

EXPLORE!

On Foot in Ghana
8 days

Ghana - Trip code WIG



On Foot in Ghana

Discover the hidden nature of one of Africa's most fascinating yet underrated countries. This walking trip explores the south of Ghana, travelling into the Volta Region where trails lead to waterfalls and across verdant highlands. Experience a traditional voodoo celebration and take a canopy walk through the rainforest in Kakum National Park, teeming with birdlife. Concluding on the coast, visit Elmina Castle and Cape Coast for a poignant insight to Ghana's role in modern history.

Trip highlights

- ★ **Lush Volta Region** - Discover Colobus monkeys and waterfalls and hike to Ghana's highest peak.
- ★ **Rainforest** - Take a canopy walk in the verdant rainforest of Kakum National Park
- ★ **Gold Coast Castles** - Visit the 15th Century coastal castles to gain an insight into Ghana's pre-colonial history.
- ★ **Voodoo** - Witness the fascinating and mysterious rituals of West Africa.

ACCOMMODATION GRADE:

Simple

These are often small, family run establishments or campsites which provide a no-frills experience with adequate amenities and service standards. Sleeping arrangements are simple, sometimes with en suite facilities.

WALKING GRADE:

Easy

Suitable for most people in good health, these easy walks are predominantly on good paths, at low altitude and on undemanding terrain. Previous walking or trekking experience is not necessary.

GROUP SIZE:**10 - 16**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in the Ghanaian capital Accra

The trip starts today in Accra this afternoon. Depending on the schedule of your flight, you may wish to explore the city independently, there are numerous markets and art centres and the National Museum offers a good introduction to Ghana's rich cultural history.



Accommodation: Afia African Village (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Witness a voodoo Ceremony; drive to the Volta Region

This morning our Ghana discovery begins, leaving Accra behind we drive east to the Volta Region. Bordering Togo, the Volta Region stretches from the coast to the northern savanna, encompassing rolling hills and valleys, rocky outcrops, waterfalls and lakes. Our first stop today is the town of Akosombo (two hours drive); here we get the opportunity to attend a fascinating Voodoo ceremony. Voodoo is still frequently practised in West Africa, a religion that has been passed on by the ancestors. We'll hear the hypnotic rhythm chants and drumming, and see traditional dancers falling into a deep trance as the voodoo takes possession of them.

There's time for lunch in Akosombo before we continue into the heart of the region, to the Tafi Atome Monkey Sanctuary, where we take a walk through the forest with a local guide. Created in 1993 successfully protecting a community of Mona and Colobus monkeys, considered to be ancestral spirits, living in the forest. Later in the afternoon we drive to Wli Water Heights hotel our base for the next two nights, located near to the border with Togo.

Today's six kilometre walk is expected to take approximately two hours along a flat routes.



Accommodation: Wli Water Heights Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Hike Ghana's highest peak and visit Wli Waterfall

Today we will hike the highest mountain in Ghana, Mt Afadjato (885m), this peak forms part of the Agumatsa Range which runs along the Ghana-Togo border. Our hike starts in Liati from where we follow the trail from the road through the forest to the foot of the mountain. The path winds upwards to the summit, it is steep in places and in some sections there may be loose stones and slippery soil underfoot. At the summit if it is a clear day we'll have views of the surrounding villages, green forested mountains, valleys and Lake Volta - an artificial lake formed when the River Volta was dammed in the 1960s.

After lunch back at our hotel this afternoon we take a walk to Wli waterfall. With a drop of approximately 60 metres Wli is the highest waterfall in Ghana. We walk through the lush forests of Agumatsa wildlife sanctuary (keeping an eye out for fruit bats) and over wooden bridges to reach the welcoming pool beneath the cascade.

Today's first three kilometre walk is expected to take approximately one and a half hours with a total ascent and descent of 631 metres. The second eight kilometre walk is expected to take approximately four hours with a total ascent and descent of 544 metres.



Accommodation: Wli Water Heights Hotel (or similar)



Simple Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Walks from Amedzofe village; drive to Accra

Today we make our way back to Accra. We drive an hour south through the green Avatime Hills to the small remote village of Amedzofe. We walk to the top Mt Gemi (611m) a protruding hill that can clearly be seen from the village on top of which is an iron cross that was erected by German missionaries in the 18th century. Our second walk from Amedzofe takes us through the forest to Ote falls, the final section of the trail is down a step path (there is a hand rope available for support).

After lunch in Amedzofe we continue our journey to Accra where we stay tonight (four hours drive).

Today's five kilometre walk is expected to take approximately three hours with a total ascent and descent of 100 metres.



Accommodation: Afia African Village (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Walking tour in Accra, explore markets and old quarter

This morning we take in the sights of Ghana's capital city. Originally a handful of small villages, dating back to the 15th century, Accra today is a rapidly modernising and expanding city, the different areas have however maintained their unique identity which we see on our walking tour. We'll begin in the old quarter of James Town, a coastal fishing community inhabited by the Ga ethnic group. Continuing we walk past Ussher Fort where Kwame Nkrumah who was imprisoned and on to Independence square, an unusually empty place in a city that is otherwise so overflowing with chaotic life. The tour ends in Osu, Accra's up and coming cosmopolitan neighbourhood and commercial district, know for its restaurants, shopping centres and nightlife.

This afternoon we drive to Rainforest Lodge near Jukwa, to the south of Kakum National Park, where we spend the next two nights (four hours drive).

Today's six kilometre walk is expected to take approximately two hours along a flat route.



Accommodation: Rainforest Lodge (or similar)



Simple Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 6 - Rainforest walks in Kakum National Park, bird spotting

Kakum National Park covers an extensive area of mostly undisturbed virgin rainforest, one of the most extensive in Ghana. This morning, we will observe the forest from above, taking a canopy walk on suspended rope bridges 40 metres above the ground. We have lunch at the visitors centre and in the afternoon explore a different area of the national park, accompanied by a park ranger. Kakum is teeming with wildlife from mammals and birdlife, with over 400 species of butterflies, to endemic plants and the rangers will brief us on the medical and cultural significance of the local plants.

Today's eight kilometre walk is expected to take approximately four hours along a flat route



Accommodation: Rainforest Lodge (or similar)



Simple Lodge



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Visit Elmina Castle and Cape Coast; Atlantic walks

Today we head to the Gold Coast (35 minutes drive), the castles built here in the 15th Century became important symbols of European colonial power in the region. Elmina Castle, a UNESCO World Heritage site, is the oldest European building in sub-Saharan Africa. Built when the Portuguese first arrived in Ghana the castle was used as warehouse for gold and ivory and later for 'storing' slaves before they were shipped abroad. With the eventual abolition of the slave trade emphasis changed to the more accepted forms of commerce - coffee, wood and spices. After visiting the castle and museum we'll walk around the lively fish market and harbour and the alleys of the old town.

In the afternoon we visit Cape Coast Castle, originally built in the 16th Century this castle was the seat of the British administration of the Gold Coast until 1877, and over the years it has been extensively restored. Outside of the castle we'll walk through the fishing village, the large colourful fishing boats are the livelihood of the fishermen, they take to the ocean daily to earn a living. Tonight we will stay at a beachside resort in Anomabo, enjoy a swim in the warm ocean and watch the sunset from the beachfront bar.

Today our two three kilometre walks in Elmina and Cape Coast are expected to take approximately one hour along flat routes.



Accommodation: Anomabu Beach Resort (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Time at the beach before afternoon drive to Accra Airport

This morning is free to relax on the golden beach backed by palm trees. We depart Anomabo after lunch to drive back to Accra for your evening flight (this journey could take between three and five hours).



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCES

| | |
|-------|------|
| Day 2 | 6km |
| Day 3 | 11km |
| Day 4 | 5km |
| Day 5 | 6km |
| Day 6 | 9km |
| Day 7 | 6km |

Walking grade

Easy

Trek details

Walks on 5 days for between 2 to 6 hours. Routes generally follow village and forest footpaths, the trail to Mt Afadjato is steep and rocky in places. Although distances are not great, walking in the humidity of the forests can be quite tiring.

Max walking altitude (m)

885



Why book this trip

This trip offers an unusual opportunity to enjoy walking whilst discovering the vibrant culture of West Africa - all in a week off work. Explore the hidden nature of Ghana on foot and discover the culture of one of Africa's most fascinating yet underrated countries with the opportunity to experience the intriguing and ancient tradition of voodoo.

What's included?



Included meals

Breakfast: 7



Transport

Bus



Trip staff

Explore Tour Leader
Driver(s)
Local Guide(s)
Naturalist(s)



Accommodation

3 nights standard hotel
2 nights simple hotel
2 nights simple lodge

Trip information

Country information

Ghana

Climate

Ghana has a mostly tropical climate with more rain falling inland. Central and Southern Ghana have two rainy seasons from May-June and mid-Sept to early October. Rain usually falls in short bursts in the afternoon or early evening. Travel is generally unaffected by the rains except on some of the less wellmaintained roads. Temperatures are usually in the high 20's °C all year round, but can reach the mid 30s from December though to April. Humidity is high. Additional information and climate charts can be accessed at <http://www.explore.co.uk/weather>. Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page.

Time difference to GMT

0

Plugs

3 Pin Flat

Religion

Christian

Language

English

Budgeting and packing

Clothing

Temperatures are warm and humidity is high year round. Lightweight waterproofs are recommended. Bring swimwear and a sunhat (or buy one locally).

Please note that wearing military apparel such as camouflage clothing by civilians is prohibited.

Footwear

Walking boots with good ankle support are recommended as well as sandals for relaxing/travelling. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a camera, sun-cream, picnic lunch etc. On hot days you will carry fewer clothes but more drinking water.

Equipment

Water bottle, towel, insect repellent, and a torch (head torch) are essential.

Binoculars are useful for bird watching.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$ 25 for tipping local staff.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Country Information

Ghana

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£6

Dinner price

£10

Beer price

£2.5

Water price

£1

Foreign Exchange

Local currency

Cedi.

Recommended Currency For Exchange

You should take the majority of your spending money in U.S Dollars, or Sterling, mixed denomination bills in good condition. Higher rates of exchange are available for larger US\$ bills.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Cash can be drawn at ATMs in major towns but these should not be relied upon.

Credit Card Acceptance

In major restaurants.

Travellers Cheques

Dollar or Sterling Travellers Cheques (Thomas Cook or American Express) can be exchanged in major towns but this can be time consuming and should not be relied upon. Up-to-date information re: global exchange rates can be obtained at <https://www.currencyexpress.com/explore/>

Transport, Accommodation & Meals

Transport Information

Bus

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Ghana's infrastructure for tourism is still very much developing. You must come prepared for some basic accommodation. The rooms at the Wli Water Heights Hotel are situated along a cloistered corridor, they are clean but simple and be aware that no WiFi is available here. The hotel is surrounded by gardens and is an ideal base for exploring the surrounding hills and waterfalls. To access Kakum National Park we stay at the Rainforest Lodge, a 15 min drive from the park entrance. Again here the rooms are basic but comfortable in small chalets; they are all en-suite and have air conditioning and the restaurant serves tasty local dishes.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Ghana: Visas are required by UK, US, Canadian, New Zealand and Australian citizens and should be obtained before departure. All other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

885

Ghana

Vaccinations

A valid Yellow Fever vaccination certificate is required for entry into Ghana. We recommend protection against malaria, hepatitis A, diphtheria, tetanus, typhoid and polio. Although the risk is low you may also consider immunisation against rabies and meningococcal meningitis. Consult your travel clinic for latest advice on different prophylaxis available against Malaria. We also recommend that you take your vaccination certificates with you as they may be requested on entry to Ghana. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
