

# Route 06

# Bangwe

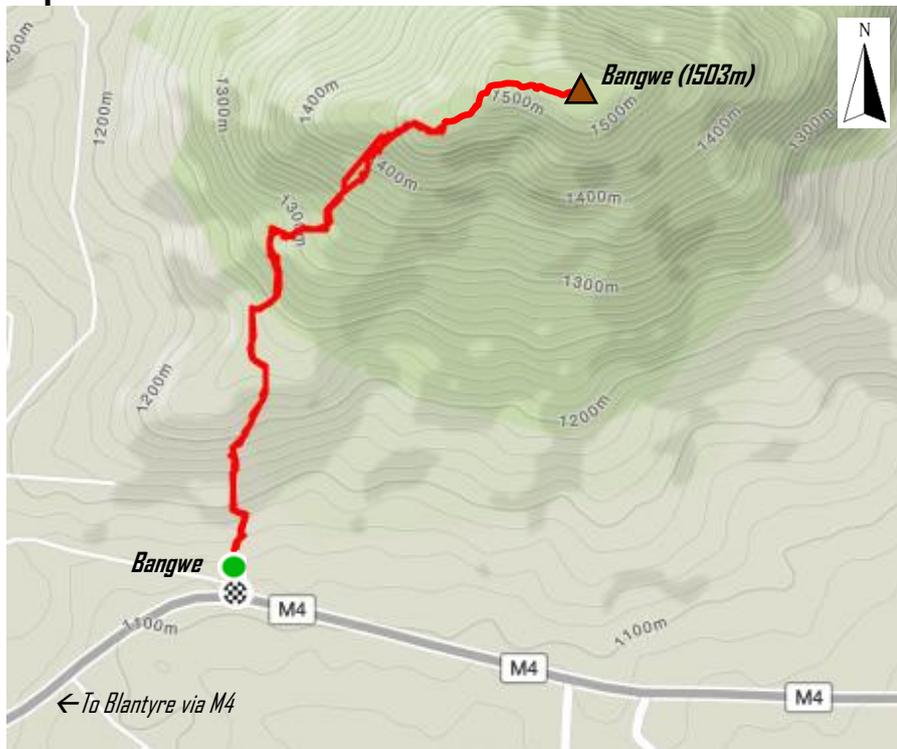
Bangwe is the second of three prominent peaks that are passed as you head east out of Limbe on the main Midima Road (M4). The mountain has been heavily deforested in the last couple of years and the Bangwe township creeps up the lower slopes as local population continues to grow rapidly. When the rains come in late October/early November there is little to hold back the torrents of water and mud that inevitably flow down towards the vulnerable communities below. The north side of the mountain is difficult to access, whilst the west face above Bangwe township is simply too steep; this route from the S and SW is therefore a much better prospect. The climb up is surprisingly demanding, much of it on loose soil and rock across slopes littered with tree stumps, winding its way steeply upwards with no respite from the heat of the sun. The summit is marked with a triangulation pillar, a legacy of the map making activities of the British colonial era, and fine views are afforded of the surrounding area. Peaks visible from the summit include: Mt. Soche (WSW); Malabvi (SW); Mpingwe (NW) with Ndirande behind. CPD

**Start/Finish:** Bangwe Township off M4 highway **Distance:** 3.6km **Elevation Gain:** 347m  
**Maximum Elevation:** Bangwe, 1503m **Duration:** allow 1.5-2.0 hours **Rating:** 7/10



Enjoying the expansive views from the summit of Bangwe. CPD

## Map

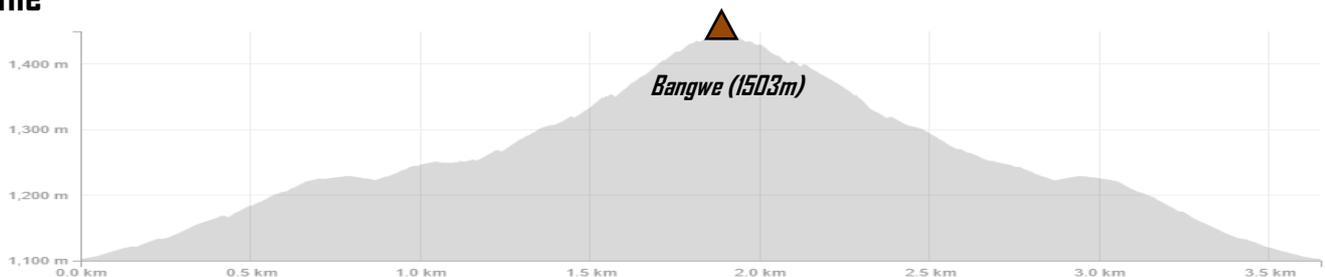


Scale unspecified.

## Route details

1. Start on the edge of Bangwe township at a junction with the Midima Road, as shown on the map.
2. Head northwards through the township, rising steeply as you pick your way between the houses.
3. After leaving the houses behind the route continues northwards, weaving its way through maize plots.
4. The gradient eventually eases briefly as you approach the edge of what used to be the forest.
5. Continue northwards on the obvious path, treading carefully on loose, powdered soil and rocks, passing the last few remaining isolated trees and a number of very large boulders.
6. The path soon turns due W briefly, before turning NE and heading steeply up a wide valley (see map).
7. Approaching the summit ridge the gradient eases considerably and the path bears westwards.
8. Enjoy the final few hundred metres along the ridge to the triangulation pillar at the summit.
9. Retrace your steps to return to the start of the route. 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>  
 S. Colliver & C. Dodd [Updated 31/10/2015] Comments to [chrisdoddoutdoors@gmail.com](mailto:chrisdoddoutdoors@gmail.com)