



9D Cycle in Malawi Sample Itinerary

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Included: Transport (door to door, water, private vehicle & English speaking driver), mountain bike, back-up support vehicle, private chef team, front vehicle, Bike Mechanic, Game Park Entrance Fees, meals and activities where indicated, accommodation as indicated.

Excluded: Flights, Visas, any meals not indicated below, drinks unless specified, activities not indicated (no activity scheduled on Day 1) motorised water sports, scuba diving, spa treatments or personal spending or gratuities.

Day 1: Arrive Lilongwe

Arrive at the airport today where you'll be met by the Land and Lake team. Land and Lake will transfer you to their offices in area 3 mid-afternoon for an early dinner, bike fitting and tour briefing. Head to a close by accommodation to overnight.

Day 2: Lilongwe to Dedza

After breakfast, meet the team and get a road transfer just outside of Lilongwe where we will unload your bikes and start the cycle down to Dedza. It's approximately a 70km cycle today with a variety of up and down hills and long flat cycles. We'll stop at various stations for drinks, lunch and snacks as we cycle toward Dedza. We'll end at the Cave paintings in Dedza where there's an optional hike up the mountain and tour of the historic paintings. Night on dinner, bed and breakfast in Dedza.

Day 3: Dedza to Liwonde National park

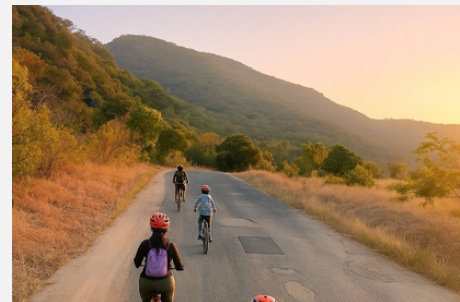
Today is a long but exciting cycle day. The route descends from the highlands toward the Shire Valley, passing through traditional communities and scenic woodland. The landscape transitions as you approach Liwonde, gateway to one of Malawi's premier wildlife areas. Arrive at Chinguni a nature-inspired property located close to Liwonde National Park. Depending on arrival time, guests may enjoy an optional game drive or relax by the lodge after a fulfilling day of riding. It's approximately 128km to Liwonde but you have the option to join the vehicle for part of the journey!

Day 4: Explore Liwonde National Park

Enjoy a day of respite in Liwonde and take part in a game drives and boat safaris including all your meals, accommodation, game park entrance fees and game viewing activities.

Day 5: Liwonde National Park to Mangochi

Depart Liwonde and cycle southeast toward Mangochi, enjoying flat, scenic terrain with distant views of Lake Malawi. The journey passes rural trading centers, lush banana groves, and vibrant fishing communities. Arrive at King Fisher Inn, a tranquil lakeside lodge offering beach access and refreshing lake breezes. Spend the afternoon relaxing by the water or taking a casual swim. All your meals are included.



Day 6: Mangochi to Mua Mission

Today jump back on your bikes and we head from Mangochi up to Mua Mission. Today is approximately a 117km of cycle along flat roads up the Lakeshore. You have the opportunity to join the vehicle at any time. We will stop for lunch and water and snack stations as we go. On arrival, settle into your mission guesthouse accommodation. In the afternoon, take a guided tour of the cultural center where centuries of Malawian history, tribal traditions, woodcarvings, and artwork are beautifully preserved. Night at Mua Mission including all your meals.

Day 7: Mua Mission to Senga Bay

After breakfast at Mua Mission, head northwards along the Lakeshore road and to Joma adventure Lodge. It's approximately an 80km cycle today. Stop for a lunch break and water and snack stops as you go. Arrive at the serene Joma adventure lodge, a beautifully designed lodge perched on the lakeshore. Enjoy a relaxed afternoon kayaking, swimming, or unwinding in the quiet natural surroundings. Relax on the shores of Bay including all your meals.

Day 8: Relax in Senga Bay

Enjoy a full last day on the beach of Senga Bay!

Day 9: Goodbye!

We will transfer you to the airport in Lilongwe (Approximately 2 hours in time for your flight out. Ensure you have an afternoon flight.)

Available: All Year

Costs from \$3,150.00 per person

