

Going to Ghana (Africa) November 2014

Introduction to Ghana, Africa



Ghana's history is thousands of years old.



Supporting the Girl's Cycling Team



Even baboons get saddle sores

Lon first traveled to Ghana in 2011 during a tour with Calfee Bicycles that visited villages making bamboo bicycle frames. Lon was fascinated by the African culture and the possibility of making a longer cycling tour around the area. During the past two years Lon has worked with his local friends and contacts in Ghana to scout and plan a cycling tour that represents a good example of African adventure while staying in nice hotels. Lon recently traveled to Ghana to personally travel the roads and stay at the hotels along the route. Upon seeing that all the logistics for a good tour were possible in Ghana, Lon proceeded to finalize the plans for a tour this year.

If you have ever wanted to travel with PAC Tour to Peru or other adventuresome areas we are sure you will like visiting Ghana, Africa.



Sixteen girls raced for a chance to join our tour and the race winners Vivian and Toka will be joining us on the bike tour.

Bike Races and Projects

A special project of this tour is to help the Ghana Girl's Cycling Program which was started by our friend Vida in Ghana 20 years ago. She rebuilds used bikes and sells them to local riders for \$30 so everyone can have bike. She is encouraging young women to get involved in cycling. Women and girls in Ghana do not usually have opportunities to participate in sports. During our tour we will be joined by Vida and two 17 year old girls (Vivian & Toka) who won their local race and qualified to join us on the tour. When our group goes to Ghana we will bring extra cycling clothing and parts for race prizes. At the end of the tour we can donate our bicycles so they can expand their cycling program. We have supported the projects in Ghana through our F.P.C. Global Outreach for the past 10 years.

Tax-deductible donations can be made to:

**F.P.C. Global Outreach
P.O. Box 303
Sharon, WI 53585**



Volta Lake has many inlets and bays.

Route

We begin our tour in the coastal city of Accra and head north for the first two days toward Volta Lake. This river valley was dammed in the 1950s to form the largest reservoir in the world and has the same surface area as Lake Michigan. On our third day we will cross the lake on a 2 hour boat ride and head east into the Volta Region.



Typical Ghana village

This is the location where the bike races will be held for the local villages on the fourth day of our tour. Riders from the region will race around the soccer field during a series of 4-6 lap grass track races. The riders choose from a selection of 15 bikes to use for their race. The races are a big spectator sport for the town. We are bring extra bike clothes and parts for race prizes. We will stay here for two nights to watch the races. We will join the racers for an award ceremony and party after the race.



Boys with borrowed racing bikes they share.

The following day we head north again to the city of HO where we will stay for two more nights. We have an optional loop ride to the country of Togo located on the eastern border of Ghana. On the 9th day of our tour we return south to Sogakope on the Volta River. Our final riding day is heading back west to the Senchi Royal Resort which is a beautiful hotel to end the cycling portion of our tour. The following day we will take a two hour van ride to the region of Cape Coast to visit the slave forts located along the ocean. We will stay near the beach before returning to Accra on our last day. Flights home will begin from Accra that evening.



Termite mound 12 feet tall

Daily Schedule

1 Tue. Nov. 4	Fly to Accra, Ghana in the afternoon		
2 Wed. Nov. 5	Arrive Accra, Ghana in the morning		
3 Thur. Nov. 6	Accra - Koforidua	62 km	39 miles
4 Fri. Nov. 7	Koforidua - Akosombo	67 km	42 miles
5 Sat. Nov. 8	Akosombo - Asikuma	64 km	40 miles
6 Sun. Nov. 9	Asikuma - Bike Race	27 km	17 miles
7 Mon. Nov. 10	Asikuma - Ho	47 km	29 miles
8 Tue. Nov. 11	Ho - Togo Border loop	73 km	43 miles
9 Wed. Nov. 12	Ho - Sogakope	87 km	54 miles
10 Thu. Nov. 13	Sogakope - Senchi	103 km	64 miles
11 Fri. Nov. 14	Visit Cape Coast Slave Forts		
12. Sat. Nov. 15	Return to Accra...fly home at night		
13. Sun. Nov. 16	Arrive home to the USA in the afternoon		
530 kilometers	330 miles	8 cycling days	42 miles per day

Terrain and Climate

Ghana has a varied landscape with jungle type vegetation. Our route has rolling terrain averaging about 2,000 feet of climbing every 50 miles. The daytime temperatures are 85 to 90 degrees and 70 degrees at night. All our hotels have air conditioning. The raining season is June, July and August. November is the start of the dry season so our tour should have mostly humid and warm conditions. Riders may want to carry a raincoat, but the days are very warm and usually a rain shower feels good.



Road Conditions

Our route follows mostly paved roads that can turn to gravel for short sections. Our route has 50% good pavement, 25% rough pavement, 25% dirt and gravel sections. Bicycle with 1.5 inch wide street tread tires are best. Some of the roads are hard packed clay which become slippery when wet, so tires with tread are recommended.



Road conditions range from perfect to terrible



50% good pavement, 25% pothole roads, 25% gravel roads

Bicycles to Use

A mountain bike with 26 inch street tires (26 x 1.5") will handle the varied road conditions and terrain. The tire size of 26 inch are common in Ghana while 700c tires are rare.



Rebuilt used bikes at the bike shop for \$150 to \$200

Bike Options:

(1) You can bring your own bike and store your bike case at our base hotel during the tour. Shipping costs are \$100 to \$150 on the airlines each way.

(2) You can bring an old mountain bike and donate it to the Girl's Cycling Team after the tour.

(3) You can buy a nice used mountain bike in Accra for \$150-\$200 and donate it to the cycling team after the tour. These used bike are from the United States and Europe and have been rebuilt with new cables and knobby tires. Name brands of TREK, Giant and Specialized are available. You should bring your own seat, pedals and better street tread tires. For your convenience, these bicycles will be purchased before you arrive in Accra and will be waiting for you at our base hotel.

Accommodations

All our hotels have air conditioning, hot water showers, WIFI, television and room fans. Most of these resort style locations have swimming pools, boat rides and other activities nearby. They all have restaurants that provide a buffet breakfast and a full menu dinner. We were impressed with the quality of these resorts located in the remote areas of Ghana.

Electric adapters are needed to charge US devices (cell phones)



Most of our hotels have swimming pools

Meals, Snacks

A buffet breakfast is provided at our hotel each morning. We will supplement the menu with oatmeal and other popular items. We will have a light roadside lunch of sandwiches and other available foods. Snacks and beverages will be available from our support van during the day at two rest stops. There are many roadside vendors selling bottled water, soft drinks and cookies along the way. Dinners are on your own at the hotel restaurant. Most restaurants offer a varied menu of chicken, fish, rice and stew for about \$10 to \$15 per plate. Soda is \$1 and other beverages are available for \$3.



Support and Services

We will have a full time support van and driver who will transport our luggage during the day. This van will also meet us every 20-30 km to provide lunch, drinks and snacks. Each night we will have a bike washing and repair area. Riders should be able to repair a flat tire and always carry a spare inner tube, pump and basic tool in a small seat pack.



Our support van for luggage and supplies

Fitness and Pacing

This tour is planned for adventuresome riders who can ride 100 miles on the road in training. The heat, terrain and road conditions could make many days more difficult than they first appear. All these days should fit in a 6 hour riding day from 9:00 AM to 3:00 PM. Riders should be able to ride the paved roads at about 15 kph (10 mph) and the gravel sections at about 10 kph (6 mph).



View from our hilltop hotel in the town of Ho.

IMPORTANT DETAILS

Visa, Passports and Travel Requirements

You need a passport (of course). Ghana also requires a VISA which you can purchase from the Ghana embassy in Washington, DC for \$60 by mail. Allow 30 days for processing (order in September). Or you can buy a VISA in Ghana for \$150 when you arrive at Customs in the Accra Airport.

You need proof of a Yellow Fever vaccination to travel in Ghana but you should ask your travel doctor about their recommendations for malaria, tetanus, hepatitis and other travel diseases.



Ocean view from our base hotel in Accra.

Tour Costs

The price for the tour is \$1,495 with double occupancy hotel rooms. Single rooms are not available. A \$500 deposit is required. Total group size is limited to 10 riders and six guides. Final payments are due October 1st.

Deadline for Ghana VISA processing is September 15th, 2014.

To sign-up please include the following information with your deposit:

1. Send a \$500 deposit (by Check or Pay-Pal) payable to PAC Tour.
2. Include your mailing and shipping address
3. Include your telephone number and e-mail address
4. Include your t-shirt size
5. Final payment is due October 1st (\$1,495 total).

You can register now with your deposit.

What is Included

The tour includes: All hotels in Ghana for 10 nights, breakfasts, roadside lunch, snacks, van support, route cards, maps, three local guides, airport shuttles, entry fees for museums and boats, tour T-shirt. Monthly email updates about Ghana and tour preparation will also be provided.

What is Not Included

Flights to Accra, Ghana (about \$1,000 - \$1,400) travel shots/medication and VISA. Evening dinners, extra snacks on the road or during the day. *Do not buy your airline tickets until August after confirming your flight times with Lon Haldeman. You should also buy travel insurance that covers traveling in Africa.*



**For more information contact:
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Sharon, WI 53585**

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