

Welcome to the West Africa Interhash 19th March – 21st March 2010 !!

This page will be regularly updated as information comes to us and as we receive bookings

COSTS

We hope to keep this down as much as possible by inviting sponsors to support us. However to cover the cost of the runs, merriment and goody bags we are asking you to pay \$100 for registration. Please use the attached registration form and email it back to us – details of how to pay are included on the form, (the account to pay into is a dollar account). Local participants please pay in cash to Hash Cash.

ACCOMODATION

Freetown Hashers are a friendly lot and we plan to open our homes to all visitors. We will ensure that you have comfortable accommodation so let us know if you want to stay:

- With a Hasher
- In a guest house, approx. cost \$70 per night
- In a hotel, approx cost \$140 per night

EVENTS

Friday 19th March – Welcome Party and Opening Ceremony

Saturday 20th March – Afternoon Run/Walk (approx. 5pm) at a site of breathtaking beauty, followed by the usual Circle, eating, drinking, fun, games and an evening party

Sunday 21st March – Late morning Recovery Run/Walk ending up at the beach for more of the same and a befitting closing ceremony

CABARET

Knowing how creative Hashers are we are inviting submissions for short cabaret acts which we can include during the evenings. Please let us have details of any ways in which you would like to make a fool of yourself !

HOW TO GET HERE

International flights into Sierra Leone land at Lungi airport and from there you will take a short ride by helicopter, ferry or boat to Freetown (see attached for prices). You will be met at either Lungi or Freetown according to your preference and mode of crossing the Sierra Leone river.

When you have confirmed your flight details we will inform our protocol man, Mike, at Lungi airport who can receive you and help you get across.

Travelling by road from Liberia or through Guinea is sure to be bumpy and if you contemplate this be sure to have a good map !

For other information concerning Sierra Leone, please visit: <http://www.sierra-leone.org>

HOTEL, TRAVEL & PAYMENT INFORMATION

FLIGHTS	FROM LAGOS	FROM ACCRA	FROM MONROVIA	FROM BANJUL
RETURN	NIGERIA (Arik Air)	GHANA (Kenya Air)	LIBERIA (Elysian Air)	GAMBIA (Arik Air)
Economy	\$465	\$825 (Fri-Sun) \$560 (Thurs-Sun) \$560 (Fri -Tues)	\$300	\$275
LUNGI	HELIC'PTER/7M	SPEED	SLOW BOAT/35	CAR
AIRPORT	INS	BOAT/25MINS	MINS	FERRY/50MIN
TO	Parachutes	Life jackets YES	Life jackets YES	S
FREETOWN	NO!	\$40	\$40	Safety ???
	\$80			\$2
HOTELS	FAMILY	COUNTRY LODGE	CHINATOWN	JILIN
	KINGDOM	Hilltop with pool	Beachfront	Beachfront
	Beachfront	approx \$150	B&B \$75-\$85	approx \$60
	approx\$70			single
Also possible to				\$80 double
stay with local				
Hashers				
REG FEE	ACCOUNT	BANK	ACCOUNT NO.	SWIFT CODE
\$100 b4	NAME	NAME/ADDRESS	5001050490216	CITIUS33
end Feb	Emad Houry	Ecobank, 7		
\$150	Imres Pharmacy	Lightfoot		
thereafter		Boston St, POBox		
		1003,		
		Freetown		