



**CAPE COAST & BUSUA SURF
WEEKEND TRIP**

Cape Coast is one of the most historical locations in West Africa for its place in the slave trade. It offers an experience like nothing you will ever encounter with its dark dungeons of history and breathtaking view of the sea. This village has so much colour with its endless beaches of fishing trade and coastal culture. Kakum National Park is just a drive north of the sea where you can walk in the tree tops of the rain forest.

Busua/Butre Beach is rated the best beach in Ghana for its surf. It is one of the cleanest beaches in Ghana with its rich fishing lifestyle! Here we will take a surfing class and surf in the waves of the Gulf of Guinea. Take this time to relax and unwind on the Ghanaian coast!

The trips are open to all PMGY volunteers. We expect to have at least 3 people per trip to participate in this adventure to the western region, so you are able to truly experience an enriching time together. A member of the PMGY team will accompany the group throughout the entire trip and an English-speaking guide will be available at all sites. Transport will be by a private taxi or trotro depending on the size of volunteer group. This will allow us to minimize travel time and offer as much comfort and convenience as possible.

We will be running the trip on the following dates.

21st January 2021 - 23rd January 2021

25th February 2021 - 27th February 2021

25th March 2021 - 27th March 2021

22nd April 2021 - 24th April 2021

20th May 2021 - 22nd May 2021

24th June 2021 - 26th June 2021

22nd July 2021 - 24th July 2021

19th August 2021 - 21st August 2021

23rd September 2021 - 25th September 2021

21st October 2021 - 23rd October 2021

25th November 2021 - 27th November 2021

20th January 2022 - 22nd January 2022

24th February 2022 - 26th February 2022

24th March 2022 - 26th March 2022

21st April 2022 - 23rd April 2022

19th May 2022 - 21st May 2022

23rd June 2022 - 25th June 2022

21st July 2022 - 23rd July 2022

25th August 2022 - 27th August 2022

22nd September 2022 - 24th September 2022

20th October 2022 - 22nd October 2022

24th November 2022 - 26th November 2022

** Additional departure dates can be added if there are at least 6 participants looking to take part.*

Each experience is set to start on a Thursday so that those leaving to go home can still enjoy the travels on their last weekend (if no one is travelling home we will run trips Friday – Sunday). **The cost of the trip is 1200 Cedi per person (approx. 170 GBP).** This will be collected from volunteers by the local team the evening of orientation after they assist you in currency exchange.

The following are included in the fee:

- Private transport
- Accommodation (same sex)
- Meals (breakfast, lunch and dinner)
- Entrance fees
- English-speaking guide

BOOKING YOUR PLACE

If you've already signed up to one of our programs and would like to join our Cape Coast & Busua Surf Weekend Trip then please call us or email us.

If you haven't signed up already, you can add the Cape Coast & Busua Surf Weekend Trip onto your trip during the online application form, which you'll find by clicking on the 'Apply Now' button on the relevant program web page.

Should the minimum numbers for the trip not be met, no fees will be requested or need to be paid to the local team. The local team will instead provide alternative weekend trip ideas when in country and help you and other volunteers with your plans including offering alternative options to join a trip itinerary similar to this one.

ITINERARY

DAY 1-CAPE COAST

We will leave early in the morning for Cape Coast. The journey to the sea will take around 5 hours. Upon arrival we will go to Cape Coast Castle to experience the thrilling feeling of walking the same steps as the African slaves in the dungeons out to the door of no return. Be prepared to learn about the shocking history of Ghana's slave fortresses and their significance to modern-day Ghana.

Following this we will go to Hans Cottage Botel for lunch and, if you dare, a chance to see wild crocodiles. After lunch we will go to Kakum National Park to walk in the tree tops at the canopy walk. This consists of 9 bridges that reach 40 meters above the forest floor.

To end the day we will board the car and spend 2 hours travelling west to Busua/Butre village where we will stay at a beach side resort.



DAY 2-BUSUA/BUTRE BEACH

The weekend offers a chance for a nice lie in! You are welcome to awake at any time today as the beach awaits you. If you are up for an early morning we invite you to join us for the opportunity to pull in the nets of the local fishermen. Once the nets are in you can encounter many species of sea life including swordfish and tuna to squid and large manta ray! The day is spent on the beach soaking up the sun, getting that tan that everyone at home expects you to come back with. There are many souvenir shops locally where the people love to show off their work!

Throughout the day, based on the tide, we will take a surfing class. Most volunteers are usually successful in being able to stand on the board by the end of the class! We can't wait to capture videos of you up on that board in the sea off the coast of Ghana!

On the nighttime we will come together as a group over a bonfire and enjoy some traditional drumming, dancing and singing!



DAY 3-TRAVEL HOME

In the morning you are welcome to have a beach side meal for breakfast of chocolate pancakes, Spanish omelettes, or whatever available that your heart desires. After walking the beach for one last time we will board the transfer back to Kumasi. We will arrive back to the Volunteer House in time for the evening meal.



ACCOMMODATION

The group will stay at Hideout Lodge located at Busua/ Butre Beach. The accommodation can be dormitory or shared rooms with fans, equipped with private western toilet and bath. The rooms are basic, but very clean and comfortable. The best part is that you walk directly out to meet the warm sand beneath your feet and warm sea wind against your face!

MEALS

The group will be provided 3 meals a day; meals will be continental items such as omelettes, cheeseburgers, chips, pizza, and pasta. Water will be provided at each meal time.

TRANSPORT

A private taxi or trotro is provided. One of PMGY's local coordinators will accompany you throughout the weekend trip and you will have English-speaking trip guides to take you around to the sites.

If the trips are taking place on the weekend you are due to finish the program then it may still be possible to join. The best thing to do in this situation is to add on this weekend trip and book your return flight to leave Ghana on the Monday to ensure you have sufficient time for a smooth transfer back to the airport after the weekend trip. Please contact the International Team if you wish to extend for the Sunday night at our accommodation when the weekend trip is finished before departing Ghana.