



transaid

Cycle Malawi

1-9 October 2022



TRANSAID IS ACTING AS AN AGENT OF DISCOVER ADVENTURE

Contact us: florence@transaid.org or on 07875 284211

UK Registered Charity No: 1072105 Patron: HRH Princess Royal

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Join Transaid as we embark on an unforgettable journey through Malawi in 2022. Our amazing supporters from across the transport and logistics industry will be fundraising to ensure that we can provide safe and sustainable transport solutions where they are needed most.

In October 2022 we will be cycling just over 500km through 'the warm heart of Africa' on a stunning route running along Lake Malawi and through Southern Malawi. Our team of cyclists will see some fantastic wildlife in the Liwonde National Park, experience the old colonial capital Zomba, as well as breath-taking African sunsets and much more.



Lake Malawi



Liwonde National Park



Mount Mulanje

Apart from the legendary Malawian friendliness, what will capture you first about this vivid country is its geographical diversity. Slicing through the landscape in a trough formed by the Great Rift Valley is Africa's third-largest lake: Lake Malawi, a shimmering mass of clear water, swarming with colourful cichlid fish.

Suspended in the clouds in Malawi's deep south are the dramatic peaks of Mount Mulanje and the Zomba Plateau, which we'll see first-hand on day six and seven.

1-9 October 2022

DURATION: 9 DAYS

CYCLING: 5 DAYS

DISTANCE: 502km

REG FEE: £349

FUNDRAISING: £3,800

[REGISTER ONLINE HERE](#)

DAY 1: DEPART FROM LONDON | 1 OCT 2022

Our group will meet at London Heathrow for our overnight flight to Malawi via Addis Ababa in Ethiopia. Expect a great deal of excitement in the air and the opportunity to meet lots of new faces for the first time before embarking on our epic journey.

Flight times will be confirmed closer to the event in order to arrange travel to Heathrow.

DAY 2: ARRIVAL IN LILONGWE

We'll arrive at Kamuzu International Airport around midday, where we'll then have a two-hour bus transfer to our hotel on the gorgeous Lake Malawi near Senga. The rest of our afternoon will be spent acclimatising before getting our bikes fitted and having some free time to relax and get to know our team mates before taking on the big challenge! At dinner, we'll get our first opportunity to enjoy traditional Malawian cuisine and meet our tour manager who will brief us in detail about the challenge ahead.

DAY 3: SENGAL TO MUA MISSION (APPROX 87km)

It'll be an early start this morning as we begin our ride and head south from our hotel to Mua Mission, catching glimpses of picturesque Lake Malawi throughout the day. Our route will take us on a 23km stretch from Senga Bay to Salima, where we'll then turn south on tarmac for 62km.

We'll turn off for Mua Mission and face a 1.5km climb to finish off the day's cycling. Mua Mission is situated in the hills above the lake and is famous for its wood carvings. When we arrive, we should have time to explore the Kungoni Centre of Culture & Art, providing a fascinating insight into the history and culture of Malawi and a great way to kick off our adventure. The Kungoni Centre may also treat us to a traditional Malawian dance performance if we're lucky!

Today will mostly be quiet tarmac roads, with that final stretch up to Mua Mission on a dirt road.



THIS IS A COMPLEX ITINERARY AND SUBJECT TO CHANGE

DAY 4: MUA MISSION TO CAPE MACLEAR (APPROX 99km)

Waking up in Mua Mission, we'll load up at breakfast and hit the road. We'll start with a short spell on a dirt road before re-joining the same road from day three where we'll cover the bulk of the distance. The last 17km of our ride today will be hilly, with the last 4-5km covered on a dirt/sand road but the effort will be worth it! We can expect to cycle into the sunset on Lake Malawi as we finish the day and arrive into Cape Maclear.

We'll also have the unique experience of passing through a baobab forest today. The majestic baobab tree is an icon of the African continent and lies at the heart of many traditional African remedies and folklore.

DAY 5: CAPE MACLEAR TO LIWONDE NATIONAL PARK (APPROX 148km)

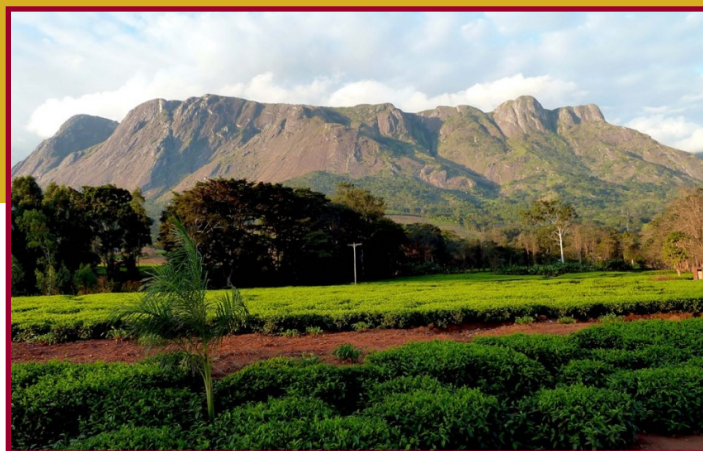
This is the big one. We'll awake after a good night's sleep and head south east following the southern shores of Lake Malawi. The day will start with a hilly stretch covering about 17km, of which we can expect about 4km of this to be on dirt road before we switch to tarmac taking us all the way to our destination: Liwonde National Park.

Liwonde National Park, although fairly small, is the most popular of all Malawi's game parks. The Shire River runs alongside the park guaranteeing viewing of some of the highest densities of hippo in Africa and some very large crocodiles. Bill Odie would be right at home as Liwonde is famous for birdlife and has over 400 species recorded. Wildlife in Liwonde also includes a variety of antelope, including kudu, sable and bushbuck; and lions, leopards and black rhino have also been re-introduced there too.

En route today, we'll also get to pass through the town of Mangochi (formerly known as Fort Johnston). This old colonial town is situated on the Shire River, at the southern tip of Lake Malawi.



Elephants in the Liwonde National Park



The Zomba Plateau

ITINERARY (CONT)

DAY 6: LIWONDE NATIONAL PARK TO ZOMBA (APPROX 73km)

For those of us with the energy, we can start the day with a two-hour sunrise safari taking us into the Liwonde National Park for game viewing. Please note that this is optional and will incur an additional cost (exact cost TBC). Because the Shire River flows along the western border of the park, Liwonde are able to offer boat safaris as well as game drives. Wildlife includes everything from elephants and monkeys to zebra and buffalo. The variety of habitat is immense, ranging from open savannah, hills and woodland to richly vegetated marshes and lush lagoons.

After the optional safari, the group will get back together for another scenic day in the saddle cycling through rural Malawi. Leaving the park behind us, we cycle out of the Shire River Valley to the old colonial capital of Zomba. This will be a tough day on challenging hilly terrain, but we'll be rewarded with spectacular views throughout the day for our hard work!

Our afternoon ride will include a challenging climb across 11km up the Zomba Plateau, with the mountain in-sight standing at 2,080m. We'll arrive into Zomba to relax and enjoy an evening meal in the former capital of Malawi (from 1891 to the mid-1970s). Nestled in the foothills of the Shire Highlands, Zomba boasts wide, tree-lined streets and old colonial buildings. A fabulous setting for our overnight stay.

DAY 7: ZOMBA TO MULANJE (APPROX 97km)

Today we depart Zomba as we head away from the plateau on our journey to Mulanje on our last day cycling. We can expect an undulating ride today as we cross the southern region of Malawi and take in the lush countryside of the tea estates. We'll also see Mount Mulanje before crossing the finish line as we enter Mulanje.

Our final evening together as a group will be spent enjoying a celebratory meal to reflect on an unforgettable experience and acknowledge everything we've achieved!

DAY 8: DEPARTURE FROM BLANTYRE TO LONDON

For those of us heading back to London straight away, we'll be taking a late morning bus transfer (1.5 hours) to Blantyre Airport for an early afternoon flight to London Heathrow.

Please note that if you would like to extend your stay in Malawi and fly back later, this can be arranged. This is on a first come first served basis, and you can contact a member of the Transaid team for more information.

DAY 9: ARRIVAL IN LONDON | 9 OCT 2022

We'll arrive back at London Heathrow early morning and say goodbye to our new friends as we all head home. Flight times will be confirmed closer to the event in order to arrange travel from Heathrow.

What is included:

- Flights in and out of Malawi
- Transfers in-country
- All meals*, plus daytime drinks
- Bike hire and mechanic support
- Support vehicle
- Accommodation
- Tour manager and UK doctor
- Airport taxes
- Travel insurance for the group

What *isn't* included:

- Vaccinations and anti-malarials
- Visa (approximately £65)
- Optional Liwonde Safari (Day 6)
- Personal spending money
- Personal cycling kit
- Drinks at evening dinner

**excluding lunch and dinner on day 8*

REGISTRATION FEE: £349

MINIMUM FUNDRAISING TARGET: £3,800 (excluding Gift Aid)

£3,040 (80%) DUE 12 WEEKS BEFORE DEPARTURE (01.07.2022)

BALANCE OF £760 (20%) DUE 2 WEEKS BEFORE DEPARTURE (17.09.2022)

Of the total fundraising target of £3,800 a total of £2,700 will cover your core costs on the challenge.

Some participants may choose to cover some or all of the core costs personally, meaning that more funds will come directly to Transaid.

Please contact Florence if you would like to do this.

Most participants find it much easier to meet their target than they expect. We provide fundraising support throughout and are always available for a chat if you need some ideas or reassurance!

Your employer may be willing to pay your registration fee (£349) or the core costs (£2,700). If not, be sure to enquire about match funding as this will be very helpful in smashing your target for Transaid.

Q: Who can take part?

A: Anyone who is over 18 and is looking for a challenge can take part.

Q: Is the ride safe?

A: Please bear in mind that any cycling event - particularly one taking place over more than 500km and in a hot climate - will be physically demanding. You should therefore be reasonably fit and enjoy sufficient good health to participate.

You should also be aware that this is a challenge. In addition to the usual dangers and risks associated with cycling (both on road, and on dirt tracks), you will likely be subject to physical exertion. You may also experience weather extremes and remoteness from normal medical services of the standard we enjoy in the UK, although we will always have a UK doctor cycling as part of our group.

There is also the risk which comes with overseas travel and undertaking activities outside of normal safety levels at home. However, our partner, Classic Challenge, boasts more than 10 years' experience of organising charity cycling events in Malawi and we will be following an established route they have completed many times.

Q: How fit do I need to be?

A: This cycle ride is designed for people of average fitness or above, and who have completed some carefully planned training over the weeks and months building up to the trip. We are happy to provide advice to help in your training plans.

On the ride, we ensure no one is ever left behind. What's more, if at any stage you need to take a break from cycling, we can arrange for you to have a rest in one of our support vehicles.



Q: How will I raise the money?

A: Most participants find it much easier to meet their pledge than they expect. We provide fundraising support throughout and are always available for a chat if you need some ideas or reassurance! Your employer may be willing to pay your registration fee or the core costs. Some people choose to pay this themselves and then fundraise the remaining amount.

Q: Why does my registration fee go to Classic Challenge and not straight to Transaid?

A: The *Active* website is set up for direct registration fee processing - this money is then returned to Transaid through a reduction on rider challenge costs.

Q: Can the registration fee be invoiced to a company or individual?

A: Yes - please use the code INVOICE on the payment page and Classic Challenge will be in touch to arrange.

Q: How will I be supported?

A: *Beforehand:* You will be sent fundraising and training packs once you sign up, and will receive regular group updates. We are always on hand to discuss fundraising, training or any other queries. There will also be a pre-departure meeting/webinar about a month before the ride.

During the trip: All the logistics of the ride are taken care of by the tour organisers, Classic Challenge. There will also be a Transaid rep on the challenge.

Q: Do I need specialist kit?

A: Bikes will be provided in-country by Classic Challenge's team in Malawi, but you must wear your own cycle helmet to participate in the challenge. We would also advise padded shorts and bringing your own saddle! We will send you a kit list nearer the time but please just get in touch if you have any questions.



Q: What will the weather be like?

A: Afternoons can be very hot with average high temperatures reaching 29°C. Overnight temperatures are generally very mild. There will be virtually no rain in October, although the rain that does fall will more than likely be a welcome relief cycling in the heat!

Q: What will the food be like?

A: During the day you can expect a range of buffet foods to keep you going, including snacks and fruit, sandwiches etc. In the evenings we'll enjoy a range of traditional Malawian cuisine.

Q: Do I need special vaccinations?

A: You will more than likely require vaccinations. Please consult with your GP or travel clinic before travelling.

Q: What will the accommodation be like?

A: Accommodation will include a mix of hotels (4 nights) and camping (2 nights).

Q: What will the terrain be like?

A: The vast majority of the ride will be on quiet tarmac roads, with some shorter stretches on dirt/sandy roads as we enter and exit the towns we stay in overnight.

Q: Can I extend my stay in Malawi after the ride has finished?

A: Yes. There are only a limited number of extensions available so contact Florence about this ASAP!

Q: Can I request to have a single room/tent to myself on the ride?

A: Yes. These are also subject to availability and will be allocated on a first come first served basis. Contact Florence about this ASAP.

Q: What type of insurance is included?

A: Insurance included is a comprehensive group insurance. If you would like more details or wish to opt out, just let us know.

Q: What are the core costs?

A: The core cost of each participant on the challenge is £2,700. If you or your employer are able to contribute a portion of this, more from each donation will come directly to Transaid.

Q: How do I register?

A: Places are limited so don't delay! You can [register online here](#) or contact Florence [by email](#) to request a Registration Form.

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The Challenge

Our cycle challenges in Africa offer an experience of a lifetime, so much so that we regularly have cyclists coming back year on year to see what the next challenge has in store!

Here's what past cyclists have said about the experience:

"Thank you for providing an opportunity to get involved in something so life changing (for both myself and the recipients of the funds that have been raised as a result of this challenge). It was difficult, satisfying but ultimately the most rewarding experience of my life." Alan West, Cycle Tanzania 2015, DHL Supply Chain

"The whole experience including fundraising, training and the ride itself was hugely positive... it exceeded my already high expectations many times over and we raised £226,000 in total!" Tony Owen, Cycle South Africa 2017, Renault Trucks UK



Supporting Transaid

Transaid transforms lives through safe, available, and sustainable transport. There's nothing quite like spending time with a group where everyone is passionate about the same cause and working towards a shared fundraising goal. As a group, your support will help to:

- **Support drivers, governments and institutions to improve road safety.** In sub-Saharan Africa, road deaths are the third biggest killer behind HIV/AIDS and Malaria.*
- We work with partners and governments to train driver trainers. Our driver training programmes make drivers more competent, vehicles safer, and reduce death and injury on the road.
- **Empower people to transform their own lives through access to vital services, such as healthcare.** People living in rural areas of Africa often struggle to access vital services. Around 75% of maternal deaths can be avoided through timely access to vital childbirth-related care.*
- We enable women, children and men in rural communities to reach health services when they are in need. We strengthen transport systems and this can provide access to appropriate forms of transport.



*World Bank

TRANSAID TERMS & CONDITIONS

1. In return for a secured place on Transaid's Cycle Malawi, and as an indication of your serious fundraising intent, we require a non-refundable registration fee of £349 (payable on registration via the Active Network site) and a commitment to raise at least £3,800 for Transaid. Please note that there is an option to pay £34.99 to Booking Protect when registering through Active Network, this is a third party service to protect your £349 registration fee and will need to be brought up with Booking Protect directly in the event of cancellation.

2. **STAGE ONE PAYMENT:** £3,040 of this sponsorship must be paid to Transaid a minimum of 12 weeks prior to the departure date (01.07.2022). Failure to do so means that you must make up the balance yourself. If you have not raised the required amount by the stage one payment deadline then your place will be forfeited unless you advance the balance yourself. A personal advance can only be made in accordance with the conditions below:

A personal advance is made when a refund is intended. Refunding of the advance will only be made after the event's minimum sponsorship target has been reached (excluding the amount advanced and registration fee). The refund will not be made later than four weeks after the return date of the event. You will need to request a refund of your personal payment in writing (including email).

Please note the £3,800 target does not include your registration fee of £349 or any Gift Aid that your donations incur.

THE BALANCE OF YOUR TARGET (£760) is to be paid two weeks before your departure (17.09.2022).

3. If you have registered as a team and a member of your team withdraws after the stage one payment deadline, the minimum amount of sponsorship that must be raised by the remaining members will not be reduced.

4. If you withdraw from the event after the stage one payment deadline then you will still be liable to pay at least the amount due as stated in the registration pack, whatever the circumstances of your withdrawal. We would ask that you speak to your sponsors and ask if they are still comfortable making their donation, if not then this must be returned to them.

5. You must make it clear to all prospective sponsors that an amount from your sponsorship money goes towards payment of the air and ground costs of the challenge.

6. All funds raised in the name of Transaid must be paid as soon as is practical to Transaid.

7. You must be over 18 by the date of departure.

8. Classic Challenge, a specialist in charity challenges, is the tour company responsible for all flights and ground arrangements. All monies paid to Classic Challenge for your travel arrangements are protected by their ABTOT Bond. All participants take part at their own risk. Transaid is acting as your agent in making arrangements for you to join the event and is unable to accept liability for any loss or damage, however arising, or for the cancellation of the event for any reason outside its control. Registration fees will only be refundable should Transaid cancel the event.

9. You must wear a cycling helmet at all times when cycling during the event.

10. You are responsible for obtaining any necessary vaccinations and anti-malarials and for obtaining a valid tourist visa. Your passport must have at least six months to run from the date you return to the UK.

11. You are required to complete a medical questionnaire. If you are aged 65+ you will need to obtain a GP's signature on your medical questionnaire before your place on the tour is confirmed. If you have a medical condition the trip doctor may require that you obtain a GP's signature. If your health changes after signing the form, you hereby agree to inform the charity immediately and you understand that a new medical form may be required.

12. If you wish to opt out of the group insurance included in the cost costs, you must have adequate travel insurance that will cover you for the specific activities you will be undertaking, including emergency repatriation. You will be asked to provide proof of travel insurance 9 weeks before the departure date or you may forfeit your place on the challenge. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charity. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Transaid.

13. You must not suffer from alcohol or drug dependency. You should not have any criminal convictions.

14. You participate at your own risk. If you are refused passage and/or entry/exit to or from Malawi, any additional costs incurred are your responsibility.

Click [here](#) for the full Discover Adventure terms and conditions.