

*A once in a lifetime adventure...*

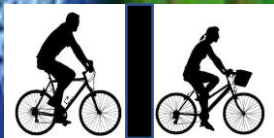
# Cycle Challenge & Mulanje

## Hike 18<sup>th</sup> May – 3<sup>rd</sup> June 2020

Every thought you couldn't possibly cycle 500km in Africa? Anything is possible when you know the outcome is to help the most marginalised people in Malawi and give them a 'hand up' out of poverty..



**Suitable for:**



**Adults**

**Total distance:** 500km (6 cycle days, and 2 rest days – one on Safari, the other at Lake Malawi). Optional 3 hiking days up Mount Mulanje before the event.

**Level of Cycling:** Intermediate

For more details of the **May 2020** Malawi Cycle Challenge and Mulanje Hike, contact [heather.palmer@africanvision.org.uk](mailto:heather.palmer@africanvision.org.uk)