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Sorry! There are no remaining departures for "West Africa Cruise - Cape Town to Accra" (XVCADX), [but here are some similar trips.](#)



West Africa Cruise - Cape Town to Accra

18 days, Cape Town to Accra

Trip code XVCADX

What's included

- - 15 nights on board the M/S Expedition
- Airport transfers (arrival and departure) - 2 night hotel accommodation (Cape Town and Accra)
- Shore excursions, sightseeing and entrance fees as per the itinerary - Zodiac excursions with our expert expedition team - Lecture and educational programs with expedition team - Onboard Wine tastings with David van Niekerk, Vintner, High Constantia Winery, Capetown, South Africa

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 January 1st, 2015 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

Cape Town

Welcome to Cape Town, the most cosmopolitan city on the continent and one of the most stunning urban areas on Earth! Arrival day, so there are no planned activities. Arrival transfer is included.



Today's Activities

Private Vehicle

Cape Town International Airport - Cape Town

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

Arrival Day

Begin your adventure today. There are no planned activities so feel free to explore or rest up for the excitement ahead.

Take a cable car ride to the top of Table Mountain, lunch at the Seaforth Restaurant before visiting Boulders Beach.

After the tour, head to the G Expedition, for embarkation at approximately 16:00.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Cape Town

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

Table Mountain Cable Car

Table Mountain

1h-2h

Take the five-minute cable car trip to the top of Table Mountain, 1,085m (3,562ft) above Cape Town, and explore the summit. This is a great spot to sit and soak up the commanding 360-degree views of Cape Town, Table Bay, the peaks of surrounding mountains, and the rest of Table Mountain National Park. The operation of the cable car is weather dependent. This activity is self-guided.

Please note that the cable car is closed every year for a 2 week period between July and August for annual maintenance.

Boulders Beach Visit

Simon's Town - Cape Town

Visit Boulders Beach, a beautiful sandy beach dotted with massive granite boulders. Since 1982 it has been the home of over 3,000 tunnel nesting African Black footed penguins who cling to viability in a small breeding colony that is heavily protected.

Chapman's Peak Drive

Chapman's Peak

Travel along Chapman's Peak and enjoy the scenic drive. Stop periodically to take in the sea vistas and visit the cozy ocean settlements of Hout Bay and Kommetjie.

Embarkation of the Expedition

Longyearbyen

In the afternoon, join your fellow passengers to take your group transfer and begin your journey on the Expedition. Please refer to your welcome letter or the joining instructions posted in the lobby of the

start hotel. Make sure you have your passport handy as you are about to embark on the adventure of a lifetime.

Expedition

Cape Town - Lüderitz

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 3

Cape Town/Lüderitz

Days at sea will be filled with fascinating and entertaining educational programs presented by the expert expedition team. Join new friends in the ship's popular pub. Relax on the ship's deck or scan the horizon with binoculars in search of seabirds and marine life.

The Expedition has ample public space in the lounge and library, join new friends in the ship's popular pub. Alternatively, spend time relaxing on the ship's deck or scanning the horizon with binoculars or a camera in search of seabirds and marine life. As always, high-end dining experiences will be enjoyed in the ship's dining room.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the G Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Expedition

Cape Town - Lüderitz

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 4

Lüderitz/Walvis Bay

Visit the small Namibian town of Lüderitz and the ghost town of Kolmanskop.

Within minutes of disembarking from G Expedition on the southern coast of Namibia, we encounter ascending blocks of architectural evidence that the seaside town of Lüderitz had indeed been founded by German settlers who brought their culture with them to southwest Africa.

Just a few miles north, we travel through the dwellings of the mining ghost town of Kolmanskop.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lüderitz

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

Lüderitz Visit

Lüderitz

Visit the seaside town of Lüderitz, walk along Berg Street to view the brightly painted houses, and travel through the dwellings of the mining ghost town of Kolmanskop. Glance at faded museum photographs, listen for faint echoes of German life from the arduous era of the diamond industry.

Expedition

Lüderitz - Walvis Bay

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 5

Walvis Bay/Lobito

Morning at sea may provide an opportunity to see fur seals and Cape Gannets. Upon arrival in Walvis Bay, explore the landscapes of the Namib Desert en route to a tour of the town of Swakopmund and possibly a chance to learn more about the wildlife of the estuary ecosystem.

Begin by setting off to see the fantastic Welwitchias – a living fossil that has existed since the day of the dinosaur.

Soon after, head off to look at the Moonlandscape, which is yet another portion of the desert with formations of such unusual peaks and valleys stretching off into tomorrow.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Walvis Bay

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

Walvis Bay Visit

Walvis Bay

Begin by setting off to see the fantastic Welwitchias. At first glance it looks like a misshapen dried up dying plant, but upon closer inspection we could see the adaptations that have made it such a successful and long lived plant found only in the Namib Desert. Head off to look at the Moonlandscape and marvel at the vastness of the world's oldest desert.

Expedition

Walvis Bay – Lobito

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Days 6-7

Walvis Bay/Lobito

Spend two days at sea immersed in educational lecture series, or simply kick back to a documentary film. For those looking for entertainment into the evening, listen to live music in the Polar Pub.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Walvis Bay - Lobito

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the G Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Day 8

Lobito/Pointe-Noire

Visit to the quaint towns of Sao Felipe de Benguela in Angola.

Benguela was founded by Portuguese in 1617 has a big part in the history of the slave trade.

The tour for the day covers the two towns of Lobito and Benguela, both cast in the unique Portuguese/African style, displaying the usual Portuguese national obsession with tree lined avenues and lovely central parkways and public spaces.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lobito

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

Lobito and Benguela Visit

Lobito

Visit the two towns of Lobito and Benguela, both cast in the unique Portuguese/African style, veneered slightly, but only very slightly, by the fresh paint of modern architecture and construction, and displaying the usual Portuguese national obsession with tree lined avenues and lovely central parkways and public spaces.

Pause at the 16th century fort of San Pedro which guards the old crossing on the Catumbela River. Marvel at great views of the surrounding city. View the 1905 steel bridge that had been responsible for so much congestion, and the governor's residence opposite.

Expedition

Lobito - Pointe-Noire

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 9

Lobito/Pointe-Noire

Spend the day at sea.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Lobito - Pointe-Noire

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Day 10

Pointe-Noire/São Tomé

Visit the Congo's Pointe Noire, the cliffs of Diosso Gorge, the museum, and the city's very lively market.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Pointe-Noire

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

Diosso Gorge Visit

Pointe-Noire

Visit Diosso Gorge to marvel at the red sand stone gulleys and cliffs, created entirely by natural erosion. Take some photos of what is sometimes called the “Grand Canyon of the Congo” and enjoy the view of the surrounding rainforest. Weather permitting we may have the opportunity to do a nature hike into the gorge.

Diosso Scientific and Cultural museum visit

Pointe-Noire

Learn about the history and culture of the region on a tour of the museum with an enthusiastic and knowledgeable guide.

Expedition

Pointe-Noire - São Tomé

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 11

Pointe-Noire/São Tomé

Spend the day at sea.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Pointe-Noire - São Tomé

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Day 12

São Tomé

This Portuguese colonial island nation is a tropical paradise of beaches, waterfalls, forests and friendly people. Visit the capital, São Tomé—once an important slave-trade post—and explore a nearby plantation. On a birding excursion, try to catch a glimpse of the islands' endemic inhabitants.

Visit an old Coffee Station called Monte Café, reinvigorated by foreign money or perhaps explore the a fort at the entrance to the harbour. Pick up some local chocolate and gifts, and head back to the pier to board the ship.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

São Tomé

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

Explore São Tomé

São Tomé

Visit the capital, São Tomé, once an important slave-trade post and explore a nearby plantation. On a birding excursion, try to catch a glimpse of the islands' endemic inhabitants.

Expedition

São Tomé

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 13

São Tomé/Gulf of Guinea

Explore Príncipe via Zodiac boat.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Zodiac

São Tomé - Ilha do Príncipe

Climb in and get closer to those hard-to-reach places courtesy of these rigid-hulled inflatable boats.

Explore Príncipe

Ilha do Príncipe

Explore Príncipe via Zodiac boat to experience its beaches, waterfalls and rainforests. A swim in the tropical waters or some time on the beach is a great way to relax. Birdlife, including many endemic species, is abundant here and so keep an eye out for African grey parrots.

Expedition

Ilha do Príncipe - Gulf of Guinea

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 14

Gulf of Guinea/Cotonou

Sit back and listen to the lecture series. Scan the horizon with binoculars, or join in on a possible wine tasting event.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Expedition

Gulf of Guinea - Cotonou

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Expedition Lectures and Educational Programs

Learn about the natural and human history of the area through educational seminars led by the G Expedition's expert staff. Discover the type of flora and fauna that grow in the regions the ship will visit and participate in photography and art workshops with our resident artist and photographer.

Visit Cotonou and head to the town of Ouidah, home to voodoo and an important embarkation point for the slave trade.

Walk the “Route des Esclaves,” rich in reminders of a dark time in the region’s history.

In the afternoon, cross Lake Nokoue on small boats and visit the fishing village of Ganvié, famous for its bamboo stilt houses perched above the water. The village offers an interesting look inside modern African village life and boasts a fascinating market tradition.

From Ganvié travel through the congested countryside to the fascinating town of Ouidah.



Meals included

Breakfast | Lunch | Dinner



Today’s Activities

Boat

Cotonou – Ganvié

Climb aboard and get your float on.

Ganvié Stilt Village Visit

Ganvié

Visit the intriguing stilt village of Ganvié, which is the largest and most beautiful stilt village in Africa. The approximately 18,000 inhabitants of the Tofinou (“water people”) ethnic group build their huts on teak stilts over the water and cover the roofs with a thick layer of leaves. The entire community is situated in the middle of Lake Nokwe for various reasons: as the inhabitants live exclusively on fishing, this puts them closer to the deepest parts of the lake where fish are plentiful.

A local guide from the village will show us around, and give us a bit of perspective on what life is like for the villagers.

Private Vehicle

Ganvié – Ouidah

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

Ouidah Visit

Ouidah

Visit and learn about the sad history of Ouidah that once served as the main entry point for slave embarkation to the New World. A great deal of local focus and commemoration has been given over to

memorializing this shameful trade. Ouidah is also the center of the local Voodoo culture, with colourful and symbolic statuary representing various aspects of the faith to be found everywhere around the town.

Private Vehicle

Ouidah - Cotonou

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

Expedition

Cotonou - Lomé

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 16

Lomé/Accra

Outside of Lomé, visit an Ewe village and interact with the locals to learn about their way of life and traditions. A visit to Lomé town includes a trip to the Centre Artisanal de Kpalime, a market famous for Batik.

Following breakfast, disembark for a day of learning and discovery in and around the city of Lomé. Anticipate an action-filled day punctuated with the color and vitality of the Ewe and Akan people, who founded the city in the 18th century.

The first stop of the day is the International Museum of Guinea. Following this, visit an artisanal market nearby for shopping before returning back to the ship for lunch.

In the afternoon, travel out of town to the Akato Viepe village to meet the chief and experience village life.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Lomé

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

International Museum of Guinea Visit

Lomé

Tour this small converted residence that holds treasures that will amaze anyone. Whether you're an expert in African arts and culture or not, you'll enjoy seeing the rare, authentic artifacts from across West Africa that span centuries.

Akato Viepe village visit

Lomé

Learn about patrilineal communities, their farming practices, and the role of different people in the village.

Expedition

Lomé - Accra

Not too big, not too little, our 128-passenger polar expedition ship is just right.

Day 17

Accra

Travel from the port at Tema to the busy capital of Accra. Enroute, visit a casket-maker's shop, a local school, the national museum, and the Kwame Nkrumah Mausoleum. Wildlife enthusiasts may choose to visit the Shai Game Reserve instead to view an abundance of wildlife. After the reserve, witness local bead-making and give it a try. Disembark and transfer to the hotel for the final night.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Accra

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

Casket Maker Shop Visit

Accra

Stop at a casket-maker's shop where caskets are carved to depict the beliefs, hobbies and life stories of the deceased. Ghana is known for the unique practice of creating custom caskets sometimes called fantasy coffins in spectacular shapes like sailboats, chickens, cola bottles, or even pineapples.

Local Village Visit

Accra

Visit a local school to interact with the children and staff before heading off to a local market.

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.

Shai Game Reserve Visit

Accra

Visit the Shai Game Reserve to search for views of baboons, green monkeys and antelope. Bird watchers will thoroughly enjoy the reserve's abundance of birdlife with species such as Senegal Parrots, Swallow-tailed Bee-eaters and Vieillot's Barbet flying around the grounds.

Day 18

Accra

After breakfast, depart for the airport and flights homeward. Departure transfer is included.



Meals included

Breakfast



Today's Activities

Private Vehicle

Accra - Kotoka International Airport

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

What's included

- - 15 nights on board the M/S Expedition -
Airport transfers (arrival and departure) - 2
night hotel accommodation (Cape Town
and Accra) - Shore excursions, sightseeing
and entrance fees as per the itinerary -
Zodiac excursions with our expert
expedition team - Lecture and educational
programs with expedition team - Onboard
Wine tastings with David van Niekerk,
Vintner, High Constantia Winery,
Capetown, South Africa

What are the main highlights of this trip?

Learn the history of voodoo and the slave trade, visit multiple UNESCO World Heritage Sites, Explore bustling local markets and colonial architecture in historic West African ports, Gain insight into the region's modern history, Interact with our expert expedition team, wine taste while enjoying the comfort and cuisine of the G Expedition.

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

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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 a travel disclaimer for my itinerary I should review before booking this trip?

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 important notes should I be aware of before the trip?

As a service to our passengers, the G Expedition will apply for group entry visas for shore excursions during West Coast of Africa Cruise. Passengers are responsible for the costs associated with obtaining these visas. Please see Visa section for more information.

The Expedition is an adventure Expedition ship and does not offer an elevator

Traveling West Africa is an opportunity to help developing nations embrace tourism. Do not expect tourism / public works infrastructure to be up to par with other areas of the world.

The port cities that are open to us are often a great distance from cultural points of interest and there may be shore excursions with extended bus trips to access sites of interest.

What is the group leader like?

A carefully chosen team will lead our voyage. Our expedition ships boast an international team of professional naturalists and lecturers. Their goal is to provide an informed and balanced interpretation of the destination, accomplished through stimulating lectures, day-to-day briefings, and informal discussions. Your lecturers and Expedition Leader will cover all aspects of the voyage including ornithology, marine biology, geography, geology, history and the environment, as well as practical things like photography. The expedition staff work conscientiously with you on deck and in the field, improving your observational skills to allow you to experience all that the destination has to offer. Their strong sense of ethics and ecological knowledge make for stimulating and mindful conversation whether onshore or at the dinner table. The Expedition Staff will pilot the Zodiac landing craft used for shore landings and Zodiac cruises; they are experienced drivers who operate the Zodiacs in a responsible manner.

How large will the group be?

134 passengers

What meals are included in this trip?

17 breakfasts, 16 lunches, 16 dinners

What are the meals like on this trip?

Onboard our expedition ships you'll find a diversity of gourmet international cuisines prepared and catered by professional chefs; all meals are included in the price of your expedition. Dining is casual, tables are unassigned and the dining room is capable of seating the entire passenger complement at one time. There is always a selection of different meals available, and vegetarians will find plenty of options. Special dietary requirements can be accommodated with advance notice, please advise us at time of confirmation. Coffee and tea are all provided free of charge. All other beverages, alcoholic and non-alcoholic are not included and can be purchased in the dining room, pub or the lounge.

What are the modes of transportation on my trip?

G Expedition, Bus, and Zodiac.

Is there an extra cost for travelling solo?

We believe single 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 single travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Twin-share hotel (2 nights), G Expedition quad, triple, twin-share cabins, or suites (all with en suite bathrooms and porthole or window) (15 nights). Please note that all cabins consist of twin-sized berths and are ocean-facing. Suites have one queen size bed.

What is the joining hotel?

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

What are the joining instructions?

Upon arrival into Cape Town, A G representative will be at the airport to meet you. Upon leaving the baggage claim area you will see a large open area with sign boards all around. Look for a G Adventures sign board with your name.

In the event that you do not meet up with your transfer, please contact the emergency contact listed.

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.

EMERGENCY CONTACT NUMBERS

G Adventures Local Representative, Capetown, South Africa

Ellie Brinklow:

Main Emergency Phone: +27 72 352 1645

Mobile Phone: +27 83 751 7428

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

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

Are there any additional packing suggestions I should consider?

In the world's most remote destinations that the G Expedition travels to we cannot offload our plastics, glass or tin waste for recycling. Therefore, we try to reduce what single use items that we use. You will see on the ship that every effort is being used to stop the use of single use plastic containers, bags and other items. In an effort to prevent plastic waste from entering the waste stream, we are asking for your help. We offer exceptional drinking water on the ship with refilling stations for your re-useable water containers. You will be provided a complimentary water bottle to fill up as needed. Plastic items such as single use shampoo/conditioner plastic containers cannot be recycled, so please plan to bring any plastics back to your home countries for recycling. Please do not bring single use items that you intend to leave behind such as plastic bags and throw away razors. Your participating in helping to prevent pollution and promote recycling is greatly appreciated.

Dress on board is informal. Plan to bring comfortable, casual clothing for all activities. Always pack one water proof layer in the event there is rain. However, it's important to note that the weather will be hot and lightweight clothing is strongly suggested.

It's helpful to note that we may have multiple visits to local schools in some of the villages visited. You may wish to bring donations in the form of school and art supplies. Our team will help facilitate with contributing these items directly to the head master of the school. Below is a suggested list

- Art supplies
- Pencils, pens and paper
- Deflated soccer ball
- 5 separate postcards of iconic places from your town, city or home country. These will be used for a piece of art we would like to create for the students.

What should be on my packing list?

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.)

Suggested Reading

Achebe, Chinua, *Things Fall Apart*, 1958.

Akeampong, Emmanuel Kwaku. *Themes in West Africa's History*, 2006.

Bay, Edna. *Wives of the Leopard: Gender, Politics, and Culture in the Kingdom of Dahomey*, 1998.

Bender, Gerald. *Angola Under the Portuguese: The Myth and the Reality*, 1978.

Biddlecombe, Peter. *French Lessons in Africa: Travels with my briefcase through French Africa*, 1993 (reprinted 2009).

Bowen, Elenore Smith. *Return to Laughter*, 1954.

Conrad, David C. *Empires of Medieval West Africa (Revised Edition)*, 2010.

Erdman, Sarah. *Nine Hills to Nambonkaha: Two Years in the Heart of an African Village (Ivory Coast 1998-2000)*, 2003.

Hochschild, Adam. *King Leopold's Ghost: A Story of Greed, Terror, and Heroism in Colonial Africa*, 1998.

Kingsley, Mary. *Travels in West Africa 1897 (3rd. Ed. 1965)*.

Kryza, Frank T. *The Race for Timbuktu: In Search of Africa's City of Gold*, 2006.

Meredith, Martin. *The Fate of Africa From the Hopes of Freedom to the Heart of Despair: A History of 50 Years of Independence*,

Meredith, Martin. *Diamonds, Gold and War: The British, the Boers, and the Making of South Africa*, 2007.

Pakenham, Thomas. *The Scramble for Africa: White Man's Conquest of the Dark Continent from 1876 to 1912*, 1991.

Riley, Captain James. *Sufferings in Africa: The Astonishing Account of a New England Sea Captain Enslaved by North African Arabs*, 1965 (New Edition 2000).

Shostak, Marjorie. *Nisa: The Life and Words of a !Kung Woman*, 1983.

Spindel, Carol. *In the Shade of the Sacred Grove*, 1989.

Thomas, Elizabeth Marshall. *The Harmless People*, 1959.

Van der Post, Laurens. *The Lost World of the Kalahari*, 1958.

Wright, Donald R. *The World and a Very Small Place in Africa: A History of Globalization in Niimi, the Gambia*, 2009.

When can I do my laundry on this trip?

Aboard the M/S Expedition laundry facilities are provided at a nominal charge.

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](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

Onboard the Expedition:

While on board our Expedition ships, cash and most major credit cards (VISA, Mastercard and AMEX) are accepted to pay for your onboard account to cover incidental charges such as bar bill, laundry visas and shop purchased.

As Expedition will travel to numerous countries during her voyage up the West Coast of Africa the crew of the Expedition will assist passengers in changing money into local currency at each port. We recommend bringing small denomination US Dollar and Euro BILLS as many markets and local merchants will accept this.

Before and after the cruise:

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work overseas. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

Should I be tipping on my trip?

Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. It is an expression of satisfaction with the persons who have assisted you on your expedition. The industry standard and suggested amount is USD \$10 - 15 per person per day spent on board. Of course, tipping is a personal choice and the suggested amount is set only as a guideline. The money is collected by the Hotel Manager at the end of the voyage and distributed amongst the crew and Expedition Staff.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

All passengers on the West Africa Cruise are required to submit a medical form. Available here, http://www.gadventures.com/medical_form/ Follow the directions on the form, and if necessary, a Doctor's authorization will be required. It is very important that we are advised of any special meal requirements, food allergies, or prescribed medication when you confirm your tour. The ship is equipped with a small infirmary with typically required medications and limited equipment. The ship's doctor is available for visits during the day and is available 24 hours per day for emergencies.

Yellow Fever Certificate Note:

A Yellow Fever Certificate (International Certificate of Vaccination) is a REQUIREMENT for this West Africa itinerary, as we do visit yellow fever endemic countries. Please consult with a travel clinic / Doctor prior to travel. The yellow fever shot requires 10 days to become effective. The vaccination should be at the latest, two weeks prior to travel.

Health regulations in your country of residence may require specific inoculations for the countries that you will visit on our voyage. We suggest that you confer with your own physician to check specific requirements, and to be sure your routine immunizations, such as tetanus, diphtheria and hepatitis A, are up-to-date before traveling. Older travelers, in particular, may wish to consider preventive measures against influenza and pneumonia.

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 CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your 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 or 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 judgment 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What are the trip specific safety considerations?

We recommend that you wear minimal jewelry and that you keep valuable items safely stored in our complimentary safety deposit box, which is located at the Purser's Desk.

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/

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?

Minimum age of 10 years for this trip.

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.