

Sangwala Trail

3-day walking extension in Nyika National Park, Malawi



Introduction

Explore the remote and little-visited Nyika National Park, in the north of Malawi, on this 3-day scenic walking trail.

Covering a distance of 43kms, the Sangwala Trail is a circuit route on the Nyika Plateau, which ends and begins at Chelinda Camp, one of only a small number of safari camps in this often-overlooked national park.

This is a beautiful region of Malawi notable as much for its dramatic landscapes as its wildlife. Stunning highlands, wildflower meadows and rich montane vegetation define Nyika, and though it is by no means big game safari territory, the wildlife is rich and varied. During your walk, you can expect to see a variety of antelope, including eland, roan, bushbuck, duiker and zebra, as well as numerous bird species. Leopard, serval, porcupine and honey badgers are also present in the park, but you will need to be very lucky to observe these elusive creatures!

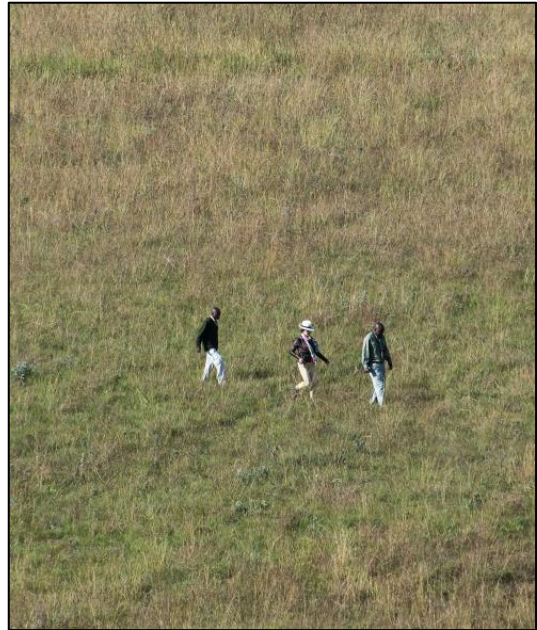
Nyika is located around 2,500m above sea level, and its temperate climate makes it particularly well-suited to extended walking itineraries of this nature.

Itinerary

Day 1: Chelinda Camp/Lodge – Sangule

Your hike starts from Chelinda Camp, situated in the heart of the Nyika Highlands. Leaving the camp this morning after a hearty breakfast, you'll follow the Chosi Loop – a gentle highland trail that can also be biked – to a large dam (Chelinda dam 3). From dam 3, you continue south across the grasslands to Sangule, your camp for the night, located close to an ancient iron smelting works.

Today's walk is relaxed and on a mostly level trail. You will cross three streams and a total distance of 12km. Wildlife is prolific in this region of the Nyika Plateau, and with luck you'll be able to spy zebra, duiker, roan and more during the course of the walk.



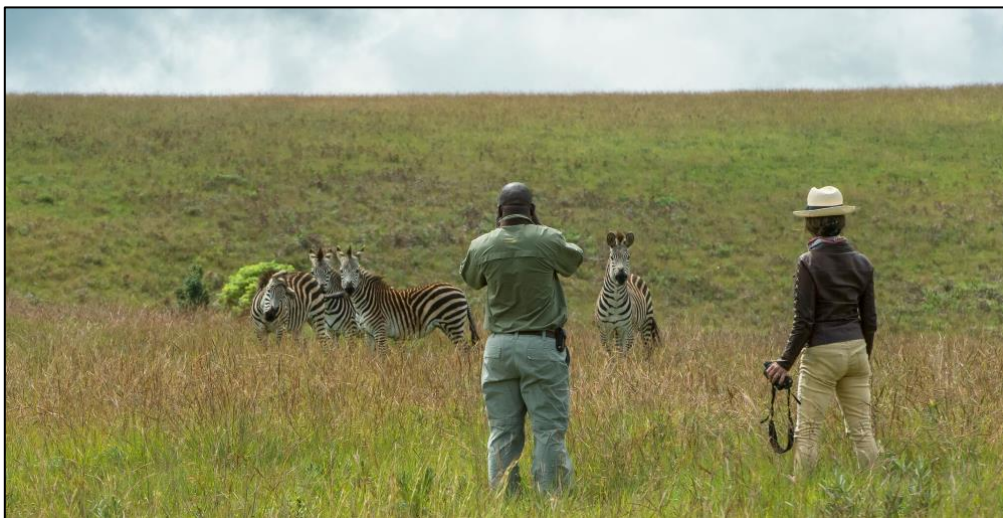
Day 2: Sangule – Zungwala River

Pack up camp after breakfast and continue south along the trail to Lake Kaulime, the only natural lake on the Nyika Plateau, and a popular watering hole for many larger mammals and bird species. After a break at the lake, the trail continues downhill towards the Zungwala River, where you camp tonight.

Today's walk is 15km in length. The terrain is slightly more challenging than that encountered yesterday, with a few hills to conquer, but your efforts will be well-rewarded with some wonderful views!

Day 3: Zungwala River – Chelinda Camp/Lodge

Today will see you take on the most challenging part of the trail, involving a steep climb from the Zungwala River to the western edge of the airstrip, crossing three streams en route. (An abbreviated trek is also possible if you would prefer a more relaxed final day). From the airstrip, it is a short walk back to Chelinda Camp, where the trail ends.



Price Guide

Price available on request. Please [contact us](#) for a detailed quotation based on your group size and preferred travel dates.

The Sangwala Trail is a fully-supported camping expedition. All of the equipment, including tents, sleeping bags and mattresses, is provided, as is a hot water shower and eco toilet. Three generous meals are prepared each day, along with snacks. The camp is set up each night by the camp team so you only need to carry with you a day pack with any items that you will require during the trek, such as a camera, sun cream, binoculars etc. You are not expected to help with camp chores.

It's recommended that you wear comfortable hiking boots, a wide brimmed hat and clothing suitable for wet and cold conditions.

Accommodation at Chelinda Camp before and after the walking itinerary is at additional cost – please contact us for the latest rates.

The Sangwala Trail is designed to be incorporated into a longer tour of Malawi. For itinerary suggestions, please contact us on 01822 600 600.