

# Malawi

By Tom Kirvan

## THE 'WARM HEART' OF AFRICAN CONTINENT

Located in Southeast Africa, Malawi, often hailed as the “Warm Heart of Africa,” is a country where the outlook of its people is as bright and wide as its fascinating landscapes.

A landlocked country, Malawi is bordered by Tanzania to the north, Zambia to the west, and Mozambique to the east and south.

Known for its stunning scenery, wildlife, and cultural richness, Malawi offers a genuinely immersive experience to travelers seeking a blend of adventure and tranquility. With a population of approximately 20 million people, Malawi sports a diverse demographic that is predominantly rural, with rich cultural and ethnic backgrounds that add to its vibrancy.

The history of Malawi is a compelling narrative of endurance and transformation. Inhabited since the dawn of the Stone Age, it saw the rise of Bantu migrations in the 10th century, setting the stage for its ethnic diversity. The 19th century brought Scottish missionaries, including the famous explorer Dr. David Livingstone. By 1891, Malawi was under British colonial rule as the protectorate of Nyasaland, gaining independence in 1964 under the leadership of Dr. Hastings Kamuzu Banda, who became its first president.

Religion plays a central role in the social and cultural life of Malawians. Approximately 85 percent of the population adheres to Christianity, while Muslims make up around 13 percent, and the remainder follow traditional African religions or other beliefs. This religious blend influences many aspects of daily life, from education to celebrations and community gatherings.

### Top 5 Must-See Tourist Attractions in Malawi:

- **Lake Malawi National Park:** A UNESCO World Heritage site, Lake Malawi National Park is famous for its crystal-clear waters and more than 500 species of fish, most of which are endemic. It's a paradise for snorkelers and divers who come to witness the brightly scaled cichlid fish and serene beaches.
- **Mount Mulanje:** Known locally as the “Island in the Sky,” the compact mountain range's highest peak, Sapitwa, reaches an elevation of 9,849 feet, making it the highest point in Malawi. A popular destination for hiking enthusiasts, Mount Mulanje offers challenging trails and breathtaking views across the mist-covered landscape. Climbing Sapitwa Peak is considered a rite of passage for many adventurers, with panoramic views that stretch as far as the eye can see.



## Fast Facts

Capital: Lilongwe

Population: 19.5 million

Economic Engines: Tourism, chemical and petroleum products

Highest Elevation: Driskill Mountain, 535 feet

### Primerus Member: Sauti & Company

A business law firm founded in 2015, Sauti & Company has full-service offices located in Lilongwe and Blantyre, the two largest cities in Malawi.

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- **Liwonde National Park:** Regarded as one of the finest wildlife sanctuaries in the country, Liwonde National Park is the place to see elephants, hippos, crocodiles, and a variety of bird species. The Shire River flows through the park, adding a picturesque quality to the lush environment.
  - **Chongoni Rock Art Area:** This UNESCO World Heritage site features the richest concentration of rock art in Central Africa, depicting both anthropomorphic and zoomorphic figures painted by the farmer communities of the Late Iron Age and the hunter-gatherer communities who lived in the area earlier.
- Nkhata Bay:** On the shores of Lake Malawi, Nkhata Bay is a bustling port town known for its thriving markets and dynamic nightlife. The surrounding waters are ideal for kayaking and water sports, while the inland offers lush forests and hiking opportunities.

Malawi's natural beauty, combined with the warmth and hospitality of its people, makes it a unique destination. Whether it's the tranquility of its landscapes, the thrill of its wildlife, or the breadth of its culture, Malawi offers a little something for every traveler.