



Pan Africa Hash

Cape Coast, Ghana, 7-9 June 2013

Here's what we have planned for you!

How do I get there?

First, get to Accra. Heaps of airplanes got there, talk to your travel agent or surf the internet. Buses to Cape Coast, 130 km west of Accra, will depart from Accra at staggered timings all day Thursday and early Friday morning on an excellent road. The buses will be lubricated and will make requisite pit stops. Registration on arrival at Cape Coast. In our final notice we will provide information about alternative transport for those of you who want it. Air conditioned luxury buses are cheap and frequent, and taxis are an option as well.

What does my rego cover?

Your registration will cover your goodie bags, both runs (Saturday and Sunday) as well as beer, softies and water on the buses, at the circles and at the venue. We will also lay on brunch and dinner Friday, Saturday and Sunday (that's 6 meals for the arithmetically challenged). Aren't we generous? What your rego does NOT include is food and drink at the optional party we will host on Thursday night or the charity Red Dress Run on Friday afternoon.

What about pre- and post-lubes?

Accra Hash is putting on two post-lubes. One will be a Beach Hashfari starting from Cape Coast and working westward toward the Côte d'Ivoire border. The other will be a mountain Hash in the Volta Region to the east. Both will be extraordinary and limited to the number of people who can fit on a bus (about 30). Our fellow West Africans in Togo, Nigeria and Côte d'Ivoire are plotting other outrages for you.

What about Froggies?

We are well aware that Frogophone hashers abound – indeed, Ghana is surrounded by the buggers. So we are planning Frog-speaking circles on both days. Voila!



Where do I sleep?

Sleep is not encouraged, but if you must, we will organise it for you. Accommodation at the University of Cape Coast guest houses (highly recommended) can be booked through us. These are clean, cheap and convenient. All of them are doubles. Those of you who are poor or mean can stay in the university dorms for the ridiculous price of \$8.00 per night. No aircon, but all the rooms have electric fans. Contact Dirty Dancer at cathydan@gmail.com. Send full payment to her by wire transfer: details at www.accrahash.com. We will also provide info for anyone who wants a bit of luxury in one of the nearby resort hotels. You are free to book your own accommodation through the internet, which is pretty good in Ghana.

What does all this cost?

Our rego fee is \$150 until 30 June. On 1 July it goes up to \$200 and to \$250 on 1 January 2013.

What about malaria?

We strongly recommend prophylaxis. Get some pills from your doctor before you leave home. I should tell you that those of us who live here take nothing. We prefer to wait for the symptoms, then we take the prescribed medicine to drive away the parasites. You can do this too, so if you're too stupid or lazy to do as we suggest, the local pharmacies can set you up. Malaria is nasty, but absolutely curable.

What about a visa?

Unless you hail from an ECOWAS country, you need one. If your country doesn't have a Ghanaian High Commission or Embassy, you can get a visa on arrival. You need a letter of invitation from us, which we will make available by posting a document with letterhead and signature on our website. All you need to do is download it, provide the info indicated, and sign it. We'll post this letter in March 2013.

Anything else?

Yes, you also need an International Certificate of Vaccination or Prophylaxis showing that you are immunised against yellow fever. Vaccination against yellow fever is good for 10 years. I carry such a certificate, but have yet to be asked for it by immigration in Ghana. But Murphy's Law applies: if you don't have it, they'll ask for it. So get one.



On On to Cape Coast!

