Malawi
National capital
District capital
City
International border
District border
Road
Railroad
0 50 100 150 km
0 50 100 mi
Lake Tanganyika
Mpulungu
Mbala
Lufubu
Mbeya
Songwe
Tunduma
Itungi Port
Njombe
Kilombero
Chitipa
Karonga
Kalungu
Isoka
Kasama
Chambeshi
Lake Malawi
Northern
Rumphi
Mzuzu
Nkhata Bay
Mzimba
Luwawa
Luangwa
Mpika
Tanzania
Tunduru
Ruvuma
Chisamula I. (Malawi)
Likoma I. (Malawi)
Messinge
Zambia
Lundazi
Lugenda
Augusto Cardoso
Nkhota Kota
Kasungu
Bua
Central
Mozambique
Marrupa
Lichinga
Messalo
Serenje
Luwombwa
Chipata
Mchinji
Salima
Catur
Lilongwe
Monkey Bay
Nyanje
Petauke
Dedza
Mangoche
Lake Malombe
Luia
Furancungo
Cuamba
Ncheu
Fingoè
Lake Chilwa
Mozambique
Zomba
Cahora Bassa
Zumbo
Luangwa
Lago de Cahora Bassa
Revuboe
Shire
Southern
Blantyre
Limbe
Chikwawa
Mulanje
Thyolo
Milange
Tete
Moatize
Zambeze
Licungo
Molocué
Huunyani
Mt. Darwin
Mhangura
Mazowe
Changara
Nsanje
Mocuba
Zimbabwe
Zawi
Bindura
Mutoko
Sena
Cuácua
Harare
Luenha
Cauresi
Inhaminga
Quelimane
Mozambique Channel
32°
36°
12°
16°
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