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# Tour Notes

Ghana – Golden Realms of the Ashanti

Tour Duration – 14 Days



## Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●○ | History ●●●○○ | Wildlife ●○○○○

## Tour Rating

Busy

## Tour Highlights

- ✓ The chance to experience local culture and communities
- ✓ The atmospheric Cape Coast and Elmina areas with their mixed history



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## Tour Map



## Tour Essentials

- Accommodation:** Comfortable hotel accommodation  
**Included Meals:** Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary  
**Group Size:** Maximum group size 12  
**Start Point:** Accra – you can arrive any time on day 1  
**End Point:** Accra – you can depart after 1930hrs on day 14  
**Transport:** 4WD or minibuses  
**Country Visited:** Ghana



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## Ghana – Golden Realms of the Ashanti

*If you would like to experience life how it is for the locals during your time in Ghana and not just follow the well-trodden tourist routes, then this tour is perfect for you. Mixing with the locals at every opportunity and experiencing daily life in this wonderfully welcoming country with our expert local guides, opens doors and experiences that last a lifetime. There are so many positives to embrace here and mixing everyday experiences with ancient cultural sites, beautiful beaches learning about the dark historical past and exceptional flora and fauna makes this the perfect trip of a lifetime.*

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

### Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

# Itinerary

## Day 1: Arrival in Accra

Arrive in Accra and transfer to your hotel. Depending on your time of arrival, there may be time to explore this vibrant African capital. Overnight Alisa Hotel or similar. (D)

### Accra

Ghana's capital is one of Africa's biggest cities, with the inevitable traffic, noise and mayhem. Despite being a fast growing, lively city, the people are friendly and welcoming and maintain many aspects of their tribal African roots. The National Museum houses one of West Africa's best ethnographic, historical and art collections, which gives a good introduction to Ghana and surrounding areas. The old quarter of Jamestown is the heart of the old colonial town (British protected area) and was inhabited by the Ga people, who founded Accra in the 16th century. There are numerous bustling markets to explore where you can discover everything from food, clothing and household goods to traditional crafts. There is even an area for the fabrication of special coffins that take the forms of fish, fruit, animals, or your favourite car, traditionally based on the occupation of the deceased, but customisable by prior request.

## Day 2: Accra

You have the choice for breakfast this morning; you can have a light breakfast at the hotel or try a local breakfast from one of the food stalls at Makola Market, one of Accra's best local markets. Almost everything is sold here from herbal remedies, traditional cloth, jewellery and food to mobile phones, TVs and sound systems. We then visit the Artist Alliance Gallery on the beach front, showcasing traditional and contemporary art and artifacts from Ghana and neighbouring countries. From here we set off for the 'fantasy coffins' of Teshie Nungua. After a burial, a celebration follows and it is believed that the departed move on to another world and the decorated coffins may represent the occupation of the deceased, or something that was important to them, ranging from cars and cigarette packets to crocodiles and beer bottles! During our visit we





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have the opportunity to meet these infamous coffin makers. This afternoon we head to Independence Square where we find the enclosed flame of African liberation, lit by Kwame Nkrumah in 1961, and head to the Kwame Nkrumah National Park, the final resting place of Ghana's founder before heading to Jamestown, one of Accra's poorest suburbs, yet steeped in history. Visit Fort James, and see the interesting Brazilian stone houses, built by free enslaved Africans who came over from Brazil after the abolition of the slave trade. Our evening is dedicated to meeting locals who are trying to change the lives of youths through boxing. Overnight Alisa Hotel or similar (BLD)

### **Day 3: Krobo Traditional Beads and Wli Waterfalls** (approx. 5 hours total driving)

This morning we leave Accra and head towards the Volta region. Our first stop is Krobo, renowned for their traditional bead jewellery. We visit a family-run compound to learn about this ancient bead-making process and have a go at making our own! We continue to the Volta region, crossing the White Volta River towards Wli and Wli Falls. We visit the Wli waterfalls, the most amazing in the area, located on the border between Togo and Ghana. The walk to Wli waterfalls is approx. 45 minutes following a flat path. At the falls there is an opportunity for swimming, or if you choose to, you can hike to the upper falls before we return to Wli and our hotel. Overnight Wli Water Heights or similar (BLD)

### **Day 4: Mount Afajato and Tafi Atome** (approx. 45 mins driving)

An early start this morning as we set off to Mount Afajato. At an elevation of 885m, it is Ghana's highest mountain and we spend this morning hiking (approx. 2 hours in and out). This afternoon visit the Monkey Sanctuary of Tafi Atome. We take a walk in the forest to see the Monas and Colobus monkeys. We head back to where we crossed the river to Akosombo. Overnight Akosombo Continental Hotel or similar (BLD)

### **Day 5: To Kumasi** (approx. 5 hours driving)

Our journey today will take us into the beautiful Akuapem hills. At the top of the range is the Aburi Botanical Gardens, founded by the British in 1890. We spend some time in the gardens, enjoying the wide variety of indigenous and exotic flora and the spectacular views of Accra. We visit Aburi craft village, a short distance from the gardens where traditional African drums, sculptures and crafts have been carved for generations. We head to Korifuda for lunch and a visit to their famous traditional bead market before continuing to Kumasi. Overnight Noda Hotel or similar (BLD)

### **Day 6: Local Villages of Kumasi**

Today we mix old and new visiting some of the ancient communities and young vibrant designers. Our first stop is Adanwomasie, the birthplace of Ghana's rich colourful Kente cloth. After spending some time here with the locals, we head to Ntunso where adinkra cloth and symbols originate. We have lunch in a local restaurant before heading to Adum, the commercial centre of Kumasi. Explore Adum and visit Kejetia market before transferring to our hotel. This evening is at leisure, or you may wish to experience the local nightlife and music in Kumasi. Overnight Noda Hotel or similar (BLD)

### **Day 7: Ashanti Kingdom** (approx. 3 hours driving)

Early start as we head to the Manhyia Palace, home of the Asantehene King of the Ashanti and the ruler of the powerful Asanteman kingdom. After a fascinating journey through the history of the Ashanti people, we head south to the villages of Bonkro and Breku where we have a lunch that has been prepared by a local chef. After lunch we spend time in the local community, visiting a local school and meeting the Kuapa Kokoo farmers, who grow and sell cocoa. We learn about the chocolate-making process and how it is used for production of chocolate and soap, among other things. Overnight Picathartes Guesthouse or similar (BLD)

### **Day 8: Community Life and a Cooking Lesson**

This morning we assist with the preparation of a local breakfast, and during breakfast decide what local dishes you would like to have a go at cooking yourself! We visit to the local markets to buy our ingredients for



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dinner before heading back to our hotel for a relaxed afternoon. This evening we head back into the village to prepare and cook our evening meal. Overnight Picathartes Guesthouse or similar (BLD)

#### **Day 9: Cape Coast Castle, Baobab Foundation and Batik (approx. 3 hours driving)**

Today we bid farewell to our new friends and set off south towards Elmina in Ghana's central region. We stop at the town of Assin Manso and the Ndonkor Nsua (Enslaved African river). This is where enslaved Africans were checked for fitness before being shipped to America. We then make our way to Cape Coast, following the same route used by the slaves, to Cape Coast Castle (UNESCO) where we learn about the recent history of Ghana. Lunch will be taken at a restaurant operated by Baobab Children's Foundation, an organisation focused on helping and improving the lives of children in this region. This afternoon immerse yourself into true African art with a traditional batik making workshop. Overnight Brenu Beach Resort or similar (BLD)

#### **Elmina**

Elmina is best known for its Castle of St George, built in 1482 by the Portuguese and occupied by the Dutch and British in the following centuries. The Castle and its museum are of considerable interest and the town is now a colourful thriving fishing port where hundreds of colourfully painted wooden fishing canoes are anchored. The best time to see the port is in the morning when fishermen arrive back with their catches, and traders crowd the area. In addition to the Castle of St George Elmina boasts another – the smaller Fort St Jago, situated on top of a hill as a protective measure against the castle being bombarded from above. There are also numerous animistic shrines throughout the town built by Posuban societies to protect the fishermen.

#### **Day 10: Kakum National Park**

An early start today as we enjoy the spectacular sunrise before heading to Kakum National Park for a canopy walk. At the border of the forest we find the International Stingless Bee Project, and learn about their importance to our ecosystem. Continue to a local farm to learn about traditional uses of the palm tree, including palm wine and 'Akpeteshi', a local hard gin of varying strengths, believed to be around 70%. Stop for lunch before heading back to our beachfront hotel for an afternoon at leisure. Overnight Brenu Beach Resort or similar (BLD)

#### **Kakum National Park,**

Covers a surface of 357 sq. km of mostly undisturbed virgin rainforest. It is found at the easternmost extent of the Guinean Forest of West Africa and reputed to be one of the most biologically diverse ecosystems in the African continent. Park rangers are here specifically trained in the medical and cultural significance of the local plants.

#### **Day 11: Brenu Akyinim Community, Nzulezu Stilt Village and Ankasa Reserve (approx. 5 hours driving)**

Today we head West towards the Ivory Coast border and Ankasa Reserve. We spend time visiting the local community and school, before continuing to Beyin for lunch. After lunch we take a leisurely canoe ride through the Amasuri wetlands and Nzulezu Stilt village. After spending time meeting the locals, we set off for Ankasa Reserve which is connected to the Nini-Suhien National Park, covering a protected area of over 500sqkm of pristine rainforest. This evening there is an option for a night walk in the forest, or alternatively spend it at leisure. Overnight Ankasa Resrve Lodge or similar (BLD)

#### **Day 12: Ankasa Reserve**

This morning we visit the stunning Bamboo Cathedral. Located 12kms inside the forest. To get to this remote location, we can either take mountain bikes or by car. After a morning in the forest we head back to our hotel for lunch before an afternoon spent in the community. We visit a local school and meet with farmers, and have the chance to experience local delicacies such as Gari, pounding FuFu and a local chop bar. (BLD)

*Optional – afternoon biking around the surrounding area or a walking trail in the forest*



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### Day 13: Brenu Akyinim

After a relaxed morning we leave Ankasa and head back East to our beachfront accommodation in Brenu Akyinim. On arrival check-in to your hotel with the remainder of the afternoon at leisure. This evening enjoy dinner on the beach around a bonfire with local Ghanaian drumming keeping us entertained. Overnight Ankasa Reserve Lodge or similar (BLD)

### Day 14: Elmina Markets and Departure (approx. 3 hours driving)

We leave Brenu Akyinim and spend a couple of hours exploring Elmina's local fishing market and the boat builders before heading to Accra and a stop at the mall, an insight to modern day life in Ghana. After an early dinner you will be transferred to the airport for your departure flight (BLD)

End of services.

**IT IS POSSIBLE TO COMBINE THIS TOUR WITH OUR TOGO AND BENIN TOUR. YOU WOULD SPEND A NIGHT IN ACCRA BEFORE TRANSFERRING TO LOME VIA ROAD ON DAY 15 (DAY 1 OF THE TOGO AND BENIN TOUR). CONTACT US FOR MORE DETAILS.**

## Inclusions and Exclusions

### Inclusions:

Arrival and departure airport transfers  
All accommodation  
Transport throughout  
Services of English-speaking guide / tour leader (there may be more than one guide with the group and the explanations may be in additional languages)  
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)  
Water in the vehicle  
Entrance fees for sites listed as part of the itinerary

### Excluded:

International flights  
Any airport taxes  
Travel Insurance  
Visas  
Drinks  
Items of personal nature  
Tips (Discretionary)  
Covid-19 test/s and related procedures, as required

## Important Information

### Foreign Office Travel Warnings

We constantly monitor the advice posted by the British Foreign, Commonwealth and Development Office (FCDO). In particular we will always advise clients of any travel warnings. At present there are no warnings



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against travel to Ghana. Please feel free to contact us should you have any specific concerns or would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

## **Accommodation and Meals**

### **Hotel Check-in Times**

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

### **Accommodation Rating**

On this tour you can expect to stay in comfortable small-scale accommodation. With a few exceptions you can expect rooms to be en-suite, with private bathroom and when necessary, air-conditioning will be provided. In general you will find your hotel has a restaurant and/or bar.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

### **Service Standards**

Please note that standards of service in much of Africa are not comparable to those of more developed countries, especially in the more off the beaten track locations. Service is often slow and lacks the same attention to detail, and your patience and understanding will be appreciated.

### **Food & Drinks**

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

### **Dietary Requirements**

If you have any special dietary requirements, you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

### **Budgeting for your Tour**

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.



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### Food

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 £10 / Dinner £10

### Drinks

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bottle of Beer £1 / Bottled water £0.40

### Tipping – Guide and Drivers

Tipping is commonly recognised as a way of rewarding guides and drivers for good service. If you are happy with your guide and driver, please consider leaving a tip for them.

Tipping is generally only common in the better restaurants, rather than the smaller streetside ones.

### Foreign Exchange

**ATM Availability:** Present in most of the cities

**Credit & Debit Card Acceptance:** Cards are not widely accepted

**Local Currency:** Cedi

**Recommended Currency for Exchange:** US Dollars or UK Sterling

**Where to Exchange:** Your guide will advise you

### Joining your Tour

#### Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on the advertised start and end dates of the tour. In addition arrival and/or departure transfers will be provided in conjunction with any pre and/or post tour accommodation that has been booked through Undiscovered Destinations. In all other cases charges may apply for airport transfers. Please advise the date, time and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

#### Travel Insurance

It is a condition of booking with Undiscovered Destinations 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 and be valid for the entire duration of your holiday.





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### Visa Information

At the time of writing British, US and Australian nationals require a visa for a tourist visit to Ghana. For further details please visit the applicable website shown below.

British Nationals - [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

US Nationals - <https://travel.state.gov/content/travel/en/international-travel.html>

Australian Nationals - [www.smartraveller.gov.au/](http://www.smartraveller.gov.au/)

Other nationals should check the latest requirements with the authorities in their home country, or with the destination's nearest embassy or consulate.

Should you require any documentation to support a visa application, such as a letter of invitation, upon request this will be provided by Undiscovered Destinations after receipt of your balance payment.

As it is the travellers' responsibility to ensure that they meet all entry requirements it is essential that you check the rules and any other conditions at the time of booking and again when making your balance payment. In addition, we would strongly advise that you make a final check around two weeks before your arrival. This is important as requirements can change at short notice. Undiscovered Destinations, when possible, will provide guidance about entry rules, but in the first instance please contact the relevant authorities, including the applicable embassy or consulate for assistance.

### Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country. We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

### Vaccinations & Protection

As with travel to most parts of Africa, we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice and the necessary vaccinations. For a visit of less than one month, almost certainly you will be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. You will also need to also need to take anti-malarial medication.

**It is mandatory for entry to Ghana to travel with a valid Yellow Fever Certificate.** If you fail to do so you will be made to receive an injection on arrival.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.



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# Preparing for your tour

## Climate

The region experiences two distinct seasons and travel is possible all year. The dry season runs from October until April, and the wet season from May until September – these can change by a few weeks either side depending on climate variations. The rains, although heavy, usually take the form of short sharp bursts.

## Clothing

Ghana is very warm and so light cotton clothes are generally a good idea. You should also bring a hat – the sun is very strong here, even in the winter. It might be a good idea to bring a fleece in case of cooler evenings in the north but this is usually not a problem.

In general, shorts are acceptable, although there may be occasions when it is appropriate to wear long trousers for example at an Ashanti funerals and the Akwasidae festival. Long trousers also provide better protection against insects and are recommended for nature walks.

## Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Sun cream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have.

## Environmental Responsibility

We are committed to reducing our impact on the environment. On this tour single-use plastic bottles of water will not be given. Water will be provided from a large container. Please bring your own water bottles/flask with you on this trip.

## Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended, as well as a pair of sandals.

## Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

## Electric Supply & Plugs

Electrical supply is 220V/50 Hz and plugs have three square pins as in the United Kingdom.

## Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were prepared 7 June 2023.