



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.

We hope to see you on the trip!



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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

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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.



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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.



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Provisional Itinerary

Please note this is a provisional itinerary and subject to change.
A final itinerary will be issued before departure.

	Date	Activity	Location
Day 1	23 September 2016	Evening flight	London to Blantyre
Day 2	24 September 2016	Travel & arrival	Chileka to Blantyre
Day 3	25 September 2016	Cycle	Mulanje to Zomba
Day 4	26 September 2016	Cycle	Zomba
Day 5	27 September 2016	Projects Visits	Zomba
Day 6	28 September 2016	Cycle	Zomba to Liwonde
Day 7	29 September 2016	Safari	Liwonde
Day 8	30 September 2016	Travel	Liwonde to Dwangwa
Day 9	1 October 2016	Cycle	Dwangwa to Chintche
Day 10	2 October 2016	Festival	Festival
Day 11	3 October 2016	Rest day	Lake Malawi
Day 12	4 October 2016	Night flight	Lilongwe
Day 13	5 October 2015	Arrive in UK early morning	



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Provisional Itinerary

Day 1: Friday 23rd September: London - Blantyre

Overnight flight from London Heathrow.

Day 2: Saturday 24th 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 25th September: Mulanje - Zomba

Approx. 70 km

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

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Day 4: Monday 26th September: Zomba – Pirimiti Community Hospital - Zomba

Today is bound to be one of the highlights of the challenge as we cycle to Pirimiti 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 5: Tuesday 27th September: Project Visits in the Zomba District

This morning there is an optional Zomba Challenge (10.5km cycle uphill with elevation increase of 900m (from 900m to 1,800m). The rest of the day will be spent visiting health centres in the region which are supported by Maternity Worldwide. Overnight in Zomba.

Day 6: Wednesday 28th September: Zomba – Liwonde

Approx. 70km

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.

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Day 7: Thursday 29th September: Liwonde National Park

Approx. 70 km

Today we venture into Liwonde National Park for a safari game drive and an optional 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 8: Friday 30th September: Dwangwa

Today we transfer to Dwangwa for our overnights accommodation, you will get a real feel for Malawi and the culture.

Day 9: Saturday 1st October: Dwangwa – Chintechi

It's an early start as we cycle flat plains close to the west shore of Lake Malawi. Late afternoon we arrive in Chintechi. We'll check in to our lodge, freshen up then head to the lively Lake of Stars festival which will be in full swing on Saturday evening!

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Days 10: Sunday 2nd 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. Tonight we will all come together for a celebratory meal.

Day 11: Monday 3rd October: Lake Malawi – Lilongwe

Free morning in Lake Malawi, we transfer to our final night near the airport in Lilongwe. On our final night in Malawi we will stay overnight at Nkopola lodge.

Day 12: Tuesday 4th October – Lilongwe - London

Morning transfer to Lilongwe International Airport for the return flight to London.

Day 13: Wednesday 5th October

Arrive in London.

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.



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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 1st April 2016): £500

Balance (instalment 2 on 1st July): £1095

Total cost: £1795*

Fundraising target: £1500

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

**Please note this is a subsidised cost, Maternity Worldwide are paying for the additional costs to put on the trip such as the support team and vehicles, medic, drivers, cooks, safari, festival etc*



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



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Previous Rides

This is our 8th 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

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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.



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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!



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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.



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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 5th December 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. The reason for this is the places are subsidised by Maternity Worldwide so we have to ensure, as a charity, that the event will raise money for our charitable programmes and objectives. If you have any questions about the costs please do contact us.

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.



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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 1st April 2016 and 1st 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!



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worldwide

classic tours
LEADING THE WAY IN CHARITY CHALLENGES

Malawi Bike Ride

23rd September to 5th October 2016



Contact us for more details!

www.maternityworldwide.org

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