

# Viphya Plateau



## Further Links

- Rolling hills and scenic views
- Walking trails and bird watching
- Cooling climate and good place to relax

## Situation

Central - Northern Malawi

## Activities

Walking, bird watching, mountain biking, relaxing.

The Viphya Plateau is a highland area which sits between Lake Malawi and the interior of Kasungu running between Mzuzu down to Katate. Although it is termed as a plateau it is not flat but has many rolling hills, some peaks and river valleys and forests.

There are a lot of pine plantations in the area run by the forestry department but there is thick bush and some indigenous forest too. This is a good area to get off the main highway and relax for a day or so in the cool climate of the highlands. There are excellent walking trails and very good mountain biking in this region.

