



21 Days

Ghana

Batik, Bikes and Beaches

From surfing and swimming, to cycling and chocolate-tasting, this expedition is packed full of adventure to keep on your toes and to introduce you to this incredibly diverse country. Along the way we'll immerse ourselves in Ghana's vibrant culture through community projects, market visits and craft workshops. In Ghana, everyone is encouraged to march to the beat of their own drum... literally, as we have a lesson traditional drumming and dancing!

We witness the wonders of the natural world from a bird's eye view with a spectacular rainforest canopy walkway. With such incredible people and so much natural beauty to be found here we will also work hard to ensure it remains this way. Hands-on visits to local co-operatives, and carrying out reforestation and conservation projects will ensure that during our time here we will make a difference.



Recommended expedition itinerary

Day
1

Arrive Accra

Arrive at the Kotoka international airport where we are met by our local STC Expedition Leader. Together we transfer to our hotel and freshen up. The evening we have a welcome briefing and set off to enjoy our first traditional meal.

Day
2

Krobo beach workshop

This morning we take some time to adjust to our new surroundings. After breakfast, we spend the morning with the Krobo people who teach us to make traditional beaded jewellery. Having finished our masterpieces, we journey towards Kumasi, the cultural heart of Ghana. We stop along the way to explore Koforidua's bustling market. This will give you a taste of exactly what to expect on our main visit to the market tomorrow.

Day
3

Ashanti history & market visit

Today we travel back in time through Ashanti history and discover the long-running traditions which still live on in west African villages. We visit Adanwomase and Ntunso villages to learn about the daily lifestyles of the local community. These villages are also home to the producers of Ghana's vivid Kente and Adinkra cloth. This afternoon we explore Adum and the huge Kejetia market. With over 11,000 stalls it is reputed to be the largest market in West Africa. Explore, discover, take in the vibrant colours and sounds of this frenetic place and marvel over the food, fabrics and goods on offer. Be prepared for an experience you won't easily forget!

Day
4

Kuapa Kokoo Cocoa Co-operative

Life is a box of chocolates... and what better way to spend our day than sampling a bar of Divine chocolate at a Kuapa Kokoo Cooperative. If you have ever eaten Fairtrade chocolate in the UK, then there is a strong chance it comes from here. We will find out how this Fairtrade company supports the improvement in working conditions, the banning of child labour and encourages women's increasing participation in business. We will also get to observe the entire harvesting process for ourselves, and learn how locals even use the cocoa pods to make soap!

Day
5

Reforestation project

This morning we rise early and learn to make local delicacies for breakfast such as Waakye, Kosie and a Ghanaian porridge. Today we will be volunteering at a much needed reforestation project. Ghana has one of the highest deforestation rates in the world and only 10% of its original Upper Guinea Rainforest is still standing. Planting indigenous trees will also encourage growth of certain bird and wildlife species such as the Yellow-headed Picathartes which feast on the fruits! We venture deeper into the forest on a wildlife walk to spot endemic flora and fauna and spot bird nesting sites. Our meal this evening will be enjoyed around a bonfire.

Day
6

Community project & cooking school

Today we help with a community project which identifies cocoa or palm farms within the community which may be struggling and need support. We volunteer at the farm and help with the daily tasks such as harvesting, weeding, planting or repairing boundary fences. After lunch we visit the local market to barter and purchase ingredients to make our own dinner at cooking school this evening.





Day
7-8

Cycling journey

Transfer to Assin Fosu, the largest town between Kumasi and Cape Coast. Here we begin a two day cycle trip towards the Cape Coast. We will cook our own meals and set our own camps in Aboabo and Antwikwaa Wildlife Camp along the way. The route passes plantations and small villages, birds, butterflies and the boundary of Kakum National Park, home to herds of forest elephants.

Day
9-10

Kakum National Park

Pausing our cycling journey at Twifo Praso, we jump on a vehicle and enter the national park for an afternoon in the trees! Explore the lush and verdant rainforest from the treetops, 40m above ground, on Africa's world-famous canopy walkway. We also visit the information centre to learn about the park's flora and fauna, which includes forest elephants and leopards. This is followed by a tour of Stingless Bee Project and the hives which showcases the incredible importance of the small creatures. Back on the bikes on day 10 for a challenging six hour cycle to the coast. Rolling hills, farmland and forestry gives way to dry coastal savannah. We celebrate the end of our cycle with a dip in the ocean!

Day
11

Beach Clean & traditional drumming show

This morning we take part in an 'Environment Clean Up' project and clean a section of the beach. Brenu Akyinim is an important location for nesting sea turtles so our work here will play an important role in protecting this area for future hatchlings. The afternoon is ours to relax on the beach, swim in the ocean and play volleyball. The evening brings more cultural delights as a traditional Ghanaian drumming troupe join us on the beach. We can even have a go ourselves!

Day
12-13

Cape Coast Castle & Global Mama's

Our day begins with a history lesson at the UNESCO World Heritage site, Cape Coast Castle. Next we visit 'Global Mama's' – an inspiring non-profit and Fairtrade organisation, assisting women in Africa to become economically independent. During this visit we can learn about the challenges and successes of running these kinds of projects. After lunch it's time to get crafty and turn our hand to learning about and making the traditional West African art of Batik - all done, of course, right by the beach. On day 13 we continue our journey to Ankasa Reserve to float through the Amasuri wetlands in traditional dugout canoes! Along the way we see the unique Nzulezu Stilt Village who have built their homes on top of the lake. There will also be an option for a stealthy night time wildlife walk through the forest.

Day
14-17

Ankasa Project Work

Nkwanta Rangers Camp will be our base for the next 4 nights as we complete our sustainable project. Exact project tasks will be agreed closer to the time of our trip after consultation with the community and local authorities. The focus of the project is to improve the forest infrastructure through trail maintenance, cutting new forest trails and building bridges. It will be a tough few days but an incredibly rewarding experience!

Day
18-20

Busua Beach

The next three days will be spent relaxing at Busua beach, swimming and learning to surf! We will complete a second beach clean and visit the nearby fishing town of Dixcove. Our final team meal will be celebrated with a beach bonfire!

Day
21

Transfer to Accra and Departure

Transfer back to Accra for our flight back to the UK. Depending on flight times, we can make this journey a day earlier.

Further information

Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your expedition timeline



Physical expedition rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk