



## **Complete Ghana: The Beauty of Travelling West Africa**

16 days, Accra to Accra

Trip code DGAR

## What's included

- Your Foodie Moment: Bonkro Cooking Class Experience, Bonkro
- Arrival Transfer
- Black Star Gate & Independence Square visit
- Walking Tour of Jamestown
- Kwame Nkrumah Mausoleum Visit
- The Fantasy Coffins of Ghana
- Assin Manso Heritage Site Visit
- Krobo Village Beading Experience
- Volta River Sunset Cruise
- Climbing Mount Afadjato
- Wli (Agumatsa) Falls Visit
- Ntonso Adinkra Village Visit
- Manhyia Palace Museum Visit
- Akwasidae Festival in Kumasi
- Commercial Centre of Kumasi Visit
- Visit to Kuapa Kokoo Cooperative
- Outdoor Movie Night with Locals in Bonkro
- New Edubiase Market Visit
- Visit to the Reforestation Project at Bonkro
- Bonkro Community Bonfire
- Shai Hills Reserve Visit
- Cape Coast Castle Visit
- Traditional Batik making workshop
- Visit to Kakum National Park
- Stingless bees project tour
- Baobab Foundation Restaurant Lunch
- Djembe drum performance and dance lesson
- Dugout canoe ride to Nzulezu Stilt Village
- Biking or hiking in the Ankasa Reserve
- Ankasa Village and Community Excursion
- Fishing town of Elmina and Castle of Saint George Visit
- All transport between destinations and to/from included activities

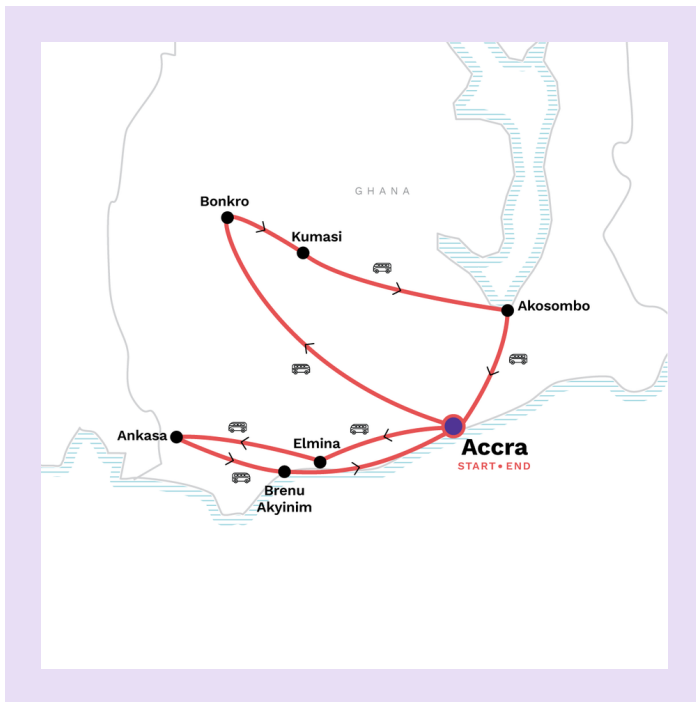
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing April 1st, 2026 and onwards

## Itinerary

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**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Accra

Arrive at any time. Your transfer to the hotel is included as part of your tour. Upon arrival take some time to get settled and opt to have dinner at the onsite restaurant. The adventure begins tomorrow.

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### Accommodation

Urbano Hotel (or similar)

Hotel

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### Today's Activities

Free Time

Accra

Spend the evening at your leisure and get settled. Opt to grab a bite to eat at the restaurant on the property and rest up after a successful arrival to Ghana.

Arrival Transfer

Kotoka International Airport - Accra

15m-30m

6km

Settle in and enjoy an included arrival transfer to the start hotel in Accra.

Have breakfast at the hotel and enjoy a welcome briefing this morning with your CEO before a sightseeing day in Accra. Start with a visit to Black Star Gate and the main ceremony grounds of Independence Square to learn about Ghana's journey towards liberation from British rule. Then transfer to the historical community of Jamestown for a walking tour through the structures that predate the Colonial era, and gain a true picture of old Accra with its many European influences. From here the group will visit the final resting place of Ghana's founder, Kwame Nkrumah and delve into his incredible life and efforts to liberate this country. Grab lunch on your own at a local restaurant.

The adventure continues as the group meets a local artisan of Ghana's Fantasy Coffins, which are a unique and creative way this country honours loved ones and celebrates their path to the afterlife. Check out a few of his designs and learn a little more about Ghana's lively funerary practices. The remainder of the evening will be free for travellers to explore the local area on their own, or to relax at the hotel.



## Meals included

Breakfast



## Accommodation

Urbano Hotel (or similar)

Hotel



## Today's Activities

Private Vehicle

Accra

1h30m

29km

Sit back, relax, and scan the scenery of Accra between transfers to historical and cultural sites around the city. The longest drive time between destinations is 20 minutes, the shortest being five minutes.

Black Star Gate & Independence Square

Accra

30m

Your introduction to Ghana's history and culture begins at the Black Star Gate and Independence Square along Accra's coastline. This is the main ceremony grounds of the city, and where you can find the enclosed flame of African Liberation, lit in 1961 by Kwame Nkrumah himself. Your CEO will provide you with more information about the area's importance to the people of Ghana as you gather in various spots throughout the square.

### Walking Tour of Jamestown

Accra

1h

With your CEO at the lead, walk through the old community of Jamestown. See with your own eyes the historical structures that predate the Colonial era and learn about the different ways the locals are committed to conserving these buildings and hear about their significant efforts to maintain them. Due to their efforts, the community is able to provide travellers with an excellent idea of what it was like during Ghana's colonial past. See the 30m high lighthouse constructed by the British in 1871. Admire the colourful fishing boats on the beach, and continue to Fort James, a British trading post in 1673 which fell under Danish rule. Also of interest here are the Brazilian stone houses, built by formerly enslaved African's who resided in Brazil and made their way back to Africa after the slave trade was abolished. This area in Accra is also famous for producing many world champion boxers like Africa's greatest, Azuma Nelson.

### Kwame Nkrumah Mausoleum Visit

Accra

1h

Visit the Kwame Nkrumah Memorial Park, located in downtown Accra. The location is the final resting place of Ghana's founder and first president. The museum was created in his honour and contains photographs, artifacts, and important insight into this incredible human's life. The centre was designed by a Ghanaian architect and was built using Italian marble.

### The Fantasy Coffins of Ghana

Accra

1h15m

Like much of the world, Ghana's funeral and burial ceremonies are very solemn occasions, but the celebration that follows is quite incredible! It's believed that the newly deceased move on into another world and so their coffins are made to represent the occupation of the dead, or to depict something that was very important to them during their lives. Visit a local artisan and see a few of his coffin designs that one could be buried in. Options range from cars and airplanes, to cocoa pods, cigarette packets, bottles of beer, and crocodiles. You'll experience an entirely new take on death and what it can look like to celebrate the lives and passions of those dearest to us.

### Free Time

Accra

Spend a free evening exploring more of Accra on your own with suggestions from your CEO, or if you are feeling tired, you can choose to rest at the hotel.

In the morning leave Accra behind and travel inland towards Bonkro. Stop along the way at the Assin Manso Heritage Site. Learn from a guide about the site's history, the transatlantic slave trade, and the role Assin Manso played as a final inland stop along the slave route. Then, it's onward to the guesthouse in Bonkro where your stay contributes to the ongoing conservation efforts towards the protection of the surrounding Picathartes Forest reserve and local community life in the area. Enjoy an included lunch of traditional dishes and then an afternoon visit to the local representative of Kuapa Kokoo, a Fairtrade-certified cocoa farmers organisation in Ghana.

During your visit the group will meet with several of the farmers and their families, and learn how the cooperative is improving working conditions and ensuring women's voices are heard in the business. See the entire harvesting process and taste some of the local sweets. Then, set out on a short walk through the village where you'll see first-hand the benefits of community tourism in connecting cultures and strengthening. Finish the day with an included dinner back at the guesthouse and then an outdoor cinema movie night that will be joined by local families for an involved experience within the community.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Afrikiko River Front Resort (or similar)

Resort



## Today's Activities

Private Vehicle

Accra - Bonkro

5h-5h30m

Settle in and scan the scenery from the comfort of your private vehicle between Accra and Bonkro and Accra. There will be a stop at the Assin Manso Heritage Site to break up the drive.

Assin Manso Heritage Site Visit

Assin Attandaso Forest Reserve

Visit the Assin Manso Heritage Site where you will be welcomed by a local historian/guide who will provide an introduction to the history of the transatlantic slave trade and the role Assin Manso played as a final inland stop along the slave route. Enslaved Africans from across West Africa were marched

to this location after being captured or sold in inland slave markets. Assin Manso became known as the “Last Bath” site, where captives were ordered to bathe in the river before being transported to the coastal forts.

Bonkro Guesthouse Local Lunch

Bonkro

1h

Sit down for a delicious included lunch at the Bonkro guesthouse where your chef will prepare a variety of local dishes for the group. As you enjoy this delicious meal, your CEO will remind you about the ways in which your experience with G Adventures is helping to support this important initiative and bring more engagement to the local community.

Visit to Kuapa Kokoo Cooperative

Bonkro

2h

Pay a visit to the local representative of Kuapa Kokoo Cooperative, a Fair-Trade organization that works to ensure its cocoa farmer members receive a decent price for the product they grow and sell. They also work hard to ensure women's voices are heard within the business. Divine chocolate is one of the fastest growing brands in the world and the cocoa is likely to have been sourced here. Meet several of the farming families and see the entire harvesting process in action. Try the unripe cocoa that the local children use as sweets and hear how cocoa pods can be used for soap making among other things.

Community Guesthouse & Village Walk

Bonkro

Embark on a 20-minute walk through the village and see the outside of the local school that has been built with the support of G-Adventures. The school has had an incredible impact on the children living in this area and is providing them with the opportunity to earn an education while maintaining the fundamentals of their customs and rural ways of life. All profits generated from the initiative that involves staying at the nearby guesthouse go 100% back into the community. During the walk you'll hear more about other projects, aims, and objectives of this ethical form of tourism.

Outdoor Movie Night with Locals in Bonkro

Bonkro

Cap off the day with an outdoor movie night in which the surrounding communities are welcome to join with their families for an evening at the cinema. Sit back, watch one of the best African movies, and feel the night breeze rustle through the crowd as you experience a wonderful blending of cultures through this shared form of entertainment.

Bonkro Community Guesthouse Stay

Bonkro

Spend two nights in a remote Bonkro village and witness first-hand how the community is working to protect the surrounding Picathartes Forest Reserve. Staying here allows for a more authentic local experience and provides a valuable contribution to the resident communities and other conservation efforts that are underway.

Enjoy a relaxed start before breakfast, where the chef will ask which local dish you'd like to learn to cook for this evening's meal. Transfer to the market in New Edubiase to purchase the necessary ingredients for your dinner dish. Delve right into the daily bartering alongside the locals for an authentic grasp of everyday life. Spend free time here and have lunch on your own. Choose to ride a bike back to Bonkro and pedal through the villages along dirt roads and take in the beauty of this area, or ride back to the community guesthouse in the vehicle.

Then, join the head chef at the property and prepare the group dinner. This hands-on experience will allow for a taste of Ghana's culinary culture with plenty of advice from the kitchen experts. The meal will be prepped and then fully prepared come evening. In the meantime, take a short walk to the nearby rainforest that is being protected by the community with the aim of increasing its size in the coming years to help heal the planet. Enjoy dinner made by your own hands and share the warmth of this special meal before a night around the bonfire joined by the locals with traditional music and stories of Ghana's past.



## Meals included

Breakfast | Dinner



## Accommodation

Afrikiko River Front Resort (or similar)

Resort



## Today's Activities

New Edubiase Market Visit

New Edubiase

1h30m

The group will visit the local markets in New Edubiase, which is about 30 minutes from Bonkro. Here, everyone will shop for dinner using the full list of ingredients and money from the head chef at the guesthouse. Step into the daily routines of the locals and barter to get a good price for your produce. You'll also have time to explore this town a bit and have lunch on your own at a restaurant or one of the food stalls at the market that the CEO has advised are safe to try.

Bike ride back to Bonkro from New Edubiase

New Edubiase - Bonkro

1h30m

20km

Choose to ride bikes back to Bonkro and pedal through local villages in the area and along dirt roads for a chance to fully embrace the landscape. Please note that you can choose to transfer back to the guesthouse stay by vehicle rather than bike.

## ACTIVITY

Spend the afternoon led by the head chef of the community guesthouse and prepare your own traditional Ghanaian dish for tonight's dinner. The whole group will be involved in preparing parts of the meal and the other cooks will offer advice on your dishes. The food will be stored once it's ready and served in the evening. There likely will be a cook book available for purchase should travellers wish to take more of these delicious recipes home with them.

\*Please note, for those who do not wish to participate in the cooking lesson, there will be the opportunity to unwind at the guesthouse, or to visit the village and see how locals prepare Gari, one of their local delicacies.

Visit to the Reforestation Project at Bonkro

Bonkro

1h30m

Walk a short distance to the rainforest that is part of Bonkro's reforestation project in the effort to increase the forest's size to protect this land for future generation and to help heal the planet. Your support at the guesthouse stay has a ripple effect allowing for more native trees to be planted along the boundary line of the current forest. Hear more about the protection efforts and the ways in this is changing the lives of the future generations in this community.

Bonkro Community Bonfire

Bonkro

2h

Enjoy a night of relaxation around a crackling bonfire joined by local community members. Sit around the warm glow together, listen to traditional music, enjoy a refreshing drink from the bar, and hear stories and old fables of Ghana's past. It's a memorable way to cap of your stay in this unique and important area of Ghana

Bonkro Community Guesthouse Stay

Bonkro

Spend two nights in a remote Bonkro village and witness first-hand how the community is working to protect the surrounding Picathartes Forest Reserve. Staying here allows for a more authentic local experience and provides a valuable contribution to the resident communities and other conservation efforts that are underway.

Travel towards Kumasi today with a visit to a UNESCO World Heritage site where you will see the last material remains of the great Asante Empire. There are 10 active shrines within the buildings which are made from bamboo, timber, mud, and thatched roofs. The walls are designed with motifs that have traditional symbolic meanings attached to ancient Adinkra symbols. This is also where Nana Yaa Asantewaa, possibly-the most important woman in Ashanti history-comes from.

From here the group will continue to the ancient village of Ntunso, which is where Adinkra symbols and cloth originate from. These symbols have been used in Ghana for centuries to represent concepts or aphorisms, and are most commonly used in fabrics and pottery. Learn more about how these symbols were created and then transferred onto traditional cloth and clothing. While here, you will make your own strip of Adinkra cloth with symbols that have personal significance to you. Continue to the hotel and enjoy an included dinner at the restaurant on-site.



### Meals included

Breakfast | Dinner



### Accommodation

Lancaster Kumasi City Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Bonkro - Kumasi

3h-3h30m

119km

Settle in and scan the scenery from the convenience of a private vehicle.

Traditional Ashanti Buildings Visit

Kumasi

1h

Prior to arriving in Kumasi, visit the last material remains of the great Asante Empire and see the traditional Asante buildings that are now recognized as UNESCO World Heritage Sites. There are 10 active shrines within the buildings which are made from bamboo, timber, mud, and thatched roofs. The walls are designed with motifs that have traditional symbolic meanings attached to ancient Adinkra symbols that you will learn more about. This is also where Nana Yaa Asantewaa, possibly the most important woman in Ashanti history comes from, a great female warrior who led the Ashanti's in the 1901 war against the British. Nana Yaa Asantewaa was also the Queen Mother of Ejisu Besease and the group will visit the local spiritual shrine where she used to fortify herself before going into battle.

Ntonso Adinkra Village Visit

Ntonso

1h

Learn more about Adinkra including their historical and cultural importance in the ancient village where the cloth and symbols originated from. The traditional symbols all have meanings and are typically carved using calabash shells. Then those symbols are printed onto traditional cloth using natural dyes made from the bark of certain local trees. They are used in fabrics and pottery and are also incorporated into walls and other architecture. The Adinkra cloth has been worn by the Ashanti's for centuries and actually pre-dates Kente cloth. Try your hand at making your own strip of cloth using any symbols with personal significance and take your finished masterpiece home with you.

In the morning visit the commercial centre in Kumasi, where most Ghanaians shop. Explore bustling Adum and the Kejetia market with its labyrinth of stalls. Feel the atmosphere of daily life for so many locals living nearby. Prepare for culture and history at Manhyia Palace, home of the Asantehene King of the Ashanti's and ruler of the powerful Asanteman Kingdom. Gain key insight into the legacy of the Ashanti's before attending the Akwasidae Festival. This traditional ceremony and celebration is held by the Ashanti people of Ghana every six weeks on a Sunday at the palace in Kumasi. People dress in traditional clothing, the king is greeted at the royal court, gifts are offered, and there are parades with drummers, dancers, and singers to celebrate the Ashanti people's rich culture and heritage. During the festival there will be opportunities to purchase lunch from one of the street vendors at your own expense. The day is planned this way so as to not miss the arrival of the King. Afterwards, travel back to the hotel for a free evening to relax by the pool and enjoy your included dinner.



## Meals included

Breakfast | Dinner



## Accommodation

Lancaster Kumasi City Hotel (or similar)

Hotel



## Today's Activities

Private Vehicle

Kumasi

1h30m

37km

Settle in and scan the scenery from the comfort of your private vehicle during your transport between the hotel and the Akwasidae Festival in Kumasi and back to the hotel later in the day.

Commercial Centre of Kumasi Visit

Kumasi

1h

Visit the commercial centre of Kumasi in the Adum neighbourhood, where most Ghanaians shop. Walk down to Kejetia market and become part of every day life in the largest outdoor market in West Africa. Walk past the many stalls nestled closely together in the labyrinth and try your hand at shopping as the locals do.

Manhyia Palace Museum Visit

Kumasi

45m

Pay a visit to the Manhyia Palace Museum, which offers a fascinating narrative through the history of the powerful Ashanti tribe. The tour provides firsthand insight into the legacies of the Ashanti's and offers a chance to understand their culture and see the home of the Asantehene King. The experience works well in tandem with the group's attendance to today's Akwasidae Festival.

Attend Akwasidae Festival in Kumasi

Kumasi

5h-5h30m

The group will walk from the palace to the durbar grounds in the courtyard which will be a buzzing hive of activity as people of the Asanteman Kingdom who made the journey here to Kumasi gather in order to pay homage to their King. The Akwasidae festival is celebrated every 42 days (or every sixth Sunday) and is sure to provide you with in-depth insight into the rich culture of the Asanteman Kingdom. All chiefs will be adorned in rich, colourful and traditional kente and adinkra cloths. Dance and drumming will accompany the proceedings, and gifts are offered to the Asantehene. During your time at the festival, you will notice how strong this kingdom still is today and glimpse the hard work being done to fuse culture, customs, and traditional values with the present so future generations will continue to uphold them. While the exact timing of the King's entrance isn't set in stone, your group will be there throughout the festival to ensure not missing it. Lunch will be available for purchase on your own at one of the various food stalls.

In the morning depart Kumasi for Akosombo. Along the way the group will visit a village near Krobo to meet one of the resident families here that make traditional Ghanaian beads. Learn firsthand about their historical importance, and spend a wonderful afternoon mixing with locals, observing village life, and making your own bead jewelry. Later, upon arriving at the lodge, the group will embark on a short walk to the jetty and board a river cruise to enjoy the rolling hills and lush forest scenery with a complimentary sundowner in hand. The remainder of the evening will be at your leisure back at the lodge.



## Meals included

Breakfast | Lunch



## Accommodation

Picarthartes Community Guesthouse (or similar)

Guesthouse



## Today's Activities

Private Vehicle

Kumasi - Krobo

5h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Krobo Village Beading Experience

Krobo

2h

Spend a few hours at a local village and meet with one of the families that make traditional Ghanaian handmade glass beads. The production of this jewelry dates back centuries. These beautiful, colourful beads are still used in present-day ceremonies and festivals, and are central to the culture of the Krobo people of Ghana. They are often worn as symbols of maturity and as an honour to one's family heritage. During your time here the group will learn the ancient processes used to make these beads and will even have the chance to make their own design under the guidance of a local family. Become part of village life for a day and leave with your own symbol of beauty.

Private Vehicle

Krobo - Akosombo

30m

Settle in and scan the scenery from the convenience of a private vehicle.

## Volta River Sunset Cruise

Akosombo

2h

Take a short walk to the nearby jetty of the riverfront lodge and board a boat for a sunset cruise on the calm water. Watch as the rolling hills and forests past by seeped in a golden light (weather permitting). You'll see local fishermen bringing in their daily catch and can sip on an included sundowner while the river teems with live around you.

Day 8

## Akosombo

This morning will be dedicated to hiking Mount Afadjato, Ghana's highest mountain standing at approximately 885 metres. Take in the sweeping views, breathe the fresh air, and search for butterflies and birds as you climb. It's worth noting there will be an alternative hiking option for any travellers who choose not to try the more strenuous route. Enjoy an included lunch after the climb in the town of Wli before visiting the highest waterfall in West Africa in its idyllic setting. As you near the falls listen for the sounds of Fruit Bats in the adjacent cliffs amid the rushing water. Return to Akosombo and enjoy a free evening at leisure. Maybe have a beverage at the riverfront bar and enjoy dinner on your own with a view.



### Meals included

Breakfast | Lunch



### Accommodation

Picathartes Community Guesthouse (or similar)

Guesthouse



### Today's Activities

Private Vehicle

Akosombo - Gblede

2h15m-2h30m

122km

Settle in and scan the scenery from the convenience of a private vehicle.

Climbing Mount Afadjato

Gblede

2h

4km

Begin today with a nice hike to the top of Ghana's highest mountain; Afadjato. It sits at an elevation of 885 metres and offers excellent opportunities for photos of the beautiful landscape. Walk along a trail that passes through dense forests with nearby waterfalls, and rocky terrain. The summit offers views over the Volta River, Togo Mountains, and some of the surrounding communities on a clear day. This mountain is home to many plant and animal species and is part of the Agumatsa Range along the Ghana-Togo border. To the local people this peak is sacred and a lasting symbol of their cultural identity.

\*Please note that an alternate option is available for those hoping for a less strenuous experience.

Route length: 4km

Duration: 2hrs

Private Vehicle

Gblede - Hohoe

30m

14km

Settle in and scan the scenery from the convenience of a private vehicle.

Wli (Agumatsa) Falls Visit

Hohoe

2h

Fill up on lunch in the town of Wli and then head deeper into the rural landscape of Agumatsa Wildlife Sanctuary in the Volta region of Ghana to visit the highest waterfall in West Africa set back in a truly idyllic setting. Hike a short distance through the semi-deciduous forest from the Wli village and listen for the powerful flow of the river as well as the sounds of a Fruit Bat colony on the nearby cliffs. Once the group reaches the waterfall there will be about a half hour to enjoy a quick swim in the pool at the base of the falls before returning to the village.

Private Vehicle

Hohoe - Akosombo

2h30m

136km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Akosombo

Free evening at leisure back at the lodge property on the river's edge.

Day 9

## Akosombo/Accra

Enjoy breakfast at the lodge before transferring back to Accra. Travel by the greener pastures of the Shai Hills Reserve. The protected area was home to the Shai people before they were pushed out by the British, and remnants of their time here can still be found within the landscape. From hills to canyons, this area is also home to forests and grasslands that allow the resident wildlife to thrive. Be on the lookout for antelope, zebra, baboons, and green monkeys as you walk with your guide to the Obonu Tem caves. Continue on to Accra where the group will visit a local restaurant for an included dinner before taking advantage of a free evening to explore more on your own. Your CEO can provide you with some suggestions on the best places for nightlife in this city.



### Meals included

Breakfast | Dinner



### Accommodation

Urbano Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Akosombo - Accra

3h

Settle in and scan the scenery from the comfort of your private vehicle between Akosombo and Accra. There will be a stop to visit the Shai Hills Reserve along the way. Arrival to Accra will be in the evening.

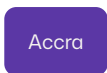
Shai Hills Reserve Visit

Shai Hills

1h45m

Become acquainted with the environment and wildlife at the Shai Hills Reserve, an expanse of Savannah grassland and woodlands dominated by large boulder rock formations. Animals like baboons, antelopes, and certain species of monkeys reside here. It was formerly the home of the Shai people who were pushed off of the land by the British in 1892. Granite inselbergs dominate the landscape and depict many active traditional shrines. Walk with a wildlife guide to the Obonu Tem caves where there is a large colony of Egyptian Tomb Bats. Keep your eyes ready to spot colourful birds like, Turacos, Rollers, and Bee-eaters. This morning spend walking amid the boulders a great introduction to Ghana's inland terrain.

Free Time



After dinner, spend the evening at your leisure and explore more of Accra on your own.

Day 10

## Accra/Elmina

Have breakfast at the hotel and enjoy a welcome briefing this morning with your CEO before transferring to Cape Coast, the capital of the Central Region in southern Ghana, and known for its role in the transatlantic slave trade. Have lunch on your own at a friendly, fresh, and local spot before exploring the UNESCO World Heritage site of Cape Coast Castle. This emotional experience is extremely important in understanding the recent history of Ghana. Spend the remainder of the afternoon immersing yourself in the true African art of traditional batik making at a workshop led by Global Mamas. This organization works hard to empower local women to hone their artistic skills and enter the fair-trade market, thus enabling them to support their families. Later, transfer to your beach front accommodation in Elmina where you will have free time to relax and explore the area on your own.



### Meals included

Breakfast



### Accommodation

Lemon Beach Resort (or similar)

Resort



### Today's Activities

Cape Coast Castle Visit

Cape Coast

1h

Visit Cape Coast Castle, a designated UNESCO world heritage site, for an emotional and thought-provoking experience in a monument that reflects a harrowing period in the region's history. The site is notable for its role in the transatlantic slave trade and is now being used as a way to educate visitors and provide more of an understanding of Ghana's recent history. The group will walk through the castle and view the dungeons, where the infamous "Door of no Return" is located. The visit will finish with the historical museum that has literature on all of Ghana's forts and castles, including cultural history and traditions, allowing you to leave with a much deeper understanding of the area's complex past than when you first arrived.

Free Time

Elmina

Enjoy time to yourself as you spend the rest of the day at leisure in your charming coastal accommodations in the town of Elmina.

Private Vehicle

Accra - Elmina

3h30m-4h

146km

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop along the way to Cape Coast and the historic castle there.

Traditional African Batik Workshop with Global Mamas

Cape Coast

2h15m

Spend the afternoon becoming acquainted with the true African art of traditional batik making during a workshop led by the Global Mamas. This inspiring organization is dedicated to empowering local women to hone their artistic skills and sell their finished products in the fair-trade market, thus enabling them to financially support their own families. Get to know the locals as you work side by side with them, and learn more about daily life here as you observe their technique from wax production to heating, stamping, and drying. The group will be given their own pieces of cloth to produce designs of your own before the local tailor or seamstress will make it into a shirt or dress for you to take back home. A beautiful way to hold your fond memories of Ghana.

Set off for the spectacular scenery and fascinating wildlife of Kakum National Park, tucked away in the Assin Attandansco Reserve. The park's best-known feature is its Canopy Walkway made up of 7 suspension bridges that stretch high about the forest floor, and are over 300 years old. Marvel at the outstanding views spanning for miles across this tropical guinea rainforest, and search for unique plants and animals as you walk through. Afterwards, visit the nearby Stingless Bees project to take a tour of the centre where you will learn about the incredible importance of these different species, and how they provide for our ecosystem in a myriad of ways. Then, sit down for a delicious vegetarian lunch at a local community organization that works to provide resources for children who have left school, so they will have the hope of a better future. Finish off the day with a brief walking tour of Cape Coast town before heading back to the accommodations in Elmina, where the group will join one of the best local drumming and dance teachers for a lesson and performance with the traditional Djembe drum.



## Meals included

Breakfast | Lunch



## Accommodation

Lemon Beach Resort (or similar)

Resort



## Today's Activities

Private Vehicle

Elmina

2h45m

Settle in and scan the scenery from the comfort of your private vehicle. Please note the drive time listed includes the stops for the national park, the bees project, the community lunch, and the Cape Coast walking tour before heading back to Elmina.

Kakum National Park Visit & Canopy Walkway

Kakum National Park

2h30m

Visit Kakum National Park to witness its 100-foot-high Canopy Walkway. The National Park covers 375 km (145 mi) with tropical rainforest and gained protected park status after locals fought to have the wildlife in the area protected in 1992. There are over 300 types of birds in the area as well as other endangered species. From high above the treetops, the Walkway will get you incredibly close to the flora and fauna of the region. There are 7 bridges attached to 7 emerging trees, set 40 metres about the

rainforest floor. Take a deep breath and walk across them all on this exciting adventure. Return to the park headquarters to discover the excellent array of information at the centre there. Over 40 different mammal species have been recorded in the park including forest elephants, leopards, and 6 different primates species.

#### Stingless Bees Project Visit

Odumase

45m

Enjoy an informative visit to a stingless bees project near the national park. There have been approximately 9 species of stingless bees identified here in Ghana. While here, learn about their paramount importance to the ecosystem, their medicinal qualities, and visit their hives where you will taste their honey. Travellers can also enjoy the stingless bee walkway and butterfly garden onsite, where many come to feed.

#### Community Lunch with Baobab Foundation

Cape Coast

1h30m

Sit down for lunch at a wonderful community organization in Cape Coast. The Baobab Foundation works to provide local children with the hope of a better future. Focused on helping children with disabilities, or children who have not attended school, or have left school early, this organization is working tirelessly to help those children in need secure a bright future. The vegetarian restaurant is operated by adults who were former street children and they work hard to give back into the community. Your time here, supports this amazing initiative.

#### Cape Coast Walking Tour

Cape Coast

1h

2km

Set off on a brief walking tour of Cape Coast with your CEO and group to further explore this important coastal city.

#### Djembe Drum Lesson & Traditional Performance

Elmina

This evening learn from one of the best local drumming and dance teachers as they join the group for a lesson and performance with the traditional Djembe drum.

After breakfast the group will transfer to Beyin, a coastal village notable for its beautiful beaches, historic fort castle, and serving as a museum of Nzema culture. In the afternoon, set off through the beautiful Amasuri wetlands in a traditional dugout canoe to find the community of Nzulezu Stilt Village. Legend has it that the community here migrated some 600 years ago after being driven from their homes during conflict. It's said a snail led them to this remote location where they would be safe. This shelled creature is now sacred to the people here and is not eaten as in other parts of Ghana. Later, travel to Ankasa Reserve Lodge, located in Ghana's finest remaining rainforest habitat and responsible for protecting many endangered mammals. Enjoy time to settle in at the lodge and relax before dinner. There will be an optional night walk through the forest for anyone looking for a little more adventure after an otherwise long day.



## Meals included

Breakfast | Dinner



## Accommodation

Ankasa Reserve Lodge (or similar)

Lodge



## Today's Activities

Private Vehicle

Elmina - Beyin

4h30m

175km

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop for lunch on your own along the way.

Nzulezu Stilt Village Visit & Canoe Ride

Beyin

2h45m

Travel through the beautiful Amasuri wetlands in a traditional dugout canoe to find the community of Nzulezu Stilt Village. Legend has it that the community here migrated from Watala, part of the ancient Ghanaian Empire 600 years ago after being driven from their homes during conflict. It's said that a snail led them to this remote location where they would be safe, and the community decided to build their homes over the lake for additional protection. The snail is now sacred to this community and is not eaten here as it is in other parts of Ghana. Surprisingly the community members here are mainly farmers and not fishermen as you would expect. The boat ride is a major highlight as the wetlands are

these beautiful, marshy swamps important for native and migratory birds. It's a perfect afternoon with outdoor activity and interactions with the local community.

Private Vehicle

Beyin - Ankasa

1h45m

72km

Settle in and scan the scenery from the convenience of a private vehicle.

Ankasa Reserve Lodge Stay & Visit

Ankasa

Arrive to your lodge stay in the Ankasa Reserve which is connected to the Nini-Suhien National Park and protects an area of over 500 square kilometers of pristine, wet evergreen upper guinea rainforest. Historically this habitat played an important role in the life of Ghanaians as it was their main source of water and food. The area protects many endangered mammals and is home to so many wonderful birds and wildlife. On arrival check into the Ankasa Reserve Lodge and enjoy your lovely surroundings with a free evening.

Enjoy a beautiful morning in this wonderful forest environment and head to the stunning Bamboo Cathedral, where the stalks bend towards each other above the road forming tall arcs. Located about 9km into the forest from the main gate, there are two ways to get here. The first is by mountain bikes or you can choose to ride in a 4x4 vehicle. Learn about the plant and animal life from your CEO and soak in the peaceful atmosphere of this remote location. Return to the lodge for an included lunch before visiting the Ankasa Village and community. Their remote community is made up mainly of subsistence farmers living happily in basic mud houses trading their produce at the local markets to enable them to buy items and provide for their families. Spend time with the farmers that live here and learn more about their local customs, even trying a delicacy like Gari, or pounding FuFu. Arrive back to the lodge in the evening for an included dinner and free time. An optional night walk is available for those looking for a more active evening amid nocturnal nature.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Ankasa Reserve Lodge (or similar)

Lodge



## Today's Activities

Bamboo Cathedral Visit via Mountain Bike or 4x4

Ankasa

4h

18km

Set out into this wonderful forest habitat for a morning amidst nature. Visit the remote Bamboo Cathedral, where the stalks of these plants have grown towards each other forming tall arches over the path. You have two choices on how to get to this location. The first is pedaling 9km one way from the main entrance gate on a mountain bike, or you can choose to ride in a 4x4 from the lodge. If you choose to bike you will need to leave a bit earlier than the rest of the group. A full morning is dedicated to being inside the forest, where your guides are on hand to identify any birds or mammals the group may come across during your journey to the Bamboo Cathedral.

Ankasa Village & Community Visit

Ankasa

3h

Most visitors to Ghana will not see this remote community, but today, you will! The Ankasa Village is made up of mainly subsistence farmers living happily in basic mud houses, trading their produce at the local markets to enable them to buy items and provide for their families. This afternoon is dedicated to spending time in the community and meeting with farmers living here. It's an area where very few tourists visit. Experience making a local delicacy like Gari or pounding FuFu. Visit the local chop bar where people of the community go to have a drink, meet up, and socialize. Ghana is the world's second largest exporter of cocoa and during your visit a farmer will talk the group through the entire process from planting to harvesting. It's a truly unique and immersive experience for travellers hoping to connect on a deeper level with the local village community.

Day 14

## Ankasa/Brenu Achinum

Travel to Brenu Akyinim with its scenic beaches and serene lagoon nearby. Upon arrival the group will have free time to enjoy this beach front location. Relax at the beach, explore the local villages and coastal lagoons. Tonight, gather for an included dinner overlooking the water.



### Meals included

Breakfast | Dinner



### Accommodation

Brenu Beach Lodge (or similar)

Lodge



### Today's Activities

Private Vehicle

Ankasa - Brenu Achinum

5h

202km

Settle in and scan the scenery from the comfort of your private vehicle. Please note, there will be a stop for lunch on your own en route to break up the journey.

Free Time

Brenu Achinum

Enjoy free time to relax in a beautiful beachfront setting.

Day 15

## Brenu Achinum/Accra

Choose to experience an early morning optional lagoon kayak to watch sunrise and enjoy nature. While the sun is cool in the early morning you'll head to the local lagoon for another exciting activity. A coastal lagoon situated in a beautiful location overlooking the ocean, this is where locals from the nearby fishing village use wooden canoes to fish the lagoon for tilapia, crabs and other fish. At the end, walk to the beach front hotel through the fishing community of Brenu Akyinim.

Travel back to Accra. Along the way make a stop in Elmina to visit the Castle of St. George, dating back to 1482. Afterwards, visit the local fishing market and walk a short distance to visit the boat builders of this coastal community. The design of these boats has not changed in centuries nor have the methods or tools used to build them. Lunch will be had on your own in Anomabo. Arrive in Accra by early afternoon and pay a visit to the final resting place of Ghana's founder, Kwame Nkrumah, and delve into his incredible life and efforts to liberate this country. Transfer to the hotel from here and enjoy free time to relax or wander around the city before an included group dinner tonight at one of the most popular restaurants in Accra. Choose to return to the hotel after or head out to experience Ghana's nightlife.



### Meals included

Breakfast | Dinner



### Accommodation

Urbano Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Brenu Achinum – Accra

3h30m

144km

Settle in and scan the scenery from the comfort of your private vehicle. There will be a stop along the way in Elmina and in another town for lunch on your own before arriving in Accra.

Castle of St. George Visit

Elmina

2h

As the group returns to Accra there will be a stop in the fishing town of Elmina, which has hardly changed since the colonial days. During the group's time here you will visit the Castle of St. George, a UNESCO World Heritage site and the oldest surviving colonial building in sub-Saharan Africa, dating back to 1482. The castle played a prominent part during the tragic, transatlantic slave trade era and

houses an informative museum which showcases the area's history. Afterwards, stop by the local fishing market and walk a short distance to visit the boat builders in this community. Almost all are traditional wooden boats made using designs, methods, and tools that have not changed for centuries. Take in the sight of these colourful fishing boats and watch as the daily catch is brought in.

Kwame Nkrumah Mausoleum Visit

Accra

1h

Visit the Kwame Nkrumah Memorial Park, located in downtown Accra. The location is the final resting place of Ghana's founder and first president. The museum was created in his honour and contains photographs, artifacts, and important insight into this incredible human's life. The centre was designed by a Ghanaian architect and was built using Italian marble.

Free Time

Accra

After an included dinner at a local favorite restaurant, spend a free evening exploring more of Accra on your own with suggestions from your CEO.



## Optional Activities - Day 15

Brenu Beach Kayaking & Village Walk

Brenu Achinum

Enjoy a kayaking excursion throughout the coastal lagoon as the group travels to the beach resort in Brenu Akyinim. Locals from the nearby fishing village use wooden canoes to fish the lagoon for tilapia, crabs and other fish. For the next 2 hours as the sun rises, you can kayak and explore all corners, enjoying the birdlife, landscape, and fishermen bringing in their daily catch. After pulling the kayaks to shore, the group will walk 30 minutes to through the local fishing community of Brenu Akyinim to the beach-front hotel. Just in time for a breakfast in the beautiful morning light along the Gold Coast of West Africa.

The morning begins with a group visit to Ghana's Fantasy Coffins, which are a unique and creative way this country honours loved ones and celebrates their path to the afterlife. Check out the many different designs and learn about Ghana's lively funerary practices. Then, transfer to the historical community of Jamestown for a walking tour through the structures that predate the Colonial era, and gain a true picture of old Accra with its many European influences. Follow this up with afternoon visits to the Artist Alliance Gallery and Makola Market, both fantastic places to experience and purchase traditional art and artifacts to bring home with you if desired. Today's final stop is Black Star Gate and the main ceremony grounds of Independence Square to learn about Ghana's journey towards liberation from British rule. Attend a farewell lunch in the late afternoon before the group heads together to the Accra airport where your tour comes to an end.

Please note that this tour may combine with other G Adventures tours, and some travellers may have already visited Jamestown and Fantasy Coffins. Those travellers will enjoy a free morning to explore Osu and the famous Oxford Street before the farewell lunch.

Please do not book onward travel before 9pm.



## Meals included

Breakfast | Lunch



## Today's Activities

The Fantasy Coffins of Ghana

Accra

1h15m

Like much of the world, Ghana's funeral and burial ceremonies are very solemn occasions, but the celebration that follows is quite incredible! It's believed that the newly deceased move on into another world and so their coffins are made to represent the occupation of the dead, or to depict something that was very important to them during their lives. Visit a local artisan and see a few of his coffin designs that one could be buried in. Options range from cars and airplanes, to cocoa pods, cigarette packets, bottles of beer, and crocodiles. You'll experience an entirely new take on death and what it can look like to celebrate the lives and passions of those dearest to us.

Walking Tour of Jamestown

Accra

1h

With your CEO at the lead, walk through the old community of Jamestown. See with your own eyes the historical structures that predate the Colonial era and learn about the different ways the locals are committed to conserving these buildings and hear about their significant efforts to maintain them. Due to their efforts, the community is able to provide travellers with an excellent idea of what it was like during Ghana's colonial past. See the 30m high lighthouse constructed by the British in 1871. Admire the colourful fishing boats on the beach, and continue to Fort James, a British trading post in 1673 which fell under Danish rule. Also of interest here are the Brazilian stone houses, built by formerly enslaved African's who resided in Brazil and made their way back to Africa after the slave trade was abolished. This area in Accra is also famous for producing many world champion boxers like Africa's greatest, Azuma Nelson.

Artist Alliance Gallery & Makola Market Visits

Accra

1h30m

Enjoy visits to the Artists Alliance Gallery and Makola Market in Accra. The gallery is located on the beach front in the city and an ideal location to experience and purchase traditional and contemporary art and artifacts by local creators from all of Ghana and even some neighbouring countries. Ranging from paintings, carvings, and furniture, to jewelry, fabrics, and photography, there's a little bit of something for all interests. Later at the market observe the liveliness and witness traders selling everything here from herbal remedies and traditional cloth, or food, to other necessities for the local people. It's a great opportunity to try your hand at bartering as is the norm here, and perhaps try some street food if you are feeling hungry.

Black Star Gate & Independence Square

Accra

30m

Your introduction to Ghana's history and culture begins at the Black Star Gate and Independence Square along Accra's coastline. This is the main ceremony grounds of the city, and where you can find the enclosed flame of African Liberation, lit in 1961 by Kwame Nkrumah himself. Your CEO will provide you with more information about the area's importance to the people of Ghana as you gather in various spots throughout the square.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your Foodie Moment: Bonkro Cooking Class Experience, Bonkro
- Arrival Transfer
- Black Star Gate & Independence Square visit
- Walking Tour of Jamestown
- Kwame Nkrumah Mausoleum Visit
- The Fantasy Coffins of Ghana
- Assin Manso Heritage Site Visit
- Krobo Village Beading Experience
- Volta River Sunset Cruise
- Climbing Mount Afadjato
- Wli (Agumatsa) Falls Visit
- Ntonso Adinkra Village Visit
- Manhyia Palace Museum Visit
- Akwasidae Festival in Kumasi
- Commercial Centre of Kumasi Visit
- Visit to Kuapa Kokoo Cooperative
- Outdoor Movie Night with Locals in Bonkro
- New Edubiase Market Visit
- Visit to the Reforestation Project at Bonkro
- Bonkro Community Bonfire
- Shai Hills Reserve Visit
- Cape Coast Castle Visit
- Traditional Batik making workshop
- Visit to Kakum National Park
- Stingless bees project tour
- Baobab Foundation Restaurant Lunch
- Djembe drum performance and dance lesson
- Dugout canoe ride to Nzulezu Stilt Village
- Biking or hiking in the Ankasa Reserve
- Ankasa Village and Community Excursion
- Fishing town of Elmina and Castle of Saint George Visit
- All transport between destinations and to/from included activities

## **What are the main highlights of this trip?**

Sip a refreshing beverage on a relaxing sunset cruise on the Volta River, Sit outside and enjoy a movie on the big screen with the local community members of Bonkro, Attend the Akwasidae Festival in Kumasi where gifts are brought forth to the King of Ghana and celebration takes place, Learn the art of Batik making from local female artisans in Elmina, Stroll along Africa's world-famous rainforest canopy walkway in Kakum National Park

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## **Is there a disclaimer I should read before booking this trip?**

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there an itinerary Disclaimer?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## What is the group leader like?

This G Adventures group trip is accompanied by one of our group leaders, otherwise known as a Chief Experience Officer (CEO). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects.

We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## How large will the group be?

Max 16, avg. 14

## What meals are included in this trip?

15 breakfasts, 6 lunches, 9 dinners

## What are the modes of transportation on my trip?

Private vehicle, boat, bicycle, walking.

## Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## Where will we stay during the trip?

Hotels (11 nts), Community Guesthouse (2 nts), Lodge (2nts)

## Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Office (Nairobi, Kenya)

+254 727 208 832

G Adventures Local Representative (Accra, Ghana)

Tel: +233 (0) 245289736

If you are unable for any reason to contact our local operator or local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What instructions should I follow at the finishing point?

Your tour ends on arrival at Accra airport. Please do not book onward travel before 9pm.

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

# What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#).

## GHANA:

If you require a visa to enter Ghana, you may also need an official Letter Of Invitation (LOI) before you can apply for your Ghanaian visa. If you require a Letter of Invitation (LOI) to apply for a Ghanaian visa, please fill out & submit the following request [form](#)

## IMPORTANT INFORMATION:

Please do not submit the below application until 90 days prior to your entry into Ghana. Please submit the below application NO LATER THAN 30 days prior to your entry into Ghana.

The details will be forwarded to our local agent in Ghana and you will be emailed your Ghana Invitation Letter about 5-10 business days after submission.

Ghana visas can be used up to 3 months from the date the visa is issued, and once you have entered Ghana, the visa is valid for a maximum of 30 days. Therefore, please time your application accordingly and do not apply for the visa more than 3 months in advance of your trip.

## GHANA LOCAL HOST DETAILS:

Company Name: Ashanti African Tours

Contact: Miss Cecilia Baiden (Director)

Address: P.O. Box CC 1423 (Office location: House No: A/32 Ansapetu/Efutu, Efutu-Jukwa Road

House Number: A/F14 , Aboom Hills, Aboom Road, Cape Coast

GPS Address: CH - 1573-9465

Tel: 00233 248594377

Proof of Yellow Fever Vaccination is mandatory.

**IMPORTANT:** Most travellers are required to mail their physical passport to a Ghana consulate/embassy for their visa application. As a result, we strongly advise against any travel outside of your home country, in the period leading up to your departure during which you will be applying for your visa. This is typically done between 30-60 days from the date of entry into Ghana.

Information accurate as of November 1st, 2025

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## What activities are optional on this trip?

### Brenu Achinum

- Brenu Beach Kayaking & Village  
Walk

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.