

Route 07

Malabvi

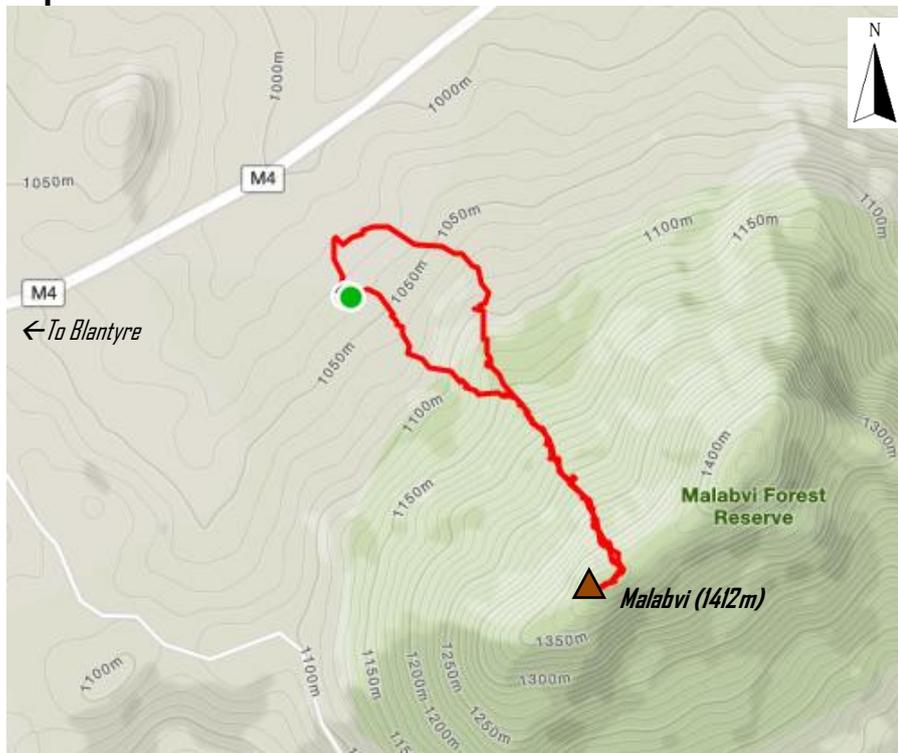
Malabvi is the third and highest of three prominent peaks that are passed as you head east out of Limbe on the main Midima Road (M4); Mpingwe and Bangwe lie to the north of the M4, with Malabvi lying to the south shortly thereafter. The route is steep and loose in places, but does offer plenty of variety and some excellent views of the surrounding area. The legend goes that when the well-known explorer Dr David Livingstone and his men were exploring the region they enquired with a local person about the name of this mountain; thinking that they were being asked the name of the wider area rather than just the immediate local area, the local person's response of 'Malawi' led to the mountain being named Malabvi. The start/finish is from Nchele village, via a dirt track reached easily from the M4: shortly after passing the obvious peaks of Mpingwe (with transmitter masts) and Bangwe (steep and badly eroded) to the left, a small knoll appears on the left close to the road - the dirt track is very soon after to the right. Peaks visible from the summit include: Mulanje Massif (ESE); Mt. Soche (W) and Bangwe (NW). CPD

Start/Finish: Off M4 highway, approx. 6.5km from M2/M4 jct **Distance:** 3.5km **Elevation Gain:** 376m **Maximum Elevation:** Malabvi, 1412m **Duration:** allow 1.5-2.0 hours **Rating:** 8/10



High winds and poor visibility make for an exciting climb. CPD

Map

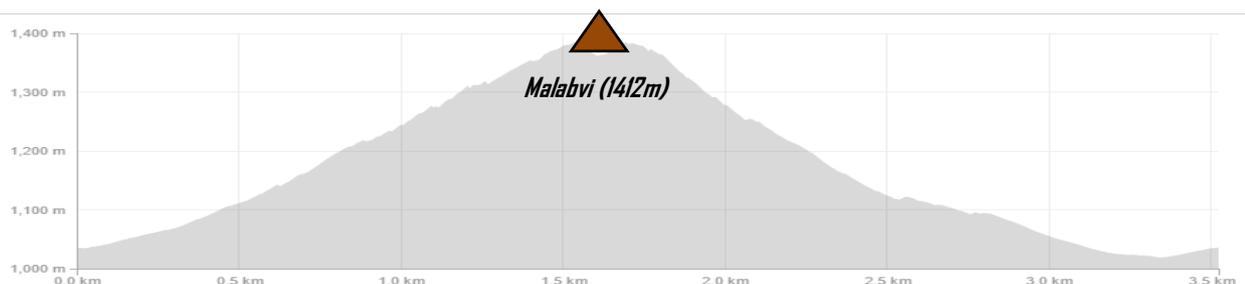


Scale unspecified.

Route details

1. From the start, head SE through a few houses, across some small maize plantations and start to climb on an obvious path.
2. The path rises up the right (S) flank of a prominent rib, passing through scrubland with a few trees.
3. Once on to the rib the views open out to both your left and right, and the path is now very obvious as it rises increasingly steeply up through trees and past large boulders.
4. At the first prominent, large boulders the path passes them to the left, before passing similarly large boulders to both the left and right.
5. The path heads up the right side of a large rocky gully, sticking close to the crest of the rib and easing in gradient on occasions. The terrain is pleasingly varied.
6. The path steepens to a final crescendo as it claws its way up to the summit ridge. Turn right and head SW for a few hundred metres before enjoying a final, short rocky scramble to the very top.
7. Retrace your steps to complete the route; you can return via a slightly different route, staying on the crest of the rib for a little longer before dropping off to the left. Loop back through the houses to finish. CPD

Profile



Technical data and mapping from Strava iPhone App. [STRAVA www.strava.com](http://www.strava.com)

Additional route information: <http://www.mcm.org.mw/otherareas.php>

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