery town

Depart from London flying overnight to Nairobi and transfer the following morning for your flight to Lilongwe. You will be met at the airport and transferred to Dedza, renowned for its pottery throughout Malawi. This afternoon there will be time to relax and then visit the Pottery. See the craftspeople throwing the pots, and firing and painting them in bright local colours. The children will have an opportunity to make their own pots. **Lodge (breakfast)**

### Day 3 Tea Estates at Satemwa

This morning you will drive to Blantyre, named after Dr Livingstone's birthplace in Scotland, and now the commercial capital of Malawi and, it is interesting to note, much older than either Johannesburg or Nairobi. Visit Mandala House, Malawi's oldest surviving house, built in 1882. If there is time you can visit another Blantyre landmark, St Michael and all Angel's church. See if you can see the memorial to Livingstone. You will be able to have lunch nearby before heading up into the hills to the east. Soon you will see the rolling green contours of Thyolo (pronounced Cholo) Mountain planted with acres of bright-green tea bushes. The Satemwa Tea Estate, where you will stay, lies on the slopes of Thyolo. Tea has been grown here since the early twentieth century and you will be able to learn how the tea is processed as you walk around the estate, (the main plucking season is from October to April). Taste a selection of black, green and even white teas. **Bungalow Lodge (breakfast, lunch & dinner)**

### Day 4 Colonial Zomba

On the way to Zomba, half way from Blantyre, you will stop at another historical curiosity, the Mtenga-tenga Postal Hut. This was once used by mail runners (tenga-tenga), there being about a day's travel between the two towns, and is now a treat for philatelists with stamps, old post-boxes and other exhibits. Zomba is the former capital and colonial administrative centre of Malawi and has some fine buildings such as the old Gymkhana Club and Parliament. It is also home to one of the largest, most colourful and liveliest markets in Malawi so you can practise your haggling skills with the many craft sellers. Rising above the town is the Zomba Plateau, 1800 metres high. Streams and forests, wild vegetation and waterfalls, it is home to Blue monkeys, forest birds and orchids. You will be staying on the very edge of the plateau, with stunning views onto the plain below, as if the whole of Africa has been mapped out for you. This afternoon take a walk in the forest through stands of cypress, pine and cedar. **Hotel (breakfast)**

### Days 5 to 7 Boat safaris and game drives in Liwonde National Park

Leaving the plateau, a two-hour drive will take you to the Liwonde National Park, Malawi's best-loved park, offering some of the best game viewing in Malawi because of its excellent conservation. Black rhino were successfully introduced from the Kruger in South Africa. As it lies along the Shire River, a tributary of the Zambezi, you are sure to see hippos and crocodiles. However, as well as riverine swamps, the park also has deciduous woodland and open grassland so elephant, impala, water buck, and baboons are plentiful and you might spot antelope such as sable, kudu and bushbuck. Predators include leopard, lion, hyena and jackal. The bird life, being on a river, reputedly provides the best bird-watching in southern Africa. The camp is right on the river's edge, but encircled by a fence to keep the hippos out! Each day will be a mixture of boat safaris, walking safaris and game drives, usually leaving the camp after breakfast and returning mid-morning and then in the afternoon heading off at about 4 o'clock and returning in time for dinner. Your children will relish the opportunity to learn bush-craft skills such as tracking animals and identifying them by their spoor. **Lodge with swimming pool (breakfast, lunch and dinner)**

### Day 8 Lake Malawi National Park and visit a primary school

This morning, after breakfast at the lodge, you'll leave Liwonde and have a taste of local life as you visit a nearby community school – this gives a fascinating insight into how Malawian children live as well as a taste of village life. You will have lunch at Mangochi on the southern-most end of Lake Malawi. Don't worry about the concentration of hotels here because in the afternoon you will drive on past to Lake Malawi National Park, a UNESCO World Heritage site. Africa's third largest lake, it forms a border between Malawi, Tanzania and Mozambique. Wooded mountains drop down to sandy beaches and Dr Livingstone named the deep crystal waters the 'Lake of Stars' when he first saw it in 1859. You will stay at the Danforth Yachting Lodge where you can swim, sail, snorkel, windsurf, kayak and water-ski. **Lodge (breakfast, lunch and dinner)**



### Day 9 Water sports on Lake Malawi

Whatever water sport you did not have time for yesterday you can try today. Whilst you are skimming over the water keep an eye open for the teeming shoals of fish beneath. It is like a giant aquarium full of the iridescent colours of hundreds of different freshwater species. You can feed the fish directly from your hand. Maybe you'll see an otter – there is a renowned colony here, then take a walk or a mountain bike ride around Cape Maclear to see over a hundred species of birds, troops of baboons and possibly some antelope. If the children still have energy to burn the lodge even has a trampoline. There will also be an opportunity to have a sunset cruise on the lake. **Lodge (breakfast, lunch and dinner)**

### Day 10 Drive round the Lake to Senga Bay and see Mua Mission

You'll leave Danforth mid-morning and drive to Mua Mission. Over one hundred years old, the mission has in recent years developed a cultural centre to harness the skills of local crafts people and enable them to make a living from their handiwork. As well as being a museum you will be able to see the artisans at work and then purchase their wonderful wood carvings, pottery, paintings and batik. Your final night is spent at Senga Bay which will give you another perspective on Lake Malawi from its narrowest point. It is inside the forest reserve and a paradise for bird watching and spotting all kinds of small animals such as monkeys, genet cats, hyrax and small antelopes. Once you have settled into the Lodge visit the Chiclid fish farm where they breed and export colourful fish that are endemic to Lake Malawi. Here you can enjoy the lake from your own private beach. **Lodge (breakfast)**

### Day 11 Drive to Lilongwe Airport

Your final morning in Malawi is taken up with the drive back to Lilongwe International Airport. Here you board a flight to Nairobi to connect with your overnight return flight to London.

### Day 12 Arrive London

*This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets. Each itinerary is planned many months in advance. Consequently there are factors over which we have no control and which could make changes necessary. We will always endeavour to keep you informed of any such changes in advance.*

**Is this right for your family?** A relaxed family tour through one of Africa's friendliest countries. Accommodation is 3 to 5 star standard hotels and lodges, although there are a few rustic but comfortable tented camps and simple guesthouses. Most traveling days are relatively short. Water sports are optional, so you can be as active or relaxed as you want.

**Climate** It's generally warm and wet from January to April, (during the so-called "long rains"), warm and dry from June to October, and then hot and wet from November to December (during the "short rains". Temperature is related to altitude; the higher you are the cooler it gets.

Average monthly climate in Malawi

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>Max °C</b>	27	27	27	27	25	23	23	25	27	30	29	28
<b>Min °C</b>	17	17	16	14	11	8	7	8	12	15	17	18
<b>Rainfall (mm)</b>	208	218	125	43	3	-	-	-	-	-	53	125

**Accommodation** The hotels and lodges are of 3 to 5 star standard modern, clean and comfortable and offer friendly service. All rooms have private facilities and are booked on a twin share or family room basis.

**Food and Drink** Meals are included as per the itinerary. Please remember to drink plenty of bottled water during your trip.

**Currency** The unit of currency is the Malawian Kwacha (MK) divided into 100 tambala. At the time of writing (October 2007) UK £1 = 285K. Sterling Travellers' Cheques are readily accepted in banks and large hotels. We recommend that you change money at the airport. Credit cards are accepted in large hotels and some souvenir shops. Please note, payment by Travellers' Cheques and credit cards are subject to 6% commission.



### Local Costs

A small bottle of mineral water (500ml)	£1.20
A large bottle of mineral water (1 litre)	£2.50
A can of coke (soft drinks)	£1.00
A carton or bottle of fruit juice	£3.00
A bottle of beer	£3.00
A light lunch time snack – sandwich for example	£5.00
A two course meal* - excluding drinks	£8.00
A three course meal* - excluding drinks	£15.00

\*Based on a mid range tourist restaurant.

**Tipping** is a recognised part of life and although at your discretion you will be expected to reward service. It should be remembered, however, that over-generosity could lead to jealousy in poor countries. Please remember that all tips should be a way for individuals to thank staff for good service. As a guideline each traveller should allow £2-3 per day to cover tips for local staff.

**Language** The official language in Malawi is English, although the national language is Chewa (or Chichewa).

**Time** Malawi is GMT + 2 hours

**Departure Tax** There is a Malawi Departure Tax of US\$30.00 payable by all passengers to the government cashier directly after checking in at Lilongwe Airport.

**Packing List** Please refer to our separate "packing list"



## Clothing & Equipment List for Malawi – Lake Discovery

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The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend. It is a good idea to wear muted colours while on safari as bright colours can be seen by animals and birds from a long way off.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Walking Shoes	1 pair		Softsided bag 50 – 80 litres	
Trainers or Strong Sandals	1 pair – all purpose wear		Lightweight Daypack – 25 litres	
Socks	4+		A variety of plastic bags	
Waterproof Jacket	1 lightweight		Sunglasses	
T-Shirts	3 +		Personal First Aid Kit	
Long Trousers or Skirt	2 +		Large Water Bottle	
Short Trousers	2		Insect Repellent (with high DEET content)	
Long Sleeve Shirt	2+		Torch and Batteries	
Track Suit Bottoms or Similar	Optional		Camera, Film and Accessories	
Sunhat / Baseball cap	Essential (styled to shade face, ears and neck)		Reading Material	
Warm jacket	1		Washing & Shaving Kit - wet wipes are refreshing	
Thin Fleece or Sweatshirt	1		Towel or Sarong	
Warm hat, scarf and gloves	Woolly or fleece (winter)		Guide Book & map	
Swim Wear	1		Loo Kit (in small bag) loo paper/tissues	

ITEM	Check	ITEM	Check
Passport/ Visa		Small Sewing Kit & Safety Pins	
Air Tickets		Universal travelling adapter	
Money/Travellers Cheques		Tooth Paste/Floss	
Cash Cards/Visa		Small Calculator	
Insurance Documents		Sweets and Snacks for the journey	
Trip Information and Itinerary		Cold Water Detergent	
Money Security Belt/Pouch		Biodegradable Soap	
Spectacles/Contact Lenses		Binoculars – optional	
Sunscreen – lots of it		Notebook/Diary/Pen	
Moisturising Cream & Lip salve – not in hand luggage		Small presents for local kids – biros, balloons, books	
Scissor/Mirror/Nail Clippers – not in hand luggage		Small toys and books for your children	

For details regarding **hand luggage restrictions** please visit [www.baa.com](http://www.baa.com)

