



# AFRICAN ADVENTURES



## BEYOND VOLUNTEERING



023 8178 0957



info@african-adventures.co.uk



www.african-adventures.co.uk





## 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 in Ghana to searching for wildlife over vast plains in Kenya, there is plenty to choose from, and all available at outstanding value.

## CONTENTS



3-4



5-8



9-11





# CAPE COAST ADVENTURE WEEKEND

## 2 DAYS / 1 NIGHT

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.

The tour includes a harrowing insight into the tortuous history of the transatlantic slave trade. You'll have time to reflect at a nearby beach, before checking into your hotel.

The following morning, your group 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 heading home to the Volta region.

### 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





# VOLTA ADVENTURE WEEKEND

2 DAYS / 1 NIGHT

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, where you will fall asleep to the relaxing sounds of the rainforest's wildlife. The next day, you will 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?

- Return transport to Volta
- 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





# RIFT VALLEY ADVENTURE DAY DAY TRIP

Created millions of years ago by tectonic plate movement, Kenya's Rift Valley is famed for its magnificent views and pristine game reserves.

Our exclusive Rift Valley Adventure Day encompasses safari, science and exploration, all in one day! You will start off bright and early at the gates of the world famous Lake Nakuru National Safari Park in search of a vast array of animals. Next you will head to the Earth's Equator for a unique science experiment, before completing your day with a hike at Thomson Falls.

## WHAT MIGHT YOU SEE?

Lake Nakuru National Park is famous for being home to lion, giraffe, zebra, flamingo, gazelle, waterbuck, buffalo, white rhino, baboon, leopard and 300 species of bird.

## WHAT'S INCLUDED?

- Lake Nakuru National Safari Park entrance fee
- Safari van and tour guide
- African Adventures Co-ordinator

## WHAT'S NOT INCLUDED?

- Lunch/drinks
- Tips for guides
- Science experiment at Equator

## DID YOU KNOW?

Lake Nakuru's abundance of algae attracts its famously high population of flamingos that line the shore. However, in 2013, the lake's water levels increased dramatically, causing a vast number of flamingos to migrate to nearby Lake Bogoria in search of food.



# TASTE OF KENYA DAY DAYTIME ACTIVITY

For an all-round cultural experience that offers volunteers the chance to learn about Kenya, look no further than the Taste of Kenya Day.

Volunteers will get started with a introductory lesson in Swahili, much of East Africa's mother tongue, which will stand them in good stead for the remainder of their trip.

Trying and cooking local food is a great way to understand a new culture. Volunteers will take a traditional Kenyan cookery lesson, making chapatis – a famous local staple – and a stew or githerie (maize and beans) from scratch, before enjoying the dish for lunch. Afterwards, volunteers will head six miles north of Nakuru to explore one of Kenya's most fascinating geographical phenomenon, Menengai Crater.

This 200,000-year-old shield volcano provides a fascinating insight into the geological formation of the Great Rift Valley and volunteers will learn how the volcano is now used for geothermal power generation.

## WHAT'S INCLUDED?

- Swahili language lesson
- Traditional Kenyan cookery lesson
- Visit to Menengai Crater
- Visit to a craft market
- Transport
- African Adventures Coordinator

## WHAT'S NOT INCLUDED?

- Drinks
- Tips for guides





# ELEPHANT ORPHANAGE VISIT DAYTIME ACTIVITY

Born from one family's passion for Kenya and its wilderness, the David Sheldrick Wildlife Trust (DSWT) is today the most successful orphan elephant rescue and rehabilitation programme in the world and one of the pioneering conservation organisations for wildlife and habitat protection in East Africa.

Founded in 1977 by Dr. Dame Daphne Sheldrick D.B.E, in honour of the memory of her late husband, famous naturalist and founding Warden of Tsavo East National Park, David Leslie William Sheldrick MBE, the DSWT claims a rich and deeply rooted family history in wildlife and conservation.

You can spend an hour at the orphanage in close proximity to the elephants. You will hear their individual stories from keepers and learn interesting facts about elephants and conservation whilst the babies are being fed their milk.

## WHAT'S INCLUDED?

- Entrance fee to DSWT
- Transport to/from venue
- African Adventures Co-ordinator

## WHAT'S NOT INCLUDED?

- Drinking water and snacks





# MAASAI MARA WEEKEND

3 DAYS / 2 NIGHTS

Embark on the Maasai Mara Weekend and set foot in one of the world's most famous national parks for an authentic African safari. Visitors travel here from all over the world to view the Big Five.

The tour includes two game drives, during which you'll go in search of some of the world's most iconic animals across some of Africa's most scenic plains. When you're not on the road, you'll have time to enjoy the campsite, based in the heart of the Mara, and learn more about the famous Maasai tribe. Your group will also have the opportunity to visit a Maasai village and get an insight into their culture and traditions.

This is a truly spectacular weekend where you'll experience the beauty of Africa's flora and fauna.

## WHAT'S INCLUDED?

- Park entry fees
- Single-sex shared tents with en-suite shower and toilets
- All transport in fitted safari van
- Tour guide
- Meals whilst in the Mara

## WHAT'S NOT INCLUDED?

- Meals outside the Mara
- Tips for guides
- Maasai village visit (\$20pp)

## WHAT MIGHT YOU SEE?

The Maasai Mara is home to the world famous Big Five: lion, rhino, buffalo, elephant and leopard. You'll also be on the lookout for zebra, cheetahs, giraffe and over 450 species of bird!





# TASTE OF ZANZIBAR WEEKEND

2 DAYS / 1 NIGHT

Zanzibar is an island steeped in history and culture. Our exclusive Taste of Zanzibar Weekend is a perfect mix of learning, touring and relaxation. The weekend starts in historic Stone Town, a UNESCO World Heritage Site. Discover its vast attractions, including the House of Wonders – an infamous old slave fort – and Stone Town's famous fish market.

Zanzibar is the birthplace of Queen's late frontman Freddie Mercury and you'll see tributes to him at various locations around Stone Town.

After lunch in Stone Town, the tour moves north for a walk through a spice farm. You can smell and taste a variety of famous spices and purchase some great gifts for your friends and family. After all that exercise, you'll need some down time, and we've got just the thing! You'll be heading to Zanzibar's east

coast for a relaxing stay at a tranquil beach resort, where you can kick back and watch the world go by.

## WHAT'S INCLUDED?

- Walking tour of Stone Town
- Tour of spice farm
- Transport
- Single-sex, shared rooms at beach resort/hotel
- Breakfasts and evening meal
- African Adventures Co-ordinator

## WHAT'S NOT INCLUDED?

- Lunch
- Drinks
- Tips for tour guides





# OCEAN SAFARI

## DAY TRIP

Grab your flippers and get ready for some underwater exploration in Zanzibar! On our Ocean Safari, you'll get to explore the clear blue waters and white sandy beaches of this beautiful island, and try some of the freshest seafood imaginable.

The Ocean Safari has the perfect mix of relaxation and exploration. You'll start out on the southwest coast of Unguja on a beautiful, traditional dhow boat, and head for the nearby reefs for two snorkel sessions among the beautiful coral.

Then, you'll go in search of dolphins, before enjoying a delicious lunch of fresh seafood and tropical fruits. After lounging on the beach, you'll sit back and relax as you set sail back to shore

### WHAT'S INCLUDED?

- Safari tour with full crew
- Life-jacket, snorkel and flippers
- Buffet lunch, snacks and drinks

### WHAT'S NOT INCLUDED?

- Tips for tour guides

### WHAT MIGHT YOU SEE?

Make sure you're on the lookout for bottlenose dolphins, humpback dolphins, octopus, lion fish, sea turtles, and manta ray – among many more!

Please note: The group leader is responsible for ensuring that volunteers on the tour are competent swimmers. Life jackets are available for each swimmer and should be worn at all times. All tour guides are proficient swimmers but are not qualified life guards





# ZANZIBAR ISLANDS ADVENTURE DAY DAY TRIP

Explore the very best of what Zanzibar has to offer with this adventure activity, as you combine wildlife and history on the Zanzibar Islands Adventure Day. Get up close and personal with vibrant sea life, tropical birds and giant tortoises as you explore Zanzibar's pristine waters and incredible beaches, before soaking up the varied history of Prison Island.

Start the day by boarding a beautiful, traditional African dhow boat and head through the turquoise waters towards the idyllic Bawe Island, located 10km offshore from Stone Town. Stop for a guided snorkelling session and search for colourful corals and tropical fish.

Climb back on board and relax in the sunshine as you head for the white beaches of a local sandbank, from which, surrounded by the ocean, you can spot an array of stunning tropical birds.

Take in the beauty of your surroundings as you enjoy lunch and drinks, before travelling on to Prison Island. Named after a prison for rebellious slaves that once stood on the island, Prison Island was also used as a quarantine area for those suffering from Yellow Fever. Nowadays, it is home to 100 giant tortoises, imported from the Seychelles in the late 19th century, and is fringed by a beautiful coral reef.

## WHAT'S INCLUDED?

- Transfers and boat trip
- Life-jackets/snorkelling equipment
- Lunch and drinks
- Entry fees to Prison Island
- Tour guide

## WHAT'S NOT INCLUDED?

- Tips for guides





# AFRICAN ADVENTURES

MAKE YOUR TRIP OF A  
LIFETIME EXTRA SPECIAL

CALL NOW ON  
023 8178 0957