

3rd Annual Bamboo Bike Cultural Immersion Tour Itinerary

Ghana, West Africa, October 19-29, 2011

\$1,995 (airfare to Ghana not included)

Ride locally made, Bamboosero bicycles through a peaceful, culturally vibrant African country. This is a unique tour designed to give participants their 'wings' so they enjoy Ghana at their pace, according to their own preferences. Of course, no two visitors react to Ghanaian influences the same but, experience has taught us that once visitors begin to feel their flow they only need space and a little direction to flourish here. We provide you with the support you need to 'do' Ghana by bicycle and afford you freedom and options to enjoy your exploration of Ghana and her culture.

October in Ghana is seasonally ideal timing, we'll be just 5-6 degrees off the equator where the tendency towards heat is a reality. However, rainy season will have just ended leaving this tropical area at its lushest which, in addition to being gorgeous, helps keep high temps at bay. Our tour bases are in 3 southern Regions, Eastern, Volta and Greater Accra. The primary tongues spoken in the regions are all different, Ghana has plenty of variety to offer! Though not all have been fortunate enough to learn it, the official language in Ghana is English. In remoter areas you may have to work for it a little but, English is accessible.



We invite you to notice in this itinerary the progression of situations and activities alike, encouraging you to embrace your best agenda. This is the essence of our 'format', offer ideas and invite yours as we go! Keep in mind, we'll have meals, accommodations options & logistics all covered.

Day 1, Wednesday, October 19, 2011 | Fly into Kotoka Airport Accra, Ghana

Participants' flights will be sprinkling in throughout the day; our driver will be there to reel us all in. For early arrive-ers, a visit to Accra sites such as Independence Square, the massive, central Makola Market, the 'Arts Center' where crafts & souvenirs abound, etc. Tour Guides Ben & Su will begin orientation to Ghana itself and advice for managing your daily activities.

Days 2-4, Thursday-Saturday, October 20-22, 2011 | Hub #1 - Abompe, Eastern Region

A 3hr drive from Accra lands us in Abompe where the predominant tribe is Akyem Akans who speak primarily *Twi*. Most are subsistence farmers with opportunistic folks growing the cash crop cocoa. We'll get you settled into your village, home-stay accommodations and fitted on your trusty Bamboosero bike so you're ready for your week of pedaling. Abomprians will know your affiliation since Tour Organizer Su spent 3 years there as a Peace Corps Volunteer. There will be plenty of familiar faces around eager to assist you in your pursuits if called upon!

½ day options in Abompe:

- Take a challenging hike through the escarpments & farming hills which are the backdrop of the area. ~2-3 hrs
- Visit neighboring village of Gynponmani to learn about palm wine/akpateshi gin making. ~1-2hrs
- *Take the bauxite bead makers, village tour of Abompe with Tour Guide George. ~2-3hrs
- Freely wander/cycle villages soaking in culture & hospitality, accepting invites to share in peoples' daily lives.
- Spend time with Bambooseros in their frame making shops, two shops within 1 mile of each other.

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Full day options in Abompe:

- ◆ ~8 mile RT (Round Trip) dirt road, hilly ride to 'Tea Falls' waterfall trail head + hike to and from falls, total ~ 5 hours. The falls earned its name from proud locals for the clean, sweet waters.
- ◆ ~20 mile RT dirt/paved, hilly ride to *Adjeikrom. 5-time *Earthwatch* veteran, Osah, will guide you through cocoa farming culture & the role of Adjeikrom in Ghana's scheme for Independence. Overnight stay possible.
- ◆ *Bunso Arboretum ~20 mile RT dirt/paved, hilly ride to this 16.4 hectare collection of indigenous and imported plant life. Overnight stay possible.
- ◆ *Make your own bauxite bead jewelry in a 1-day bead making workshop in Abompe.

Day 5, Sunday, October 23, 2011 | Cycle to Koforidua, Eastern Region

By this time you're seasoned enough as a traveler in Ghana, depart Abompe at your leisure using maps for this ½ ~all-day bike ride. Using primarily back roads you'll traverse ER arriving at its capital, the quaint, medium-sized city of Koforidua where Bed Time Hotel awaits.

Days 6 - 8, Mon-Wed, October 24-26, 2011 | Hub #2 – Neil-Sheila Hotel, Volta Region

The Volta Region is known for *Ewe* tribes people; *Ewe* is the primary language spoken and the culture is notably different from that of the *Akyem*. Our hub is east of Lake Volta, the largest man made lake and primary electricity source for Ghana, amidst a clustering of some of the best Eco-Tourism sites in Ghana. This setting will beckon you to get out and explore as the hotel isn't centered in a quaint village, rather your activities will require you go out and get them!

After our 2.5 hour drive from Koforidua some will move into Neil-Sheila Hotel and some may set off to overnight at simple guest houses (listed below). Unless otherwise noted, distances are gauged from Neil-Sheila Hotel. Use the following suggestions for your Volta days:

- ◆ ~20 mile RT dirt/paved, hilly ride to Liate Wote home of *Mt Afadjato, Ghana's tallest at 2900ft. Rewarding climb to the top with informative, local tour guide. *Togba waterfalls nearby. Overnight stay possible.
- ◆ From Liate Wote ~20m RT mostly dirt road ride to continue on to *Wli waterfalls, the highest in Ghana and beautiful & refreshing on a hot, equatorial day.
- ◆ ~10 mile RT paved/dirt mostly flat ride to *Tafi Abuipe where *kente* weavers create what is traditionally a sacred cloth, the best known of all African textiles.
- ◆ ~10 mile dirt/paved ride to *Tafi Atome-home of Mona & Patas monkeys, locally considered to be Gods. (~an extra 10 miles when tacked onto a RT with Tafi-Abuipe making a nice, full day!)
- ◆ Incredible drumming and dancing exhibits and/or lessons. (probably a group event)

[As you imagine your tour, recognize that Su and Ben (and Craig when present!) will engage in different daily activities themselves. You are welcome to join in or explore your own.]

Day 9-11, Thursday-Saturday, October 27-29, 2011 | Incremental steps home

Ride back to Accra with our tour van or opt for deeper, cultural immersion by taking Tro-Tro (local bus), your choice! Travel time varies according to traffic and vehicle option between 3-6 hours. In Accra, high-lights of big city living, dancing and live jazz music and a few museums are available. You may opt to take a side trip or focus on picking up souvenirs of crafts or Ghanaian music that will have rocked your previous week. In general, we'll prep to head home with the option of taking your Bamboosero bike with you! Rent to own possible, an additional \$675 completes the purchase.

Additional information available upon request, questions/suggestions welcome! Contact Suzanne (Su) Hartley at 404-401-4914 or su@bamboosero.com. Tour docs also found at [Bamboosero Tour](#).