



Ghana Mountaineers



August 2023			September 2023			October 2023			November 2023		
Tue	01 Aug	●	Fri	01 Sep		Sun	01 Oct	Around logaga	Wed	01 Nov	
Wed	02 Aug		Sat	02 Sep	Junior Mountaineers / Young Climbers	Mon	02 Oct		Thu	02 Nov	
Thu	03 Aug		Sun	03 Sep	Across the Plains	Tue	03 Oct		Fri	03 Nov	
Fri	04 Aug	Guide Training / Climbing	Mon	04 Sep		Wed	04 Oct		Sat	04 Nov	Guide Training
Sat	05 Aug	Accra Biking - AIM	Tue	05 Sep		Thu	05 Oct		Sun	05 Nov	Introduction Rock Climbing - Day 2
Sun	06 Aug	Stone Lodge - Krobo BBQ Hike	Wed	06 Sep		Fri	06 Oct		Mon	06 Nov	
Mon	07 Aug		Thu	07 Sep		Sat	07 Oct	Accra Biking	Tue	07 Nov	
Tue	08 Aug		Fri	08 Sep		Sun	08 Oct	River Hike	Wed	08 Nov	
Wed	09 Aug		Sat	09 Sep		Mon	09 Oct		Thu	09 Nov	
Thu	10 Aug		Sun	10 Sep	Osuwangyo Traverse	Tue	10 Oct		Fri	10 Nov	
Fri	11 Aug		Mon	11 Sep		Wed	11 Oct		Sat	11 Nov	Junior Mountaineers / Young Climbers
Sat	12 Aug	Trail Running	Tue	12 Sep		Thu	12 Oct		Sun	12 Nov	Bike Hike - Nsawam
Sun	13 Aug	Abutia Mezza Hike	Wed	13 Sep		Fri	13 Oct		Mon	13 Nov	
Mon	14 Aug		Thu	14 Sep		Sat	14 Oct	Junior Mountaineers / Young Climbers	Tue	14 Nov	
Tue	15 Aug		Fri	15 Sep		Sun	15 Oct	Navigation Skills Hike	Wed	15 Nov	
Wed	16 Aug		Sat	16 Sep		Mon	16 Oct		Thu	16 Nov	
Thu	17 Aug		Sun	17 Sep	Kranbote Hills	Tue	17 Oct		Fri	17 Nov	
Fri	18 Aug		Mon	18 Sep		Wed	18 Oct		Sat	18 Nov	Trail Running - Krobo
Sat	19 Aug	Bike Hike "In the Plains"	Tue	19 Sep		Thu	19 Oct		Sun	19 Nov	BBQ Hike - Kranbote
Sun	20 Aug	Osuwangyo Climbing	Wed	20 Sep		Fri	20 Oct		Mon	20 Nov	
Mon	21 Aug		Thu	21 Sep	Trail Running - Kranbote Hills	Sat	21 Oct	Accra Biking	Tue	21 Nov	
Tue	22 Aug		Fri	22 Sep		Sun	22 Oct	Introduction to Rock Climbing - Day 1	Wed	22 Nov	
Wed	23 Aug		Sat	23 Sep		Mon	23 Oct		Thu	23 Nov	
Thu	24 Aug		Sun	24 Sep	Krobo Hiking	Tue	24 Oct		Fri	24 Nov	
Fri	25 Aug		Mon	25 Sep		Wed	25 Oct		Sat	25 Nov	Climbing Camp (Introduction Rock Climbing Day 3)
Sat	26 Aug		Tue	26 Sep		Thu	26 Oct		Sun	26 Nov	
Sun	27 Aug	Krobo Option Hike	Wed	27 Sep		Fri	27 Oct		Mon	27 Nov	●
Mon	28 Aug		Thu	28 Sep		Sat	28 Oct	●	Tue	28 Nov	
Tue	29 Aug		Fri	29 Sep	●	Sun	29 Oct	Accra International Marathon	Wed	29 Nov	
Wed	30 Aug	●	Sat	30 Sep		Mon	30 Oct		Thu	30 Nov	
Thu	31 Aug					Tue	31 Oct				

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