



**Agape
Volunteers**

Ghana Adventures

Extra Trips and Excursions

Thank you for your interest in Agape Volunteers!

This booklet is designed specifically for those people who are volunteering with Agape and the prices shown here are only available to those volunteers.

Please also feel free to browse the Agape Adventures website which has extra information and photos of all of these trips. All of these trips should be booked with your trip adviser at the same time that you book your volunteering programme and they will be added to the same invoice.

Nearly all of our volunteers book at least one of these extras as it is a fantastic opportunity to see everything your host country has to offer for a rate that isn't available to tourists. Please have a read and I'm sure that something will take your fancy!



CEO and Founder, Agape Volunteers

Contents:

Page	Description
2	Kakum Rainforest & Cape Coast Cultural Tour
3	Wli Falls & Tafi Atome Monkey Sanctuary
4	Ghanaian Village Experience
5	Accra City Tour



Kakum Rainforest & Cape Coast Cultural Tour

Cost: £135 (includes all transport, entrance fees, and an experienced tour guide)

Discover Ghana's tropical rainforest at Kakum before visiting one of the most fascinating colonial relics in Africa.

This trip sees you heading west out of Accra, beginning the day by heading to the Ghanaian rainforest at Kakum. There you will get to trek through the jungle, experiencing one of the most fascinating and diverse terrains in the world. The park contains a variety of endangered species, including elephants, Diana monkeys, and a vast array of tropical birds. Whilst you may not get a chance to see all these animals, you will be able to scale the heights of the rainforest on a 350m canopy walkway. Not for the faint-hearted!

In the afternoon you will head back to Cape Coast, stopping en route at a palm wine tappers hut. Palm Wine is a local beverage with natural sweetness and very low alcohol content freshly tapped from



the trunk of a felled palm tree. Here you can watch the resident crocodiles as you enjoy your lunch.

Once in Cape Coast you'll receive a tour of Elmina Castle, the first and oldest European structure built of any substance on African soil. Originally built by the Portuguese in 1482 it was later used as an auction market.

You will receive a comprehensive guided tour., including the slave dungeons and condemned cells where slave who attempted to escape were incarcerated.

Wli Falls & Tafi Atome Monkey Sanctuary

Cost: £120 - (includes all transport, entrance fees, and an experienced tour guide)

Visit one of the largest waterfalls in West Africa, as well as Understanding a little more about the sacred mona monkeys resident to this area.

This day trip will see you head to the Volta Region of Ghana for a trek through the lush greenery of the Agumasta Forest Reserve, crossing the same river eleven times to reach the breathtaking Wli falls. The largest in Ghana - and possibly in West Africa, this waterfall is a truly stunning spectacle.

From there you will head to the village of Tafi Atome and its local monkey sanctuary. For centuries the people of Tafi Atome have considered the resident mona monkeys sacred, and you will get a chance to get up close and personal, helping with feeding, and seeing why they have always got along so well with people.

The sanctuary is also a conservation area: with growing pressures on their environment, and threatened by external hunters, the people of Tafi Atome have faced increasing pressures on their way of life. You will learn how they have combated this, and gain an insight into front-line conservation work.



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Ghanaian Village Experience

Cost: £150 (includes all transport, entrance fees, and an experienced tour guide)

Learn about the traditional ways of life and practices of rural Ghanaians, whilst experiencing the beauty of their natural surroundings.

Your day will begin with the scenic drive through the Vola region to the village of Torgorme. There you will be introduced to village elders, receiving a traditional African name, and helping them with their daily lives. This is remarkable insight into a set of cultural practices which are likely to be unfamiliar to westerners, and removed even from the Ghanaian city life you will have encountered in Accra.

From there you will take a trek through the savannah of the Shai Hills Reserve to view West Africa's big game: antelopes, bushbucks, krops, baboons, monkeys, and many bird species including the crested eagle, ground hornbill, blank bellied bustard and more. This remarkable environment is also home to a variety of archaeological and geological sites, including the Obonu Tem and Se Yo caves, previous homes to the Shai peoples. You will also get the chance to learn about various artifacts of the Krobo people, also native to this area.

A stunning combination of nature conservation, rich cultural interest and archaeological sites with a splendid scenic beauty, this trip is a great way to understand more about traditional life in Ghana.

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Accra City Tour

Cost: £75 (includes all transport, entrance fees, and an experienced tour guide)

Explore Ghana's cultural and historical background, as well as its modern-day politics through this tour of the capital.

Your day will begin with a visit to the Kwame Nkrumah Mausoleum and Park, the final resting place of Ghana's first President, Dr. Kwame Nkrumah. From there you will continue to the Ghana National Museum of History and Ethnography. This Museum houses a varied collection of Ghanaian artifacts, and is a fascinating insight into Ghana's older past.

You will also visit Independence Arch and Black Star Square - Accra's ceremonial grounds, as well as Christianburg Castle, the former official residence of the President of Ghana. This section of the tour will help to elaborate Ghana's more recent past, and its vision for the future.

Another stop on this tour is the Artists Alliance Gallery and the unique Casket Making Shops. Various designs of caskets are produced based on the lifestyle of the deceased. Caskets are designed to reflect the earthly profession of the deceased. Hence a bus driver will be buried in a bus, a teacher in a book, a doctor in a syringe etc. You can continue to the National Arts and Cultural Centre for shopping and to try out your bargaining skills on the local vendors.

Finally you will drive through Old Accra. This is a contrast of Victorian, Dutch and post-colonial architectures. You will drive past the Usher and James Town Forts, Old Accra Square and the Post Office. Another fascinating epoch in Ghana's high cultural history.

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