



Food

- Eat local near the bus station or on the market
- Casa Rossa for homemade pasta & ice cream
- African Heritage for (iced) coffee and lunch
- MaiPai for coffee and delicious cake
- Dominos for bbq and pizza while watching football
- University Common Rooms for lunch (at 12noon)
- Kucha We on top for great views
- Takeaway opposite Zomba police station

Sights

- KAR 1st world war memorial
- Historical buildings:
- Hotel Masongola (1886)
- Old Parliament Building
- Former Government Press
- Gymkhana Cub
- Botanical Gardens
- Walk around the university

Shopping

- Market in town with fresh veg
- Mountain fruits on the plateau
- Shoprite opposite bus station
- People's Metro
- Curio market near Standard Bank
- DAPP for second hand clothes
- One Stop pharmacy
- Fabrics at Imran's or Mapeto

Sports

- Horse riding on the plateau
- Cycling (MTB) around town or on top
- Golf, tennis and squash at Gymkhana
- Viva gym (masseur after 4:30PM)
- Swim at Sir Harry's or Splendor
- Hike on the mountain
- Run the Mulunguzi – Old Naisi loop
- Walk the upper road to Casa Rossa

Other

- Chikala pillars
- Ntonya Mountain
- Lake Chilwa
- Post Office Museum
- Liwonde safari park (1hr)
- Blantyre (1,5hrs)
- Mulanje Mountains (2hrs)
- Tea plantations (2hrs)