

Ghana Hiking Highlights

Trip Code: GHH

Version: Ghana Hiking Highlights



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Walk through lush, verdant forest to reach the falls of Wli, believed to be West Africa's highest cascade
- Wander past the traditional wooden fishing boats that line the golden beaches of Ghana's beautiful coastline
- 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
- 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

AT A GLANCE

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

ACCOMMODATIONS & MEALS

- All meals included
- 8 nights Hotel
- 2 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

We'll spend eleven days exploring many of the fascinating and varied communities and producers 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-crust 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, we'll walk some of Ghana's most beautiful and wild locations, including the Shai Hills reserve, hoping to spot monkeys and zebra, the Wli and Ote waterfalls, with thousands of butterflies fluttering through the canopy surrounding each cascade, and Bonkro where the mythical and beautiful yellow-headed Picathartes resides. 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. This diverse and wild adventure will leave you with lasting memories of a fascinating country, the jewel 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.

Itinerary

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DAY 1

Arrival day. Evening and overnight at our hotel in Accra.

After a long travel day, you'll have dinner and a free evening to settle in to your accommodation ready for the adventure ahead.

Meals: **D**



Accommodation
Hotel

DAY 2

A morning walking at the Shai Hills Reserve followed by an afternoon bead making at a Krobo village.

After breakfast, a short drive takes us to the Shai Hills Reserve, a beautiful and intriguing landscape filled with savannah and woodland and dominated by some incredible granite rock formations. Our guided walk will take us through the reserve where we might be able to spot antelope herds grazing on the open plain, or olive baboons and spot nosed monkeys crashing through the trees in great troops. The bird, insect and plant life are also plentiful here, and we will keep an eye out for turacos and bee-eaters as we move through this beautiful landscape. After a visit to the Obonu Tem caves, we can pause for our picnic lunch before setting off on our journey to Aksombo. On the way, we will visit Krobo village and immerse ourselves in the local culture. The Krobo people are renowned for their traditional bead jewellery that they have been making and wearing for centuries. We will then be invited in to try our own hand at producing our own beads. After a wonderful and relaxed afternoon with the Krobo, we will continue to Aksombo where we will check in to our hotel with some free time before dinner.

Meals: **B L D**



Accommodation
Hotel



Time
4 hrs walking

DAY 3

Summiting Mount Gemi, via Ote Falls among butterflies and tropical forest, and some time with the villagers of Tafi Atome.

We will rise early this morning, and after breakfast head to the Volta region and the village of Amedzofe. Our walk will take in the heavenly cascades of Ote Falls, home to many species of butterfly and surrounded by lush green rainforest, fed by the mists created by the falls. We will continue on to the summit of Mount Gemi, a large and shapely top with views to the stunning surrounding landscape and Lake Volta beyond. After our hike, we will head to Tafi Atome, and spend time with the locals of this village, who have dedicated themselves to the protection of the Mona Monkey. The locals believe that these monkeys are sacred messengers from the gods, and as such, have been protecting them for over 200 years. We will learn of their methods of protection and head into the forest with some of the community members to see these majestic creatures in their natural habitat. We round out the day with a visit to Tafi Abuife, and a kente cloth weaving community. We will have the opportunity to purchase some quality kente cloth here before heading to our accommodation in Wli village for the evening. (3 hrs approx. driving time plus stops)

Meals: **B L D**



Accommodation
Hotel



Time
4-5 hrs walking

DAY 4

A beautiful walk through forest to Wli Falls, and an afternoon climbing Ghana's highest mountain, Mount Afajato (885m).

Our hotel provides a beautiful location for us to enjoy a relaxed breakfast this morning before we set off for the Wli Falls, believed to be the highest in West Africa. From Wli village we head into the forest to eventually reach the pool at the foot of these great falls. There are a colony of straw coloured fruit bats here and we will likely hear the cacophony of noise before we see them hanging from the adjacent cliffs of this beautiful river gorge. We should have time for a paddle and maybe even a quick swim if you're feeling adventurous, before continuing up to the higher falls through beautiful woodland. We will return to our hotel for lunch and check out before heading back towards Aksombo. Midway through this afternoon's transfer we make a stop to climb Ghana's highest peak, Mount Afajato. Our guides will be on hand to show us the varied flora and fauna visible here, and explain to us how it changes as we leave behind the forest canopy and trek out into open ground to reach the broad summit of Afajato. This evening we'll be back at Aksombo for our evening meal and an evening at leisure.

Meals: **B L D**



Accommodation
Hotel



Time
4-5 hrs walking

DAY 5

Travel day to Kumasi, broken up by a visit to the Aburi Botanical Gardens and Koforidua Beads Market.

We will start early again today, heading for Kumasi. Our journey today will take us into the beautiful Akuapem hills with outstanding views across Accra and Tema in the distance. At the top of the range, we find the Aburi botanical gardens founded by the British in 1890. The gardens are home to a wide variety of indigenous and exotic flora, and offer outstanding views all the way down to Accra on a clear day. A short walk from the gardens is the Aburi craft village, where we can watch the artisans at work. This is an ideal place for souvenir shopping. We will have lunch at Koforidua and have the opportunity to visit the famous bead market with many traders offering antique as well as contemporary designs. Our final leg of this travel day will take us to Kumasi, the home of the Asantehene, the king of the Ashanti Empire. We'll check into our lodge accommodation here with time to unwind before dinner. (3 hrs 30 mins approx. driving time plus stops)

Meals: **B L D**



Accommodation
Hotel



Time
3 hrs walking

DAY 6

A walk through the Bobiri Butterfly Sanctuary, and an afternoon at Bonkro and Breku villages.

A short drive this morning takes us to the Bobiri Butterfly Sanctuary. A world famous sanctuary home to some 600 species of butterflies. We will have the whole morning here to wander through the forest and experience the beauty and sheer variety of incredible winged species here. An incredible place to savour and enjoy. We will take lunch at the Bobiri guesthouse, before an afternoon on the road, heading for Bonkro and Breku villages. We should arrive by mid afternoon where we will have the opportunity to visit the school built by Ashanti Tours, our ground agent for this trip, in exchange for the community becoming involved in the careful management and conservation of the delicate and important habitats that surround these remote villages. We will also visit one of the Kuapa Kokoo Cooperative farms, a fair trade organisation growing cocoa, predominantly for the Divine chocolate brand. We will spend some time with the farming community here, and learn how the cocoa is harvested and processed. This evening we'll be staying at a guesthouse within the Bonkro community. (3 hrs 30 mins approx. driving time)

Meals: **B L D**



Accommodation
Guesthouse



Time
4 hrs walking

DAY 7
Community and forest walks, and a cooking lesson at Bonkro.

We will wake this morning to the immersive sounds of the rainforest and the morning bustle of the Bonkro community that has now enveloped us. We'll have a relaxed breakfast before setting off along the field boundary trails, the meeting point for agriculture and the deep, natural forest beyond. We will move from village to village, meeting locals and observing farming practices, all brought to life by our expert guide. We will return to Bonkro for lunch and refreshments before our afternoon options. This afternoon we can either delve into the rainforest in search of the endangered yellow-headed Picathartes, and other mammals that call this jungle oasis home. Alternatively you may wish to join the chef in a cookery lesson, preparing and showcasing some of the local delicacies we will be later eating for our dinner. The evening is spent in the restaurant and bar on site, and enjoying this peaceful and remote location within the forest.

Meals: **B L D**



Accommodation
Guesthouse



Time
5 hrs walking

DAY 8
Walking in Kakum National Park, on canopy walkways through the trees. An afternoon visit to Elmina Castle on the coast.

This morning we will wake bright and early in preparation for a drive out of the wilds of Bonkro village and on to Kakum National Park. We will wave a fond farewell to our new friends, and after a few hours on the road, find the rainforest canopy walkway where we will get to walk suspended among the tree tops. This experience consists of seven bridges rope and slat built suspension bridges with interlinking viewing platforms built around the trunks of some of the forest's tallest, towering trees. The views here are epic, and the alternative perspective here creates the opportunity to see bird and wildlife species that you can't appreciate fully from the forest floor. We might be able to spot Diana monkeys, resting in the higher branches, hornbill perched among the canopy, or parrots squawking as they circle the tree tops above our heads. A superb experience to remember and cherish. We continue into the forest to the stingless bee project. A conservation effort and educational deep dive into the importance and protection of these bee species that naturally exist within the forests of West Africa. We round out the day with a trip to the UNESCO world heritage designated Elmina Castle in the coastal town of the same name. The museum found within is a sobering experience highlighting the castle's role within the tragic transatlantic slave era. We will have some time at the end of the day to walk the streets and coastline of Elmina enjoying the busy atmosphere of this fishing community. We will retire to our hotel, overlooking the crystal blue waters and white sand beach of West Africa's Gold Coast. 2 hrs 40 mins approx. driving time)

Meals: **B L D**



Accommodation
Hotel



Time
4-5 hrs walking

DAY 9

Coastal walk along beaches and through fishing communities between Komenda and Elmina

Today we will be transferred along the coast, after breakfast, to the fishing community of Komenda. We will enjoy the deserted white sand beaches of this coastal stretch on a walk taking in the most beautiful beaches the country of Ghana has to offer. Busy fishing villages are interspersed along the way, comprising harbours lined with traditional wooden fishing boats that haven't changed in design for hundreds of years, and bustling market lined streets beyond. We will aim to lunch in Brenu Akyinim before continuing our walk inland, heading first through the watermelon and pineapple filled farmland beyond the village, through crops of cashew nuts, tomatoes, peppers and okra, before reaching our ultimate goal, our return to Elmina by the end of the day. A wonderful walking day allowing us to experience some of the key crops and communities that thrive here in Ghana.

Meals: **B L D**



Accommodation
Hotel



Time
5 hrs walking

DAY 10

Local villages, farmland and rainforest walk from Abrafo to Ebekampa.

An inland walk awaits us today, as we head to Abrafo before striding out to Ebekampa on foot. The start of the walk passes through palm and cocoa plantations and the villages that farm them, before reaching the rainforests surrounding Ebekampa. These forests are home to some 600 species of butterfly, as well as many birds and mammals, and if we're lucky we may even be able to spot pangolin padding along the boughs of the ancient trees here. After our morning walk, we head off to Cape Coast and the Baobab Children Foundation, where we will have lunch today. This foundation helps children unable to attend school in the area, either through lack of funds, access, or disability, and gives them a fairer start in life, through vocational classes including agriculture, carpentry, and tailoring. This afternoon we move on to Cape Coast Castle and have a thought provoking tour of this infamous monument to a harrowing period in the regions history. The 'door of no return,' as it was once known, is the exit door to the castle, which processed more slaves than any other castle on the west African coast. This evening we can relax at the accommodation, or head out into the busy streets of Elmina to sample some live music at a local bar and restaurant.

Meals: **B L D**



Accommodation
Hotel



Time
5 hrs walking

DAY 11

Departure day

This morning we will pack up in preparation for our onward journeys home, and then if there is time, we may wish to spend a while on the beach before our transfer to Accra. We may also be able to head down into town to see the fantasy coffin creators of Teshie Nungua. After a usually solemn funeral, a burial celebration follows, and the coffin creators have taken to creating fantastically eccentric designs that reflect the life of the person within. Designs have included cars, cocoa pods, shoes, and aeroplanes. After transferring to Accra we will share an early evening meal at a local restaurant, before departing for the airport. (3 hrs 30 mins approx. driving time)

Meals: **B L D**



Time
2 hrs walking

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.

Food & 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.

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.

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.

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.

Health & Vaccinations

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. A certificate of yellow fever vaccination is required if travelling from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hrs through an airport of a country with risk of yellow fever transmission. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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.

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)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Why Choose KE

Why KE

Our expert 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. As well as an in depth discovery of the flora and fauna of this proud west African nation, we will meet some of the farming and fishing communities that call this country home and also 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 09/11/2024 and the trip is subject to change