Ghana Walks and Wildlife

Trip Code: GHH

Version:

WALK & TREK	GUIDED GROUP	4 MODERATE



HIGHLIGHTS

- Walk through lush, verdant rainforest, home to hundreds of bird and butterfly species to reach Wli falls, West Africa's highest cascade
- Visit Bonkro village and spend time in the surrounding rainforest hoping for a sight of the rare yellow headed picathartes bird
- Climb Ghana's highest mountain, Mount Afajato (885m) and take in the view from the hills all the way

down to the coast at Accra
- Visit a monument to the dark days of the slave trade, the Door of No Return in Cape Coast Castle, and learn of its rebirth within the empowerment movement
- Hope for a glimpse of the endangered and elusive Pangolin in their natural home deep within the rainforests

AT A GLANCE

- 11 days walking & discovery
- Max altitude (885m)
- Join at Kotoka (Accra) Int'l Airport

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

We'll spend eleven days exploring some of Ghana's most beautiful and wild locations, including the Shai Hills reserve, hoping to spot monkeys and zebra, and the Wli and Tagbo waterfalls, with thousands of butterflies fluttering through the canopy surrounding each cascade. We'll spend a night in Bonkro where the mythical and beautiful yellow-headed Picathartes resides, and look out for the elusive pangolin amongst the tree top walk at Kakum National Park. This trip includes walks to the highest point in Ghana, Mount Afojato, and along the pristine beaches of its wild Atlantic coast, dotted with colonial castles with links to some of the British Empire's darkest times. We'll also spend some of our time discovering many of the fascinating and varied communities and producers that Ghana has to offer. From the kente cloth makers at Tafi Abuife, to the bead makers of Krobo. We will visit industrious fishing communities whose beautiful, salt-crusted fishing boats line the beaches along the coast, and cocoa producers for some of the world's best, and most ethically produced bars of chocolate. In between community visits,

This diverse and wild adventure will leave you with lasting memories of a fascinating country, undoubtedly one of the finest jewels in West Africa's crown.

Is this holiday for you?

A walking holiday with plenty of opportunity to immerse yourself in the diverse wildlife, cultures and producers of Ghana. The walks are a mix of short but sharp hill-climbs and longer but flatter forest and coastal walks, often interspersed with a community visit or wildlife-watching opportunity, so will include plenty of stops. It will be hot and usually humid, with fresher but hotter air by the coast. We are travelling in the dry season, so will be on good tracks where walking boots or good grip trail shoes will cope with conditions underfoot. We will start early on most walking days to give us better opportunities to view wildlife, but also to walk whilst in the cooler part of the day. The afternoon will usually include some downtime, and then we will usually enjoy a cultural visit in the afternoon.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- A single timed airport transfer on arrival & departure
- All accommodation as described in the itinerary
- All meals as described in the Meal Plan
- All transfers as described in the itinerary

What's not Included

- Visas
- Travel insurance
- Soft and alcoholic drinks
- Tips for guides & miscellaneous personal expenditure i.e. drinks and souvenirs etc

Joining Arrangements & Transfers

Join in Accra.

There will be a single group transfer from Kotoka International Airport (Accra).

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals included throughout.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

There is a great variety in Ghanaian cuisine, but most dishes are centred around a starchy staple such as fufu and banku, as well as kenkey. Common proteins include goat and chicken, and as you reach the Volta lake region, and coastal regions you'll find more seafood on the menu, including tilapia, and octopus. Jollof rice is a common fixture on many menus, as it is all over western Africa, and fried plantain and onion and tomato based salads are common sides.

Breakfasts at the hotels will include regular western continental staples, but you may also have waakye, a rice and beans dish, with sides of egg or a spicy pepper sauce known as shito.

Accommodation

For the majority of this trip we will be staying in comfortable, established and often independent hotels, often with pools on a half board basis. For the two nights in Bonkro village, we will stay at a basic but functional guesthouse within the village, and in Kumasi we spend a night in a lodge. These will also be half board.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

The currency in Ghana is the Ghanaian Cedi (GHS) and is used throughout Ghana. You will be able to change your own currency at the airport arrivals lounge, or if you can, change your money before you arrive. Most local payments and entry fees are included in the price of your trip, but you may still wish to contribute towards a tip for your guides at the end of the tour, plus spending money for souvenirs, and any optional activities, soft or alcoholic drinks and snacks throughout the trip. We would recommend the equivalent of around £250 for the above, in Cedi. In the cities and towns there may be opportunities to spend on card, but do not rely on this, as many smaller locations and villages will likely be cash only, and most places will only accept Cedi.

Guidance on Tipping

On this trip it is considered regular practice to tip your local guides and drivers if you are happy with the services provided. You will be expected to do this at the end of your trip.

We suggest you co-ordinate these tips as a group and as a rough guide we recommend each group member contributes the equivalent in Cedi of around £60 - 80 per person. The group should determine the exact amount and the guide will give advice on the appropriate levels.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a large capacity soft sided kit bag, and a daypack. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the UK Government website.

You will need a visa for travel to Ghana and this should be applied for via the links available on the Ghana page of the FCDO advice link given above under 'entry requirements,' no later than 4 weeks before you travel.

All British passport holders are required to obtain a visa for entry into Ghana. View our Ghana Visa application information for full details of how to apply.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The local currency in Ghana is the Cedi (GHs). Sub currency is Pesewas (Gp). One Cedi is divided into one hundred Pesewas.

Climate

Ghana is a tropical nation, and as such remains warm and humid all year round. In the capital, Accra, the temperature hovers between 25 to 30 degrees throughout the year. Inland, it is warmer, and can often reach 35 degrees centigrade, but in the hills, and around the lake in the Volta region, there will likely be more wind, so it may well feel a few degrees cooler.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

• Lightweight hiking boots or shoes

• Trainers or sandals

• Underwear

• Socks

• Trekking trousers

• Lightweight waterproof jacket

• Lightweight waterproof overtrousers

• Wicking base layer shirts

• Loose-fitting, long-sleeved shirts

• T-shirts

• Fleece jacket or warm jumper

• Sunhat

• Warm hat

• Sunglasses

• Daypack 30 litres

• Headtorch and spare batteries

• Water bottles 1 litre x2 (we encourage re-filling water bottles rather than single use plastic)

• Water purification tablets or filter water bottle such as Water to Go

• Antibacterial handwash

• Washbag and toiletries

• Basic First Aid Kit ; insect repellent (DEET); antiseptic cream; throat lozenges; diarrhoea treatment (Diocalm or Immodium); painkillers; plasters and blister treatment; and re-hydration salts (Dioralite).

The following items are optional:

• Binoculars

• Swimwear

• Trekking poles (highly recommended)

• Camera

• Pen-knife (remember to pack sharp objects in hold baggage)

• Repair kit - (eg. needle, thread, duct tape)

• Reusable cloth bag for shopping (to avoid plastic bags)

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

Our guides are some of Ghana's finest wildlife experts, with an encyclopaedic knowledge of the butterflies, birds, plants and other animals of this beautiful country. We will also meet some of the farming and fishing communities and learn the ways of the Kente cloth makers, the Krobo bead makers, and the cocoa producers of the Kuapa Kokoo Cooperative. We will bring you closer than any other operator, to the people, plants and animals that shape this great West African nation.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change