

Raising funds for scholarships of trainee health workers



medic to medic
CONGOMA C1609/2022

MALAWI MARATHON EVENT

Sunday 24th May 2026

**5k, 10k, half or full
marathon options**

**Local entries from
25,000MK**

prices include lunch

For enquiries: info@medictomedic.org.uk



**Run through
Thyolo Tea
Estates in
Southern Malawi**

INTERNATIONAL PARTICIPANT - join our Southern Malawi tour
featuring a village visit, Mount Mulanje, Zomba, Liwonde
National Park, Cape Maclear and Dedza. £2150 (excluding flights)
Arriving Friday 22nd May 2026 leaving Sunday 31st May 2026.

Medic to Medic Malawi Marathon

The **Medic to Medic** marathon is your chance to support the next generation of healthcare professionals in Africa.

By participating, you'll help **Medic to Medic**, a charity dedicated to empowering healthcare students in Malawi and beyond. Your support provides scholarships, training, and vital resources to students who are the future of healthcare in one of the world's most underserved regions.

Together, we can help build a stronger healthcare system, one student at a time.

The marathon course winds through the heart of Satemwa tea estate, offering a unique off-road experience surrounded by lush greenery and rolling landscapes.

The 42.2km route consists of two laps of the half marathon course. Expect gently undulating terrain typical of tea country — low-grade rolling hills and shaded trails, with a few steeper sections to keep things interesting. One particular climb — affectionately dubbed the “Challenge Hill” — provides a satisfying test of endurance, rewarded with sweeping views over the plantation. While not a road race, the terrain is well-suited to both experienced trail runners and those stepping up from road events. Trail shoes are recommended, and we'll mark the course clearly to guide you through this beautiful, rarely-accessed part of the estate.

5km – perfect for beginners & families
10km – a great challenge for intermediate runners
21km (half marathon) – push your limits
42km (marathon) – for seasoned runners seeking an epic test of endurance

Join our Southern Malawi tour after the race, featuring a village visit, Mount Mulanje, Zomba plateau, Liwonde National Park, Cape Maclear and Dedza.

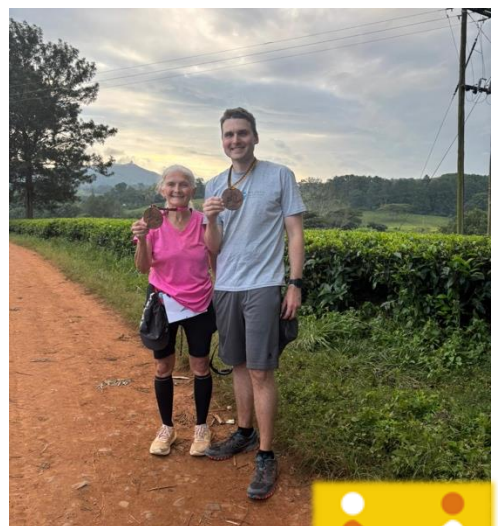
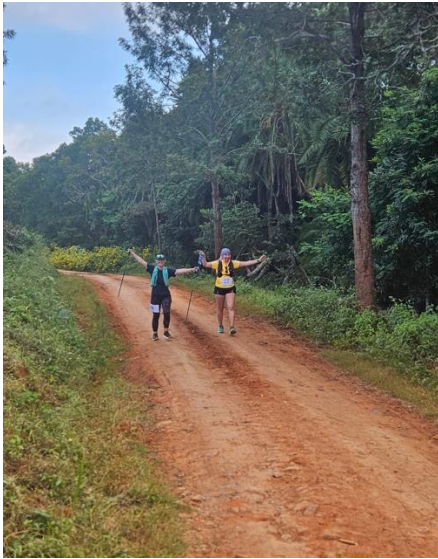
£2150 (excluding flights) Arriving Friday 22nd May 2026 leaving Sunday 31st May 2026. Price includes marathon fee, accommodation, activities and all food.

Sign up via here

www.medictoindic.org.uk/marathon



2025 in review



2025 in review



2026 Southern Malawi Tour Itinerary

Friday 22nd May	Arrive in Blantyre. Collected from the airport by M2M team. Given local SIM card and Malawi Kwacha spending money. Afternoon walk to Mount Soche with local guides and visit the carbon offset project with Mount Soche Conservation Trust. Stay overnight in Blantyre at one of the local lodges.
Saturday 23rd May	Travel from Blantyre to Satemwa tea estate in Thyolo (approximately 1 hour by car). Tea tasting in the afternoon and free time to explore the tea estate. Overnight at Huntington House on Satemwa tea estate.
Sunday 24th May	Event day! Take part in your scheduled event. Overnight at Huntington House.
Monday 25th May	Travel from Huntington House to Ndala village (approximately 90 minutes) and learn about village life. Stay overnight with a host family. Activities include making nsima and playing Bawo.
Tuesday 26th May	Travel from Ndala village to Zomba via Mulanje (approximately 90 minutes). Day hike to Mulanje waterfall from the Likhubula side of the mountain. Stay overnight at Cassa Rosa half way up Zomba plateau. There may be opportunities for day walks here depending on arrival time.
Wednesday 27th May	Travel from Zomba to Liwonde National Park (approximately 2.5 hours). Overnight in Mvuu Camp. Safari activities in the afternoon (choice of boat or game drive)
Thursday 28th May	Morning hours, safari game drive. Travel to Cape Maclear (approximately 3 hours). Sunset cruise and snorkeling. Curio shopping at the local market. Overnight at Thumbi View Lodge.
Friday 29th May	Travel from Cape Maclear to Dedza. Meet the local women's group and learn about briquette making. Overnight at Dedza Pottery.
Saturday 30th May	Travel to Chongoni Rock Art (UNESCO World Heritage Site). Pottery tour +/- hike to Dedza Mountain +/- painting own pottery (optional activities). Overnight at Dedza Pottery.
Sunday 31st May	Leave Malawi from Kamuzu International Airport in Lilongwe.



2026 Southern Malawi Tour Itinerary



medictomedic.org.uk/marathon

MALAWI MARATHON FEEDBACK



"From start to finish, the Medic to Medic marathon experience was exceptional. The trip was impeccably organised, from clear pre-travel guidance and airport pickup to seamless logistics throughout the week. Tamsin and the Medic to Medic team were incredibly supportive, ensuring everyone felt welcomed and well cared for."

Marathon Highlights

Running the first-ever marathon through the stunning Satemwa Tea Estate was a privilege. The course was scenic, challenging, and made all the more special by the camaraderie — including walking alongside a Malawian doctor and spotting familiar faces from the support crew who we had met at dinner the night before. The handwritten marathon numbers and beautifully carved finishers medals were a real treat. The accommodation at Huntingdon House, especially the unique Chapel Room, was also a standout, especially the post run bath!

Post-Marathon Experience

The following week was deeply impactful. Visiting Ndala village, staying with a local host family, and sharing in everyday life — including preparing meals — was humbling and unforgettable. Highlights included a cultural hike to Mulanje Waterfall, a stay at Casa Rossa with its warm hospitality (and a playful puppy!), thrilling safaris in Liwonde National Park, the relaxing beauty of Cape Maclear at Lake Malawi, and learning about sustainable fuel brick projects at Dedza Pottery.

Overall Reflections

The accommodations were thoughtfully chosen — small, locally run, and full of character. Traveling with other compassionate participants made the journey feel communal, even as a solo traveller. The experience offered a powerful insight into both the challenges and the hope in Malawi's healthcare system, and it was inspiring to see the tangible impact of Medic to Medic's work.

Final Thoughts

What begins as a marathon quickly becomes something far richer — a cultural, emotional, and human journey. I can wholeheartedly and unreservedly recommend the Medic to Medic Malawi Marathon experience to anyone considering it.

- Claire



MY EXPERIENCE with MEDIC to MEDIC MARATHON RACE & TRAVELS



The weekend kicked off with a real challenge—a marathon through the rolling, hilly landscapes of the Satemwa Tea Estates. The views were nothing short of breathtaking, making every uphill climb well worth the effort. After the race, I was treated to a cozy and elegant evening at Huntingdon House. The decor was charming, the food was divine, and the room felt like something out of a colonial-era dream.

I'm the kind of traveler who loves an all-inclusive adventure—no need to worry about transport, food, or lodging—and this trip delivered. Along the way, I met the most wonderful gals from two different countries.

We bonded instantly and quickly became our own little travel tribe.

Our journey took us to a small village in Mulanje that had been nearly wiped out by Cyclone Freddy. Spending the night there gave us a heartfelt glimpse into village life, its daily challenges, and the incredible resilience of the people. Our driver (the best ever!) wasn't just our chauffeur—he doubled as a cultural guide, foodie expert, and all-around good vibes ambassador. He even led us, rain and all, up a trail on Mt. Mulanje to a stunning waterfall. The light drizzle only added to the magic, turning the hike into a little rain-soaked adventure.

Next stop: Zomba. And what better place to celebrate a birthday? The hotel owners went all out—serving up a delicious Italian meal and surprising me with a fresh fruit tart made especially in my honor. Their warmth and hospitality made me feel truly special.

The following morning, we were off to Liwonde National Park—easily my favorite part of the trip. We embarked on both an evening and a daytime safari, spotting all kinds of wildlife while enjoying snacks and drinks surrounded by the serene African bush. It felt like something out of a travel documentary.

To top it off, we headed to Cape Maclear for a breathtaking sunset over Lake Malawi. Some of us strolled along the sandy beach, others took a refreshing dip in the lake. It was a picture-perfect moment.

The final leg of our adventure brought us to Dedza, where we explored ancient rock art estimated to be over 10,000 years old. It was humbling and awe-inspiring. We stayed at the Dedza Pottery Lodge, where the food was comforting, the pottery was stunning, and we even learned how to make charcoal using natural materials.

This was one of the best vacations I've had in a long time. My only wish? That it could have lasted just a little bit longer. But all in all, it was an unforgettable experience—full of laughter, learning, adventure, and the kind of memories you treasure forever.



- Pamela

MY EXPERIENCE with MEDIC to MEDIC MARATHON RACE & TRAVELS



With my current studies in Medicine and Global Health, I've always been interested in how healthcare systems operate around the world. I first heard about Medic to Medic through my course, and when I saw the opportunity to take part in this marathon and sightseeing trip, it felt like the perfect chance to explore a country I'd been curious about, while also raising money for a truly vital cause.

Tamsin organised the trip brilliantly. The itinerary was thoughtfully tailored to our interests, balancing travel and cultural learning in a way that felt meaningful and respectful. Even "Malawi time" couldn't throw us off schedule thanks to her efficient planning! I especially appreciated the effort to minimise our impact on local communities and the inclusion of Chichewa lessons, which helped us engage more deeply with our surroundings.

This was my first time in Malawi and I was blown away by the beauty of every place we visited. The marathon at Satemwa Tea Estate was a definite highlight, offering breathtaking views throughout the course (though my lack of training may have added to the breathlessness!). The warm support from volunteers and staff made the experience even more special, and relaxing at the idyllic Huntingdon House afterwards was the perfect way to unwind.

Despite having only a short time in the country, the itinerary made every day count. We went on several hikes with knowledgeable and engaging guides who not only shared key historical and environmental insights but made the walks genuinely fun.

Our safari days were another standout, packed with delicious food, stunning accommodation, and unforgettable excursions. An evening boat ride and swim on Lake Malawi was magical, only rivalled by celebrating a group member Pam's birthday in Zomba at one of the friendliest, most nature-immersed accommodations I've ever stayed in.

A heartfelt thank you also goes to our host family in the village, who looked after us with such kindness and generosity. Their hospitality made us feel truly at home, and they were far too generous in praising my attempts at making nsima, despite my very obvious struggles! While we witnessed some of the lasting impact of the devastating Cyclone Freddy, what stood out even more was the deep sense of community and resilience woven through village life. Seeing firsthand the strength and connectedness of the community- and knowing the support that Medic to Medic has provided here- only deepened my appreciation for the charity's work and its lasting impact.

This focus on local resilience was also reflected during our final afternoon at the briquette-making workshop. Meeting the women leading this initiative was a valuable insight into how communities are responding to environmental challenges. Their work offers a practical, sustainable alternative to tree felling, which has contributed to issues like mudslides during increasingly frequent extreme weather events.

Although I didn't know anyone before signing up, I had the pleasure of travelling with a truly wonderful group of women who made the experience all the more memorable. I can't recommend this trip highly enough, and I'm sure I'll be talking about it for a long time to come.

- Morven

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