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MALAWI

20 POPULAR BARS IN LILONGWE

2023
1ST
ISSUE

ONLINE
VERSION

Malawi Entertainment

Upcoming Sand Arts Festival

Things To Do

12 Things to do in Mangochi

Learn Salsa

Learn Salsa in Lilongwe

Three-Day Getaway

Conquer Mulanje Mountain

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Runs
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2023

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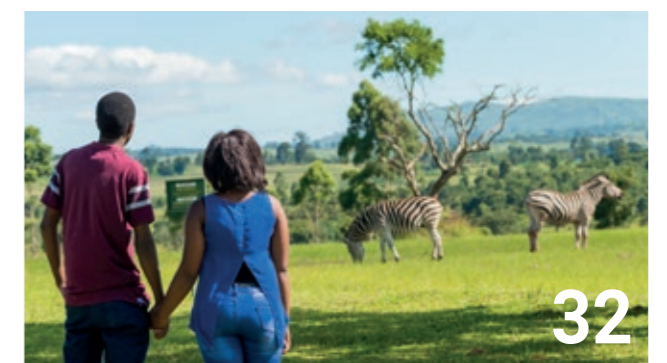
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EDITORS



Thandizo Mbeza - Chief Editor

Welcome to the latest issue of Travel PLUS Malawi! The first quarter of this year just elapsed in what seems like a split second but there is still time for your travel-related new year resolutions. We hope we will ignite your passion for travel with this exciting issue.

This issue continues to be your ultimate travel guide in Malawi, offering you a plethora of exciting activities and breath-taking travel destinations. From the 20 popular bars in Lilongwe to things you can do in Mangochi, and a 3-day getaway trip to Mulanje. This issue also comprises a one-day getaway to Game Haven as well as where you can learn salsa in Lilongwe. If you are a tourist, we have a section for Malawi souvenirs to remind you of your stay in the warm heart of Africa. As always, we are committed to providing you with reliable and

accurate information because we believe that we are your trusted travel coordinator. We hope you will find this informative, and entertaining as always, as well as give you an insightful journey around Malawi.

Esteemed readers, enjoy our latest offering!

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20 Popular BARS IN LILONGWE

Good music, good vibes, cool drinks, tasty food, and best friends and colleagues. Lilongwe has many bars where you can have a great time. Nightlife in Lilongwe is a mix of local middle-class youth, upper-class adults, expatriates, and tourists. As a result, there is a wide variety of bars, ranging from crowded and lively bars to more luxurious and relaxed bars.

In this article, we will introduce you to 20 of the finest bars in Lilongwe. We hope you will find your favourite bar and have a special as well as enjoyable time with your friends and colleagues.

Afropa Terrace Bar

Afropa Terrace Bar is one of the most elegant bars in Lilongwe. Located on the 2nd floor of the Umodzi Park Hotel, the Afropa Terrace bar looks out over the Umodzi Park precinct. The bar has a spacious seating area with comfortable lounge chairs. Sporting both an outdoor bar and deck area, the vibrant Afropa Bar serves delicious cocktails such as the Strawberry Daiquiri which is infused with a sweet strawberry flavour. The bar also serves light snacks if you're feeling peckish or you can order from the food menu. Take in the views of the surrounding area while sipping on a cool drink. The Afropa Terrace Bar is perfect for warm summer nights. You can also host events on this rooftop bar.



📍 Umodzi Park, Presidential Way, City Centre, Lilongwe
 ☎ +265 993 915 550
 📍 umodzipark

🕒 **Opening hours**
 Monday - Thursday: 02:00pm - 10:00pm
 Friday - Sunday: 12:00pm - 12:00am



Strawberry Daiquiri

Mojito

Acres Bar & Grill

Positioned at Malawi's largest shopping mall in Area 47 in Lilongwe, Acres Bar is the centre of fun. The bar is beautifully decorated with graffiti on one wall and impeccable deco entirely. You can quaff your drink inside or outside the bar to enjoy the spectacular sunset that is visible on the veranda. During the cold season, you don't have to worry about getting cold outside, the bar provides gas stoves for its customers. A wide variety of options of cocktails are available at Acres such as Mojito, Margarita, Long Island ice tea, caipirinha, and numerous others. But, their recommended cocktails are the Acres Shot and Namaseko. Alternatively, you can drink non-alcoholic beverages from their juice bar as well as order food from their restaurant. We recommend you visit the bar on Thursdays where you can enjoy a live one-man band from 6:00pm.



📍 Gateway Mall, Kaunda Road, Lilongwe
 ☎ +265 999 921 555
 📍 acreslilongwe

🕒 **Opening hours**
 Monday - Sunday
 09:00am - 10:00pm



Acres Shot

Namaseko

Bamboo Boutique Hotel

Located within the Bamboo Boutique Hotel is a picturesque bar that sets the tone for the business class. The bar is decorated tastefully with a blend of international and local décor that will make you feel right at home. An upside-down wine glass rack adorns the bar area and will catch your eye as you place your order. Located in the residential area 12, the surrounding atmosphere is quiet and relaxed. Signature drinks at the Bamboo bar include the Moscow Mule which has hints of vodka and ginger beer. What makes this drink even more interesting is the fact that it is served in a copper mug that keeps the temperature of the drink cool. The bar at the Bamboo Boutique Hotel is perfect for those who like to enjoy their drinks in a relaxed environment.



📍 Area 12, Mdoka Street, Lilongwe
 ☎ +265 996 999 922
 📍 serendib_hotels_resorts

🕒 **Opening hours**
 Monday - Sunday
 06:30am - 10:30pm



Moscow Mule

Casino Marina

While many flock to Casino Marina for the thrill of a gaming experience, the casino also has a well-stocked bar along with two VIP sections. If you are interested in indulging in a full casino experience, we guarantee that the Casino Marina will be locked forever in your memory. The bar serves cocktails such as the Bullfrog which is a bright blue drink packed with vodka, tequila, and rum. This drink will give you enough energy to last the whole night. You can enjoy your drink right by the bar or as you play some games at the counters. If you are looking for some privacy, why not go to the VIP section which is equipped with a Roulette table and Baccarat table? Experience the casino in a way that will completely blow your mind and keep you coming back for more.



🕒 **Opening hours**
 Sunday - Thursday
 02:00pm - 04:00am
 Friday - Saturday
 02:00pm - 06:00am

📍 Plot no. 97, Area 13, next to Golden Peacock hotel, Lilongwe
 ☎ +265 1 776 777
 📍 casino_marina_lilongwe



Bull Frog

Café 92

Formerly known as Living Room, Café 92 has been revamped and renamed. Officially opened in June 2022, Café 92 is a trendy and lively bar and restaurant located in the Onion Complex, Area 4, Lilongwe. Popular events include cocktail nights every Wednesday and Acoustic Fridays every Friday. A wide range of cocktails such as the Blue Lagoon and Tequila Sunrise and shisha are also available. Although it gets particularly busy during the weekend, the ample seating area means that you are guaranteed to have a wholesome experience at Café 92. Aside from the drinks, you can also order food. We recommend the chicken mushroom pizza which is packed with juicy flavour.



📍 Onion Complex, Area 4, Lilongwe
 ☎ +265 993 554 810
 📱 @cafe92mw
 🕒 **Opening hours**
 Monday - Sunday:
 09:00am - Till late



Blue Lagoon

Tequila Sunrise

Cousin Vinny's Bar

Cousin Vinny's Bar is located within Pamthunzi Lounge in area 49, Lilongwe. The bar has a scenic garden where people can enjoy drinks. Opened in 2020, the ambiance of the bar will make you stay glued to the beautiful hanging chairs in the garden. You can enjoy Mexicali and Lily cocktails that are served at this bar, but the most popular are Cousin Vinny's special and Blue Devil cocktails. The cocktails are so unique because they use pure natural juice that they make themselves to give customers an authentic taste. The bar has live jazz music every Sunday, so you can enjoy a cold one while you soothe your ears with lively rhythms. Feast your eyes as you feast your throat during game nights at the bar if you are a sports enthusiast. There is a separate restaurant at Pamthunzi Lounge, so you can still stay in the vicinity of the bar to get food when you get hungry.



📍 Area 49, New Gulliver, Lilongwe
 ☎ +265 999 647 435
 📱 @cousinvinnys.mw
 🕒 **Opening hours**
 Monday - Sunday
 11:00 am - midnight



Cousin Vinny's Special

Blue Devil

Eden Estates & Boutique Hotel

Located along the air-wing road in Lilongwe, Eden Estates and Boutique Hotel is a luxury hotel. The hotel sits on 40 acres of lush land and has 2 swimming pools on the premises. If you are looking for a getaway location to enjoy some drinks, then Eden Estates is the perfect place for you. The Eden Estates bar is decorated in natural material with wood being the main inspiration for the décor. Infamous cocktails such as 'Take me to the Bed' are popular here. You can have your drink by the bar or in the lovely garden area or overlooking the pool. With so many seating options and a calm atmosphere, you will enjoy your experience at Eden Estate. There is a braai every weekend so that is one of the best times to drop by Eden Estate.



Blue Lagoon

Take Me To The Bed

📍 Air wing road, Lilongwe
 ☎ +265984 222 332
 📱 edenestatesmw

🕒 **Opening hours**
 Monday - Sunday
 11:00pm - 10:00pm

Epic Exclusive Lounge

Epic Exclusive lounge is an upmarket lounge aesthetically designed with the customer's expectations in mind. Located in Area 10, the lounge also has a restaurant that serves food that satisfies your sense of taste. The lounge provides a sensuous experience with enchanting music that complements the exhilarating atmosphere. The spot is a cashless lounge where you are given a card in which you load your money and use the card to buy items. The minimum amount you can load into the card is K15,000. To raise the bar further, the lounge will introduce payment using fingerprints. The lounge serves cocktails such as Epic Shooter, Sizzling cloud, Black death, Exotic Sweetheart, Strawberry Colada, and Pineapple Colada. Strawberry Colada and Sex on the beach are quite the popular cocktails at the lounge. They are popular because they are not that heavy with a clean and energising taste. Epic Exclusive Lounge is a great leisure location to simply unwind.



Strawberry Colada

Sex On The Beach

📍 Pacific Parade Mall, Area 10, Lilongwe
 ☎ +265 992 150 214
 📱 @epicexclusive

🕒 **Opening hours**
 Monday - Sunday
 03:00pm - 06:00am

Hideout



Tucked away in a hidden Garden in area 3, this tastefully decorated bar is designed using the colours of the Malawian flag (black, red, green) with each section of the bar representing a different colour of the flag, making it one of the most exceptional bars in Lilongwe. With beautiful art adorning the walls, ambient and colourful bottle lamp shades swirl throughout the bar and seating area. At Hideout, all the cocktails are carefully crafted to appeal to all palates. If you like a strong but balanced drink, Morgan's Tale is for you. If you prefer something with sweet undertones, then the Mano Rosa is definitely what you are looking for. Hideout is your go-to bar for eating, drinking, dancing, and having good vibes. Hideout also offers monthly "themed" parties featuring local and international DJs as well as live music (jazz/acoustic) every Saturday evening and also caters to brunch lovers every Saturday and Sunday.

☺ Opening hours

Monday - Tuesday: Closed
 Wednesday - Thursday: 11:00am - 11:00pm
 Friday - Saturday: 11:00am - 02:00am
 Sunday: 11:00am - 10:00pm

📍 Area 3 near Likuni round about, Lilongwe
 📞 +265 993 011 808
 📍 Hideout_Malawi



Khala Bar

Take a seat and luxuriate in your favourite selections of imported wines, a unique Khala drinks/food menu and entertainment all in one place. With the option of dining indoors or outdoors, Khala is the best place to be for a casual drinker. The indoor area has a rustic feel which will completely make you feel relaxed as you place your order. Enjoy delicious cocktails that are only made at Khala such as the Khala Sunset which is made in such a way that the yellow and red colours are layered to resemble a Malawian sunset. Khala hosts live jazz music every Sunday from 5:00pm with free entry which draws massive crowds. If you love mingling and getting to know new people, then the weekly jazz nights are for you. You don't want to miss out on the full Khala experience.



📍 Next to Four Seasons Nursery along presidential Way, Lilongwe
 📞 +265 999 700 015
 📍 khalatapasbar
 📍 D4 on page 27

☺ Opening hours
 Monday - Friday
 09:00am - 10:00pm



Hall Of Fame Lilongwe Golf Club

The iconic Hall of Fame Bar at Lilongwe Golf club has been standing since 1970's. Located on the outskirts of Lilongwe old town, it is one of the bars at the sports and leisure facility. The members only club is a unique place where members are like family; so if you decide to become a member you will be part of this family. The exclusive bar serves Margarita, Cosmopolitan, Long Island Ice tea, Mojito, Tequila sunrise and various other cocktails. The Cosmopolitan, Mojito and Margarita are the most loved at this bar because people relate to them since they are international cocktails. They are prepared with a little special touch of Hall of Fame. You do not have to worry about leaving the bar to find food elsewhere, as the bar has a restaurant serving local and international cuisine. As a member, enjoy sports such as Golf, Tennis, snooker, football, hockey, rugby and squash.



📍 Glyn Jones Road, Old Town, Area 3, Lilongwe
 📞 +265 0 175 3598
 📍 @llgolfclub

☺ Opening hours
 Monday - Sunday
 08:00am - Till late



Khichini Hub

More than just a restaurant, Khichini Hub is located right in the heart of Lilongwe in the City Centre. Infused with bright and colourful décor, this outdoor restaurant and bar is a truly remarkable experience for everyone. The bar serves some of the best cocktails in all of Lilongwe with options such as Hub Sensation and Hub Sunset which are unique to Khichini Hub. You can also get the Bob Marley shot which is a signature Khichini Hub shot, perfect for starting your night. Order from the extensive food menu as you wait for your drinks and prepare to have your taste buds tantalized with the mouth-watering flavours of Khichini Hub meals.



📍 City centre, next to civic offices, Lilongwe
 📞 +265 997 000 015
 📍 khichini_hub

☺ Opening hours
 Mon - Tue: 07:00am - 05:00pm
 Wed - Sat: 07:00am - Till late
 Sun: 07:00am - 05:00pm

Kortasia Lodge



Kortasia Lodge is a Korean lodge that houses a restaurant, a bar, and accommodation facilities along Bunda road. The restaurant and bar incorporate both abstract and African styles, with walls made of solid stones and thatched roofing. The bar area is furnished with animal-print bar stools and elegant chandelier lighting. The interior of Kortasia makes it ideal for a romantic night with a loved one. Kortasia stands apart from other bars because it has a Karaoke machine. You can socialize with friends in the spacious karaoke room which can accommodate up to 10 people. Classic wines and local beers are available. The lodge is set away from the bustling Lilongwe city life, so you are assured of a quiet peaceful drink.

📍 Area 38, Close to Bunda turnoff, Lilongwe
 ☎ +265 999 282 114
 📱 kortasia_lodge

🕒 **Opening hours**
 Monday - Sunday:
 06:00am - 10:00pm

Valencia



Latitude 13°

Be it the cold, warm, or hot weather, there's no better way to wind down and relax than with your favourite drink and some good company at Latitude 13°'s renowned bar. Whether it's local or international beers, their high-grade spirits, and famous cocktails, you'll be sure to have an amazing time taking in the vibes, eclectic and signature décor that provides an unmatched event, whether it's a sundowner or late evening. Add to that the quality service and you'll be guaranteed the perfect Latitude 13° experience. The hotel creates a cozy ambiance with multiple indoor and outdoor spaces where you can kick back, let loose, and enjoy a great evening. Latitude 13° is the perfect location for entertainment.



📍 43/2/58 Mphonongo, Lilongwe
 ☎ +265 999 975 960
 📱 latitude13lilongwe

🕒 **Opening hours**
 Monday - Sunday
 8:00am - 10:00pm

Manhattan

Bull Frog



La Cantina

Mexican music blares through the speakers as you enter La Cantina's indoor seating area. Dedicated to serving Mexican food and drinks, the La Cantina experience is unlike any other in Lilongwe. The interior décor as well as that of the bar reflects this so vividly. Drinks such as the tequila-infused Santa Fé are loved by many or you can also get the Cucumber Chilli for a taste of Mexico. With a comfortable seating area and exciting menu, La Cantina is also the perfect location to host work dinners. Every Thursday, La Cantina has happy hour from 04:00pm - 07:00pm whereby prices of cocktails are slashed to half. Every Tuesday is Taco Tuesday and it's 20% off on Tacos.

📍 Area 43, Lilongwe
 ☎ +265 996 705 984
 📱 LaCantina.mw

🕒 **Opening hours**
 Monday - Sunday
 8:00am - 12:00midnight

Cucumber Chilli



N1 Café and Grill



Complete with an outdoor grill area, N1 Café has one of the best bars in Lilongwe. Recently renovated, the N1 Café now has a beautiful outdoor seating area that complements the indoor area. Perfect for warm summer nights, you can sit outside while sipping on a delicious N1 Fresh Water cocktail. This savoury red drink is peculiar to N1 Café and is made with a secret recipe. You will notice that the benches of the outdoor seating area have N1 on them to reflect the name of the place. Let the music wash over you and fully experience N1 Café. The clientele is a mix of the upper class and middle class, so the next time you are looking for a place to hang out with some friends, visit the N1 Café.

📍 Gemini House, City centre, Lilongwe
 ☎ +265 999 953 750
 📱 n1cafe_and_grill

🕒 **Opening hours**
 Monday - Saturday: 8:00am - 12:00midnight
 Sunday: 11:00am - 11:00pm

N1 Fresh Water





Flavoured Margarita

Bad Day at Work

Orchid

There's truly more to drinking than just the simple pleasure of it. The atmosphere, service, and company all complement each other in making you feel special. At Orchid in area 12, you are guaranteed to experience both in a splendid environment. A contemporary veranda and lovely garden area constitute the seating area where you can enjoy the company of friends in a casual atmosphere. The warm and cosy interior is designed with exquisite artwork along the walls. The bar area is tucked away right next to the restaurant and is infamous for its cocktails such as "Bad Day at Work", "Flavoured Margarita". Live bands play music every Friday and Saturday night.



📍 12/194b Off mphungu road
Area 12, Lilongwe Malawi
☎ +265 888 221 040
📱 orchidmalaw

🕒 **Opening hours**
Monday: Closed
Tuesday - Sunday:
03:00pm - 10:00pm



Cranberry

Vision Gaming

With music reverberating through the speakers and drinks flowing endlessly, welcome to Vision Gaming; the place to go for a good drink, where you will always feel welcome. With two indoor bars to pick from, Vision Gaming is one of the most popular bars in Lilongwe. One of the indoor bars is decorated with framed football jerseys and soccer trophies. It even has a projector so you can watch soccer matches live. The atmosphere is perfect for soccer fans but the bar generally draws all kinds of people. If you want some fresh air, you can sit outside in the lovely garden area where a mini bar is located. Right next to the garden area is a casino area equipped with slot machines. Enjoy playing games and stand a chance to win millions.

📍 Pacific Parade, Area 10,
Lilongwe
☎ +265 995 657 185
📱 visiongaming10

🕒 **Opening hours**
Monday - Sunday:
02:00pm - Till late

Umodzi Park Bush Bar

Chilled vibes and simple architecture are at the very core of the Bush Bar at Umodzi Park Hotel. Designed with distinctive Chinese architecture, the Bush Bar lies not too far from the Umodzi Park Hotel, almost hidden by surrounding trees and shrubs. The bar is equipped with tasty beverages that most people enjoy. You can also order food from a nearby buffet which has extensive selections that you will love. Since the Bush Bar is hidden away, it provides the best venue for drinkers that are looking for a bit of privacy with the convenience of being right in the middle of the city. The bar has an upper section in which you can explore and take in the beautiful views of the capital city while sipping on a cider or beer.



📍 Umodzi Park, Presidential Way,
City Centre, Lilongwe
☎ +265 994 842 141 / +265 1 789 888
📱 umodzipark

🕒 **Opening hours**
Monday - Sunday
10:00am - 10:00pm



Woodlands Bar

The cool breeze and the woody décor at Woodlands Bar complement the superb drinks that it offers. The bar is located within Woodlands Lilongwe located along youth drive in city centre, Lilongwe. The counter is well decorated with wood and to your right, you will enjoy a beautiful view of the pool and the green trees as well as grass. Opened in 2017, the bar serves mocktails; Rock Shandy, and Chapman as well as cocktails; Don Pedro, and Irish coffee. Being a place where people come to dine, their special is the Rock Shandy and Chapman. Woodlands also has a restaurant where people can satisfy their taste buds. Maybe before a glass, you can order food from their menu with Indian and continental cuisine options. The serenity of the place makes it a perfect spot for imbibers that want a quiet place



📍 Youth Drive, City Centre, Lilongwe
☎ +265 991 775 203
📱 @woodlandslilongwe

🕒 **Opening hours**
Monday - Sunday
6:00am - 10:00pm



Rocky Shandy

Chapman



SENSATIVE CONTENT

Please be aware that the content is overly graphic.

ART IN MALAWI

We are delighted to bring you this segment of art in Malawi for the 2023 first issue of Travel PLUS Malawi. In this edition, we look at special effects make-up in Malawi through the lens of 3 Special Effects make-up artists. For many people, Special Effects make-up is an industry that is often overlooked and underappreciated. Although most of us watch movies and videos that have used Special Effects make-up at some point, not many people give the process much thought. This is why

we decided to interview these artists so that we can find out more about Special Effects make-up within the Malawian context and understand how different it is from traditional make-up.

In this segment of art in Malawi, we interviewed Razia Akim, Kate Chabwera and Annie Likambale. We hope you enjoy getting to know these artists and appreciate the work they shared.



Razia Akimu

Special Effects Make-up (SFX) Artist

Age: 32

Current City: Lilongwe

Instagram: Beauty_by_raz

Introduction

I'm a professional beauty and special effects make-up artist. I am a holder of a Bachelor's Degree in Mathematical Science Education majoring in Statistics and Computing from Malawi University of Business and Applied Sciences (MUBAS).

What do you think is the future of special effects make-up in Malawi?

The future of special effects make-up in Malawi is the same as all new art: it will take some time to grow. I hope and pray that more make-up artists venture into the special effects industry despite its hurdles in terms of markets and product acquisition.

Where and when did you learn to apply special effects make-up?

I am self taught, I started experimenting in the SFX (special effects) make-up industry in 2015. Back then, I had no idea where to get the products from. I went on YouTube and researched. I had no special effects products, such as fake blood, fake skin/flesh, mouldings, prosthetics etc, so I had to make them myself. I watched a lot of DIY (do it yourself) videos on YouTube which helped a lot. However, I do plan to enroll in formal training in the future so that I can get certified so that my work can become recognised internationally.

What is the current situation of special effects make-up in Malawi?

Currently, special effects make-up in Malawi is in its infancy stage. I think it is because a lot of people don't know much about it. They don't understand what it entails, how it can improve story telling in the movie industry and the economy of the movie industry. I am planning on having online sessions to sensitise and educate people on the subject through my social media platforms.

What are some challenges in the special-effects industry in Malawi?

The first challenge is the negative attitude that people have towards special effects make-up. On several occasions, my friends and family thought that I have lost my mind. Others went as far as claiming that I have been possessed by demons because my work involves blood and gore. It took time for people to realise that all this is just make-up and not real. Secondly, most clients believe that make-up application is a simple and cheap task but what they don't realize is that besides the application, there is the cost of the products and the artist's time and energy, not forgetting the skill/level of knowledge that the artist possesses. Most clients want to pay less for a big job and that's a huge setback. Lastly, there is the lack of sufficient make-up artists in this industry and unavailability of special effects products in Malawi.

What is the biggest project you have worked on as a special effects make-up artist?

The biggest project I have worked on is when I was the main special effects make-up artist on the full feature film "Fatsani" directed by Sukez. I was also the special effects make-up artist for the new TV series "Apongozi" which premiered in December 2022.

“I hope and pray that more make-up artists venture into the special effects industry”

What is the longest time you spent on this project?

The longest time I've been on set was for "Fatsani" which was 4-5 weeks. The application of special effects make-up usually varies depending on the kind of work I'm creating. Some projects can take up to 8 hours per actor and others can be completed in the space of an hour or two.

What is your favourite movie / video with special effects?

There are so many! Basically all horror and action packed movies contain special effects make-up. Just to mention a few, my favourites include *Edward Scissorhands* (1990), *The Nutty Professor* (1996), *X-Men* (2000) and *The Godfather* (1972)

Notable Artworks





Annie Likambale

Special Effects Make-up (SFX) Artist

Age: 28

Current City: Kasungu

@ Annz_dq

Tell us about yourself.

My name is Annie Likambale. I am originally from Balaka, but right now I'm staying in Kasungu. I love to do all kinds of make-up, but I'm more passionate about special effects make-up using both cosmetics and prosthetics.

What is the biggest project you have worked on as a special effects make-up artist?

I haven't worked on any big projects yet, but I participated in the "Stop Gender Based Violence" competition and I won first place. I feel like my work is improving day by day, but I just don't have the proper platform to showcase it. I would really love to work on a movie or any big project so that my talent can be recognized both nationally and internationally.

What are some challenges in the special-effects industry in Malawi?

One of the challenges I face as a special effects make-up artist is the lack of resources. In Malawi, there aren't any shops that sell the products I need, so most of the times I have to improvise and make my own products which are not as good as the original.

Can you tell us what special effects make-up is and how different it is from traditional make-up?

Special effects make-up is any make-up involving cosmetics that creates a non-traditional effect, with an illusion of sorts. It's mainly focused on old age, creatures, characters, prosthetic make-up and even body art and face painting can be considered as special effects. Realism and imagination are put to the test with special effects. It's all about making your craziest interpretations come to life. The primary difference between a traditional and special effects make-up artist is while the former is typically meant to beautify or enhance an actor's natural features, the latter typically spends their time doing the opposite. Special effects make-up artists will spend much of their time on the sets of films, television shows, or theatre productions using different make-up tools to create the appearance of bruises, cuts, blood, old age and deformities.

What is the current situation of special effects make-up in Malawi?

Currently, I can say that Malawi is starting to embrace special effects make-up as an art although there are still people who view it as Satanism, but the majority are coming to terms with the fact that it's just art. Maybe if our movie industry was at a more advanced level where we could showcase this art more, then Malawians would appreciate it.

How did you become interested in special effects make-up?

At first I was more interested in the traditional kind of make-up, but then I came across a certain special effects make-up tutorial on YouTube and I was so impressed, so I decided to try it out. After that, I kept watching more tutorials and practicing till it became easier. I have never attended any formal training on special effects make-up or any make-up artistry, I learnt through YouTube tutorials. I think I was so determined and passionate about it, that's why it wasn't so hard for me.

“ I love to do all kinds of make-up, but I'm more passionate about special effects make-up ”

What is your favourite movie / video with special effects make-up?

Some of my favourite movies with special effects make-up include *Avatar (2009)* and *The Lord of the Rings (2001)* which are both fantasy movies. These movies were my favourite to watch when I was younger. I was so fascinated by the creatures and I always wondered how they came up with such dramatic looks for the characters. I can now gladly say I know how these looks were created and have even tried out some of them.

Notable Artworks



Kate Chabwera

Special Effects Make-up (SFX) Artist

Age: 29

Current City: Lilongwe

@ kate_chabwera

What do you think is the future of special effects make-up in Malawi?

I feel like the future of special effects make-up is very bright because of the younger generation of movie producers and directors. People are just recently discovering special effects make-up in Malawi which means that there is hope for growth in the future. A lot of artists are also positive towards the industry which is really motivating.

What makes your work unique as compared to other special effects make-up artists?

I think what makes me unique is that I am always ready to improvise and create my own materials so I'm very resourceful. For example, when I'm making fake blood if it's going to be very thick then I mix tomato sauce with red food colouring. If I need a watery type of blood, then I mix glycerine or honey with food colouring.

What kind of projects do you want to work on?

I'd like to work on movie sets because I'm very passionate about movies so my dream would be to be able to work on a movie set. I also want to expand my skill set so I would like to attend some sort of formal training in the special effects industry.

Is the special effects make-up industry well-paying in Malawi?

Although people underrate special effects make-up, it is actually more well-paying than the traditional make-up industry. For example, creating cuts can cost up to K50,000 per cut.

“ I'm very passionate about movies so my dream would be to be able to work on a movie set ”

Any advice for people that want to practice special effects make-up?

I would encourage them to do extensive research before working on the special effects look they want to create. This is because in the special effects industry, everything has to make sense. If you are creating a cut you need to know how the cut is supposed to look. If it's a fresh cut or its rotting or healing, these all look different. That's why research is important. So you look for the real one then you mimic that to achieve the best results.

What is your favourite movie / video with special effects make-up?

My favourite is actually a series called *The Originals* which is a supernatural drama that has a lot of vampires in it. I really admire the transformation of the actors through special effects make-up

Notable Artworks



Three-Day Getaway

CONQUER MULANJE MOUNTAIN



» Why Mount Mulanje

Mount Mulanje is Malawi's highest mountain (3,002m) which is located 65km east of Blantyre. The massif is locally known as "Chilumba mu mlengalenga" (Island in the sky). It's nicknamed 'Island in the Sky' because on misty days the mountain is shrouded in a smoky haze and the peak of the mountain breaks through the clouds. To the west of the mountain lies Chambe Peak, Africa's longest rock-climbing spot. Although the climb is rugged, once you step onto the mountain you are surrounded by valleys and ridges with grasslands, wooded plateaus, and forested valleys that offer a remarkable view. While you can enjoy Mulanje in a day, by strolling through the green tea plantations at the foot of the mountain, taking a day hike to the spectacular Likhubula Falls, or swimming in the enormous cool Likhubula Pool, this article presents a 3-day plan to climb Sapitwa which is the dream of many people.

This is guaranteed to be an unforgettable adventure.



🕒 Best Time to Hike to Mulanje

The best time to hike to Mulanje is from **May - Early September**, when the temperatures are pleasantly cool in the dry season. From May to August, frost can occur at night. October and November are the hottest and haziest months. The rainy months from December to March are cooler and clearer. Hiking during the rainy season is possible, but great care should be taken.

📍 Before You Go

» Attire

Depending on the season, it can get quite hot during the day and freezing cold at night. Bring warm, suitable hiking clothes.

» Meals

There are no restaurants in the mountain, so you will need to prepare your own meals during the hike. Vegetables and fruits can be purchased in the town of Mulanje, but it is recommended that seasonings, coffee, tea, bread, and pasta be purchased in Blantyre before proceeding to Mulanje. Water is available and safe to drink at water sources in the mountain as well as at mountain huts.

» Guides and Porters

Mount Mulanje has guides as well as porters at each trailhead. They can be hired on the day of the hike. Although guides and porters are not mandatory, it is recommended that you hike with a guide as the paths can be difficult to find and the weather can change abruptly. For a more comfortable hike, it is also possible to arrange for a chef to prepare all meals during the hike. Hiring a chef will allow you to hike more smoothly and comfortably, as he will go to the hut ahead of you and prepare your meals while you enjoy the hike with your guide.

If you want to book a guide in advance, we recommend Vincent Kesten. He is very experienced and will arrange the best hike for you. He can also help you with porter and chef arrangements and sleeping bag rentals.



Mountain Guide

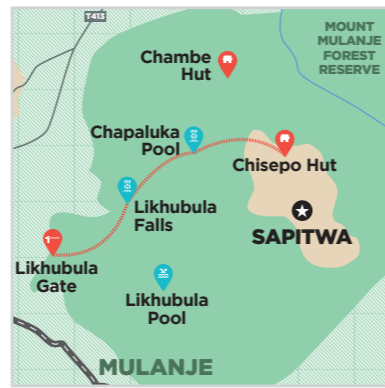
Name: Vincent Kesten

Phone: +265 994 323 874



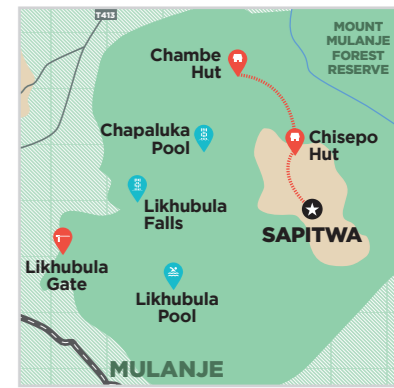
DAY 1 PLAN OVERVIEW

On the first day, you will start hiking from Likhubula to Chisepo Hut at the foot of Sapitwa Peak, via waterfalls and pools. The route is relatively easy and scenic, rather than steep and strenuous. This is a long hike of 6-7 hours in total, but it gives you plenty of time to prepare for summiting the next day.



DAY 2 PLAN OVERVIEW

Day 2 is a round trip to Sapitwa (5-6 hours) and a trek to Chambe Hut (2-3 hours). The weather in the mountains is dynamic, but the mornings are often relatively clear, so summiting in the morning will give you the best chance of a spectacular view from the top. Sapitwa is a strenuous hike with some decent rock climbs and steep hills, but it is not impossible for a fit adult. It can be slippery and dangerous at times. Please follow your guide's advice.



Day One Plan

🕒 07:00

Begin Your Trip from Blantyre to Mulanje

The trip takes about 1 hour and 30 minutes via the M4 and it is approx 75km.



Google Map



🕒 09:00

Arrive at Likhubula Gate and Start Hiking

There is an entry fee to the mountain of MK1,000 per person, and MK500 for a car and MK2,000 for the parking fee per day. The first stop, Likhubula falls is about 1.5 hours away from the gate.

🕒 11:00

Proceed to Chapaluka Pool

It's about an hour's walk from the falls.



🕒 10:30

Arrive at Likhubula Falls

Enjoy a spectacular view of the waterfall and the pool.

🕒 12:00

Arrive at Chapaluka Pool

Have lunch and take a little Break



🕒 16:00

Arrive at Chisepo Hut

The hut with Sapitwa in the background is a simple but tidy hut. You can rest here to prepare your body for tomorrow's summit attack on Sapitwa. There is no electricity and the mobile signal is very weak at the Hut. Hot water for a bath is provided by helpers in a bucket.



🕒 13:00

Start walking to Chisepo Hut

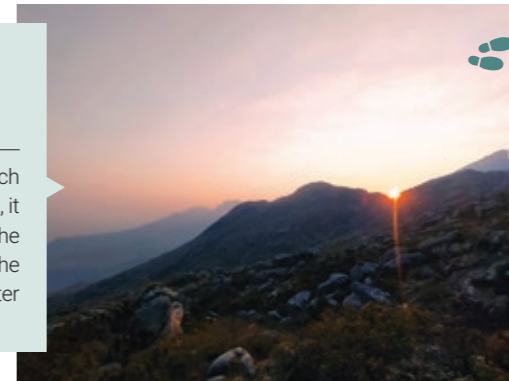


Day Two Plan

🕒 05:00

Start to Sapitwa Summit

It takes about 2 and half hours to reach the top of Sapitwa. Early in the morning, it is usually not hazy, so the view from the top is likely to be spectacular. Also, the view of the sunrise you will encounter whilst hiking is very beautiful.



🕒 08:00

Head back to Chisepo Hut

The return journey to Chisepo Hut also takes 2.5 hours.



🕒 10:30

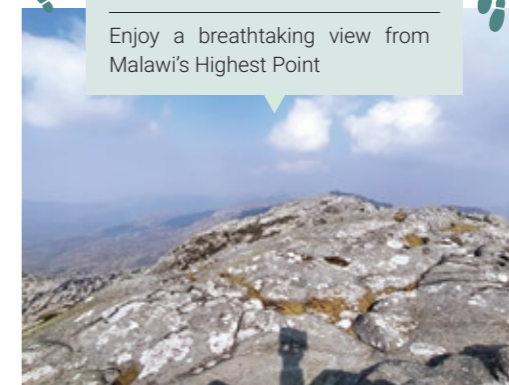
Arrive at Chisepo Hut

Have a late breakfast as you enjoy the view of Sapitwa

🕒 07:30

Arrive at the Top of Sapitwa

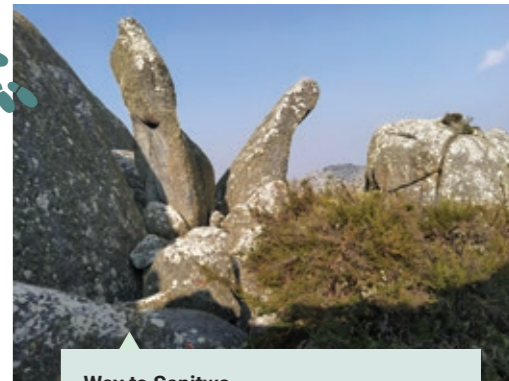
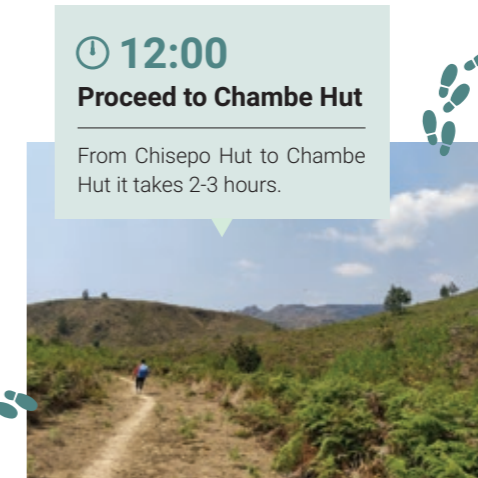
Enjoy a breathtaking view from Malawi's Highest Point



🕒 12:00

Proceed to Chambe Hut

From Chisepo Hut to Chambe Hut it takes 2-3 hours.



Way to Sapitwa

A long and steep ascent, the most difficult point on the way to Sapitwa. You see rocks that look like rabbit ears.

At the end of this big rock is the summit. This is the Highest point in Malawi.



🕒 15:00

Arrive at Chambe Hut

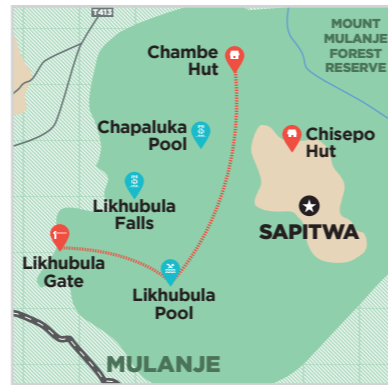
Spend some time relaxing while preparing dinner, bird watching, or watching the sunset turn bright red. There is no electricity and no signal at the Hut. Hot water for a bath is provided by helpers in a bucket.





DAY 3 PLAN OVERVIEW

On the final day, trek back to Likhubula, which is approximately 4 to 5 hours from Chambe Hut. The return will be a long, but rewarding journey filled with unforgettable memories.



Day Three Plan

🕒 08:00

Depart from Chambe Hut to Likhubula Gate

It takes 4-5 hours from Chambe Hut to Likhubula Gate. The legs might be tired and sore from the previous days, but the views across the valley are fantastic.



🕒 15:00

Head Back to Blantyre

Begin returning to Blantyre



🕒 13:00

Welcome Back to Likhubula Gate

If you have time to spare, you can rest your burning body in the cool Likhubula Pool.

Online Malawi Travel & Business Guide

To access the website, scan the QR code or visit the link below.
<https://www.malawiplus.com>



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THE ALL-NEW

SAND ARTS FESTIVAL

Impakt Events, the organisers of the renowned Sand Music Festival, announced the launch of their newest festival, the Sand Arts Festival. Unlike Sand Music Festival, the new festival will centre around the various disciplines of the art sector, such as visual arts, comedy, music, poetry, and drama.



Venue:
Sunbird Nkopola Lodge

Date of the event:
27th – 28th May, 2023

Entrance Fee:
K15,000 Ticket
K20,000 At-the-door

* The Tickets to the event are available at all Puma stores.



Director's Remark

We decided to introduce the festival to cater to other artistic disciplines that are somewhat excluded at Sand Music Festival. The new annual festival will see both emerging and upcoming artists sharing the stage.

Lucius Chicco Banda [Director of Impakt Events]

Comments



"It [the festival] is very important because it will give a chance to poets to showcase their work to the audience rather than just presenting on radio and television. They will have a live performance experience but more importantly, they will get something out of their performance."

Expressed his gratitude to the organisers of the festival for including poetry.
Robert Chiwamba [President of the Poetry Association of Malawi]



Commended the organisers for introducing a festival that embraces the entire arts sector. She expressed excitement that the festival will focus on upcoming artists and saw this as a great opportunity for them to showcase their talents.

Tapiwa Mlinga [Visual Artist]

Both Chiwamba and Mlinga suggested the need for balance between upcoming artists and established artists. Responding to the issue, Banda expressed worry about some upcoming artists' tendencies.

"Majority of the upcoming artists once they hear that it is a festival, they are charging us very high. You have an artist who does not even have a band; when you contact them, they are charging more than a big artist," Banda explained.

The veteran musician noted that although they intended to provide support for young and emerging artists; however, this challenge may lead to the booking of more established artists. He emphasized that if upcoming artists are cognizant of their status, they will incorporate them accordingly. Banda invigorated the anticipation of festival-goers, promising a remarkable experience and a commitment to making

the event renowned around the globe. He emphasized that the upcoming festival will be a game-changer for tourism, similar to the impact of the Sand Music Festival.

Banda said: "These efforts that I make to establish these activities on our lake, are not meant to benefit me. No one will travel all the way from South Africa, Zimbabwe, Mozambique, or Zambia to see the lake which is dormant. We need to put activities on that lake and it should be the responsibility of all of us to make that lake to be a busy place."

The theme of the festival for this year is 'Mental health matters'. Banda said they decided to address mental health at the festival to combat the alarming surge in suicide rates among young people. Banda asserted that they believe in people opening up and sharing what they are going through. Artists will share on stage their stories

of resilience and perseverance during difficult times, highlighting how they were able to survive and thrive. According to Banda, the aim is to encourage people not to resort to suicide when facing difficulties.

"We are looking at a situation where I go [on stage] and speak about my poverty in my youth, how I mopped public toilets without shoes just to survive but I did not think of killing myself. Why should one kill themselves for the simple reason that a girl has turned them down?" Banda wondered.

In her reaction to the theme, Mlinga hailed the organisers of the event for their choice of theme. The artist was quick to commend the organisers' commitment to raising awareness about mental health which she said is a pressing issue in the nation. Chiwamba also concurred with Mlinga and said that although he is unaware of which

poets have been selected for the festival, he is confident that they will create poetry that addresses the theme of mental health.

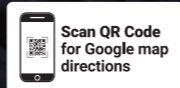
The event is set to be a star-studded affair, with a host of diverse and talented artists already confirmed to perform. Fans can look forward to seeing dancehall musician Malinga Mafia, rap sensation Phyzix, and renowned comedian Che-Mandota amongst many other artists. Furthermore, an acclaimed international musician will be topping the bill at the festival, providing a spectacular performance for all in attendance. Most importantly, attendees will be allowed to listen to artists as they share their experiences, providing insight into how they navigated their struggles and found strength in their resilience. Hopefully, through these stories, attendees will be able to gain a better understanding of how to cope.

12 THINGS TO DO IN MANGOCHI



Mangochi is a district located on the southern shore of Lake Malawi and is home to many popular beach resorts including Mangochi, Monkey Bay, and Cape Maclear. However, Mangochi is also a unique town with a long history, and there are many other tourist attractions and activities in the area besides beaches. In this article, we will introduce some of the best places and activities in Mangochi.

Discover a new Mangochi you never knew about.



1 Lake Malawi National Park



Lake Malawi is the third-largest lake in Africa and the ninth-largest in the world. With its golden sandy beaches and glistening turquoise waters, Lake Malawi was dubbed "Lake of the Stars" by David Livingstone. Lake Malawi National Park, located in Mangochi district, was the world's first freshwater national park and was inscribed as a UNESCO World Heritage Site in 1984. Of all the large Lake Malawi areas, only Lake Malawi National Park, with a total area of 94 km², has been inscribed as a World Heritage Site. If you want to enjoy the beauty of Lake Malawi and its colorful freshwater fish, Lake Malawi National Park is a must-visit.

Entrance Fee

International Visitors	USD 10
International Residents	USD 7
Malawians	USD 1
Accompanied Children Under 12	Free
Private Vehicles	USD 3 – USD 7
*depending on weight	



2 Scuba Diving at Cape Maclear



Lake Malawi is home to about 1,000 species of vivid freshwater fish, and it is said to be the largest variety in the world, which is more than all the freshwater fish in Europe and North America combined. Lake Malawi's warm and clear waters make it one of the best freshwater diving destinations in the world. Malawi is also considered one of the most affordable countries in Africa to obtain Professional Association for Diving Instructors (PADI) certification. Established in 1996, Cape Maclear Scuba offers all PADI courses, from half-day courses for beginners to divemaster courses. Classes are small, ensuring that you get the attention you need. If you are looking for a special experience in Malawi, there is no reason not to try scuba diving.

Contact Details

Name	Cape Maclear Scuba
Location	Next to Thumbi View Lodge, Cape Maclear, Mangochi
Phone No.	+265 (0) 999 952 488
Email	robdivesmalawi@gmail.com



3 Boat Trip to Otter Point and Thumbi West Island

Take a boat trip at Lake Malawi National Park. Boat trips include activities such as snorkeling, local fish dishes, and feeding African fish eagles. Life jackets and snorkeling masks will be provided for snorkeling at Otter Point and Thumbi West Island. Fish feeding is also available, so you can see colorful fish up close. For lunch, the guide will prepare an excellent meal of local fish such as Chambo and Kampango. Another spectacular sight is African Fish Eagles, Malawi's national bird, circling above and diving into the lake to catch the fish that the guide throws into the lake.

Contact Details

Name	Cape Maclear Tour Guide Association
Phone Number	+265 (0) 992 230 285



4 Take ilala Ferry

The MV Ilala ferry is the main means of transportation to villages and towns on Lake Malawi and to the islands of Likoma and Chizumulu. Built in 1949, the 50-meter-long ferry is used as both a passenger and cargo ship. The ferry comprises standard cabin class, upper deck class, and second class, and has a bar as well as a restaurant. It takes about three days to travel between Monkey Bay in the south and Chilumba in the north, but it is possible to board the ferry for only a part of the trip. How about taking a cruise on the magnificent Lake Malawi while feeling the cool breeze on the upper deck? The sunrise and sunset views from the ferry are also very beautiful.



5 Lake Malawi Museum

The Lake Malawi Museum is one of the few museums in Malawi, located close to the Queen Victoria Monument near the Bakili Muluzi Bridge in Mangochi. It features many exhibits on natural and ethnographic history, especially those related to the Yao people who live in Mangochi where the museum is located. It is recommended for those interested in Malawi's history and for families traveling with children.

Contact Details

Name	Lake Malawi Museum
Location	Near the Queen Victoria Memorial Tower, Mangochi
Phone Number	+265 (0) 1 594 346
Opening Hours	7:30 -16:20 (Monday - Sunday)

6 Queen Victoria Memorial Tower & 6PR Hotchkiss Gun

In the town of Mangochi, near the Bakili Muluzi Bridge, there is a quaint brick monument tower built in 1901 to honor colonial-era Queen Victoria (1837-1901). Next to the monument tower is a 6 PR Hotchkiss gun taken from the British gunboat, Gwendolen, which patrolled Lake Malawi from 1889 to 1940 and sank the German battleship Hermann von Westmann in 1914. There is also a stone monument commemorating the lives of 145 passengers and crew who lost their lives when the MV Vipha sank on July 30, 1946. If you are in the vicinity, make sure to stop by.



7 Play Golf at Mlambe Golf Club



Located alongside the Makokola Retreat, the exclusive beach resort in Mangochi, Mlambe Golf Club offers 9 holes of par 3 golf in a unique setting surrounded by giant baobab trees that are hundreds of years old. Beautiful birds such as Malachite Kingfishers, Lilac Breast Rollers, Grey Herons, and Fish Eagles can be glimpsed during play, and the unspoiled terrain forms a course that is not only beautiful but challenging as well. The golf course is open to day visitors as well. If you are bored with water activities at the lake, why not play at this one-of-a-kind golf course? Club rentals are available.

Contact Details

Name	Mlambe Golf Club, the Makokola Retreat
Location	Nkopola, Mangochi
Phone Number	+265 (0) 888 796 424
Email	reservations@makokola.com



8 Mwala wa Mphini

About 2 km from Cape Maclear in Lake Malawi National Park, there is a huge rock called "Mwala wa Mphini". Mwala wa Mphini means "rock with traditional scars" in Chichewa language. This huge rock is carved with erosion grooves that resemble the facial scars of tribal people. Many people believe the rock is sacred with special healing powers, and local healers sometimes carve the rock to make concoctions. There is a signpost along the main road from Monkey Bay to Cape Maclear, so you will not miss it.



9 Sunrise and Sunset over Lake Malawi

The Mangochi District is unique in that it is the only district in Malawi (except the Likoma District) where you can see both the sunrise from the lake and the sunset over the lake. The sun rises in the east and sets in the west. In Malawi, since many districts are located on the west side of Lake Malawi, the sun never sets over Lake Malawi. If you want to enjoy both the sunrise and the sunset over the lake, Cape Maclear is the place to stay.



10 Enjoy Baobab

Mangochi is one of the districts with the most baobab trees in Malawi. Baobabs are abundant in the southern part of Africa and are very popular among tourists visiting Africa. When you visit Mangochi, enjoy the many baobabs. The sweet and sour baobab fruit can be eaten like candy, and freezes made from the juice is also popular. Baobab oil is also extracted from the seeds and sold as skin care oil.

11 Froggies Restaurant



Located in Cape Maclear, Froggies Restaurant serves French cuisine, which is rare in Malawi. Some say that the French cuisine at Froggies Restaurant is the best in Malawi. Homemade ice creams are also popular. If you are looking for a special culinary experience in Mangochi, Froggies Restaurant at Cape Mac Lodge is the place to go.

Contact Details

Name	Cape Mac Lodge & Froggies Restaurant
Location	Chembe Village, Cape Maclear, Mangochi
Phone Number	+265 (0) 999 412 266



12 Eat Local food at ZATHU Community Kitchen



Officially opened in August 2022, ZATHU offers delicious, healthy local cuisine and friendly service in Cape Maclear. The food is excellent, comprising fresh fish from Lake Malawi such as Chambo, Kampango, and usipa, and vegetables from a communal vegetable garden managed by members of local football clubs collaborating with the A-GOAL project. The restaurant also provides a platform for locals and visitors/tourists to get together so that they share ideas for co-generating solutions, as well as vocational training opportunities for local youth. If you are looking for fresh, delicious local food at an affordable price in Cape Maclear, you should definitely stop by Zathu Cape Community Kitchen & Bar.

Contact Details

Name	ZATHU Cape Community Kitchen & Bar
Location	Main Chembe Road, Cape Maclear, Malawi
Phone	+265 (0) 988 448 464 / +265 (0) 888 452 07
Opening Hours	Everyday Lunch and Dinner time *Breakfast is also available upon prior reservation



ONE DAY GETAWAY

Take A Day Trip To Bvumbwe - Thyolo

Bvumbwe is a township within Thyolo. It is approximately a 20-minute drive from Blantyre which makes it the perfect destination for a day trip. In this article, we show you what to do and where to go in Bvumbwe during your trip.



WHAT TO DO IN BVUMBWE



Google map

1. Go on a mountain bike ride

Take a ride on the wild side and go on a bike ride at Game Haven Lodge. With 18 different mountain bikes of different sizes, you can take on a trail ride through Chimwenya Game Park among the wildlife. Spot the majestic giraffe as you breeze through the park and experience an adrenaline rush like no other. This is the perfect activity for an adventurer.

MK CHARGES	• Free for guests
	• Day adult visitors.....K11,500
	• Under 12 years old.....K6,500

Contacts

+265 999 971 286
+265 999 971 287
info@gamehavenmw.com

Working Hours
Monday – Sunday
07:00am – 07:30pm



2. Go on a Game Drive

Experience the spectacular scenery and majestic wildlife whilst on a 1/1.5-hour game drive where you're almost guaranteed to see wildlife every time. The animals at Game Haven are very accustomed to vehicles and people so you can get close enough to look and take wonderful photographs which you have been dreaming of. Experience a guided tour in a game vehicle with skilled guides. With 8 different species to see, this is an exciting adventure. Some of the animals you can see at Game Haven are eland, giraffe, nyala, impala, waterbuck, sable, wildebeest and zebra.

MK CHARGES

- Day adult visitors.....K14,000
- Under 12 years old.....K7,500

3. Golf

Whether you're a skilled golfer or a first timer, experience golf like no other at Game Haven Lodge. The golf course is Malawi's only safari style course. They have a spectacular 9-hole golf course where you can play alongside wildlife and then relax after a game at the stunning Mbawa country club. The whole experience is simply spectacular and a must try.

MK CHARGES

- | | |
|-----------------------|---------------------------|
| • Free for guests | • 9 Holes.....K6,500 |
| • 18 Holes.....K8,000 | • Caddy Fee.....K3,000 |
| • Caddy Fee...K4,000 | • Gold Club Hire...K5,000 |

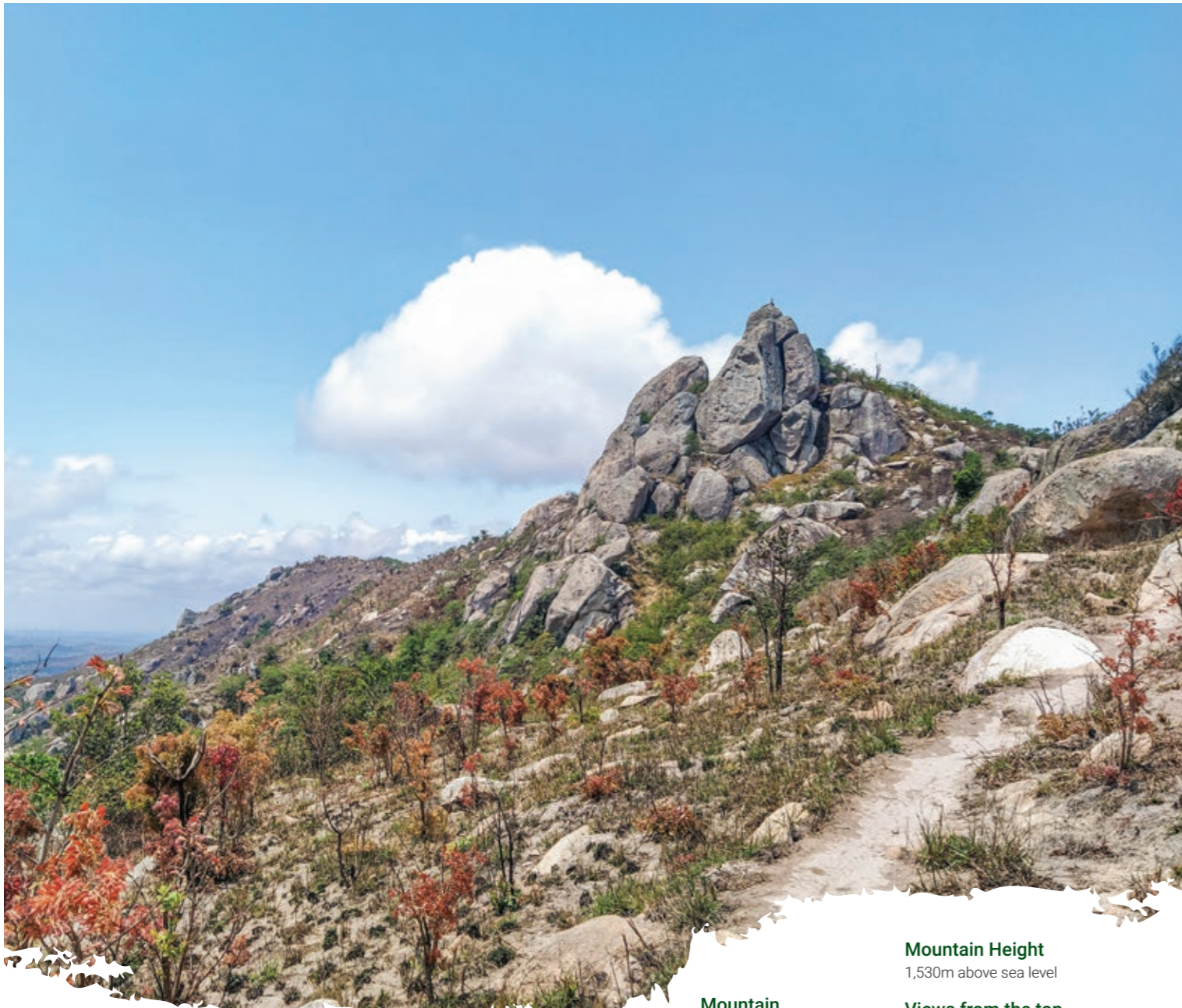


4. Lake Bvumbwe

Lake Bvumbwe is a 165 million-litre dam which is host to a variety of fish species including bass, wide mouth bass and tilapia. Down at the dam you can fish on your own or with the help of one of the skilled rangers. Enjoy a pleasant spot of fishing with a beverage of choice from the Nswalamalo bar, which is perfectly located right next to the dam. You can also set up a picnic, dine at the Ambrosia restaurant or make use of one of the built in BBQ areas. Lake Bvumbwe is the perfect place for a relaxing day out bird watching or just having fun with friends and family.

MK CHARGES

- | | |
|-------------------------|------------------------------|
| • Day access.....K5,000 | • 2 adults, 2 children under |
| • 2 people.....K8,000 | 12 years.....K12,000 |



Mountain
Mount Soche Mountain

Best season to hike
May - August (Little chance of rain and no haze)

Mountain Height
1,530m above sea level

Views from the top
1. Blantyre Township
2. Michiru Mountain
3. Ndirande Mountain
4. Chiradzulu Mountain

The Hiking Fever of 2023

Whether you are an experienced hiker or an amateur that simply enjoys short treks with beautiful views, hiking can be enjoyed by everyone. It is also a great way of maintaining your fitness journey. Since hiking can be done in a group, you can bring some friends and family along. The experience is exciting and fulfilling.

Soche is located about 9km from Blantyre and it is a 10-minute drive. The weather in Soche is generally cool which makes it favourable for hikers but if you go during the hot season, there are many trees which will provide natural shelter. As usual, don't forget to carry sunscreen, snacks and water for your hiking trip.

Mount Soche

Blantyre

Hiking Difficulty Scale



ESTIMATED HIKING TIME: 4 Hours



1 Begin the hike.



2 Follow the green painted rocks to the top



3 Paintings related to prayer can be seen all over the mountain



4 The path to the top is well-maintained and easy to navigate.



5 In the middle of the mountain, you will find a big rock that you can climb and take pictures like this. The view from here is also spectacular.



6 Take in the breath-taking views from the top of Mount Soche

Going up the mountain

At 1530m high, Mount Soche is the closest mountain to Blantyre Township and the summit offers spectacular views of the Township. The trail is well maintained and the green painted rocks make it easy to make your way to the top. There is a campsite near the top and it is a great place to do a half day hike around Blantyre. Once you begin your hike you will feel a different atmosphere as compared to other mountains in Malawi. Despite the deforestation that has affected Soche Mountain, you can still take a relaxing break in the shade of the large rocks and sparse trees. It is one of the most popular mountains for hiking in Blantyre alongside Michiru and Ndirande Mountain.

Getting to Mount Soche

TIME:
10 minutes drive from Blantyre

DISTANCE:
9km from Blantyre Town



Google Map

LEARN SALSA IN LILONGWE

Salsa, the popular Latin American dance, is believed to have originated in New York City. Boasting fast turns, hip movements, and intricate footwork, it is typically a couple's dance. LA style is a type of salsa that was popularised in Los Angeles and is one of the popular styles of Salsa. LA-style salsa is a linear dance that is performed in a slot. It is different from other styles like Cuban or Colombian which are danced in a circular motion. Although Salsa originated overseas, there's no need to travel outside of Malawi to start learning; classes are available right here in Lilongwe. With extensive experience in Shanghai and Malawi, Nda Munlo is a good teacher to learn LA-style salsa from, offering classes for beginners, advanced beginners, and intermediates alike.



Teacher

Nda Munlo
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1 Beginners' Class

The Beginners' Salsa class is designed to introduce the fundamentals of the dance. Students will first become comfortable with the basic steps, such as right turns, left turns, and cross-body leads. The class atmosphere is open and friendly, and mistakes are encouraged as part of the learning process. As the class progresses, students learn how to execute the basic steps with a partner. The class is comprised of 10 students, with more ladies than men. Although mastering the basic steps can typically take 4 classes, everyone progresses at their own pace, depending on their sense of rhythm.

2 Advanced Beginners' Class

This class runs simultaneously with the introductory class. The purpose of this class is to develop the ability to combine fundamental steps into more intricate patterns. For instance, learn to combine a cross-body lead with a single right turn. The goal is to attain the flexibility to combine multiple salsa moves with a partner. This class mostly involves dancing with a partner, but you can even go alone and you will be partnered with another student. The tutor recommends switching partners to further enhance the learning experience. As with any partner dance, there is a leader and a follower; switching partners provides valuable feedback to both the leader and the follower. The class has approximately 10 students, with more ladies than men like the beginners' class.

3 Intermediate Class

This advanced class is perfect for those who have already mastered the basics of Salsa. Each week, students are introduced to challenging routines that will help them to learn and use new moves instantly. To ensure the best learning experience, it is also recommended that students switch their partners regularly in this class. It takes just one hour to learn a routine. The class has a friendly group of eight students who are eager to help one another. Join the class to become the ninth student.

Salsa Fee & Classes

MK5,000/class
Class Duration: 1 hour

TUESDAY

Location Kaza Kitchen
Class & Time Beginners & Advanced
 Beginners at 06:30am
Class & Time Intermediate at 07:30pm



SUNDAY

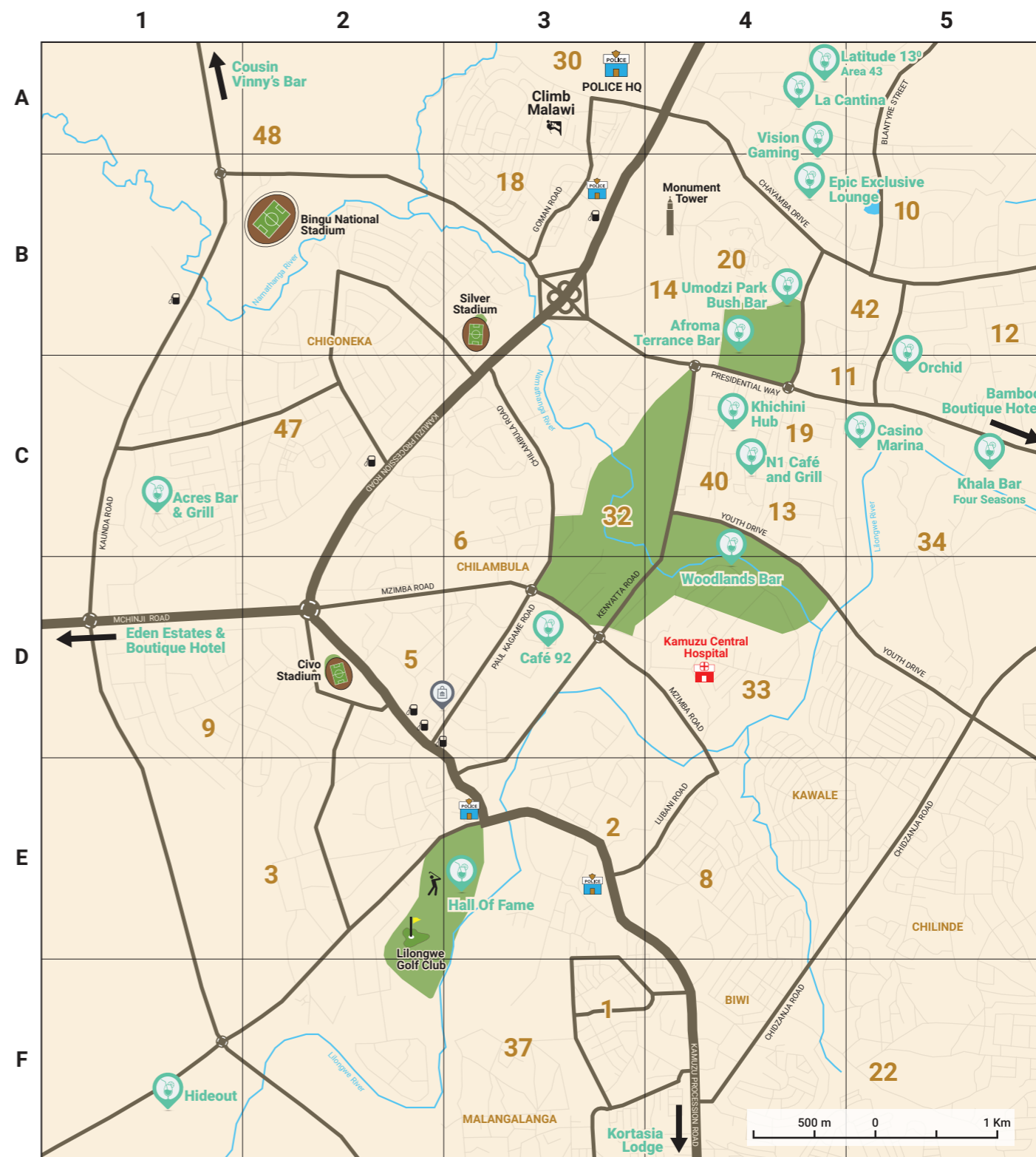
Location La Cantina
Class & Time Intermediate at 06:00pm



MAP of LILONGWE

Lilongwe became Malawi's capital in 1975, a role previously filled by Zomba. The Old Town is distinct and separate from the new Capital City. The City has much in common with other 20th century urban developments around the world. Its gleaming

modern buildings in their spacious garden-like settings, contrast with the hustle and bustle of Old Town. Both of these different parts of the town are worth touring. Old Town Mall is the best, particularly for those looking for quality souvenirs.



LEGEND

- Main Road
- Second Road
- Minor Road
- Bars
- Juice & Smoothie Bars
- Ice Cream Parlour
- Souvenirs
- Filling station
- Car Hire/Rentals
- Police
- Hospital
- Rock Climbing
- Golf Club



Maravi Coffee

MARAVI COFFEE is a coffee brand inspired by Malawi that is an artisanal coffee experience from bean to cup. Currently, there is a selection of 5 regional coffees that are sourced directly from smallholder farmers in Malawi. The coffee is roasted in-house at Maravi Bakery in Lilongwe. Their signature roast is a medium-dark roast that highlights the tasting notes of each regional coffee with a creamy, smooth balanced taste. The retail MARAVI COFFEE products are packed in double valve re-sealable bags with a beautiful graphic inspired by the landscape and sunsets of Malawi. Each single origin bean is colour-coded to highlight the region of origin. Golden yellow represents Katwaya, Yellow Bourbon coffee grown in Chitipa while blue represents Geisha AA beans grown in Vipha. MARAVI COFFEE products are available at Millie's Artisan Bakery and Café in Blantyre and in Lilongwe you can find them at Maravi Gardens, Kamuzu Airport Gift Shop and Chipiku stores. Contact them on **+265 888 232 596** or **Instagram: @maravicoffeemalawi**

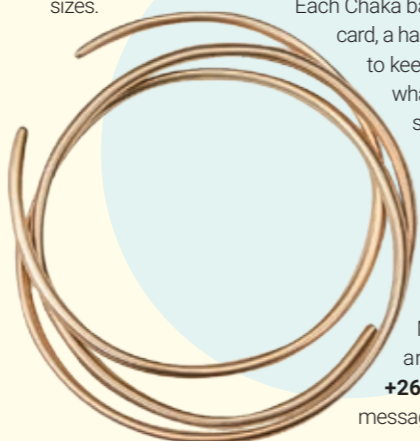
Souvenir Shopping

There is no better way to keep a record of your travels than collecting souvenirs. Souvenirs can help you re-live special moments that may otherwise be forgotten. To make souvenir shopping fun and easy, we recommend that you break it down into categories. You can get something long-lasting, something sweet and savoury, and something you can share with friends. When you think of these categories, getting more ideas for souvenir shopping is easier. We visited some souvenir shops and came up with these unique ideas for your souvenir shopping.



Katundu Cushion Covers

Katundu has worked towards empowering women through artisanal training and ethical employment by giving them the skills and knowledge required to improve their circumstances. Katundu specializes in creating home décor, textiles, and bespoke lighting. Their products are uniquely handmade. Made on the shores of Lake Malawi, on the idyllic Likoma Island, the Katundu cushion covers are an excellent souvenir option because they are made with a light fabric making them easy to carry on a long journey. Aside from that, the cushion covers are also adorned with tiny shells that will remind you of Lake Malawi. The Katundu products are locally available at Pole Living in Area 43 or you can order them and other products online through **info@katundu.com** or visiting **www.katundu.com**



Yewō Bangles

YEWŌ, is a Tumbuka word meaning 'thank you'. YEWŌ believes in celebrating daily moments of gratitude through ethical craftsmanship and elevated designs to create jewellery that you can genuinely feel good about. Their handcrafted jewellery includes the beautiful 'Chaka' bangles which are made entirely at their solar-powered workshop using hypoallergenic recycled brass. These bangles come in a satin finish and make the perfect gift option as they fit almost all wrist sizes.

Each Chaka bangle comes with a jewellery care card, a hand-sewn gift bag, and a polish pad to keep your item looking bright. This is what makes these bangles the perfect souvenir. The workshop is based in Manchewe Village and is open to the public Monday - Friday 7am - 3pm. They also have an onsite shop which is open on Saturdays. YEWŌ also offers door-to-door shipping within Malawi through courier. To shop and place your order, **WhatsApp: +265 880 732 220** or send a direct message via **Instagram: @yewoshopmw**

Fredrick's Honey

African Honey and Food Products engages the youth to create a sustainable value chain of high-quality honey produce. They also produce organic honey collected from bees.



This honey is sourced from independent and smallholder farmers. Fredrick's Honey from African Honey Products is a great souvenir because it has many health benefits such as regulating blood sugar levels and speeding up the process of healing wounds and it is packaged in lightweight plastic jars that are stunningly branded making this honey easy to carry. You can find African Honey and Food Products at their offices in Malangalanga, Lilongwe, or contact: **+265 888 025 309**



SHARE YOUR FRAME

Tag us in your best photo that shows Malawi's beautiful travel destinations to have it featured on our next issue.

Here are some of our readers travel photos.

Instagram: @travelplus_mw



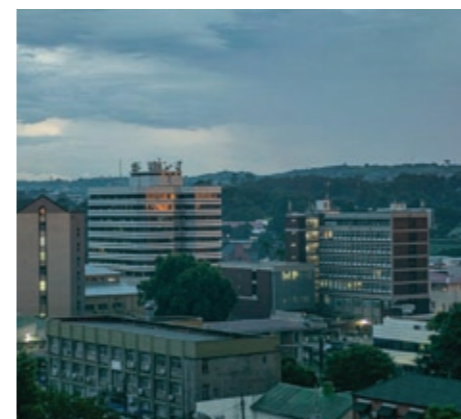
@segius_pleo: Zomba | Ku Chawe



@iamemmanuelngo



@iqraama: Monkey Bay, Mangochi



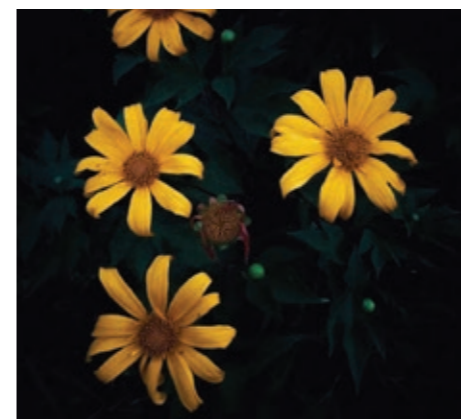
@chithunzi_mlw: Blantyre | buildings



@roselyneoside: Sunset



@chirwarobina: Lake Malawi | Water



@wavez_fotografia: Bunda, Lilongwe | Sunflower



@manjolomalawitravel: Mangochi | Monkey Bay Port



@i_ron_it: Lilongwe | Nkhoma Mountain

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We focus on providing 'High Quality' and 'Punctual' services.



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PHOTOGRAPHY



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WORKING HOURS

08:00 - 12:00
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 Monday - Friday
 *Public Holidays - Closed

