

AFRICAN VISION MALAWI

PEDAL POWER CHALLENGE

BLANTYRE—SAM'S VILLAGE 500km

22nd May - 3rd June 2020 (6 cycle days,
1 safari day, 1 day by Lake Malawi, plus
2 days seeing projects you are funding)
Add extra days and get involved!

£1,350 - Malawi experience
+ £1000 minimum donation
(not including flights and insurance)



'Creating Lasting Change'

www.africanvision.org.uk

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What does African Vision Malawi do?



We were formed in 2005 and focus on supporting the orphan and most vulnerable in an area of 400 km² with 45,000 people. Our vision is to ‘see a healthy, educated and self-sufficient community in Malawi’.

We take the holistic approach to build sustainable communities primarily through education, but also providing health, clean water and sustainable agriculture. All areas are interlinked to ‘life’.

Education is a key way out of poverty. We support children from birth upwards in the knowledge that the young generation are the future.

Our major project is building Sam’s Training Village which will facilitate vocational and life skills, enabling a ‘hand up’ to empower communities and a self-sufficient life.



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Your Journey

Day 8

Kuti Wildlife

Day 7

Mua Mission

Day 5 & 6

Mangochi

Day 3 & 4

Liwonde

National
Park

Day 2

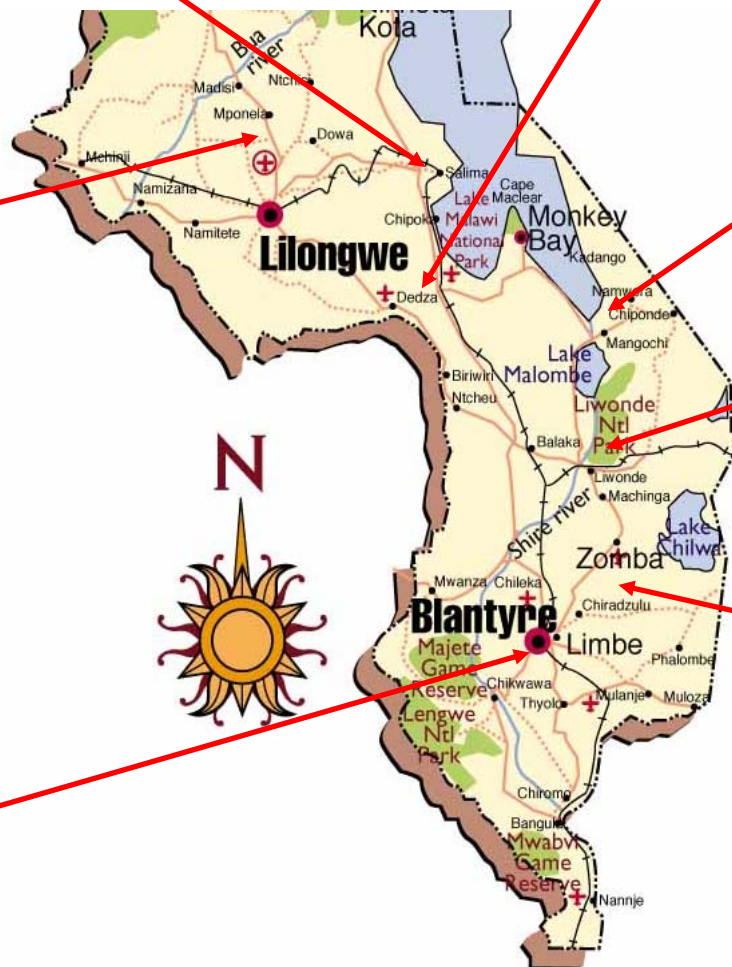
Zomba

Day 9

Sam's Village

Day 1

Blantyre



A typical day

We set off at 7:00 before it gets too hot, typically cycling for 5 hours a day, finishing mid-afternoon with a break for lunch and frequent stops for drinks and snacks. A support vehicle is available for a rest at any time. In the evening we relax with dinner and a reflection on the day.



Weather

*Average day temperature:
27 degrees*

*Average night temperature:
15 degrees*



Team

- Tour Guide: Henk Blanckenberg
- Backup support:
Land & Lakes



Sam and Nigel Palmer AVM representatives



Bike ride terrain

Terrain is varied - mix of good tar roads & dirt roads



You meet incredible people on the way!

Bikes



21 gear hybrid bikes (TREK or similar)

Bring personal saddle or gel seat is recommended

Bottle holder available—bring bottle

Cycle helmet must be worn!

Accommodation & Food

You will be staying in different lodges each night in shared rooms. Each lodge has a beautiful, rustic African style with great staff and warm atmosphere



We have a great support team providing delicious and wholesome meals for all diet types, to fuel you each day and also make sure you are well-watered. If you want to buy extra drinks or snacks that will be out of your own money



DAY ONE—23rd May 2020—Annie's Lodge, Blantyre

Arrive at Lilongwe airport midday and travel (by private coach) down to Blantyre or fly direct to Blantyre.

DAY TWO—24th May 2020— Annies Lodge, Zomba

Cycle 66km to the beautiful Zomba Plateau

DAY THREE—25th May 2020 - Bushmans Baobab Camp, Liwonde

Cycle up Zomba Plateau with incredible views and baboons roaming around, then 77km through villages and roads to Liwonde National Park

DAY FOUR—26th May 2020—Bushmans Baobab Camp, Liwonde

Have a rest day with a spectacular Safari, enjoying elephants, hippos, lions, cheetah and amazing bird life along the Shire River!

DAY FIVE—27th May 2020— Nanchengwa Lodge, Lake Malawi

It's the big one! Cycle 101km to Malawi's most famous location...Lake Malawi!

DAY SIX—28th May 2020—Nanchengwa Lodge, Lake Malawi

Another rest day! Great! Lay on the beach, go for a swim, a boat ride in the clear waters to feed fish eagles, swim with tropical fish or relax by the pool!

DAY SEVEN—29th May 2020— Namalikhate Lodge, Mua Mission

Almost there! 79km cycle followed by a tour of an amazing museum in Mua

DAY EIGHT—30th May 2020 — Kuti Park, Salima

73km to the stunning Kuti park. You will see zebras and hopefully a giraffe!

DAY NINE—31st May 2020— Sam's Training Village

The last stretch! 75km ride and a 30km transfer to Sam's Training Village for your welcome and medal ceremony

DAY Ten & Eleven—1st & 2nd June 2020— Sam's Training Village

Visiting various projects

You are responsible to book your flight!

The choice of flights are:

Ethiopian Airlines

Kenyan Airlines

South African Airlines

Check prices on www.skyscanner.net

Depart 22nd May —London Heathrow

Arrive 23rd May —Lilongwe, Malawi

or 23rd May—Blantyre, Malawi

Return journey is up to you but we recommend the
3rd June 2020 departing from Lilongwe

We advise that you spend those extra days at Sam's Village taking part in a number of volunteering activities within our projects. You are welcome to stay longer!

What's included

- Accommodation
- Transfers
- Full medical support
- Experienced guides
- Safaris and park entry fee
- Bicycle hire
- Mechanics
- Support staff
- Water
- All meals



What's not included

- Flights (around £600)
- Vaccinations and antimalarial medication
- Entrance Visa \$75 (*Entrance Visas need to be done on entry at the airport. We will send you a form in advance to complete, so that it reduces the time at immigration*)
- Spending money – drinks, souvenirs, sight-seeing etc.
Suggested amount of £150.
- Tips – recommend donation of £20 which will be split between all support team

Credit cards are not widely accepted

Deadlines

Total minimum payment: £2,350

(£1,350 costs + £1000 donation to projects)



- **December 2019 —January 2020**

Registration booking with £350 non-refundable deposit

- **December 2019 —March 2020**

Book your airline flight and meet with your Health Practice Nurse to discuss vaccinations. Book insurance

- **December 2019 —May 2020**

Fundraise for trip and projects

- **January 11th 2020 @ 2:00pm** meeting with all cyclists—London

- **75% payment by end of February 2020**

- **100% payment by end of March 2020**

- **March 7th 2020 @ 2:00pm** final meeting before Malawi

Health and safety

Bring your own first-aid kit and carry it with you during the day. It should include painkillers, rehydration sachets (for diarrhoea) and plasters. You will not have access to your main luggage during the day so make sure your day pack is big enough for some medical supplies as well as your water and sun-cream

Tummy bugs: The most likely problem that you may encounter on this trip is a tummy bug.

Hand Hygiene: is vital and have your own supply of alcohol wipes and anti-bacterial gel available.

Water intake: Make sure you are well hydrated and bring some energy tablets if you feel this helps. Plenty of bottled water is provided.

Bilharzia: Swimming in Lake Malawi is at your own risk and not recommended where you see reeds. There is treatment available if you get Bilharzia, but it is not a great experience!

Malaria: Malaria is a big health risk. Use your supplied mosquito net, and bring repellent and appropriate clothing. Take antimalarial medication. Discuss with your practice nurse the most suitable for you.

Back up transport is available if you don't feel well and don't want to ride.

Vaccinations: Allow yourself plenty of time for vaccinations as some may be multiple injections spread over a period of a few weeks.

It is very important that you consult **your own GP for advice** as to which vaccinations you may require.

Training - you can do it!



- This is a challenging bike ride – you will need to train!
- Follow the training guidelines provided
- Start slowly & build up stamina!
- Include hilly terrain in both your cycling training and your walking
- With training you can achieve your goal and enjoy it!
- Set aside a weekend of two consecutive days of cycling well before you go. You don't have to be super-fit, just try to cycle at an average pace for several hours!
- The fitter you are the more you will enjoy it
- If a 65 year old lady who only got on a bike 5 months before going to Malawi can do it, you can!!

You will treasure this trip as a lifetime experience to remember and reflect on. Meeting wonderful people in the 'Warm Heart of Africa' is memorable and we have the privilege of changing people's lives for the better! Thanks for being part of their journey!

Kit List

Clothing

Cycle helmet - essential

Cycling shorts, cycling shoes & cycling gloves

T-shirts - one per day (buy an AVM one for £10)

Socks & underwear - one pair per day plus spares

Scarf to cover back of neck

Cap & sunglasses

Jumper and long trousers for evening

Swimwear

Equipment

1 water bottle for bike (essential)

Saddle/ Gel Seat Cover – optional

Bum bag & small 'day' bag

lightweight travel towel

Torch and spare batteries

Ear plugs

Sun Lotion

Medication & First Aid Kit

Packing

First Aid Kit

Small personal medical kit and personal effects

Antiseptic ointment, plasters, knee support, bandage, pain killers, sting relief, Diareze, Dioralyte, insect repellent, vaseline or sudacrem, energy bars, eye drops

Lip salve and sun block (minimum factor 30)

Tissues, biodegradable wet wipes, anti-bacterial hand gel

Contact lens wearers should bring spare glasses

Other Luggage

Pack as lightly as possible, preferably in a soft, robust bag as all luggage is transported together each day in a truck and needs to be durable. We strongly recommend against hard suitcases.

If you can take any extra room for donations for the charity, that would be great! You can either do this yourself and we can suggest donations, or we can provide you with the bag already filled, with a list of contents.



Fundraising ideas

There are plenty of ways you can fundraise and the more creative and 'fun' the better!

Quiz nights

Cake sales

Sponsored events (music/fitness walks etc)

Shave off hair!

Wear no shoes for the day!

Talks at your local school/church



African Vision Malawi use www.givey.com and you can find us on their website. If you choose this option, your total funds plus gift aid go direct to the charity, hassle free, and you can keep track of what you have raised. If you need help in setting up your page, please just ask!

GOOD LUCK!