

Bamboosero Cultural Immersion and Cycling Tour **October 29-November 7, 2010, Ghana, West Africa**

Fri, Oct 29, 2010 •Arrive Accra early evening and settle into our quaint, beach front, centrally located hotel for the evening.

Sat, Oct 30, 2010 •Acclimate to the tropical climate by driving to Somanya for the KLOYOSIKPLEM festival. There will be drumming, dancing and traditional ceremony as the Manya Krobo people celebrate both their migration from Nigeria 400 years ago as well as their ejection from their beloved Krobo mountain by the colonial masters some century ago.

•We'll travel on to Koforidua for the night, entertaining the option of seeing a local live band poolside at a swanky hotel in the area.

Sun, Oct 31, 2010 •After breakfast we'll set off to Ability Bikes, a Bikes Not Bombs inspired workshop run by physically challenged workers. You'll be fitted on your Bamboosero bicycle and have a choice of local rides. In addition to exploring the town by bike we'll have flat option rides, waterfall option rides and steep hilly, village visit options rides.

•Enjoy the beauty of Ghanaians in their Sunday best wear while we relax with the trendy city folks of Koforidua on their day of rest.

Mon, Nov 1, 2010 •Cycle roughly 30km on asphalt as well as back roads to CRIG, the Cocoa Research Institute of Ghana, in New Tafo. Ghana is the 2nd largest producer of cocoa in Africa, cocoa remains one of the primary export crops for Ghana. A leftover from the colonial era, CRIG has a beautifully, yet simply designed campus which endears the tropical setting.

Tues, Nov 2, 2010 •Cycle on paved roads to Bunso for a tour of this 16.4 hectare arboretum which is home to dozens of types of medicinal plants and the training grounds for many agriculturalists and scientists in Ghana. Our tour guide was named 'Best tour guide in the Eastern Region for 2008'.

•Continue cycling on to the village of Abompe where we'll reside for the next 2 days/3 nights.



Abompe bead makers you'll meet •Bambooseros & Craig •Escarpd mountains to climb

Wed, Nov 3, 2010 •Cycle all back roads to Adasewase village where we'll witness local court proceedings as guests at the chief's palace; dispute settlement is truly a work of art in these traditional areas.

- We'll continue pedaling to the trail head of 'Tea Falls' where we'll hike in the steep kilometer to witness the sweet waters of these falls (hence, the name!).

Thur, Nov 4, 2010 ●You've got your choice today:

- ride more beautifully African back roads to Adjeikrom for a tour in cocoa plantations
- be a student of the Abompe bauxite bead makers where you'll make your own piece (or some of it!) of bauxite jewelry in an all-day bead making workshop.
- a 3-hour fairly strenuous hike into the escarped mountains which make up the backdrop of the Abompe area.
- at any point you can take a 1-3 hour tour of Abompe bauxite bead makers
- rest

Fri, Nov 5, 2010 ●Bright and early we'll drive to Cape Coast where we'll visit the World Heritage Slave Trade Castle Site

- For the remainder of the day we've got options like cycling, visiting some of the bamboo plantations or simply exploring the Cape Coast area.
- Settle in at the quaint coastal 'Botel' just outside of Cape Coast

Sat, Nov 6, 2010 ●Drive back to our beach side hotel in Accra for a day of play in the urban jungle including souvenir shopping, boogying with urbanites, and any museum or market visits we feel inclined to take.

Sun, Nov 7, 2010 ●Prepare for flights home.

A little fine print~

- ◇ This is a supported tour; we'll have a van at our disposal for the duration so you'll only need hydration, snacks and a camera for the bike!
- ◇ We'll also have a fully trained local chef to serve your cycling legs during more rural segments where reliably prepared food can be scarce.
- ◇ A local tour guide will escort us for the duration of the trip. He is a delight to work with and invites your questions and dialogue of all sorts.

◇Tour price \$1,750

◇10 participant maximum

◇ Included in tour price: Bamboosero bicycle rental, food, accommodations, local group guide and activity fees, all in-country, group transportation. Years of experience in Ghana afford us reliable connections enabling us to offer this tour at a reasonably, low rate.

◇ Take your tour bike home with you? An additional \$675 completes the purchase of your Bamboosero bicycle! It'll be a city bike, see examples here:

<http://www.bamboosero.com/photo-galleries-city.html>

Proceeds from this tour deeply encourage the development businesses and morale of Bamboosero builders, their families and communities. Please join us in these efforts. It's an incredible experience and a lot of fun!

Please contact Su- at 831-740-1001 or su@bamboosero.com