



## **Cultural And Hiking Tour - Ghana**

**Note:** Price printed on this PDF is valid until **02-05-2025** and is subject to change without notice due to Partner changes and currency fluctuations

**Visit:** Accra - Krobo Hills Hiking - Hohoe Plains Campsite - Dzogbefeme Mountain Hike - School Volunteering - Monkey Village Visit – Amedzofe - Assault Of Afadjato Into Togo - Wli Todzi - Descent To Wli Waterfalls - Survival Island - Labolabo Village - Kayaking - Forest Hike - Cape Coast Township - Elmina Castle - Kakum Park Half Day Hiking

### **Private Touring**

- Flexible Dates
- Flexible Itinerary
- Upgrade Accommodation
- Local Guide Service
- Modern Airconditioned Vehicle

### **Tour Vehicle**

Car or Small Van AC

## Tour Guide

Local English only guide

## Detailed Itinerary

### Day 01: DAY 1: ARRIVAL

Arrive at Accra airport. Met, assisted and transferred to your hotel. Welcome dinner in your hotel (extra cost)

Overnight: Hotel in Accra

### Day 02: DAY 2: KROBO HILLS HIKING & TRIP TO HOHOE PLAINS CAMPSITE

Breakfast Depart for Krobo Hills. Drive past Shai Hills Game Reserve and view the ubiquitous olive Baboons along the road to arrive at the Klowem Hills, which is an inselberg with outliers south of the Akuapem Ridge. Hiking distance across the hills is 7km (will feel like 12km; elevation 269m, temperatures at 36 degrees C) through rocky terrain, humidity and heat. Team will abseil the face of the Katanga Cliff (challenge by choice rules apply here), before heading out to the plains below for the 100km (2 and a half hours) drive to Nyangbo Kume, a small village at the foot of the Avatime Highlands. Team will camp in tents in the village and interact with rural folks in the evening on a folklore night after dinner

### Day 03: DAY 3: HOHOE PLAINS & DZOGBEFEME MOUNTAIN HIKE

Breakfast Team will hike the 480m elevation of the Avatime highlands to the village of Dzogbefeme. The 2-and-a-half hour hike is steep but short. After setting up camp at Dzogbefeme, the team will visit with a farmer on a return 2km farmer's trail to learn how to grow local staples and help farmer bring home his produce for the day. Total day's hike will be 9km but will feel like 15km. After dinner, there will be another cultural night filled with drumming and dancing

### Day 04: DAY 4: SCHOOL VOLUNTEERING & MONKEY VILLAGE VISIT

After breakfast, team will volunteer at the only village school. Focus will be to teach very young kids rhymes and poems from Adventurers' countries of origin. Adventurers are invited to bring pens, pencils, crayons and toys as gifts. In the afternoon, team will drive to Tafi Atome (15km or 21 minutes away) to visit with a village that shares a rich history with Mona Monkeys. This is not a zoo, but rather an ecological wonder where primates and humans live together in harmony. Team will return in the afternoon to hike a total of 7km to and from the village's waterfall. Dinner will be ready on team's return and to spend another night at Dzogbefeme

### Day 05: DAY 5: MOUNTAIN HIKING ADVENTURE TO AMEDZOFE

After breakfast, team will hike up to the highest point of human habitation in Ghana – the Amedzofe Township – some 640m high through a narrow, winding trail with amazing views. When we arrive at Amedzofe, adventurers will first visit Mt. Gemi (3km) to view the entire Hohoe plains from the peak, and then the team will descend to the beautiful Ote waterfall (10km) and its nail-biting view of the valley. After the full nature exploration, team will drive 57km (1 hour 15 minutes) to the foot of Ghana’s highest free-standing mountain. Team will sleep in tents after dinner as early as possible to rest for the toughest hike yet on this adventure. Total hiking distance for the day is 19km.

### **Day 06: DAY 6: ASSAULT OF AFADJATO INTO TOGO & WLI TODZI**

The grueling expedition takes the team to Ghana’s highest mountains (640m) and into the higher uplands of the Western edge of the Togolese plateau (980m). This adventure is a total 18km but will feel like 30km (takes 7 hours to complete on average), and will take team across the invisible Ghana-Togo border. Visas are not required here because of many years of a relationship with the Togolese side. Team will camp at Wli Todzi on the Ghanaian side. This is a Grade 3 hiking assault. Regular fitness, with a good dose of endurance is all that is needed, and the hikes before this assault will reveal to the expedition team whether the groups have what it takes. The terrain is not as punishing as the humidity, but it gets easier deeper into the highlands).

### **Day 07: DAY 7: DESCENT TO WLI WATERFALLS**

A 4-hour trail (12km) leads to the steep descent to the Wli waterfalls, and a lot of climbing and descending will characterize this day’s adventure. A chimney is the only way to leave the breath-taking peaks above the Wli falls, and the adventure ends with a well-deserved splash in the waterfalls at the bottom. The night will be spent at the Waterfall Lodge in Wli

### **Day 08: DAY 8: SURVIVAL ISLAND & LABOLABO VILLAGE**

After breakfast, team travels to the lacustrine village of Labolabo (104km or 2 hours 15 minutes drive) to engage with local fishermen and fishmongers about their way of life. Afterwards, team Will kayak the 3.6km foray to survival island set up camp and have the first real rest of the adventure. The kayaking is the only way to access Survival Island. We will have expert guides in the kayaks with Adventurers so they can always relax and take long paddling breaks. Worse case, there’s a speed boat to transport those who can absolutely not do it.)

### **Day 09: DAY 9: LAY-OVER DAY**

Lay-over day on Survival Island. Team will perform clean up laundry and recover from the week’s adventures, and still do a total of 10km of a cocktail of hiking, abseiling and kayaking adventures in and around Survival Island and to study wildlife on the island. There will be activities on the island, including

treasure hunts, ropes challenges and obstacle courses.

### **Day 10: DAY 10: 7KM KAYAKING & FOREST HIKE**

Team will kayak the full 7km foray to the Discovery waterfall across Lake Volta (2 hour lacustrine kayaking) and hike the 6km highland trail to Anum in the Eastern region (1 and a half hour hike). Team will then drive an hour to the Akwamu Gorge, hike up the 320m peak and camp in hammocks on the highest peak in the Gorge. Total physical activity distance is 15km

### **Day 11: DAY 11: FOREST HIKE DESCENT & DRIVE BACK TO ACCRA**

Final day of the adventure. Team will descend the Akwamu Gorge (320m ) and drive to Accra (1 hour 45 minutes' drive. Lunch will be at a local restaurant on the outskirts of Tema to review the adventure phase of the trip and to take constructive feedback Overnight: Hotel in Accra

### **Day 12: DAY 12: ACCRA – CAPE COAST TOWNSHIP & ELMINA CASTLE & FISHING HARBOUR SIGHTSEEING (3 Hrs Drive/7hours tours)**

Breakfast and hotel checkout Depart to the Central Region. Drive along some fishing communities and coconut lined beaches Arrive in Cape Coast and go on a walking tour of the town with its narrow streets modelled on the Yorkshire roads. Lunch at a local restaurant. (extra cost) After lunch go on a conducted tour of the Elmina Castle (Saint George) built in 1482 by the Portuguese and later conquered by Michiel De Ruyter. For years the headquarters of the Dutch West India Company was before the trade in slaves took the upper hand. More than 200years slaves were 'stored' and resold by the Dutch. From the fort you have a magnificent view of the harbor and the colorfully painted fishing boats arriving from the sea on the beach. Unloading the boats is a wonderful spectacle. Fish in all shapes and sizes are sorted on the beach and carried in bowls and baskets by the women on their heads home. Check in to your hotel Overnight: 3\* Beach Resort or Hotel in Elmina / Cape Coast

### **Day 13: DAY 13: KAKUM PARK HALF DAY HIKING - ACCRA(5 hour Drive/4hours Tours)**

Breakfast and hotel check out Depart for a visit to Kakum National Park. Go on a morning walk of the “Kuntan Trail” with its countless trees with medicinal properties For the young at heart experience the “Canopy Walkway” suspended 100 feet from the forest ground for a panoramic view of the flora and fauna of the remaining vestiges of the rainforest. Lunch at a local restaurant. (extra cost) Depart for Accra driving past several fishing communities and coconut lined beaches. Of interest enroute are the several fruit stands and “Bush Meat” smoking joints. Arrive in Accra and check in to your hotel Overnight: Hotel in Accra

### **Day 14: DAY 14: ACCRA CITY TOUR – DEPARTURE**



Breakfast Visit the Casket making shop where various designs of caskets are produced based on the African belief of life after death. Therefore, caskets are designed to reflect the earthly profession of the deceased with the belief that they can continue to practice this profession in the other world; hence a bus driver will be buried in a bus, a teacher in a book, a doctor in a syringe etc. Continue to Old Accra which is a contrast of Victorian, Dutch and post-colonial architectural. You will drive past James Fort built in 1673, Old Accra Square and the Post Office. Stop to visit the Ussher Fort, one of three European forts in Accra which have survived the times. It was built as Fort Crêvecoeur by the Dutch in 1642. The name changed to Ussher Fort when the Dutch sold the fort to the English in 1668. Interact with the local people. You would have a view and photo opportunity of the Light House built to guide ships to the old harbour. Lunch at a local restaurant (extra cost) Return to hotel to freshener up. Day room use till 6.00pm Transfer to airport for departure

### **Inclusion**

- 3½ Nights - Hotel in Accra on Bed and Breakfast basis.
- 9 Nights in Camp Tents on half board basis
- 1 Night - Beach Resort or Hotel in Elmina/ Cape Coast on Bed and Breakfast basis.
- Overland transportation with air-conditioned vehicle
- Professional English-Speaking Tour Guide
- Entrance Fees to all Tour Sites as listed in Itinerary.
- Meals as mentioned in Itinerary
- Hotel Taxes

### **Exclusion**

- International / Domestic Airfare
- Optional activities
- Other meals, drinks, tips and other personal expenses or services not specified on the program
- Personal equipment
- Travel insurance
- Gratuities
- Voluntary tips for guides or drivers
- Travel and medical insurance
- Any items not mentioned as included
- COVID 19 Testing Fee.

## **Tour Dates & Pricing**

