



Ghana Mountaineers



April 2023			May 2023			June 2023		
Sat	01 Apr	Moai Guide Climbing	Mon	01 May	BBQ Hike	Thu	01 Jun	
Sun	02 Apr	logaga Option Hike	Tue	02 May		Fri	02 Jun	
Mon	03 Apr		Wed	03 May		Sat	03 Jun	Guide Training ●
Tue	04 Apr		Thu	04 May		Sun	04 Jun	Navigation Skills Hike Part I
Wed	05 Apr	●	Fri	05 May	●	Mon	05 Jun	
Thu	06 Apr		Sat	06 May	Tagbo Waterfall Rapell	Tue	06 Jun	
Fri	07 Apr	Across the Plains	Sun	07 May		Wed	07 Jun	
Sat	08 Apr	Accra Biking	Mon	08 May		Thu	08 Jun	
Sun	09 Apr		Tue	09 May		Fri	09 Jun	
Mon	10 Apr	Easter BBQ Hike	Wed	10 May		Sat	10 Jun	Junior Mountaineers / Young Climbers
Tue	11 Apr		Thu	11 May		Sun	11 Jun	River Hike
Wed	12 Apr		Fri	12 May		Mon	12 Jun	
Thu	13 Apr		Sat	13 May	Guide Fitness Assessment	Tue	13 Jun	
Fri	14 Apr	Volta Region Hiking & Exploratin	Sun	14 May	Climbing Day (Adv. Rock Climbing III)	Wed	14 Jun	
Sat	15 Apr		Mon	15 May		Thu	15 Jun	
Sun	16 Apr		Tue	16 May		Fri	16 Jun	
Mon	17 Apr		Wed	17 May		Sat	17 Jun	Camping Junior Mountaineers / Young Climbers
Tue	18 Apr		Thu	18 May		Sun	18 Jun	
Wed	19 Apr		Fri	19 May		Mon	19 Jun	
Thu	20 Apr		Sat	20 May	Zondouh / Adaklu	Tue	20 Jun	
Fri	21 Apr	Guide Training	Sun	21 May		Wed	21 Jun	
Sat	22 Apr	Junior Mountaineers / Young Climbers	Mon	22 May	Private Hike	Thu	22 Jun	
Sun	23 Apr	Climbing Day (Adv. Rock Climbing II)	Tue	23 May		Fri	23 Jun	
Mon	24 Apr		Wed	24 May		Sat	24 Jun	
Tue	25 Apr		Thu	25 May		Sun	25 Jun	Introduction to Rock Climbing
Wed	26 Apr		Fri	26 May		Mon	26 Jun	
Thu	27 Apr		Sat	27 May	Junior Mountaineers / Young Climbers	Tue	27 Jun	
Fri	28 Apr		Sun	28 May	Endurance Hike	Wed	28 Jun	Climbing Day
Sat	29 Apr	Bike Hike	Mon	29 May		Thu	29 Jun	
Sun	30 Apr		Tue	30 May		Fri	30 Jun	
			Wed	31 May				

Advanced Rock Climbing (contact us on activities@ghana-mountaineers.com for more details)

Part I: Trad Climbing Equipment, Anchor Building, Advanced Rapelling Techniques

Part II: Self Rescue and Rescue Techniques

Part III: Lead Climbing / Lead Belaying

Subscribe to our mailing list for detailed info for each event -- <http://ghana-mountaineers.com/contact/>
Or contact us by email on activities@ghana-mountaineers.com

Contact us for individually tailored hikes and climbs on activities@ghana-mountaineers.com