



December 2012

Pan Africa Hash

Cape Coast, Ghana,
7-9 June 2013

Much of this info was posted in November, but we're repeating it for those of you who never read it, adding a few choice bits.

Where is Cape Coast?

Cape Coast is 130 km west of Accra. Buses 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 the University of Cape Coast (UCC). 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 transport to Cape Coast from Accra and return, 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 (6 meals). 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. Our rego fee is \$200 until 31 Dec 2012. After that \$250.

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).

Where do I sleep?

Accommodation details on our website at [here](#). To fit as many people as possible onto the campus, we'd like to fit two people into as many rooms as possible. But only 16 rooms have twin beds – the rest have double beds. If you want single accommodation, you can either opt for student accommodation or book into a hotel.

Yellow fever vaccination certificate

You 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.

What about malaria?

We strongly recommend prophylaxis. Get some pills from your doctor before you leave home. Those of us who live here take nothing. We prefer to wait for the symptoms, then we take the prescribed medicine to kill the parasites. Malaria is nasty, but absolutely curable.

What about a visa?

Unless you hail from an ECOWAS country, you need one. If your country has a Ghanaian High Commission or Embassy, get a visa from them. We will make every effort to make visa on arrival possible, but even if we succeed you'll have to wait in a queue at the airport, so getting a visa in advance makes abundant sense. The Ghana High Commission in London provides visa info at www.ghanahighcommissionuk.com. General info on visa requirements can be found [here](#).

What on earth is that silly logo you use?

It's not silly, it's a Sankofa. The Sankofa is a Ghanaian icon, except that the chicken is bending backwards to collect an egg and we, being Hashful, have substituted a mug of beer. In the Akan language, *sankofa* means 'go back and get it', or loosely translated, 'It is not wrong to go back for that which you have forgotten.' Esoteric rascals, aren't we? To the right is an image showing proper use of the Sankofa icon.



The program

Thu 6 June: Arrive Cape Coast via lubricated bus direct from the Aerostar Pub, directly across from the arrivals area at Kotoka Airport. Look for our lovely Harriette welcoming committee. Buses will depart when full. Exact times will be given closer to the event. Party at the main venue (cash bar).

Fri 7 June: More buses leave Accra for Cape Coast. Meet at the Aerostar for pick-up. Registration for both Pan Africa Hash and the Red Dress Run.

1130-1330: Brunch at main venue.

1530: Buses depart UCC for Red Dress Run.

1600: Red Dress Run. Finish at Cape Coast Castle. Circle.

1800: Buses depart Castle for UCC.

1900: Dinner.

2000: Opening ceremony.

Sat 8 June

1030: Buses pick up Hashers staying in hotels.

1130-1330: Brunch at main venue.

1400: Buses depart for run sites. Choice of 4 run sites. Each will have options for runners and walkers.

1800: Buses return to main venue.

1900: Party on!

Sun 9 June

Same program as Saturday.

Mon 10 June: Buses depart for Accra. Optional Post-lubes commence.

How do I register for a post-lube?

Details forthcoming; check the website regularly.