



# BAREFOOT SAFARIS & Adventure Tours

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Malawi

## TRIP DOSSIER

### Malawi & Zambia: Lake and Wildlife Adventure (LWA)

(10 DAYS LAND ONLY)

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The first Europeans to arrive in Malawi and Zambia were Portuguese explorers who reached the interior from the East Coast. The most famous of whom, 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, 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. In contrast Eastern Zambia offers the chance to explore one of the best wildlife areas in Africa. Luangwa National Park contains one of the largest concentrations of elephant, as well as supporting a wealth of other species and habitat. This journey, rich in contrast and adventure, is full of unforgettable experiences.

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

**NB:** *Although it is our intention to operate this itinerary as printed in the brochure and detailed below, it may be necessary to make some changes as a result of alterations to flight/boat/train schedules, climatic conditions, 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: Join Tour in Lilongwe to Senga Bay, Lake Malawi

You arrive at Lilongwe. 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. Today we continue in an easterly 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 percent of the lake by 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 (optional).

*Lodge: 1 night*

#### Day 2: Liwonde National Park

We leave the lake and we travel via Balaka, southwards toward Liwonde National Park, first visiting the market at Liwonde, then crossing the Shire River over the barrage where most of the electricity in Malawi is generated. Once we enter Liwonde, Malawi's premier National Park, we are immediately able to enjoy some game viewing whilst on our way to the camp.

Liwonde National Park encompasses part of Lake Malombe, the Shire River and the eastern upper Shire Plain. Thousands of hippo and crocodile live in the river and there are several hundred elephants in the park, not to mention a variety of antelope and the Black Rhinoceros which, has recently been introduced into the Park. The combination of

riverine, mopane grassland and mixed bushveld provides for an array of bird species.

In the park we undertake an early afternoon game drive at which time we might see Bushbuck, Common Waterbuck, Kudu, Elephants, Rhino, Sable Antelope, Warthog and Hippo. There may also be the chance of a boat trip on the Shire River (optional), gliding silently through the reed beds to view jacana, egrets, ibis and kingfisher. Liwonde has something of interest for all who enjoy the complete natural state of the African landscape

*Safari Tents; 1 night (B)*



Hippo; Shire River

#### DAY 3: Zomba Plateau

We drive to Zomba this morning after a further game drive and drive on to our overnight hotel on the enchanting Zomba Plateau, which rises 915m above the surrounding plains. This is a place of sheer beauty with its flowering trees and shrubs, clear mountain air, trout streams and fantastic scenery. We spend the rest of the day on the plateau with time left free for personal exploration.

*Overnight hotel (B and D)*



**Day 4: Lilongwe**

Today we travel through the scenic beauty of central Malawi to our Lodge at Lilongwe, stopping for lunch en-route at Dedza pottery.

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.

The afternoon is free which offers us the chance to visit the city's Nature Sanctuary, Capital Hill, or the market area (all optional).



*Lodge; 1 night (B D)*

**Day 5: South Luangwa NP**

From Lilongwe we drive to the Zambian border at Chipata on our way to South Luangwa National Park. The Luangwa valley is one of Africa's prime Wildlife sanctuaries, with concentrations and varieties of game and birdlife which have made it world famous. This is the landscape of the 'real Africa', with herds of antelope roaming the plains, predators stalking through the shadows, primordial flora in every vale and with oxbow lagoons which act as natural water holes.

The list of animals that frequent the park is endless. Mammals include; zebra, buffalo and lion, as well as endemic species such as Thornicroft's giraffe and Cookson's wildebeest. The park successfully supports one of the largest concentrations of elephant in Africa and also has an expanding population of leopard.

For the next night we stay in our Lodge set in a beautiful location on the banks of the Luangwa River just inside the national park.

*Lodge; 4 nights (BLD)*



Elephant, South Luangwa

**Day 6 & 7 & 8: South Luangwa National Park**

For the next three days we continue to explore this remote wilderness area which covers over 9,000 square kilometres. The park encompasses a wide variety of habitats and the Luangwa River describes a torturous course along the valley floor. Near the river the vegetation is lush and dense as well as along its many tributaries, where riverine forest remains emerald green all year round.

The afternoon we do a game drive in the National Park followed by a morning and afternoon game drive the next day. We may also make a night game drive (optional) to catch a glimpse of the nocturnal world within the park illuminated by spotlight.

Viewing game at night allows us to see species which normally hide throughout the day; this may include porcupine, hippo grazing on land and the honey badger.

For the scenery and the sheer variety of animals, South Luangwa is one of the best wildlife parks in Africa. Multitudes of species thrive in this sanctuary where the sheer size of the national park allows large herds to develop and live in harmony with each other. South Luangwa National Park is one of the world's great wildernesses and provides the grand finale to this intriguing tour.



Common Waterbuck, South Luangwa



Photos all taken in South Luangwa

**Day 9: Lilongwe**

This morning we leave the open vistas and staggering beauty of eastern Zambia behind and return to Malawi's capital, Lilongwe. Our drive takes us across the rich farmland of central Malawi. On arrival in Lilongwe in the early afternoon, there is the chance to do some last minute shopping and further explore this bustling capital.

*Lodge; 1 night (B & D)*

**Day 10: Lilongwe; Tour Ends**

Transfer to the Airport (B)  
The Night Jar; Barefoot Lodge

**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.

\* **NB:** Whilst camping everyone is expected help with camp cooking, camp chores, loading and unloading of the vehicle as well as making & breaking camp.

\*\* **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.

Eastern Zambia's climate is very similar to Malawi's. The cool and dry season runs from May to Aug; the hot and dry from Sep to Oct, and the wet season from Nov to Apr. South Luangwa is relatively low lying, so evening temperatures shouldn't be too low!

## 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
- Goggles 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 lip salve
- 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.

Zambia: Holders of UK, USA, NZ, NOR, NL passports require a visa, these can be obtained at the Zambian border but it is advisable to obtain them before departure.

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](http://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. As you enter Zambia at a land border, coming from Malawi where yellow fever is endemic, the Zambian authorities will require you to produce a certificate to prove you have been vaccinated against yellow fever.

**Food:** Although every effort will be made to accommodate any dietary requirements, the availability of certain products is limited in Malawi & Zambia. 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:** 21 Breakfasts, 18 lunch and 21 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

Bottle of wine	UK£4.00
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.

Snorkeling; 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
Luangwa night game drive	UK£16.00
Horse riding	UK£20.00

**Telephone:** Mobile phone signals can be received at most major cities in Malawi and Zambia. Whether or not your phone will work depends on the network that you use. There are telephones at the lodges in South Luangwa which can be used in an emergency for a small fee.

**Internet:** E-mail communication for urgent or emergency use is available at most lodges via satellite phone. This is a limited service and a small fee will be charged.

**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 & Zambian Kwacha. 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. NB: small note denominations are not acceptable in Zambia, i.e. 1,5,10 & 20. 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 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: Malawi**

<b>Lilongwe, Malawi (1100m)</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>	<b>Jun</b>	<b>Jul</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
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

**CLIMATE CHART: Zambia**

<b>Lusaka, Zambia (1,277 m)</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>	<b>May</b>	<b>Jun</b>	<b>Jul</b>	<b>Aug</b>	<b>Sep</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>
Temperature: average high/low °C	26/17	26/17	26/17	26/15	25/12	23/10	23/9	25/12	29/15	31/18	29/17	27/17
Rain: average monthly mm	231	191	142	18	3	0	0	0	0	10	91	150