



BAREFOOT SAFARIS & Adventure Tours

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Malawi

TRIP DOSSIER

Malawi: Lodge Safari (LS) (4 DAYS LAND ONLY)

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The first Europeans to arrive in Malawi were Portuguese explorers who reached the interior from the East Coast of Africa. However, the most famous visitor was David Livingstone, whose exploration heralded the arrival of Europeans in a way, which was to change the nature of the region forever. The establishment of missions to promote the spread of Christianity and the abolition of slavery soon followed. We tread in the footsteps of those early pioneers through a land of spectacular scenery, unparalleled hospitality and unique wildlife. Malawi, lying within the tropics at the southern end of the Great Rift Valley of Africa, is affectionately referred to as 'The warm heart of Africa'; not only is the climate warm, but Malawians really are among the friendliest people you could hope to meet.

Anyone who enjoys scenic beauty will find the country richly endowed, from forested reserves, National Parks and broad highlands to the peaceful shores of Lake Malawi.

Grading: *Anyone in good health with a sense of adventure should be able to take part. There's no real physical difficulty involved, but as in much of Africa – rough roads, limited facilities and basic accommodation may require you to adjust your levels of expectation.*

NB: *Although it is our intention to operate this itinerary as printed and detailed below, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure such as accommodation, or other operational factors. As a consequence, the order or location of overnight stops may vary from those outlined. Included meals are indicated in the daily itinerary (i.e. BLD - Breakfast, Lunch, and Dinner).*



Day 1: Fly to Malawi

Day 2: Lilongwe:

Collect at Airport and transfer to Barefoot Safaris Lodge. We arrive at our lodge and check in. At an elevation of 1000 metres above sea level, Lilongwe lies on the Central African plateau, to the west of the Great Rift Valley. Officially named as the new capital of Malawi in 1975, this landscaped city is an interesting place to explore. This afternoon is free which offers us the chance to visit the

Cities Nature Sanctuary, Capital Hill, or the market area or visit a rural village (all optional).

Lodge; 1 night (D)

Day 3: Senga Bay, Lake Malawi

Today we continue in an Eastern direction towards Lake Malawi. The lake occupies one fifth of Malawi's total landmass, stretching 575 kilometres in length and 85 kilometres at its widest point. The 23,000 square kilometres of this vast inland sea, is fed by 14 rivers but drained by only one, the Shire. This sluggish river begins its course to the sea at the lake's southern tip, and odd though it may seem, accounts for the dispersal of only one per cent of the lake's volume. The lake has witnessed bloody massacres between tribes now long disappeared, as well as the horrific Arab slave trade, which terrorised its inhabitants and resulted in a large proportion of them converting to Islam. It was even the scene of the first naval 'battle' and British victory of the First World War! The third largest in Africa, Lake Malawi ranks twelfth in size in world terms, and are the fourth deepest. One important feature is the abundance of fish - over 350 endemic species! Senga Bay is essentially a large inlet at the eastern end of the peninsula that juts into the lake from Salima, and provides excellent beaches and crystal-clear water. It's the perfect place for a sunset boat cruise (optional). The area is a popular destination for water sports, such as water-skiing, snorkelling, or windsurfing and is the perfect retreat for visitors with its sandy beaches, calm waters, rocky coves and a plethora of tropical fish. We have the opportunity of visiting the only chichlids fish farm in Malawi or to participate in the water sports optional.

Hotel; 1 night (B, D)

Day 4: Liwonde National Park

We leave Lake Malawi and we travel via Balaka southwards to Liwonde National Park. We visit the market at Liwonde, then cross the barrage (Shire River) where most of the electricity in Malawi is generated. We enter Liwonde National Park which is the prime National Park in Malawi and do some game viewing on our way to the camp. The park includes part of Lake Malombe, the Shire River and the eastern upper Shire Plain. Literally thousands of hippo and crocodile live in the river and there are several hundred elephants in the park, plus a variety of antelope. Black Rhinoceros has been introduced into the Park. The combination of riverine, mopane grassland and mixed bushveld ensures that the birdlife is very varied. We do a game drive and a boat cruise.

Lodge; 1 night (B,L,D)

Day 5: To Lilongwe

We drive or take a boat cruise (optional) out of the Park and head for the Airport via the Dedza Plateau. End of Service.

(B)





RESPONSIBLE TRAVEL

Since January 2003, Barefoot Safaris has donated £10 for every person we take to Zambia, to assist with the funding and development of **Chanyoli School**. Parents and school staff have recently fired 60,000 bricks and will begin building this year. You may like to bring some books or school equipment to assist this very deserving project and see for yourself how well received it is.

We also support the **SOS Children's Village**, which you can visit in Lilongwe. They would be most grateful for any children's clothes or toys that you might donate.

Price Includes:

- All transport on tour.
- All meals as per itinerary.
- All park entry fees.
- All game viewing activities as per itinerary.
- All armed scout fees as per itinerary.
- All accommodation fees as per itinerary.
- Safari equipment.
- Reference library.
- Deep freezer.

Price Excludes:

- Airfare.
- Visa fees.
- Airport taxes.
- Meals as per the itinerary.
- Drinks.
- Expenses of a personal nature.
- Any changes to the itinerary.
- Travel and medical insurance.

* **Excursions:** A qualified grade 1 safari guide from Barefoot Safaris will accompany clients on all excursions except where it is necessary to employ a guide from local parks.

ADDITIONAL INFORMATION

Climate: Malawi's wet season runs from mid October or early November to March or April. During the rainy season, daytime temperatures are pleasantly warm, but low lying areas can sometimes be humid. The heaviest rain is confined to the highlands, while while the lakeshore is much drier.

The dry season tends to be cooler and generally runs from May to early October. During the dry season, daytime temperatures in the lower areas are fairly consistent at 21°C to 26°C. In the highlands daytime temperatures can be considerably cooler ranging between 10°C and 20°C. Nights can be particularly cold during the dry season, so warm clothing is essential.

Baggage:

- One piece of main luggage only (**max 12kg**), this should be a soft bag rather than a hard suitcase, so it can be easily stowed and not

take up too much room in the vehicle or in the tent. Space in the vehicle is restricted.

- A day sack (large enough to carry your camera, water bottle, & binoculars etc) is also essential.
- Sleeping Bag

Clothing and Footwear:

- For comfort in the heat, lightweight cotton is best. Brightly coloured clothing is not appropriate for safari because it is easily seen by animals and has the added discomfort of attracting insects (wear muted tones in natural colours i.e. beige, khaki, olive, etc, but **not** army-style camouflage clothing).
- A long-sleeved shirt is essential to protect neck and arms while on game walks/drives.
- Long trousers and socks for evenings.
- Windproof/waterproof jacket.
- Lightweight trail boots.
- Trainers or sandals for relaxing.
- Sunhat.
- Swimming gear.
- Warm mid layers i.e. fleece or jumper for cool nights and early mornings
- Kagoul if you are travelling during the rains.

Equipment:

- A laundry service may be available in some hotels, but we recommend you take biodegradable travel detergent
- Sleeping bag
- Torch (Head torch is ideal)
- Water bottle
- Sunglasses, sunscreen and lipsalve
- Insect repellent
- Binoculars
- Dust can be a problem for cameras; take a dustproof bag

Medicine:

- Basic personal first aid kit
- Any prescription drugs required
- Female sanitary products
- Malaria prophylaxis

Visas and Permits:

Malawi: Holders of UK, USA, CAN, AUS, NZ, IRL, NOR, NL passports do not require a visa.

This information is given in good faith, but may be subject to change without warning. Please note that, where appropriate, obtaining a valid visa is ultimately your responsibility. Please consult a visa agency or the consular authorities 4-6 weeks before departure for the most up-to-date information.

Vaccinations & Health Advice:

Vaccination requirements & other health advice can change, so please check with a specialised travel clinic for up to date information before you depart. For useful advice you can visit The Medical Advisory Service for Travellers Abroad www.masta.org

Nevertheless we recommend that you protect yourselves against: *Malaria, Hepatitis A, and Polio & Typhoid as a minimum.*

NB: The Yellow Fever vaccination is compulsory if travelling via an infected country.

Food: Although every effort will be made to accommodate any dietary requirements, the availability of certain products is limited in Malawi. Any special dietary requirements should be

explained to us in writing at time of booking. Gluten free flour should be brought with you if required. Decaffeinated coffee should be brought with you if required.

Local Costs: 3 Breakfasts, 1 lunch and 3 evening meals are included. You must pay for all other meals yourself (you can eat very well for £10 a day). Approximate costs are given for guidance only, and may vary widely according to location and type of establishment.

Coffee/tea	UK£0.30
Soft drink	UK£0.30
Medium beer	UK£0.60
Local snack lunch	UK£2.00
3-course dinner*	UK£7.00

*reasonable mid-range tourist class restaurant.

Optional excursions:

Some or all of the excursions detailed below may be available; others not listed may also be available. Approximate per person costs are given for guidance only, and may depend on the number of participants. Your safari guide should be able to assist you in arranging them.

Snorkelling; half day	UK£7.00
Windsurfing; one hour	UK£13.00
Motor boat; half day	UK£13.00
Dug out canoe; half day	UK£1.50
Sunset Boat Cruise	UK£10.00

Tipping: For better or worse, tipping is an accepted part of everyday life, and - although it is always at your discretion - you will be expected to tip to reward service. Your group leader will give you an indication of when and how much is appropriate. This can vary widely, but please allow USD50 per person for this tour.

Seasonal changes: Although all rooms and tents that we use are protected with mosquito netting; there will be insects and mosquitoes about. The camps are essentially "al fresco" so you should be prepared with insect repellent and appropriate long sleeved/legged clothing.

Insects are attracted to lights at night and are especially prevalent during the rainy season. Switching the lights off and placing a hurricane lamp a distance from you will remove the problem.

The evenings and mornings will be chilly from about June to August; so it is advisable to take a light sweater or fleece. The Highlands in Malawi has a much cooler climate, so if you are visiting these areas warmer clothes will be required during these months.

Currency: Malawian. We recommend that you bring all you need for the trip as cash in US\$.

NB: Pre 1990 dollar bills are not accepted in most African countries. In reality there is little opportunity to change money other than at the airport on arrival, so it makes sense to change what you will need for the duration of the tour. Beware of marked, torn or dirty notes, as they may not be accepted. Your group leader will be able to advise you when and where else it may be possible to change currency. Optional excursions can generally be paid in US dollars cash.

Airport Tax: Please allow US\$30 payable on leaving Lilongwe

CLIMATE CHART

Lilongwe (1100m)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temp: Average High / Low °C	27/17	27/17	27/16	27/14	25/11	23/8	23/7	25/8	27/12	30/15	29/17	28/18
Rain: Average monthly (mm)	208	218	125	43	3	0	0	0	0	0	53	125