



**AFRICAN
ADVENTURES**



Adventure Activities



africanadventures.co.uk

What's inside

Africa is the most spectacular continent on the planet

Volunteers spend most of their time during our trips working hard at our partner schools. However, with most of them closed over the weekend, it is a great opportunity to go and explore. We have created the best packages to add to your trip to make it even more incredible.

From rainforest treks to cooking and enjoying traditional Ghanaian food, there is plenty to choose from, and all available at outstanding value.



GHANA

Cape Coast Adventure Weekend



The Cape Coast Adventure Weekend entices both history lovers and adventurers alike. The weekend begins with a long drive west of Accra before a tour of Cape Coast Castle, once a notorious fort used to hold slaves awaiting exportation to the Americas. Afterwards, you can sit back and relax with an overnight stay in Cape Coast.

The following morning, you'll visit Kakum National Park, where a short hike through the forest floor is followed by a walk at canopy level - 300ft above the ground! After the morning's exertions, you will stop for lunch at Hans Cottage, a restaurant set over a crocodile pond, before heading back to your volunteer base.

What's included?

- Return transport to Cape Coast
- Walking tour of Cape Coast Castle
- Entry to Kakum National Park
- Single-sex, shared accommodation
- Breakfast
- African Adventures Co-ordinator

What's not included?

- Lunch and evening meals
- Drinks
- Tips for guides



GHANA

Taste of Ghana Day



For an all-around cultural experience that offers volunteers the chance to learn about Ghana, look no further than the Taste of Ghana Day. Volunteers will get started with a visit to Fort Prinzenstein, Keta, once used to hold slaves awaiting exportation to the Caribbean.

Trying and cooking local food is a great way to understand a new culture. Volunteers will take a traditional Ghanaian cookery lesson, making red-red and plantain – a famous local staple – before enjoying the dish for lunch. Afterwards, volunteers will visit a traditional funeral, an elaborate and happy celebration providing a fascinating insight into their culture.

In Ghana, you're never far away from a beating drum. You will finish the day with a beach party and drumming.

What's included?

- All transport and entry fees
- Cookery Lesson
- Lunch
- Visits to Fort Prinzenstein, a traditional funeral and a beach party
- African Adventures Co-ordinator

What's not included?

- Drinks
- Tips for guides



GHANA

Volta Adventure Weekend



Take a walk on the wild side by adding the Volta Adventure Weekend to your trip. The Volta region of Ghana is an area of extraordinary natural beauty with abundant rare wildlife. You'll begin the weekend with a visit to a protected monkey sanctuary where you'll have the chance to feed Lowe's mona and black-and-white colobus monkeys on your shoulder before exploring the rest of the forest.

The evening brings a chance to relax and wind down at a beautiful lodge for your overnight stay. The next day, you'll take in the breathtaking sights of the tallest waterfall in Ghana, Wli Falls, measuring 143m from the upper fall to the plunge pool below. Alternatively, if you are feeling more energetic, you can hike up Mount Afadjato, the highest point in Ghana.

What's included?

- All transport and entry fees
- Visits to monkey sanctuary & Wli Falls/Afadato
- Overnight accommodation with breakfast
- African Adventures Co-ordinator

What's not included?

- Lunch and evening meals
- Drinks
- Tips for guides





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