

MW001 Malawi Magic 15 Days

Your “Taste of Volunteering” Project:
Teaching, Village-based Projects, Building, Environmental,
Repairs and Renovations

You will assist a charity in villages around Lilongwe; the ways in which you can help are:

- Orphan and other vulnerable children care (OVC) - help feed children under six within the twelve communities, as well as give them basic education. You can help cook for the children and serve them
- Home Based Care (HBC) – our Volunteer Project partner takes care of patients and people living with AIDS. You can go into the communities and help care for the patients, such as cleaning their homes, fetching water, and generally making their lives easier.
- Community Development Construction – our Volunteer Project partner is building Community Child Care Centres and you can help with this provided your stay coincides with building work
- There are other teaching opportunities at all levels, including academic level
- Gardening, planting and maintaining vegetable gardens and trees
- Maintenance and renovation in the school buildings and sometimes in the huts of elderly or vulnerable people who can't do the repairs themselves



Trip Highlights:

- Volunteering with AIDS sufferers, orphans and other disadvantaged people
- Luxury accommodation
- Sailing on Lake Malawi
- Likoma Island
- Liwonde National Park
- Mumbo Island
- Kayaking

Day by Day Itinerary:

Day 1	Arrive Lilongwe and transfer to luxury yacht on Lake Malawi	L,D
Day 2	Sailing on luxury yacht, Lake Malawi	B,L,D
Days 3-4	Likoma Island	B,L,D
Day 5	Fly to Lilongwe, rest of day at leisure	B,D
Days 6-9	Volunteering	B,D
Days 10-12	Mvuu Wilderness Safari Lodge, Liwonde National Park	B,L,D
Days 13-14	Mumbo Island and canoeing	B,L,D
Day 15	Trip ends in Lilongwe	B

B=Breakfast, L=Lunch, D=Dinner



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Trip Description:

About Malawi

There is no country in all of Africa that has its geography so sculptured and determined by Africa's Great Rift Valley, the 5,000-kilometre long geological formation that bisects much of Africa from Egypt to Botswana. Towering mountains, lush, fertile valley floors and enormous crystal-clear lakes are the hallmark of much of the Rift Valley and this is what Malawi is all about. It is a little-known gem of a country in the heart of central southern Africa that offers a true African experience

The country is long, narrow and landlocked, covering more than 1,000 km from north to south. Lake Malawi, nearly 600 km long and up to 80 km wide, dominates the country. The Rift Valley, the largest single geographical feature on Earth, is an ancient geological formation with fertile soils and evidence of this is to be found everywhere in Malawi. Throw a seed to the ground and a plant grows there. When David Livingstone arrived at the lakeshore in 1861, he was the first European explorer to see the lake.

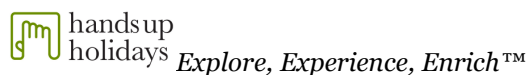
Malawi's scenery is diverse and the habitats are varied. At its lowest point, the country is only about 35m above sea level; its highest point, Mount Mulanje, is 140 km away and over 3,000m above sea level.

Between these altitude extremes, there are rolling hills, plateau, cool misty mountains and wide-ranging scenery. Each of the many diverse habitats is protected within Malawi's nine national parks and game reserves – from elephants to orchids. Malawi is a wonderful, friendly and welcoming country that offers visitors great scenery, interesting parks and some of the friendliest people in Africa. For those keen on experiencing African culture in all its complexity and beauty, Malawi is possibly the best country for this.

Meet the People

Malawi is one of the few places in Africa where you can really meet the local inhabitants or visit a rural community in an atmosphere totally devoid of either expectation or affectation. Over the years we have increasingly incorporated the country's greatest asset, its amazingly friendly people, into our tours and safaris.

The people we visit are not 'genuine tribesmen' in exotic traditional dress, or hunter-gatherers eking out an existence in some pristine wilderness. Usually they



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are simple farmers and the like, living in close-knit rural communities and happy to share their life with visitors.

The experiences we offer, always optional and always attuned to the sensibilities of both traveller and villager, take a variety of forms. This varies from a straightforward visit to a village with a guide from the area on hand to lead you through the local customs and courtesies, to a bike ride to a school to listen to the local children's choir. As well as providing a glimpse into a world that is all too often only seen in passing from a car window, we believe that these contacts foster greater understanding of the challenges of the developing world and give a better perspective as to how tourism plays a part in making a difference down at grassroots level.

Day 1: Arrival into Lilongwe and transfer to Danforth Yacht (2 nights)

Upon your arrival at Lilongwe International Airport, you are met by a Hands Up Holidays representative who assists you through the formalities. You are then escorted to your driver who transfers you to Senga Bay in Salima. Here you board the yacht Mufasa for your charter to Likoma Island on Lake Malawi. The road transfer time is approximately 2 hours.

Lake Malawi is Africa's third largest lake and has no serious contenders as its most beautiful. Every visit to Malawi will include some time spent along its shores. However, there are certain parts of the lake which are accessible only by boat and are seldom if ever visited. Danforth Yachting offers a magnificent trip that combines the lake's finest sailing accommodation, and scenery and wildest coastlines. Your transport for the trip and your base for much of it will be the 38 foot ocean going catamaran "Mufasa" which has four double cabins, two bathrooms, a galley, saloon and cockpit under shade. It is equipped with six sets of scuba gear, as well as snorkelling and fishing equipment.



Your captain, Howard Massey-Hicks is a competent skipper, having been certified to Yacht master and is regarded as an authority on local waters with over 12,000 nautical miles sailed on Lake Malawi alone. His water-based abilities



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extend beyond sailing - he is also a water ski instructor, swimming coach and an accomplished scuba diver with Dive master certification. Additional crew includes a competent deck hand, and a qualified chef.

Your stay on board Mufasa is for 2 nights. This includes full board accommodation, all food and non-motorised sports. Drinks, motorised sports and scuba diving are not included.

Day 3: Arrival into Kaya Mawa, Likoma Island (2 nights)

Today you arrive into Kaya Mawa.

Often appearing in the top 10 list of the world's most romantic destinations is the remarkable Kaya Mawa lodge – a place of truly unique character on the southern tip of Likoma Island, Lake Malawi. It is a wonderful way to experience the lake, its people and of course relax and enjoy lodge comforts!



Lake Malawi, which stretches nearly 600kms from north to south and up to 80kms in width, is Malawi's most prominent feature. It is Africa's third largest lake and arguably, the most beautiful. Likoma Island, situated in the far north of Lake Malawi, is the larger of two small islands very close to the Mozambique coastline. To visit the island is to step back in time. Just 17 sq km with one small dirt

road and six vehicles, the local population survives largely by fishing, rice and cassava farming. The island has hundreds of huge baobab trees and a number of glorious sandy beaches and rocky coves.

Kaya Mawa is situated at the head of a crescent shaped bay, surrounded by mango trees and ancient baobabs. Translating as “maybe tomorrow” in the local Chichewa dialect, Kaya Mawa uses the stunning natural surroundings of beach, rock and lake creating a lodge of distinctive character, imagination and special ambience.



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Kaya Mawa’s superb location, stunning accommodation and a wide range of activity options offer guests a memorable experience. The lodge was built entirely by hand, in partnership with the local community. It consists of seven stone and teak framed thatched cottages set into a granite headland and a honeymoon house tucked away on its own private island. This can be accessed by a wooden walk bridge. All the cottages have private terraces with direct access to the water. Activities at Kaya Mawa are plentiful and varied for you to enjoy.



Walking/Biking

Walking or biking around the island are two of the activities that one cannot miss. You can take leisurely strolls around the island and even stop off to swim en route. Likoma is 100% safe and the local population is legendary both for its friendliness and its curiosity. A simple unescorted stroll around the island perhaps with a knapsack full of cold drinks and a few snacks is a wonderful experience. You can stop off to swim en route, engage the locals in conversation and visit the cathedral and the lively market nearby.



A visit to the cathedral is one of the highlights. St Peter's Cathedral, which was built at the turn of the last century by Universities Mission to Central Africa, is a remarkable building which measures more than 100 meters. The crucifix above the pulpit is made out of a branch of the tree under which David Livingstone’s heart is buried. The choir stalls are carved out of soapstone with elaborate decoration. The sun shining

through the large stained glass cast a beautiful light.

Swimming & Snorkelling

The waters are crystal clear throughout the year and the snorkelling is among the best in Lake Malawi – snorkels and masks are provided. The beaches are



beautifully sandy and swimming is safe. Alternatively there is a rock swimming pool right by the bar.

Other water sports

Other water sports on the island include: diving (subject to prior arrangement), motorised water sports such as water-skiing, tube riding and wake snaking, sailing safaris (the lodge has a small wooden boat for journeys around the island) and kayaking. These are subject to an additional fee.

Lake Malawi has over a thousand species of fish, many endemic to the lake, more than all the freshwater species in Europe and North America combined.

Your stay at Kaya Mawa is for 2 nights and includes all meals and non-motorised water sports. It excludes drinks, motorised activities, diving and guided activities.

Day 5: Flight transfer to Lilongwe and transfer to Heuglin's Lodge (5 nights)

Today you depart Kaya Mawa. The lodge staff transfers you on the 10 minute drive to the airstrip. The scenic flight over Lake Malawi to Lilongwe takes 60 minutes. Upon arrival you are met by a Hands Up Holidays representative who assists you through the formalities. You are then driven to Heuglin's Lodge. The drive takes approximately 25 minutes.

Heuglin's Lodge is situated in the quiet garden suburbs of Lilongwe's residential area. The guesthouse offers six spacious and tastefully furnished bedrooms, a lounge, an extensive library and a dining room. Set in attractive gardens, bird life is plentiful.

The guesthouse also offers meals and a full bar service. There is an in-ground swimming pool for guest use. The lodge also offers broadband internet access.





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Your stay at Heuglins Lodge is for 5 nights on a dinner, bed and breakfast basis. Lunch and drinks are excluded.

Days 6-9: Volunteering around Lilongwe

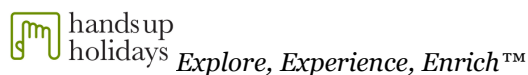
On Day 6, your volunteering begins! You will be picked up from Heuglins Lodge each morning and transferred to your volunteer site. The ways in which you can help are:



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Let us know your preference in advance and we will arrange it for you.



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Day 10: Transfer to Mvuu Wilderness Lodge, Liwonde National Park (3 nights)

Today you are driven from Heuglins to Mvuu Lodge in Liwonde National Park. This drive takes approximately 4 hours.

Liwonde National Park is considered to be the finest park in the whole of Malawi for game and accommodation. It is also said to be one of the top birding locations in Southern Africa. The park offers some of the most scenic game viewing, beautiful riverine surroundings and varied bird watching you could wish to find.



A great deal of the terrain is floodplains, much loved by the healthy population of elephants in this park. They are best viewed during your boat safari on the Shire River, one of the many highlights of a stay at Mvuu Lodge.



Mvuu Wilderness Lodge is situated along the banks of a quiet lagoon flowing off the Shire River. The lodge offers comfortable tented accommodation in five spacious 'Hemingway'-styled safari tents, with own en suite facilities for a maximum

of ten guests.

The dining room, which is high above the lagoon on stilts, is a breezy and relaxing place to spent time in-between activities.

There is a pool, which is especially welcome during the summer months, set amongst shady trees within earshot of hippos in the river.

As well as the boat safaris, the game drives enable you to experience a wide range of game, including large numbers of sable antelope, hippo, impala, and waterbuck. Huge crocodiles and servals are also fairly common. Birds are prolific, especially along the Shire River, where the African Fish Eagle and the Pel's Fishing Owl are frequently



sighted, as well as Böhm's Bee-eater, White Backed Night Heron, and a host of local "specials". Rhinoceros were introduced from South Africa and seem to be doing well, but are often difficult to find.

Your stay at Mvuu Lodge is for 3 nights. Your stay includes all meals, game viewing activities and park fees. Drinks are not included.

Day 13: Transfer to Mumbo Island, Cape Maclear (2 nights)



This morning you depart Mvuu Wilderness Lodge and transfer by road to Kayak Africa Base camp, where you take a 45 minutes boat transfer to Mumbo Island. The road transfer to your camp takes approximately 3 hours.

Mumbo Island is an exclusive camp situated on a pristine and otherwise-deserted tropical island floating on the clear waters of Lake Malawi. The camp comprises five large twin bedded safari tents and a four bed family tent, each fully furnished with its own shaded view-deck and hammock, and blending seamlessly into the lush foliage. There is a dining area and bar, all of timber, thatch and canvas, and adhering to the principles of eco-architecture. The island lies within an exclusive concession area, in turn part of the Lake Malawi National Park, the first freshwater marine reserve in the world. With waters that are so crystal clear, the diving and snorkelling are among the best in Lake Malawi.

You can relax in tranquil surroundings with delicious cuisine, lying in hammocks or gently floating in the waters; but for the more energetic there is a variety of activities: excellent sea kayaking, snorkelling and scuba facilities enable the active guest to interact with an impressive piece of nature: exploring the granitic islands in a freshwater Rift Valley lake.



Bird-lovers will enjoy the abundant Fish Eagles, and snorkelers can view enormous numbers of the Cichlid fish species; these small, colourful fish have adapted to so many variations that they are considered of comparable importance to the Galapagos finches in the study of evolution.

There is no electricity on the island. Lighting is by means of hurricane lanterns and your water is fire heated.

Your accommodation at Mumbo Island is for 2 nights on a full board basis including return boat transfers, snorkelling equipment, kayaking, tea and coffee. Excluded are drinks, scuba diving and motorised sports.

Day 15: Departure Day

This morning you are transferred by boat to Kayak Africa Basecamp and by road to Lilongwe Airport. The transfer time is about 5 hours. Upon arrival, a Hands Up Holidays representative assists you through customs and immigration for your international flight.

Please note that international flights incur a US\$30.00 per person departure tax fee.

Comfort Level: 5/5

(2 nights aboard a luxury yacht, 2 nights in a luxury eco lodge, 5 nights in a luxury guesthouse, 5 nights in luxury lodges (comfortable tented accommodation))

Activity Level: 2/5

Min. Travellers per Group: 2

Max. Travellers per Group: 8

Police Check Required? Yes