

Ghana Tour

December, 2021

	<u>Date</u>	<u>Start</u>	<u>Finish</u>	<u>Kilometers</u>	<u>Climbing</u>
	December				
1	Thur. 2	Start flying to Accra, Ghana. Most flights depart the U.S.A. in late afternoon			
2	Fri. 3	Arrive in Accra between noon and 7:00 PM			
3	Sat. 4	Assemble bikes in the morning. Museum tours in the afternoon			
4	Sun. 5	Accra	Koforidua (Ko-for-rid-you-a)	63	2,500'
5	Mon. 6	Koforidua	Akosombo (A-ko-som-bo)	68	2,100'
6	Tues. 7	Akosombo	Kpando (Pan-doe)	104	2,200'
7	Wed. 8	Kpando	Wli Falls (Willie Falls)	42	800'
8	Thur. 9	Wli Falls	Hohoe (Ho-way)	52	1,100'
9	Fri. 10	Hohoe	Ho (Hoe)	86	3,800'
10	Sat. 11	Ho	Akosombo (A-ko-som-bo)	73	900'
11	Sun. 12	Van drive to Cape Coast Elmina Fort...slave fort tours. Sleep in Cape Coast.			
12	Mon. 13	Canopy Walk in the morning. Drive back to Accra in the afternoon. Take showers at the hotel. Fly home after 9:00 PM.			
13	Tues. 14	Most flights arrive back in the U.S.A from noon to 6:00 PM			
	7 riding days	508 total kilometers	73 km per day		
	13,400' climbing	2,200' climb per day			