


EXERCISE SALTIRE STAR - ITINERARY (as at 3 July 08)

				Notes	Accommodation			Breakfast	Lunch	Dinner
Day	Date	Time	Activity		Transport	Guide				
Day 1	Sun 06 Jul 08	0730 hrs 0920 hrs 1200 hrs 1340 hrs 1815 hrs 1840 hrs 1930 hrs	Rendezvous Aberdeen Airport Dep Aberdeen, KL1442 to Amsterdam (Schiphol) KL1442 arrive in Amsterdam (Schiphol) Dep Schiphol, KL589 to Accra, Ghana KL589 arrive in Accra, Ghana Immigration, collect luggage Meet Land Tours at airport Meet NCCG (Officer & NCO) at airport Press Briefing at Airport Arrive Largus Fort Hotel Welcome drink and Cdt Briefing	Hotel 2km from airport	Largus Fort	LT	LT	NIL	KLM	KLM
Day 2	Mon 07 Jul 08		Day of acclimatisation Visit Black Star Square & Independence Arch Expedition Leader + 2 visit British High Commission, Accra Staff informal meeting with Flt Lt Derek Clotley in evening Overnight at Largus Fort Hotel, Accra	Use local taxis	Largus Fort	SS	SS / NCCG	LT	SS	LT
Day 3	Tue 08 Jul 08		Travel to Kumasi, cultural visit around Kumasi Visit options include Manhyia Palace Museum (legacies of Ashanti Kingdom), National Cultural Centre & Prempeh II Jubilee Museum. Visit craft villages: Ahwiaa (wood carvings), Ntonso (Adinkra cloth), Bonwire (Kente weaving) [Not all] Overnight at McKeown Hotel, Kumasi	3-5 hrs drive	McKeown Hotel	LT	LT	LT	SS	LT
Day 4	Wed 09 Jul 08		Depart Kumasi and travel North to Damongo stop off en-route at Kintampo Waterfalls Arrive at Redemption Children's Home, Damongo Overnight at Damongo Catholic Guest House	6-9 hrs drive Lunch & water required en-route Guest House 1.5km from RCH	Redemption	LT	LT	LT	SS	Redemption
Day 5	Thu 10 Jul 08	0700 - 1200	After breakfast, travel 1.5km to Redemption Redemption Children's Home Afternoon available for rest or more project work Return to Guest House in Damongo	Where do we eat in relation to guest house?	Redemption	LT?	SS	RCH	SS	Redemption
Day 6	Fri 11 Jul 08	0700 - 1200	After breakfast, travel 1.5km to Redemption Redemption Children's Home Afternoon available for rest or more project work Return to Guest House in Damongo		Redemption	LT?	SS	RCH	SS	Redemption
Day 7	Sat 12 Jul 08	0700 - 1200	After breakfast, travel 1.5km to Redemption Redemption Children's Home Afternoon available for rest or more project work Return to Guest House in Damongo		Redemption	LT?	SS	RCH	SS	Redemption
Day 8	Sun 13 Jul 08	0700 - 1200 1500 - 1700 1730 1800	After breakfast, travel 1.5km to Redemption Final morning at Redemption Children's Home Return to Guest House in Damongo Durbar ceremony at Wura Palace Travel to Mole Motel Overnight in Mole Motel		Mole Motel	LT	SS / LT	RCH	SS	Durbar
Day 9	Mon 14 Jul 08	0700 - 1000 1530 - 1830	Early morning trek in Mole National Park After lunch visit Mognori Eco Village (15km) Evening trek in Mole National Park Overnight in Mole Motel		Mole Motel	LT	LT	LT	SS	LT
Day 10	Tue 15 Jul 08		After breakfast, travel South to Kumasi stop off en-route at Buabeng-Fiema Monkey Sanctuary Arrive Kumasi Visit Ghana Armed Forces Military Museum and Kumasi Commonwealth War Cemetery (if time permits) Dinner & overnight at McKeown Hotel, Kumasi		McKeown Hotel	LT	LT	LT	SS	LT
Day 11	Wed 16 Jul 08		After breakfast, travel to Kakum Visit Kakum National Park Overnight in Elmina (UCC Sasakawa Guest House)	10 rooms avail (not 11)	Sasakawa UCC	LT	LT	LT	SS	LT
Day 12	Thu 17 Jul 08		Day in Elmina Forts, Castles & Slave Dungeons of Ghana Visit Elmina Castle Visit Beach Overnight in Elmina (UCC Sasakawa Guest House)	10 rooms avail (not 11)	Sasakawa UCC	LT	LT	LT	SS	LT
Day 13	Fri 18 Jul 08		After breakfast, travel to Accra stop off en-route at 1 or 2 NCCG schools Overnight at Largus Fort Hotel, Accra	3-4 hrs drive NCCG School location to be confirmed near Cape Coast	Largus Fort	LT	LT	LT	SS	LT
Day 14	Sat 19 Jul 08	0700 - 1430	Day in Accra Football match & social activities with NCCG cadets Return to Largus Fort Hotel to wash & change Visit and guided tour of GAF Accra Base Evening reception & meal with NCCG etc at GAF Accra (officer's mess) Overnight at Largus Fort Hotel, Accra	up to 10 local NCCG units Location to be confirmed Air Cdre Krakue	Largus Fort	LT	SS / NCCG	LT	SS	GAF Accra
Day 15	Sun 20 Jul 08	0930 - 1100 1830 hrs 1900 hrs 2120 hrs	Breakfast Attend local church service in Accra Return to Hotel for final packing & preparations for departure few hours spare for shopping in Accra Depart hotel for KIA airport Rendezvous Accra KIA airport Dep Accra, Ghana, KL590 to Amsterdam (Schiphol)	Church location to be confirmed	NIL	LT	SS / NCCG	LT	SS	SS
Day 16	Mon 21 Jul 08	0600 hrs 0810 hrs 0840 hrs 0915 hrs	KL590 arrive in Amsterdam (Schiphol) Dep Schiphol, KL1441 to Aberdeen KL1441 arrive in Aberdeen End Expedition		NIL	NIL	SS	KLM	NIL	NIL

SS = Saltire Star Team,

LT = Land Tours,

NCCG = National Cadet Corps Ghana,

RCH = Redemption Children's Home