



**GHANA – WEEKEND TRIP  
CAPE COAST**

## CAPE COAST

This is your chance to explore the nearby area of Cape Coast and learn all about Ghana's harrowing history. One of the most famous locations in West Africa and one of Africa's most culturally significant spots, Cape Coast is known for its major role in the slave trade industry and its colourful fishing villages.

Offering an experience like no other, you will head off on a guided tour around Elmina Castle. Encounter the dark dungeons and walk the path that many slaves did through the door of no return. There will be plenty of time to take some iconic photos of the cannons looking out to sea and to also explore everything else this historic castle offers.

Be sure to check out the endless beaches that offer so much colour and are teeming with activity - you'll be amazed at just how colourful the fishing boats are!

Walk high up in the treetops at Kakum National Park along the suspended canopy that is 40 metres high. As you swing high above the ground, don't forget to look down and keep an eye out for any wildlife that may be passing by.

Enjoy a delicious meal at Hans Cottage where you will be surrounded by crocodiles and other fascinating wildlife where if you dare, you can get up close too!

There will also be time to try your hand at a new activity (small additional cost), like a traditional drumming lesson, cookery class or a batik tie dye workshop.

One day after your volunteering projects end, everyone will jump into a local fishermen's boat on Busua beach and head to Abokwa. This small

uninhabited island that you can see from the shoreline, offers incredible views back to Busua and is the perfect place to admire the sun setting behind Ghana over a nice local snack. Depending on the sea conditions you can also swim around the island and get up close to all of the marine life nearby.

Our structured weekend trips will ensure you get the most out of your time and a member of our local team will accompany you throughout.

Each trip leaves on a Friday afternoon and returns on the Sunday evening. The cost to take part in the trip is just **£149 per person**.

The following are included within the weekend trip fee:

- Transport throughout the whole trip
- Accommodation
- 3 meals per day
- Entrance tickets

## START DATES

Our weekend trip will run on the following dates:

**21st June 2019 – 23<sup>rd</sup> June 2019**  
**26<sup>th</sup> July 2019 – 28<sup>th</sup> July 2019**  
**9<sup>th</sup> August 2019 – 11<sup>th</sup> August 2019**  
**13<sup>th</sup> September 2019 – 15<sup>th</sup> September 2019**  
**25<sup>th</sup> October 2019 – 27<sup>th</sup> October 2019**  
**8<sup>th</sup> November 2019 – 10<sup>th</sup> November 2019**  
**10<sup>th</sup> January 2020 – 12<sup>th</sup> January 2020**  
**7<sup>th</sup> February 2020 – 9<sup>th</sup> February 2020**  
**13<sup>th</sup> March 2020 – 15<sup>th</sup> March 2020**  
**10<sup>th</sup> April 2020 – 12<sup>th</sup> April 2020**  
**8<sup>th</sup> May 2020 – 10<sup>th</sup> May 2020**  
**12<sup>th</sup> June 2020 – 14<sup>th</sup> June 2020**  
**10<sup>th</sup> July 2020 – 12<sup>th</sup> July 2020**  
**7<sup>th</sup> August 2020 – 9<sup>th</sup> August 2020**  
**11<sup>th</sup> September 2020 – 13<sup>th</sup> September 2020**



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**11<sup>th</sup> December 2020 – 13<sup>th</sup> December 2020**

Additional start dates can be added if there are at least 4 participants looking to take part. Please feel free to ask within the TMR Ghana Facebook group to find other interested volunteers.

## **BOOKING YOUR PLACE**

You can simply add this weekend trip when applying for any programme in Ghana under 'Optional Extras'.

If you've already signed up for one of our volunteer programmes in Ghana and would like to add this weekend trip, then please email us – [hello@themightyroar.co.uk](mailto:hello@themightyroar.co.uk).

**Places on our weekend trips are non-refundable and non-transferable between volunteers.**

**If you want to take part on this amazing trip and the dates fall on your last weekend in Ghana, then you can still take part! Please arrange your return flight from Ghana for the Sunday to ensure you have sufficient time of getting to the airport.**

## **ITINERARY**

### **DAY 1 – TRAVELLING TO CAPE COAST**

After your volunteering project ends on the Friday, we will head to Cape Coast, which is around a 2-hour drive.

Upon arriving to this easy-going fishing town, we shall get checked into the hotel. You will have the evening to relax and have something to eat, before getting an early night so you're ready for a feature packed weekend.

### **DAY 2 – KAKUM NATIONAL PARK, CROCODILES & SIGHTSEEING**

We shall start the day off with a visit to Kakum National Park. Walk high in the treetops along the 350-metre canopy that consists of a total of 9 bridges that sit a staggering 40 metres high – we hope you're not scared of heights!

As you walk above the tropical forest, don't forget to keep your eyes peeled for any wildlife that may be wandering below. The area is most notable for several endangered species, including the Diana monkey, giant bongo antelope, African elephants and many bird species!

For lunch we will head to Hans Cottage, that is situated on a large lake and home to many crocodiles. After a delicious meal, if you are brave enough, you can get up close to these fascinating animals and get a once in a lifetime photo.

The rest of the afternoon will be yours to explore the lively town of Cape Coast. Walk the vibrant beaches, grab a bargain at the market and take in the historic sites that surround you.

You will have the chance to try your hand at a new activity for a small additional cost (around £10). Learn to cook like a local, have a group drumming lesson or make yourself some new clothes with a traditional batik tie dye workshop.

### **DAY 3 – ELIMINA CASTLE**

It's time to walk the same steps as many thousands of African slaves did, in one of the world's darkest moments of history ever.

On the guided tour (that lasts around 2 hours) around Elimina Castle, you will get to learn all about the slave trade industry and how each country played an important role.



There will be many photo opportunities, of the iconic cannons looking out to sea and of the vibrant fishing beaches that can be seen from one of the towers.

As you walk around, you will see the stark contrast from the directors spacious accommodation down to the dark dungeons. As you head out of the dungeon, you will be taking the exact same steps as many slaves did, through the door of no return and out onto a ship.

Afterwards we will head back to Busua and spend the rest of the afternoon / evening relaxing on the beach.

#### **DAY 4 – UNINHABITED ISLAND**

One weekday, after volunteering, we will make our way to Abokwa, the small uninhabited island that you can see from the shores of Busua.

We will hop into a traditional fishing boat and make the short journey out to sea. Offering a different point of view of Busua, everyone will enjoy a small snack as you watch the sunset behind Ghana!

Depending on sea conditions, you may get the chance to swim around the small island and see all sorts of incredible marine life.

#### **ACCOMMODATION**

During the weekend trip, we will be staying at a local guest house that is within walking distance to the beach.

Although the accommodation will be fairly basic (please remember you are in Ghana!), the rooms will be comfortable and clean – perfectly adequate for the trip ahead.

All rooms will be on a shared basis and are equipped with ceiling fans and western toilets.

#### **MEALS**

You will be provided with three meals a day that will consist of many continental items such as omelettes, burgers, pizza and fish. Meals will be served at local restaurants.

#### **TRANSPORT**

Where possible, transport will be provided by private car or minibus. There may also be times when taxi's and public coaches are utilised. One of our local team members will

