

A large group of approximately 50 women and children are posed for a group photograph outdoors. Many of the women are carrying infants on their backs using traditional cloth slings. They are standing on a dirt path with a large, leafy tree in the background. A white van is partially visible behind the group. The scene is brightly lit, suggesting a sunny day. The women are dressed in a variety of colorful, traditional-style clothing, including patterned skirts and blouses. The children are sitting on the ground in front of the women, some wearing simple dresses or shirts. The overall atmosphere is one of a community gathering.

# Malawi Bike Ride 2016

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**Join us on the trip of a lifetime to Malawi!**

Malawi is one of the most beautiful countries in Africa with its great lake, vast game reserves and exotic flora and fauna. Saddle up to discover why this country is known as the 'Warm Heart of Africa'. Large areas of Malawi exist as they have done for centuries, untouched by the western world. This bike ride takes us through spectacular southern Malawi via Mulanje, with its dramatic granite mountain, a visit to the Maternity Worldwide programme in Zomba and Liwonde National Park, the country's prime spot for wildlife viewing with an optional safari. We finish on the shores of Lake Malawi for Lake of Stars, the annual music and arts festival.

So, if the above appeals to you, if you enjoy adventure and are not afraid of a challenge and you want to meet a group of fantastic people then this is an experience for you!

This pack should contain all the information you need, however if you have any questions please do not hesitate to contact us on 01273 234033 or email [fundraising@maternityworldwide.org](mailto:fundraising@maternityworldwide.org).

**We hope to see you on the trip!**



# Malawi Bike Ride 2016

## A little bit about us

Maternity Worldwide helps women and girls in developing countries to access the high quality maternal healthcare they need to be able to give birth safely through the development of integrated maternal health programmes.

Maternity Worldwide is a UK registered charity (1111504) and was established in 2002 by a group of health professionals frustrated by the lack of maternity care and facilities in developing countries. In the last 13 years Maternity Worldwide has saved the lives of thousands of women during pregnancy and childbirth and has worked in 11 developing countries.



## Facts about childbirth

Every day across the world 800 women die in pregnancy and childbirth, that is 289,000 women annually

99%  
of maternal  
deaths occur in  
developing  
countries

Sub-Saharan Africa  
accounts for 62% of  
global maternal deaths



Life time risk of maternal mortality:

Ethiopia

1 in 52

Malawi

1 in 34

Uganda

1 in 44

WHO 2013

## Our programmes

Since 2002 Maternity Worldwide has worked in 11 developing countries. We currently have 3 integrated maternal programmes;

### Malawi

We are working in the Zomba District of Malawi to improve maternal and newborn health through women's groups, health promotion and income generation programmes in 80 villages and training staff at local health centres.

### Uganda

We are improving healthcare in a rural area of Hoima District by completing and equipping a health centre, improving the referral process to the nearest Comprehensive Emergency Obstetric Care Centre and providing health promotion and income generation programmes through women's groups.

### Ethiopia

Our first programme began in West Wollega in 2002, we have continued to provide an integrated approach to improving maternal health including equipping the maternity ward of Gimbie Adventist Hospital, training midwives and skilled birth attendants, creating women's groups and income generation programmes, providing motorbike ambulances and building waiting homes next to health facilities.



# Malawi Bike Ride 2016

## About the ride

The ride will begin in the South as we fly into Blantyre, we'll then work our way in a North East direction with views of the dramatic peaks of Mount Mulanje and the Zomba Plateau with mist-cowled forests and exotic wildlife. We spend 2 days in Zomba where you can visit the Maternity Worldwide programme and meet the mother's whose lives your sponsorship money could help to transform.

The ride will continue on to the Liwonde National Park where you'll have the option to go on safari. Dominating the west, the Shire River overflows with hippos and crocodiles and is a favourite stomping ground for the abundant elephants. Waterbucks are also common near the water, while beautiful sable and roan antelopes, zebras and elands populate the flood plains in the east.

We'll then continue on to your final destination – the Lake of Stars Festival where the sun-bleached sands of Lake Malawi play host to one of the most memorable musical gatherings in the world. You'll arrive on the Saturday when the festival is in full swing for the weekend then head off to Lilongwe for your flight home.

You will cycle for approx. 350km over 5 days (exact distances will be subject to change depending on road conditions and weather).

We are delighted to be partnering with Classic Tours for this trip. They have years of experience organising overseas challenges and have organised several events in Malawi with an excellent ground team. By having Classic Tours organise all of the logistics of the ride it enables our small UK team of staff to focus on supporting our cyclists and running our programmes.





# Malawi Bike Ride 2016

## Provisional Itinerary

### Day 1: Friday 23<sup>rd</sup> September: London - Blantyre

Overnight flight from London Heathrow.

### Day 2: Saturday 24<sup>th</sup> September: Chileka - Blantyre

Arrive at Blantyre, it's a short transfer to our hotel in Blantyre, Malawi's second city and capital of the southern region. The rest of the day is spent acclimatising, doing bike fitting and possibly a nap! This evening after dinner we meet the local staff and hear more about the challenge ahead.

### Day 3: Sunday 25<sup>th</sup> September: Blantyre - Mulanje

Approx. 70 km

We set off through the bustling streets of Blantyre and soon experience our first taste of rural Malawi. Much of today's ride is dominated by beautiful tea estates that stretch as far as the eye can see. We head south east towards impressive Mount Mulanje, the country's highest peak and the tallest mountain in Central Africa. This vast granite massif, which rises dramatically from the surrounding plains, is known locally as the 'Island in the Sky'. Our destination is the small town of Mulanje, located close to the Mozambique border, which is the centre of Malawi's tea growing industry.



## Malawi Bike Ride 2016

### **Day 4: Monday 26<sup>th</sup> September: Mulanje - Zomba**

Get set for a long day's ride on a newly constructed tarmac road across the Phalombe Plains. Our exertions are rewarded with spectacular views throughout the day. This morning we cycle in the shadow of Mount Mulanje with its lush green valleys and rivers that drop from sheer cliffs to form cascading waterfalls. As the day progresses we approach the region's other massif, Zomba Plateau. This table-like mountain soars to over 2080 metres and presides over the surrounding area. We finish in Zomba, nestled in the foothills of the Shire Highlands. The capital of Malawi from 1891 until the mid-1970s, it boasts wide, tree-lined streets and old colonial buildings. We check into Annie's Lodge for the next three nights.

*Cycle distance subject to recce*

### **Day 5: Tuesday 27<sup>th</sup> September: Zomba - Pirititi Community Hospital - Zomba**

Today is bound to be one of the highlights of the challenge as we cycle to Pirititi Community Hospital to see the charity's work at first-hand. After a tour of the hospital we ride back to Zomba for lunch. The rest of the day is free to relax at Annie's Lodge or explore the town, which is a great place to witness a modern-day African market. Overnight in Zomba. *Cycle distance subject to recce*

### **Day 6: Wednesday 28<sup>th</sup> September: Project Visits in the Zomba District**

We have a break from our bikes and spend a rewarding day visiting health centres in the region which are supported by Maternity Worldwide, overnight in Zomba.



## Malawi Bike Ride 2016

### Day 7: Thursday 29<sup>th</sup> September: Zomba - Liwonde

Approx. 70 km

It's back on our bikes for another scenic day of cycling through rural Malawi. We ride north on hilly terrain towards Liwonde, on the banks of the Shire River. We spend the night at Hippo View Lodge which is the gateway to Liwonde National Park, Malawi's premier game park. This evening we hear more about its prolific wildlife ahead of tomorrow's optional safari.



### Day 8: Friday 30<sup>th</sup> September: Liwonde National Park

Today we venture into Liwonde National Park for an optional safari which includes a game drive and boat trip. Game viewing is enhanced because the River Shire flows along its western border, allowing boat safaris as well as game drives. Wildlife in the national park includes elephants, hippo, crocodiles, zebra, buffalo, monkeys and many species of antelope including waterbuck and sable. Predators include lions, leopards and jackals. Enjoy some of the best bird watching opportunities in southern Africa as more than 400 species have been recorded here. The variety of habitat is immense, ranging from open savannah, hills and woodland to richly vegetated marshes and lush lagoons. We overnight at Hippo View Lodge in Liwonde.

### Day 9: Saturday 1<sup>st</sup> October: Liwonde - Lake Malawi

Approx 80 km

The final day of cycling takes us northwards through the Shire Valley and along the western shores of Lake Malombe. Towards the end of the ride we reach the clear waters of Lake Malawi, one of the deepest lakes in the world. We cross the finish line at Nkopola Lodge on the lake shore where we'll then head to the Lake of Stars festival which will be in full swing! Overnight at Nkopola Lodge.

## Malawi Bike Ride 2016

### Days 11: Sunday 2<sup>nd</sup> October: Lake of Stars Festival, Lake Malawi

Today you are free to enjoy the Lake of Stars festival on the shores of Lake Malawi. This annual extravaganza includes music, art, poetry, dance, comedy and theatre. Breakfast and dinner are provided at the lodge. Lunch is not included and can be experienced at one of the many food stalls at the festival. Overnight at Nkopola Lodge.

### Day 12: Monday 3<sup>rd</sup> October: Lake Malawi

Free day, activities to be confirmed. Our final night in Malawi we all come together for a celebratory meal.

### Day 13: Tuesday 4<sup>th</sup> October - Lilongwe

Lilongwe International Airport for the return night flight to London.

### Day 14: Wednesday 5<sup>th</sup> October

Arrive in London Heathrow early morning (approx 8am).

**Please Note:** This is a complex itinerary which is subject to a thorough recce and therefore changes may need to be made. A final itinerary with flight times will be sent a few weeks before departure.



## Costs and Fundraising

In order to ensure the sponsorship money you raise can be put to the best charitable use we ask participants to cover their direct costs for taking part in the trip.

Included in the costs are your flights, transport in Malawi, accommodation, meals (apart from 2 lunches at the festival) entrance to national park and safari game drive, festival ticket, support team on the ride including a trip manager, medic, drivers etc.

**Registration fee:** £200

**Balance (instalment 1 on 1<sup>st</sup> April 2016):** £500

**Balance (instalment 2 on 1<sup>st</sup> July):** £1095

**Total cost:** £1795

**Fundraising target:** £1500

Your final fundraising will be due 2 months after you return (4<sup>th</sup> December 2016), we ask that at least 60% is raised 2 months before the trip (23<sup>rd</sup> July 2016) (not including GiftAid).

## The money you raise could provide...

£1 - Antibiotics to prevent infection after childbirth

£15 - A safe birth for a mother

£50 - An emergency caesarean delivery

£80 - One month of midwifery training

£100 - Community health promotion sessions on maternal and newborn health

£120 - A bicycle so a health care worker can reach mothers in remote villages

£600 - Oxygen concentrator to help save a mother or baby's life

£1,400 - The salary of a midwife for 6 months



# Malawi Bike Ride 2016

## Previous Rides

This is our 8<sup>th</sup> African bike challenge, 6 of which have been in Ethiopia and 1 in Uganda. As our programme in Malawi began in Nov 2014 we thought this would be the perfect time for people to visit the work we do and meet some of the mothers we have worked with.

For this ride we are working in partnership with ClassicTours/Malawian Style who have organised several bike rides in Malawi before and are very experienced.

## Previous Cyclists

Our rides have attracted cyclists from all walks of life, ranging in age from 20 to 65 and all levels of cycling experience including complete beginners, so long as you have the time and commitment to train before the ride you will be fine! We will be cycling for around 80km per day so you must be confident cycling those distances, sometimes on difficult terrain and in temperatures of 25-30C. We cycle as a team at all times so you'll never be on your own. The ride is not a race, we want you all to enjoy the scenery, stop to take photos and take in the stunning scenery and of course, to have a well-earned rest!

The whole experience of being in Gimbie, meeting the people that the money raised helps and meeting the staff at the hospital was brilliant – a highlight of the trip.

Ethiopia Cyclist 2012

The most amazing, and worthwhile, trip of my life - fantastic company, gorgeous scenery, very friendly local people and of course raising money for a hugely worthwhile cause of preventing maternal deaths - oh and the cycling was great too.

Ethiopia Cyclist 2007

The challenge of a lifetime, partly of physical endurance, but more so one that builds character, compassion and pride. A trip where unforgettable bonds are made with fellow cyclists and locals alike, but ultimately a trip so crucial that many lives depend upon it.....(I am getting a bit emotional now).

Ethiopia Cyclist 2012

## Safety and Security

Leading you through this wonderful experience safely is our priority and we do so in accordance with recommendations from the UK Government Foreign Travel Advice. The team on the ride is made up of experienced official representatives from Classic Tours/Malawian Style including a medic, local guides, a group leader and a member of Maternity Worldwide staff.

There will be a support vehicle with a bike ride team member carrying water, refreshments and first aid kit at the front of the cyclists and another behind the cyclists.

All drivers, staff and the group leader will be in regular communication.

You will always be expected to cycle in a group and we will stop regularly to ensure the group remains together.

A requirement of the ride is that all cyclists must wear a helmet at all times when cycling.

A full risk assessment and recce of the route will be carried out by Classic Tours/Malawian Style prior to departure and will be closely monitored throughout the trip.



## What should you take with you?

You will need to bring your own bike. The bike must be of appropriate calibre and should ideally have 27-inch wheels. The advantage of taking your own bike is that you will be able to do your training on it and practice repairing punctures! (If you would prefer to hire one in Malawi we can arrange this at an additional cost).

You will need to have a protective bag or case for transporting your bike (a cardboard cycle box is ideal, the box must not exceed 158cms/62inches for the 3 dimensions added together) on the flights and you must be able to remove the pedals (or fix inwards) and the handlebars must be fixed sideways.

You will also need a bike repair kit with several spare inner tubes (we are not able to bring spares for everyone's type of bike so please ensure you have plenty), a helmet (which must be worn at all times whilst on the bike) and appropriate cycling clothing, including gloves and suitable rain gear.

And, of course, your camera to capture the stunning scenery!

We'll send a detailed packing list nearer the time so don't worry we'll let you know exactly what you need to take!



## Frequently asked questions...

### Do I have to carry my own stuff when I am cycling?

No. All of your luggage will be transported by a truck and minibuses. All you will need to carry is a day bag, with essential supplies such as water, snacks, sun protection cream and camera.

### How many people will take part in the bike ride?

The group size varies on each ride, generally we have around 15-20 people, in addition to the support team.

### What are the facilities like?

The accommodation provided will be basic and will include a mixture of guesthouses and basic hotels. Rooms will be based on 2-3 people sharing.

### Do I need travel insurance?

Yes. You need to arrange a personal travel insurance policy that includes sufficient funding for all necessary treatment, transfer, accommodation and repatriation to the UK including emergency evacuation from remote areas. The policy must also cover you to take part in a fundraising activity for a charity (this is especially important if your insurance is through your bank account). You will be asked to provide proof of your insurance some time before travel. Maternity Worldwide is not responsible for your insurance and will not take responsibility for damage or loss of goods, or injury or accident to self.



## Frequently asked questions...

### Will I need a Visa?

Yes you will need to apply for a tourist visa to visit Malawi from the Malawian High Commission in London before you travel (we will advise you when to do this and provide an example application form).

### Will I need vaccinations?

We recommend you book at appointment with your GP or at your local Travel Clinic to see which vaccinations you will require several weeks/months before travel, do allow plenty of time before your trip to ensure you are fully vaccinated. It is your responsibility to ensure you have sought and followed medical advice and received the required vaccinations and malaria prophylaxis.

### What happens if I can't raise the minimum £1500 sponsorship money?

Don't panic! We will provide you with lots of support and tips and you have until 27<sup>th</sup> November 2016. If you are struggling to meet your target please contact us as soon as possible. You can make up the shortfall yourself, if this is not possible unfortunately you may no longer be eligible to participate in the bike ride.

### What is included in the price of the bike ride?

Return flight from London to Malawi, basic shared accommodation, transport in Malawi on non-cycling days, festival entrance ticket, entrance into the national park and safari game drive, meals and water on most days (apart from lunch at the festival). Please note additional food and drinks must be paid for by individuals and will not be covered by Maternity Worldwide.





# Malawi Bike Ride 2016

Ok, I'm in, what do I do now?

Firstly, we're delighted you have decided to join us on this incredible challenge, you will have the experience of a lifetime and meet some wonderful people!

**Step 1:** Read the Conditions of Entry. Register online <http://www.maternityworldwide.org/mww-news/malawi-bike-ride-2016/> and pay the £200 registration fee to secure your place, we will send you a copy.

**Step 2:** Start training, fundraising and getting excited about your trip!

**Step 3:** Two instalments due on 1<sup>st</sup> April 2016 and 1<sup>st</sup> July 2016. We'll then send your final information pack with detailed itinerary, packing list and further information.

**Step 4:** Off we go, Malawi here we come!

**Step 5:** Come home and bask in the glory of completing the challenge, experiencing new things and meeting new friends!



maternity  
worldwide

classic tours  
LEADING THE WAY IN CHARITY CHALLENGES

# Malawi Bike Ride

23<sup>rd</sup> September to 5<sup>th</sup> October 2016



Contact us for more details!

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