



Ghana: Beaches & Breathtaking Coastlines

8 days, Accra to Accra

Trip code DGAC

What's included

- Arrival transfer
- 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
- Kwame Nkrumah Memorial Park Visit
- Fantasy Coffins
- Jamestown Walking Tour
- Artist Alliance Gallery and Makola Market Visits
- Black Star Gate and Independence Square Tour
- All transport between destinations and to/from included activities

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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 January 17th, 2025 and onwards

Itinerary



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, or your CEO can recommend some local options for you. The adventure begins tomorrow.



Accommodation

Urbano Hotel (or similar)

Hotel



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 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 6

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 7

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 7

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

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What are the main highlights of this trip?

Explore the UNESCO-listed Cape Coast Castle and uncover its deep cultural significance in Ghana's history, Discover the art of Batik making from skilled female artisans in Elmina, Walk among the treetops on Africa's world-famous rainforest canopy walkway in Kakum National Park, Hike or bike through lush trails to the breathtaking Bamboo Cathedral in Ankasa Reserve

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

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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. 12

What meals are included in this trip?

7 breakfasts, 3 lunches, 4 dinners

What are the modes of transportation on my trip?

Private vehicle, motorized boat, kayak

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?

Hotel (5 nts), Lodge (2 nts).

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 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?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

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/

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.