



Ghana Mountaineers



March 2024			April 2024			May 2024			June 2024		
Fri	01 Mar		Mon	01 Apr		Wed	01 May	Accra Biking	Sat	01 Jun	Intro to Trad Climbing
Sat	02 Mar	Climbing Day	Tue	02 Apr		Thu	02 May		Sun	02 Jun	
Sun	03 Mar	Accra Biking	Wed	03 Apr		Fri	03 May		Mon	03 Jun	
Mon	04 Mar		Thu	04 Apr		Sat	04 May	Trail Running	Tue	04 Jun	
Tue	05 Mar		Fri	05 Apr	Tagbo River Canyon Hike & Rapell	Sun	05 May	Bouldering Hike	Wed	05 Jun	
Wed	06 Mar	Osuwangyo Scramble	Sat	06 Apr		Mon	06 May		Thu	06 Jun	
Thu	07 Mar		Sun	07 Apr		Tue	07 May		Fri	07 Jun	
Fri	08 Mar		Mon	08 Apr		Wed	08 May		Sat	08 Jun	Junior Mountaineers Camping
Sat	09 Mar	Accra Biking	Tue	09 Apr		Thu	09 May		Sun	09 Jun	
Sun	10 Mar	Krobo Option Hike	Wed	10 Apr	Accra Biking	Fri	10 May		Mon	10 Jun	
Mon	11 Mar		Thu	11 Apr		Sat	11 May	Intro to Rock Climbing	Tue	11 Jun	
Tue	12 Mar		Fri	12 Apr		Sun	12 May		Wed	12 Jun	
Wed	13 Mar		Sat	13 Apr	Trail Running	Mon	13 May		Thu	13 Jun	
Thu	14 Mar		Sun	14 Apr	Mount Abutia	Tue	14 May		Fri	14 Jun	
Fri	15 Mar		Mon	15 Apr		Wed	15 May		Sat	15 Jun	Volta Region / Togo
Sat	16 Mar	Junior Mountaineers	Tue	16 Apr		Thu	16 May		Sun	16 Jun	
Sun	17 Mar	Bike Hike: Mount Kadanga	Wed	17 Apr		Fri	17 May		Mon	17 Jun	
Mon	18 Mar		Thu	18 Apr		Sat	18 May	Junior Mountaineers	Tue	18 Jun	
Tue	19 Mar		Fri	19 Apr		Sun	19 May	3 Peaks Bike Hike	Wed	19 Jun	
Wed	20 Mar		Sat	20 Apr		Mon	20 May		Thu	20 Jun	
Thu	21 Mar		Sun	21 Apr	Kranbote BBQ Hike	Tue	21 May		Fri	21 Jun	
Fri	22 Mar		Mon	22 Apr		Wed	22 May		Sat	22 Jun	Zondouh / Adaklu
Sat	23 Mar	Trail Running	Tue	23 Apr		Thu	23 May		Sun	23 Jun	
Sun	24 Mar	Culinary Hike	Wed	24 Apr		Fri	24 May		Mon	24 Jun	
Mon	25 Mar		Thu	25 Apr		Sat	25 May	Zondouh / Adaklu	Tue	25 Jun	
Tue	26 Mar		Fri	26 Apr		Sun	26 May		Wed	26 Jun	
Wed	27 Mar		Sat	27 Apr	Junior Mountaineers	Mon	27 May		Thu	27 Jun	
Thu	28 Mar		Sun	28 Apr	Climbing Day	Tue	28 May		Fri	28 Jun	
Fri	29 Mar	Training Day: Adv. Rappel Techniques	Mon	29 Apr		Wed	29 May		Sat	29 Jun	
Sat	30 Mar	Accra Biking	Tue	30 Apr		Thu	30 May		Sun	30 Jun	Osuwangyo Traverse
Sun	31 Mar	Easter Hike				Fri	31 May				

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