



# Ghana Mountaineers



January 2026			February 2026			March 2026		
Thu	01 Jan		Sun	01 Feb	Osuwangyo Traverse	Sun	01 Mar	Krobo BBQ Hike
Fri	02 Jan		Mon	02 Feb		Mon	02 Mar	
Sat	03 Jan		Tue	03 Feb	GM Running, 17:00, Intervall	Tue	03 Mar	GM Running, 17:00, Intervall
Sun	04 Jan		Wed	04 Feb		Wed	04 Mar	
Mon	05 Jan		Thu	05 Feb	GM Running, 05:30, Long Run	Thu	05 Mar	GM Running, 05:30, Long Run
Tue	06 Jan		Fri	06 Feb		Fri	06 Mar	Volta Region Hiking / Tagbo River Canyon Hike
Wed	07 Jan		Sat	07 Feb	Junior Mountaineers Biking	Sat	07 Mar	
Thu	08 Jan		Sun	08 Feb	Across the Plains ( Endurance )	Sun	08 Mar	
Fri	09 Jan		Mon	09 Feb		Mon	09 Mar	
Sat	10 Jan		Tue	10 Feb	GM Running, 17:00, Intervall	Tue	10 Mar	GM Running, 17:00, Intervall
Sun	11 Jan		Wed	11 Feb		Wed	11 Mar	
Mon	12 Jan		Thu	12 Feb	GM Running, 05:30, Long Run	Thu	12 Mar	GM Running, 05:30, Long Run
Tue	13 Jan		Fri	13 Feb		Fri	13 Mar	
Wed	14 Jan		Sat	14 Feb	Climbing Practice	Sat	14 Mar	Zondouh / Adaklu
Thu	15 Jan		Sun	15 Feb	Bike Hike Along the Coast	Sun	15 Mar	
Fri	16 Jan		Mon	16 Feb		Mon	16 Mar	
Sat	17 Jan	Junior Mountaineers	Tue	17 Feb	GM Running, 17:00, Intervall	Tue	17 Mar	GM Running, 17:00, Intervall
Sun	18 Jan	Three Peaks	Wed	18 Feb		Wed	18 Mar	
Mon	19 Jan		Thu	19 Feb	GM Running, 05:30, Long Run	Thu	19 Mar	GM Running, 05:30, Long Run
Tue	20 Jan	GM Running, 17:00, Intervall	Fri	20 Feb		Fri	20 Mar	
Wed	21 Jan		Sat	21 Feb	Zondouh / Adaklu	Sat	21 Mar	Junior Mountaineers
Thu	22 Jan	GM Running, 05:30, Long Run	Sun	22 Feb		Sun	22 Mar	Osuwangyo Climbing
Fri	23 Jan		Mon	23 Feb		Mon	23 Mar	
Sat	24 Jan	Accra Biking	Tue	24 Feb		Tue	24 Mar	GM Running, 17:00, Intervall
Sun	25 Jan	Climbing Practice	Wed	25 Feb		Wed	25 Mar	
Mon	26 Jan		Thu	26 Feb	GM Running, 05:30, Long Run	Thu	26 Mar	GM Running, 05:30, Long Run
Tue	27 Jan	GM Running, 17:00, Intervall	Fri	27 Feb		Fri	27 Mar	
Wed	28 Jan		Sat	28 Feb	Trail Running Across the Plains	Sat	28 Mar	Trail Running Ilogaga
Thu	29 Jan	GM Running, 05:30, Long Run				Sun	29 Mar	Around Ilogaga
Fri	30 Jan					Mon	30 Mar	
Sat	31 Jan	Trail Running Abutia				Tue	31 Mar	GM Running, 17:00, Intervall

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