

PART ONE GENERAL INFORMATION

Chapter 1 Background Information

Geography, Climate, History, Government and administration, Economy, People and culture

Chapter 2 Flora and Fauna

Vegetation, Conservation areas, Wildlife

Chapter 3 Practical Information

When to visit, Itineraries, Tourist information, Tour operators, Red tape, Getting there and away, Safety, Women travellers, What to take, Electricity, Money and banking, Getting around, Accommodation, Eating and drinking, Public holidays, Shopping, Media and communications, Cultural etiquette

Chapter 4 Health

Preparations, Medical problems, Unusual medical problems, Other safety concerns

PART TWO LILONGWE AND SOUTH-CENTRAL MALAWI

Chapter 5 Lilongwe

History, Getting there and away, Orientation, Getting around, Tourist information, Tour operators and safari companies, Where to stay, Where to eat and drink, Entertainment and nightlife, Shopping, Sports and swimming, Other

practicalities, What to see and do, Short trips from Lilongwe

Chapter 6 Senga Bay and Surrounds

Getting there and around, Where to stay, Where to eat and drink, Shopping, Other practicalities, What to see and do

Chapter 7 Dedza and Surrounds

Dedza, Chongoni Rock Art Area, Mua Mission and surrounds

Chapter 8 Lake Malawi National Park

Monkey Bay, Cape Maclear (Chembe), Inside Lake Malawi National Park

Chapter 9 Mangochi and the Southern Lakeshore

Mangochi, From Mangochi to Monkey Bay

PART THREE SOUTHERN MALAWI

Chapter 10 Liwonde

Liwonde Town, Liwonde National Park

Chapter 11 Zomba and Surrounds

Zomba Town, Zomba Plateau, Lake Chilwa, Chikala Pillars

Chapter 12 Blantyre

History, Getting there and away, Orientation and getting around, Tourist information, Tour operators and safari companies, Where to stay , Where to eat and drink, Entertainment and nightlife, Shopping, Other practicalities, What to see and do

Chapter 13 Mulanje and Surrounds

Mulanje Town, The Mulanje ring road, Mulanje Massif , Thyolo

Chapter 14 Lower Shire Valley

Getting around, Chikwawa, Majete Wildlife Reserve, Lengwe National Park, Nchalo Sugar Estate, Mwabvi Wildlife Reserve, Bangula, Nsanje, Elephant Marsh

PART FOUR NORTH-CENTRAL MALAWI

Chapter 15 Inland from Lilongwe to Mzuzu

Ntchisi Forest Reserve, Kasungu, Kasungu National Park, Mzimba, South Viphya Forest Reserve

Chapter 16 Nkhotakota and Surrounds

History, Getting there and away, Tourist information, Where to stay, eat and drink, Shopping, Other practicalities, What to see and do, Beaches south of Nkhotakota, Nkhotakota Wildlife Reserve

Chapter 17 The Lakeshore from Dwangwa to Chintheche

Dwangwa, Kande, Bandawe, Chintheche

Chapter 18 The Lake Ferry and the Islands

The Lake Ferry, Likoma Island, Chizumulu Island

Chapter 19 Nkhata Bay

Getting there and away, Tour/activity operators, Where to stay, Where to eat and drink, Shopping, Other practicalities, Around Nkhata Bay

PART FIVE NORTHERN MALAWI

Chapter 20 Mzuzu

History, Getting there and away , Tourist information, Where to stay, Where to eat and drink, Nightlife, Shopping, Other practicalities, What to see and do

Chapter 21 Nyika and Vwaza

Rumphi, Nyika National Park, Further afield, Vwaza Marsh Wildlife Reserve

Chapter 22 Livingstonia and the Northern Lakeshore Resorts

Kandewe Cultural Heritage Site, The lakeshore from Chiweta to Ngala, Livingstonia

Chapter 23 Karonga and the Far North, Karonga, Chitipa, Misuku Hills