

**EXPLORING CAPE COAST
WEEKEND TRIP**

WEEKEND OVERVIEW

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!

You'll be able to sit back and relax at the Oasis Beach Resort as the sun sets over the sea – the perfect way to end off a busy day.

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.

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 **£159 / \$229 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

We will be running the Exploring Cape Coast weekend trip on the following dates:

10th January 2025 – 12th January 2025
7th February 2025 – 9th February 2025
7th March 2025 – 9th March 2025
11th April 2025 – 13th April 2025
9th May 2025 – 11th May 2025
13th June 2025 – 15th June 2025
11th July 2025 – 13th July 2025
8th August 2025 – 10th August 2025
12th September 2025 – 14th September 2025
10th October 2025 – 12th October 2025
7th November 2025 – 9th November 2025
12th December 2025 – 14th December 2025

9th January 2026 – 11th January 2026
13th February 2026 – 15th February 2026
13th March 2026 – 15th March 2026
10th April 2026 – 12th April 2026
8th May 2026 – 10th May 2026
12th June 2026 – 14th June 2026
10th July 2026 – 12th July 2026
7th August 2026 – 9th August 2026
11th September 2026 – 13th September 2026
9th October 2026 – 11th October 2026
13th November 2026 – 15th November 2026
11th December 2026 – 13th December 2026



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 have already signed up for one of our volunteer programmes in Ghana and would like to add this weekend trip, you can simply request this within your My Trip account.

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

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.

We will end the day by relaxing at the Oasis Beach Resort, where you will get to enjoy watching the sun set over the sea with a drink.

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 – ELMINA 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 Elmina 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.

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 taxis and public coaches are utilised. One of our local team members will accompany you throughout the trip.

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 Sunday evening to

ensure you have sufficient time to get to the airport.

