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Tour Notes

Ghana in Depth

Tour Duration – 15 Days



Tour Rating

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

Tour Pace

Busy

Tour Highlights

- ✓ Beautiful easy to moderate walks in forests and national parks
- ✓ Wildlife viewing in Mole National Park
- ✓ Stunning waterfalls
- ✓ Canopy walk in Kakum National Park
- ✓ Experience a voodoo ceremony and a royal festival
- ✓ UNESCO Elmina Castle





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Tour Map – Ghana in Depth Tour



Tour Essentials

- Accommodation:** Some comfortable accommodation, some basic comfortable hotel accommodation
Included Meals: Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
Group Size: Maximum group size 16 (you are likely to be joined by travellers from companies other than Undiscovered Destinations, with a mix of nationalities).
Start Point: Accra
End Point: Accra
Transport: Microbus or minibus or 4WD
Countries: Ghana



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Ghana in depth

If you've ever met or travelled with Ghanaians, you'll already want to visit their country. Proud, optimistic, energetic and charismatic, these attributes seem prerequisites of the Ghanaian character. Remarkable, considering hardships endured by many. This tour explores diverse aspects of Ghana, from its rich foundation of wealthy royal lineages even more complex than those of Europe, through a turbulent colonial period, to independence and today's state. Ghana's appeal is electric. What are you waiting for?

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. Depending on the mix of nationalities in the group, and the group size, the guiding may be conducted in English plus additional languages, and there may be more than one guide with the group.

Itinerary

Day 1 – 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 Afia Beach Hotel or similar.

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 upon prior request.

Day 2 - The Shai Hills, from Accra to Aksombo (90 km – approx. 2 hr driving)

Walking today is approximately 2 hours; altitude: from 120 m to 189 m; level of difficulty: easy.

Today we travel to the eastern side of the country and the Shai Reserve. A comparatively small, 52-square-kilometre fenced wildlife park, Shai comprises savannah covered plains interspersed by forested hills, and intervening canyons filled by thicket, grassland and low, dry forest. We will walk accompanied by a guide well-versed on flora and fauna, and the history of the Shai tribes. Later, we drive to Odumase, an area of Krobo famous for its beads, and we visit a factory specialising in their production. Overnight Hotel Aylo's Bay or similar. (BLD)



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Day 3 – Voodoo, Akosombo (200km, approx. 4 hr driving)

Walking today is approximately 2 hours; altitude: flat; level of difficulty: easy.

At a remote hidden village, we join a Voodoo ceremony. Frenetic drumming combines with the chants of priests calling upon spirits to take possession of the dancers. Some fall into a deep trance, their eyes rolling back, faces grimacing, their bodies wracked by convulsions. It's a fascinating, if unsettling experience. Later, we continue to Volta Lake and take a walk around the shore. Overnight Hotel Aylo's Bay or similar. (BLD)

Voodoo

All along the coast of Ghana, Togo and Benin, voodoo is a religion that has been passed on by the ancestors and is still fervently practiced. Although for many Europeans voodoo is only a vulgar form of black magic, in truth voodoo is a true religion, far richer and more complex than people often think.

Day 4 - Forest, from Akosombo to Liati (150 km – approx. 4 hr driving)

Walking today: approximately 2 hours; altitude: flat; level of difficulty: easy.

Today we drive to the Volta Region, taking a guided walk in primary forest, on the lookout for interesting wildlife. Our route continues across a luxuriant forest region, offering views of mountains and waterfalls. On the slopes of Mt. Afadjato we visit Amedjope, Ghana's highest village. Overnight at Mountain Vista Lodge or similar. (BLD)

Day 5 - The highest peak, from Liati to Wli (50 km – approx. 1 hr driving)

Walking today: approximately 2 hours; altitude: from 248 m to 885 m; level of difficulty: moderate.

Today we climb Mt Afadjato, 885m, the highest mountain in Ghana and part of the Agumatsa Range that runs along the Ghana-Togo border. From summit we enjoy magnificent views of the surrounding communities, forests, mountains, deep valleys, and in the distance, Lake Volta. The path is quite steep but the rewards are great. During the hike we stop at Tagbo Waterfall which flows from an almost circular cliff into a refreshing plunge pool. The forefathers of the current villagers considered the river sacred and even today taboos endure. No fishing is allowed in the pool since the spirit of the people is thought inhabit it, and no washing in the stream on Fridays as the spirit of the river and his children bathe on this day. Overnight Wli Water Heights or similar. (BLD)

Mount Afadjato

Mt Afadjato is covered with luxuriant tropical forest and is well-known for its interesting biodiversity - over 300 recorded species of butterflies and 33 species of mammals. Mona and Spot-nosed monkeys are regularly sighted.

Day 6 - Waterfalls, Wli

Walking today: approximately 4 hours; altitude: from 254 m to 798 m; level of difficulty: moderate.

Today we walk through forest to the 80m Wli Waterfalls, the highest in West Africa. Along the way we hope to see just some of the 200 bird species and 400 species of butterflies identified in the region. Overnight Wli Water Heights or similar. (BLD)

Wli

Ghana's highest waterfall is great to admire in many respects: for the sheer grandeur of the water falling from a height of approximately 60 meters down a steep cliff into a large pool below; for the massive mountain formations and soaring peaks, part of the Akwapim Mountains; and for the lush forests around, currently designated as the Agumatsa Wildlife Sanctuary. The waterfall actually consists of two separate waterfalls, the Lower Fall and the more challenging Upper Fall.

Day 7 - Savannah, from Wli to Yendi (320 km – approx. 6 hr driving)

Driving northwards, we leave the forest behind and enter savannah. We traverse a seldom visited region, home to the Dagomba people. Overnight Kamil Legacy Hotel or similar. (BLD)



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The Dagomba

The Dagomba people build round clay huts with thatched roof. The house of the village chief is easily recognisable thanks to its larger size and style: it has a central pole supporting the roof and the entry is framed with pieces of burned clay. It's here that the council of the elders meet.

Day 8 - Yendi to Mole – 'Witches' (290 km – approx. 5 hr driving)

Taking a rough track that leads to Tamale, along the way we stop at a large settlement of 'witches'. These unfortunate women have been exiled from their villages having been found guilty of causing terrible events such as death, disease or a bad harvest. There's time to talk to the 'witches', learn about their lives, and the special shrine which protects them, cleansing their spirit of ill will. Their warm welcome contrasts with the gravity of events leading to their banishment. Later, we travel to Tamale. Overnight Mole Motel or similar. (BLD)

Tamale

The capital of the Northern region of Ghana is mostly inhabited by the Mole-Dagomba linguistic group, a very friendly people. It is an important crossroads that serves as the commercial hub of the three northern regions. The city itself offers an architectural blend of modern buildings and traditional areas. In its centre one can visit traditional palaces of the Gulkpe Naa and of the Dapkema for a glimpse of pure old-fashioned architecture.

Day 9 - Mole National Park

Walking today: 2 walking safaris of approximately 2 hours each; altitude: from 150 m to 258 m; level of difficulty: easy.

Today we enjoy two guided walking safaris, early in the morning and late in the afternoon when animals are more active. Overnight Mole Motel or similar (BLD)

Mole National Park

Mole is Ghana's largest wildlife refuge. The park is located in the northwest of the country and is made up of grassland savannah and riparian eco-systems; the average elevation is 150m. with a sharp escarpment making up the southern boundary. The park is home to over 93 mammal species - including elephants, hippos, buffalos and warthogs – and is considered a primary African reserve for antelope species such as kobs, Defassa waterbucks, roan, hartebeests, oribi, bushbucks, red duikers and yellow-backed duikers. Sightings of hyenas, lions and leopards are unusual but possible. Olive baboons, black-and-white colobus, green vervets and pata monkeys are resident species. Among the 33 known species of reptiles recorded, it is worth mentioning the slender-snouted and dwarf crocodile. There are 344 listed bird species, with a very good chance to spot: martial eagles, white-headed and palm-nut vultures, saddle-billed storks, herons, egrets, Abyssinian rollers, violet turacos and red-throated bee-eaters.

Day 10 – Back into the Forest, from Mole to Techiman (300 km – approx. 6 hr driving)

Walking today: approximately 1 hour; altitude: flat at approximately 366m level of difficulty: easy.

Travelling south, we visit Kintampo Waterfalls and admire the waters of the Pumpu River as they tumble from 70m down natural, rocky steps before flowing onwards to join the Black Volta River. Continue to the Brong Afo region, we leave the main road and follow a track to a sacred forest. Local villagers consider monas and colobus monkeys as their totems. As result, during walks in the deep forest we encounter some of the world's largest troops of these sacred primates. Overnight Encom Hotel or similar. (BLD)

Day 11 - Techiman - Kumasi (130 km – approx. 3 hr driving)

Today we travel to Kumasi, capital of the Ashanti region. If the opportunity arises, we participate in a traditional Ashanti funeral attended by mourners wearing beautiful red and black togas. In practice this is a celebration, the ceremony marking the deceased's transition to becoming an ancestor. Relatives and friends gather, socialise and celebrate his/her memory. Part way, the chief arrives under the shade of large umbrella





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and surrounded by his court. Drummers provide rhythms for dancers whose intricate moves are highly symbolic. Overnight Royal Lamerta Hotel or similar. (BLD)

Kumasi

The historical and spiritual capital of the old Ashanti Kingdom. The Ashanti people were one of the most powerful nations in Africa until the end of the 19th century, when the British annexed Ashanti Country to their Gold Coast colony. The tribute paid today to the Asantehene is the best evidence of their past splendour and strength. With nearly one million inhabitants, Kumasi is a sprawling city with a fantastic central market, one of the biggest in Africa. Every type of Ashanti craft (leather goods, pottery, Kente cloth) is found here, along with just about every kind of tropical fruit and vegetable. A sight to behold.

Day 12 - Kumasi - Royal Festival

This morning we continue our tour of Kumasi by visiting the Royal Palace Museum, home to a unique collection of gold and jewels worn by the Ashanti court. Later, we visit the Ashanti Cultural Centre, housing a rich collection of Ashanti artefacts displayed in a reproduction of an Ashanti house. Overnight Royal Lamerta Hotel or similar. (BLD)

Awukudae Festival

In the Ashanti calendar certain days each year are set aside for very special celebrations in Kumasi and this traditional ceremony takes place in one of the last African Kingdoms which has maintained its ancient rituals still alive. The ceremony is celebrated around the traditional chiefs in order to benefit from the constant protection of the guardian spirits and also to strengthen unity between the people and their chiefs. People kneel down to pay their respects to their chiefs. After libations are poured over the thrones of the former kings, the chief sits under a spectacular colourful umbrella and is adorned in vivid cloth and centuries old jewellery (Ashanti gold jewellery and masks are considered masterpieces of African art) and is surrounded by the Ashanti elders and advisors, all under the authority of the Royal Speaker who holds in his hands the symbols of power. A narrow passage of dignitaries is also formed, representing all the roles and positions of power within the kingdom: sword and knife bearers, armed guards, carriers of beautiful ostrich feathers fans etc. The ceremony is then made up of a procession of royal court attendants bringing gifts, storytellers reciting the history of the Ashanti Kings, drummers and trumpeters playing horns of ivory. Corpulent dancers dressed in vivid red costumes perform erotic dances.

Day 13 - Kakum National Park, from Kumasi to Kakum (260 km – approx. 5 hr driving)

Walking today: approximately 1 hour; altitude: from 135 m to 256 m; level of difficulty: easy.

Today we head to Kakum National Park for a fascinating immersion in the forest. After a guided walk in the park we take an early dinner and then return to our accommodation - a tree house. Here, we spend the night accompanied by the sounds of the forest. The treehouse is open to the forest. Mattresses are provided on the floor, and there are shared facilities. It may be basic, but this is a unique experience. (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 14 – Kumasi - Elmina – Anomabu – Castles (110 km – approx. 2 hr driving)

Walking today: Morning - approximately 1 hour; altitude: from 135 m to 277 m; level of difficulty: easy

Afternoon - approximately 2 hours; altitude: flat; level of difficulty: easy.

This morning, deep in the forest, we visit a remarkable canopy walk, one of the world's highest suspended rope bridges. From a height of 37m, enjoy stunning views of the rainforest and its wildlife. Later, we travel to Elmina and visit the UNESCO site of St Georges Castle, built in 1482 by the Portuguese and serving as a



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transshipment point in the West African slave trade. Exploring the town, we'll see the large and colourful Posuban shrines of the 'asafo' warriors once responsible for local security. The Old Town's alleys maintain a very lively atmosphere, harking back to when Elmina was a busy colonial town. We continue to Anomabu where we overnight. Overnight Anomabu Beach Resort or similar. (BLD)

Elmina and Elmina Castle

Elmina Castle is the oldest European building in Africa, erected by the Portuguese in the 15th century. At different times the castle has been used as a warehouse to trade gold, ivory, and eventually slaves. The castle we visit today is the result of successive extension works and is recognized as a UNESCO World Heritage site. The Dutch Cemetery in Elmina goes back to 1806. Outside the castle is a wonderful fishing village with lots of large colourful fishing boats - every day these canoes are guided by skilled fishermen plying their trade across strong ocean waves and currents.

Day 15 – African City, from Anomabu to Accra (150 km – approx. 3 hr driving)

Morning - approximately 1 hour; altitude: flat; level of difficulty: easy.

Afternoon - approximately 2 hours; altitude: flat; level of difficulty: easy.

Today we travel to Accra, arriving in time to visit the National Museum, one of the first civic works of an independent Ghana. The goal of the museum was to relate Ghanaian art to the continent and to prove the existence of an African history as part of the general history of humanity. Afterwards there's time to wander among the streets of Jamestown, an historic old quarter of Accra known as a centre for the Ga ethnic group. Later, day use hotel rooms are available to freshen up until 6pm, prior to airport transfers for onward flights. (B)

Tour Inclusions/Exclusions

Inclusions:

Arrival and departure airport transfers – please see notes below

All accommodation

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)

Entrance fees for sites listed as part of the itinerary

Visa support (letter of invitation)

Excluded:

International flights

Travel Insurance

Visa (single entry Ghana)

Drinks

Items of a personal nature

Tips (discretionary)

Notes

Airport Transfers

We include airport transfers in the price of your tour if you are arriving on the first day and leaving on the last day of the advertised itinerary. These will be provided by our local representative or on occasions by the hotel used for the first and last nights of the tour. When the transfer is provided by the hotel this will often be via a shared shuttle bus operated by the hotel. If you are planning to arrive before the start date, and/or leave after





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the end date of the tour, Undiscovered Destinations can arrange private transfers at an additional cost. Please check with us at the time of booking.

Please note that if you have arranged extra pre and/or post tour accommodation, either through Undiscovered Destinations or directly with the hotel or an agent, airport transfers are not included in the price of your tour. Please contact us if you would like Undiscovered Destinations to arrange private airport transfers at an additional cost.

Important Information

Foreign Government Travel Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At present there are no warnings 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 will have a mixture of small hotels and guesthouses. Most nights you will have a private bathroom but there are a few nights with shared bathrooms. Some hotels will have restaurant and/or bar. There is one night camping in beautiful Kakum National Park in a unique treehouse!

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.



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Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) 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.

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: £10-12

Dinner: £10-12

Drink

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 water: £0.50

Bottle of local beer: £1.50

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: Available in large towns and cities but we do not recommend relying on them

Credit and Debit Card Acceptance: Cards are not widely accepted

Local Currency: Cedi

Recommended Currency for Exchange: US Dollars. It is best to ensure notes are unblemished

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.



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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.

Visa Information

Visitors from most countries, including UK, EU and US visitors require a visa for entering Ghana. This needs to be obtained in advance. Visa regulations can frequently change and therefore we recommend that you check with your nearest embassy for the most up to date details.

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 the UK. 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

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.

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.

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. In



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higher elevated forests it can be cool at night and in the early morning so you should be prepared accordingly.

Clothing

Ghana is very warm in general 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 and at higher forested elevations. While in the National Parks, you should wear natural, neutral colours – bright colours can make you stand out, meaning that you're less likely to spot wildlife. In general, shorts are acceptable, although there may be occasions when it is appropriate to wear long trousers. 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. Please also take a torch or flashlight. A sleeping bag and sleeping sheet are required and an inflatable pillow is a good idea. Taking a travel towel is sensible.

Environmental Responsibility

We are committed to reducing our impact on the environment. On this tour single-use plastic bottles of water will not be handed out. Water will be provided from a large container. We kindly ask you to bring your own water bottles/flask with you on this trip. If you have any concerns please contact us.

Footwear

This tour has a number of easy to moderate walks. Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended, as well as a pair of sandals for general travelling days.

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 updated 8 January 2020