

Malawi

Sea Kayaking Safari

PIONEER EXPEDITIONS



Do something extraordinary.....

Itinerary

Lake Malawi Sea Kayak Safari

8 Days • 7 Nights

Lilongwe International Airoport – Chirombo – Monkey Bay – Lake Malwi National Park – Mumbo Island – Meleri Islands – Senga Bay

HIGHLIGHTS

- 🌿 100km in five days of paddling
- 🌿 Enjoy secluded bays, deserted islands, mile-long beaches and open-water crossings.
- 🌿 Days will be spent paddling, swimming, snorkeling and generally working up an appetite.

TOUR ESSENTIALS

Tour Style	Sea Kayak Safari
Tour Start	Lilongwe
Tour End	Lilongwe
Accommodation	Hotel & Camp
Included Meals	7 Breakfasts, 6 lunches, 7 Dinners
Difficulty Level	Difficult

Lake Malawi, also known as The Lake of Storms and the Lake of Stars is the ninth largest in the world and also the third largest and the second deepest in Africa. It is geologically young freshwater lake which contains a greater amount (more than 1000 species of cichlids) than any other lake in the world.

With the best multi-day sea kayaking in Southern Africa on offer, this is an opportunity for adventurers and outdoor enthusiasts to get wet, get active, and get out there!

Overview

Lake Malawi, also known as The Lake of Storms and the Lake of Stars is the ninth largest in the world and also the third largest and the second deepest in Africa. It is geologically young freshwater lake which contains a greater amount (more than 1000 species of cichlids) than any other lake in the world. Lake Malawi was formed more than 1-2 million years ago.

Covering 100km in five days of paddling, the route has it all: secluded bays, deserted islands, mile-long beaches and open-water crossings. Not to mention the warm, clean and endless waters of the world's fourth largest lake. Or the fish eagles, the tropical fish and the forested mountains that form the rim of the African Rift Valley...

Days will be spent paddling, swimming, snorkeling and generally working up an appetite. Overnight stops are at a variety of lodges and campsites along the way. We will provide all logistics including guides, support boat, kayaking and camp equipment. And of course delicious meals and cold drinks! Participants provide a love of the outdoors and a willingness to achieve something special.

Itinerary

DAY 1: (D)

After arriving in Lilongwe International Airport, you will be met at the airport and transferred to the southern lakeshore. You will stay overnight at Nanchengwa Lodge.

Overnight hotel

DAY 2: CHIROMBO (B,L,D)

After a breakfast we will have a familiarization and safety briefing on the beach. We will then set off for the 22km to Chirombo Bay near Monkey Bay. A team leader, experienced kayak guide and driver will be our support crew. Today is our longest paddle and will take around six hours (if you travel at 5kms an hour which is an average speed.) We will stop regularly for rests if necessary. We will stop around midday for lunch (a packed lunch consisting of various salads, rolls, fruit and snacks). We will end up at Chirombo bay where we will set up camp for the night. You are always welcome to get involved in setting up your tents, but there will be a team on hand to help.



Camp overnight at Chirombo Bay.

DAY 3: MONKEY BAY (B,L,D)

We tend to wake up early (around sunrise) when a leisurely breakfast cooked by local guide and chef will be served. A typical breakfast consists of fresh fruit, freshly baked rolls and cereal. We will set off around 8am (as we prefer to



paddle in the morning, rather than the heat of the day) on our 20km paddle past Monkey Bay and the mountains of the Nankumba Peninsula en route to

Domwe Island in the Lake Malawi National Park. The kayaking should take around 5 hours. We should be at the next camp site by early to mid-afternoon, giving plenty of time to relax before night falls.

You will stay overnight in Domwe Island Camp, which are permanent walk-in safari tents set on large thatched wooden decks furnished with cane beds, cotton bedding, large comfy armchairs and a hammock on the deck.

Overnight Domwe Island Camp

DAY 4: MUMBO ISLAND (B,L,D)

Right after breakfast where eggs and bacon are served, we are going to have an introduction to the open water with a relatively short 8km paddle to Mumbo Island, also in the Lake Malawi National Park. This short water crossing between the islands will take around an hour. So you will have plenty of time to relax and have fun today - you may enjoy swimming in the crystal clear, warm, fresh lake water which is one of the charms of the islands, as is snorkelling: Lake Malawi is a World Heritage Site for its abundance of freshwater fish life and is famous for its beautiful tropical cichlids. Snorkelling along the lakeshore is like swimming in an aquarium. Snorkel gear is provided. There are also walking trails that are well worth the effort – the islands are forested with miombo woodland which features a remarkable variety of trees and is great for birding.



Overnight in Mumbo Island Camp, this also has permanent walk in safari tents with en-suite bathrooms.

DAY 5: MUMBO ISLAND (B,L,D)

Today is a rest day spent on Mumbo Island exploring the island and the surrounding water. A typical evening on this trip consists of a sunset paddle, a gin and tonic on the lake shore to watch the sun set, a braai around the camp fire and then to bed! Evenings are lovely, balmy and with a night sky to awe you. You will see the local fishing boats heading out towards the deeper waters, lit by paraffin lamps. You may hear the fishermen calling to one another over the water. There are very few animals on the islands – but on Domwe you can see civets come to the kitchen after dark (they won't harm humans!). Please bear in mind that there are mosquitoes but not in problem numbers. All tents are netted and we do recommend that you use insect repellent and wear long sleeves and trousers as evening falls.

Overnight in Mumbo Island Camp.

DAY 6: MELERI ISLANDS (B,L,D)

After enjoying a rest day, it is a time for the real thing: 25km of open water between Mumbo Island and the Maleri Islands. This will take around 6 hours. Tonight we will set up camp again, this time on the Maleri Islands.

Overnight in on the Maleri Islands.



DAY 7: SENGA BAY (B,L,D)

Today is the final leg of 20km to Senga Bay on the west shore of the lake. It will take us around 5 hours.






Overnight at Livingstone beach campsite.

DAY 8: LILONGWE AIRPORT & FLIGHT HOME (B)







After breakfast, we will transfer by road to Lilongwe airport for your return flight home – or if you prefer to extend your stay, please ask us for ideas.

Important Information

INCLUDED

-  All meals as described (B=breakfast, L=lunch, D=dinner)
-  Road and boat transfers
-  Accommodation
-  All kayaking activities and equipment
-  All National Park fees and taxes

NOT INCLUDED

-  Meals other than mentioned
-  All items on the Personal Gear List
-  Drinks
-  Airfares to Malawi
-  Travel insurance
-  Visa fees (no visa needed for Commonwealth residents)



Additional Information

ACTIVITY DURATION	5 – 6 hours
SEASON	May through November/December
BEST TIME TO GO	May through November (these are the drier months)
GROUP SIZE	6 pax minimum
WHAT TO EXPECT	<p>These trips are activity-orientated, camping trips for the outdoor enthusiast. The paddling group is accompanied by guides and supported by a motorised boat and land crew. The boat and land crew carry the equipment and provisions necessary to ensure an adequate level of comfort, and provide backup to the paddlers in the event of illness, injury, tiredness or an emergency. The guide team prepares all meals and takes care of all camp chores while guests chill and soak up the atmosphere.</p> <p>These trips are for the adventurous of spirit – the route and itinerary may have to change due to weather and other conditions of the day.</p>
HEALTH	<p>Lake Malawi lies in the tropics and therefore presents a malaria risk. However malaria is totally preventable through the proper use of prophylactics and avoidance of being bitten (using repellent from dusk, and sleeping in a tent or under a net).</p> <p>Other health considerations are confined to treating and preventing infection of minor cuts and scrapes, and preventing sunburn. A comprehensive medical kit is part of our equipment, and our guides are trained in first aid.</p> <p>We provide purified drinking water, and maintain a high standard of camp hygiene.</p>
EXPEDITION SCHEDULE	Tailor made private departures to suit your dates
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'difficult' level (5-7 hours per day). This means that you will need more than a basic level of fitness and some specific training may be required.
FITNESS & PADDLING EXPERIENCE	These trips are suitable for any active person in good health. Participants need not be super-fit or experienced kayakers, but some fitness always enhances one's appreciation of the experience. Being in good shape is more important than paddling experience - sea kayaking is like hiking, but using kayak and paddle instead of feet and back. It's physical, but the pace is about the same.

