

# CAPE COAST ADVENTURE WEEKEND

## SUMMARY

Choose the Cape Coast Adventure Weekend to see why this area of natural beauty and culture entices both history lovers and adventurers alike.

You begin with a tour of Cape Coast Castle, once a notorious fort used to hold hundreds of slaves awaiting exportation to the Americas. The tour includes a harrowing insight into the tortuous history of the transatlantic slave trade.

You will then have time to reflect at a picturesque beach resort. In the evening, you can enjoy a Ghanaian meal with lively traditional entertainment (subject to season) before staying overnight in the vibrant Cape Coast.

The following morning, you will 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. There will also be an opportunity to visit a souvenir market where you can buy some beautiful Ghanaian crafts and cloth before you head home for Volta.

## WHAT'S INCLUDED

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

## WHAT'S NOT INCLUDED

- ✗ Lunches and evening meal
- ✗ Drinks
- ✗ Tips for guides

“Cape Coast is one of the most culturally significant areas of Ghana. Here, history, culture and natural beauty provide an unforgettable experience for every visitor.”

Siva Vordzorgbe - Ghana Director, African Adventures



Cape Coast Castle



Kakum National Park



Crocodile pond

### DID YOU KNOW?

Former President Barack Obama and First Lady Michelle Obama visited Cape Coast Castle in 2009 to educate their daughters on historical cruelty and overcoming global oppression.

### ITINERARY - DAY ONE

- 7.30 am: Breakfast (included).
- 8 am: Travel to Cape Coast from Volta region, stopping briefly for lunch (not included).
- 2 pm: Arrive in Cape Coast and begin a walking tour of Cape Coast Castle, learning about the brutal treatment of slaves in the 1700s.
- 4.30 pm: Relax at Cape Coast beach and enjoy an evening meal (not included) as the sun sets.

### ITINERARY - DAY TWO

- 7.30 am: Rise and shine for breakfast (included) before making the drive north into Kakum National Park.
- 9.30 am: Begin your 45-minute hike in the rainforest to learn about the wildlife and vegetation (remember to take comfortable walking trainers to Kakum).
- 10.30 am: Take in Kakum's breathtaking views from 300ft by walking along a spectacular wooden canopy trail.
- 12 pm: Travel to Hans Cottage for lunch (not included) at a restaurant built over a crocodile pond. You will have the opportunity to take some incredible pictures of the crocodiles. You'll even be able to get up close and personal with one!
- 1.30 pm: Travel back to Volta via Accra.
- 6 pm: Arrive back to the volunteer accommodation for dinner (included).

“Dozens of boats adorned with colourful flags line up on the shores of Cape Coast to brighten up this beautiful corner of Ghana and shine a light on a much darker history. The long journey west from Volta region is worth the spectacular views you take in at Kakum.”

**Drew Meakin - Volunteer Recruitment  
Manager, African Adventures**