

Article Overview

Malawi covers approximately 118,484 km² (45,747 sq mi), making it the 23rd smallest country in Africa and 100th in the world.

Malawi is a landlocked country in Southeastern Africa, bordered by Zambia, Tanzania, and Mozambique, stretching about 900 km (560 miles) from north to south and varying in width from 90 to 161 km (56 to 100 miles) . Its total land area of 118,484 km² is slightly larger than the U.S. state of Ohio . The country is divided into three regions--Northern, Central, and Southern--further subdivided into 28 districts and numerous traditional authorities .

Geographic Features

Malawi's landscape is highly varied, including the East African Rift Valley, central plateaus, highlands, and isolated mountains. Lake Malawi, the third largest lake in Africa, spans 568 km in length and 16-80 km in width, covering over one-fifth of the country's total area . The Mulanje Mountains reach up to 3,002 meters, while the average elevation of the country is 779 meters . The Shire River valley in the south stretches about 400 km, connecting Lake Malawi to Mozambique .

Population and Density

Malawi has an estimated population of 22.2 million (as of July 2025), with 83% living in rural areas . The combination of its relatively small land area and population results in a high population density, particularly in the Central and Southern regions.

Summary

In terms of sub-size, Malawi is a small, narrow, and elongated country with a total area of 118,484 km², ranking 23rd smallest in Africa. Its geography is dominated by the Rift Valley, plateaus, and Lake Malawi, which significantly influences its land use, agriculture, and settlement patterns .

For a comprehensive view, Malawi's performance is shown compared to three distinct benchmarks: (i) Global - where all countries

Television Malawi, run by the Malawi Broadcasting Corporation (MBC), is the national public broadcaster of

The Republic of Malawi is located in Southern Central Africa along the Western part of the Great Rift Valley.



Malawi Sub-size

Covering a total area of

About Malawi Warm Heart of Africa The peaceful, impoverished nation of Malawi is hidden deep in sub

Discover expert advice on caring for Malawi Cichlids. Learn about Mbuna and non-Mbuna species, ideal tank setup,

Malawi is a landlocked country in southeast Africa. It is wholly within the tropics; from about 9.30°S at its northernmost point to about

The 2024 MDHS provides national estimates of demographic and health indicators that are comparable to data collected in Malawi's

The population of the regions, districts and cities of Malawi according to census results and latest official projections. The icon links to

Malawi administrative level 0-3 boundaries (COD-AB) dataset version 02. This dataset is structured into 3 levels: -

No records found Star ratings are current as of 07/15/2026 . Bank star ratings are based on 03/31/2026 financial data; credit union

Changes in fish species diversity, size structure and distribution in the trawlable demersal zones of Lake Malawi,

The World Bank Group supports Malawi's efforts to reduce poverty and promote economic growth by

The population data in the table below is an estimation for 2023, based on the census data from 2018. Click on the column header

The future of smallholder farming in Malawi is not pre-determined, but where the nation is heading depends on the

Malawi stretches about 520 miles (840 km) from north to south and varies in width from 5 to 100 miles (10 to 160 km). It

As Malawi's authorities seek to grow the economy through diversification and value addition, it is important to also analyze the trend

Web: <https://bssoda.pl>

