

Wanderreise in Ghana

15 Tage / 14 Nächte

PREIS PRO PERSON, mit Unterkunft im Doppelzimmer, ab/bis Accra
Einzelzimmerzuschlag

CHF 3620
CHF 440

Ab/bis Accra

Reisedaten: 10. März, 21. April, 25. August, 17. November 2018

Jedes dieser Reisedaten beinhaltet eine Voodoo-Zeremonie und ein Awukadae Festival.

Diese Reise wird bereits ab 2 Personen durchgeführt.

A "slower" and gentler way to discover the rich variety of landscapes
and peoples of this fascinating region on the Gulf of Guinea.

In West Africa a few hundred meters off the main road you enter a totally untouched reality
- this is exactly what we will experience when we get out of our vehicles and walk into the "bush".

The perfect way to discover the coastline, the rain forest and the savannah and to visit remote villages.

In the Volta region we climb up Mt Afajato – with its 885 meters it is the highest peak of Ghana - and
we trek up rivers reaching refreshing water falls.

Ghana is also the country where it is possible to encounter incredible peoples and see many interesting sights, such as
castles dating back to the slave trade, the Kakum Rainforest with a wealth of botanical species, voodoo ceremonies ...



DAY BY DAY PROGRAM

DAY 1: In the Gulf of Guinea, Accra - [GHANA](#)

Arrival in Accra and transfer to the hotel. Free time to relax.

Meals own arrangements
Overnight Afia Beach Hotel or similar (all rooms ensuite and with aircon)

DAY 2: The Shai Hills, from Accra to Akosombo (90 km - 2 hr) - [GHANA](#)

Hike of the day: approximately 2 hours; altitude: from 120 m to 189 m; level of difficulty: easy.

We move to the eastern side of the country.

The Shai Reserve is a comparatively small fenced wild-life park, with a surface of about 52 sqkm and made up largely of savannah covered plains, interspersed with a series of hills. A unique mosaic of forest covers the hills, thicket and grassland with a low stature and dry forest found in intervening canyons. The most popular attractions include the hills themselves and the trails that lead to them. We will walk accompanied by a guide who is well-versed on the history of the Shai tribes who used to live in the hills, as well as on the flora and fauna of the beautiful coastal savannah .

By car we reach Odumase. The area of Krobo is famous all around the world for its beads. Here they are produced and used for cults and esthetic purposes. We will visit a factory specialized in the production of those beads and even follow the process of making one! The craftsmen have now been making beads following the same long lasting traditional technique for centuries. They use scrap glass that they ground into a fine powder. The glass powder is then meticulously made into patterns and placed into hand-made clay molds covered in kaolin. The beads are cooked, then decorated, washed, and eventually strung.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Hotel Aylo's Bay or similar (all rooms ensuite and with aircon, basic)

DAY 3: Lagoon, from Akosombo to Keta (200 km - 4 hr) - [GHANA](#)

We drive down the coastline and leave the main road to explore the lagoons of Keta. Keta lies surrounded by the ocean near the mouth of the [Volta River](#). It is built on a sandpit separating the Atlantic Ocean from the Keta Lagoon. The area was part of the African kingdom of Anlo. When the Europeans arrived they settled a port for trading in slaves, ivory, spices and gold. Such kind of wealth "invited" the powerful kingdom of the Ashanti to be part of the business by the first half of the XVIII century. We will cross the magic environment where the border between water and ground is uncertain. We will have walk over endless beaches and if lucky we will be able to see fishermen pulling up their nests. In the town we shall admire the old colonial buildings and we will visit the Fort dating back to 1784.

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. In a remote hidden village we will join a Voodoo ceremony: the frenetic rhythm of the drums and the chants of the adepts help calling in the voodoo spirit who then takes possession of some of the dancers. They fall into a deep trance: eyes rolling back, grimaces, convulsions, insensitivity to fire or pain. Sakpata, Heviesso, Mami Water are just some of the voodoos divinities who can show up. In this narrow village, surrounded by the magic atmosphere of the ceremony, we will finally understand what people mean when they say: "In your Churches you pray God; in our voodoo shrine we become God!"

Meals included in a local restaurant or pic nic and at the hotel
Overnight Aborigines Resort or similar (all rooms ensuite and with aircon)

DAY 4: Forest, from Keta to Liati (250 km - 5 hr) - [GHANA](#)

Walk of the day: approximately 2 hours; altitude: flat at 141 m; level of difficulty: easy.
We drive to the Volta Region.

Amedzope: the highest located village in Ghana (756 m.). We reach the village by a winding road running through a green forest. We enjoy the view on the valley.

The Monkey Sanctuary of Tafi Atome was created in 1993 to protect a community of sacred monkeys living in the forest. According to century-old traditions, in this village monkeys and tortoises are considered sacred species thus demanding respect and protection - in particular monkeys are the "spokesman" of tortoises. We will take a lovely walk in the forest lead by a local guide to encounter this great community of Monas and Colobus monkeys. We continue by vehicle across a very luxuriant region of forests offering very nice views over mountains and waterfalls.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Mountain Vista Lodge or similar (all rooms ensuite)

DAY 5: The highest peak, from Liati to Wli (50 km - 1 hr) - [GHANA](#)

Hike of the day: approximately 2 hours; altitude: from 248 m to 885 m; level of difficulty: moderate.
Today we will climb Mt Afadjato, the highest mountain in Ghana and part of the Agumatsa Range which runs along the Ghana-Togo border. From the top, magnificent views of the surrounding communities, forests, mountains, deep valleys, and, in the distance, also of Lake Volta. Mount 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 regular sights.

Path is quite steep however the reward is guaranteed. During the hike we will also stop at Tagbo Waterfall which flows from an almost circular cliff into a refreshing pool. The forefathers of the current villagers considered the river sacred and still today a number of taboos are associated with it. For example: no fishing in the pool since the spirit of the people is thought to live in it; no washing in the stream on Fridays because the spirit of the river and his children bathe on this day, etc.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Wli Water Hights or similar (all rooms ensuite and with aircon)

DAY 6: Waterfalls, Wli - [GHANA](#)

Hike of the day: approximately 4 hours; altitude: from 254 m to 798 m; level of difficulty: moderate.
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. The hike will allow us to sight some of the 200 species of birds and the 400 species of butterflies which have been identified in the region.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Wli Water Hights or similar (all rooms ensuite and with aircon)

DAY 7: Savannah, from Wli to Yendi (320 km - 6 hr) - [GHANA](#)

Today we drive northwards, leaving the forest behind and entering into savannah country. We transit across a seldom visited region, it is here that the Dagomba live. They build round clay huts with thatched roof. The house of the village chief is easily recognizable 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.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Shalom Catholic Guest House or similar (all rooms ensuite and with fan, basic)

DAY 8: Witches, from Yendi to Mole (290 km - 5 hr) - [GHANA](#)

Today we take a track leading to Tamale and along the way we meet a very large settlement of ... witches! All exiled from their villages because found guilty of terrible events such as the death of a teenager, a mysterious

disease or a bad harvest...they now live all together in a specific place. We will chat with them about their life and about the special shrine which protects them, "cleaning" their spirit from bad will. Their warm welcome dramatically contrasts with the gravity of the stories that justify them being here.

Tamale is the capital of the Northern region of Ghana and 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 center one can visit the traditional palaces of the Gulkpe Naa and of the Dapkema for a glimpse of pure old-fashioned architecture.

In the afternoon we reach Mole National Park

Meals included in a local restaurant or pic nic and at the hotel
Overnight Mole Motel or similar (all rooms ensuite and with aircon)

DAY 9: Wildlife, Mole - [GHANA](#)

Hikes of the day: 2 walking safaris of approximately 2 hours each; altitude: from 150 m to 258 m; level of difficulty: easy.

Mole National Park is Ghana's largest wildlife refuge. The park is located in the northwest and is made up of grassland savannah and riparian eco-systems, the average elevation is 150 m a.s.l. 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 to mention the slender-snouted and dwarf crocodile. 344 the listed bird species, with very good chances to spot: martial eagles, white-headed and palm-nut vultures, saddle-billed storks, herons, egrets, Abyssinian rollers, violet turacos and red-throated bee-eaters. We enjoy two guided walking safaris, early in the morning and late in the afternoon when animals are more active.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Mole Motel or similar (all rooms ensuite and with aircon)

DAY 10: Back in the forest, from Mole to Techiman (300 km - 6 hr) - [GHANA](#)

Hike of the day: approximately 1 hour; altitude: flat at approximately 366 m; level of difficulty: easy.
Drive south. Hidden inside the forest, visit of the lovely Kintampo Waterfalls to admire the waters of the Pumpu River fall from a height of 70 meters down beautiful rocky steps, before they continue their journey towards Black Volta River. A nice refreshing stop.

In the Brong Afo region we leave the main road and follow a track to a sacred forest. The locals living here consider Monas and Colobus monkeys as their totems, as result we can encounter the largest community of these species in the world. During a walk in the forest, accompanied by the emerald green light filtered by the giant trees, we will see plenty of sacred monkeys.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Encom Hotel or similar (all rooms ensuite and with aircon)

DAY 11: Kumasi, from Techiman to Kumasi (190 km - 4 hr) - [GHANA](#)

Kumasi is 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 (=King) 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.

In the afternoon we participate – if available – in a traditional Ashanti funeral, attended by mourners wearing beautifully red or black togas. We say "funerals" but it means a "festive" celebration: the deceased in fact is believed to be still with his/her family and through this ceremony he/she becomes an ancestor. Relatives and friends gather, socialize and celebrate his/her memory. The chief arrives surrounded by his court under the shade of large umbrellas while drums give rhythm to the dancers whose intricate moves are highly symbolic.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Okubi Hotel or similar (all rooms ensuite and with aircon)

DAY 12: Royal Festival, Kumasi - GHANA

In the morning continuation of the tour of Kumasi, with the visit of the Royal Palace Museum hosting a unique collection of gold jewels worn by the Ashanti court. The program includes also a visit to the Ashanti Cultural Centre: a rich collection of Ashanti artifacts housed in a wonderful reproduction of an Ashanti house.

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 here comes the time of the great happy ceremony. During this celebration, the chief sits under a spectacular colorful umbrella, is adorned in vivid cloth and massive centuries old jewelry (Ashanti gold jewelry 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 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 & trumpeters playing horns of ivory. Corpulent dancers dressed in vivid red costumes perform an erotic dance. We will witness and experience the splendor, the flavor and the atmosphere of one of last great African monarchs of the forests.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Okubi Hotel or similar (all rooms ensuite and with aircon)

DAY 13: Kakum National Park, from Kumasi to Kakum (260 km - 5 hr) - GHANA

Hikes of the day: approximately 1 hour; altitude: from 135 m to 256 m; level of difficulty: easy.

We reach Kakum National Park, covering a surface of 357 sqkm of mostly undisturbed virgin rainforest. We are at the easternmost extent of the Guinean Forest of West Africa, 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.

After an early dinner, we will reach our tree house where we will spend the night, surrounded only by the forest sounds.

Meals included in a local restaurant or pic nic and at the camp
Overnight camping on a tree house (basic but unique: a wooden structure on the top of a tree, with roof but open on the 4 sides to allow the views and ambiance of the forest, mattresses on the floor, sharing facilities)

DAY 14: Castles, from Kumasi to Elmina – Anomabu (110 km - 2 hr) - GHANA

Hike of the day: approximately 1 hour; altitude: from 135 m to 277 m; level of difficulty: easy.

In the morning, we will experience the thrill of a "canopy walk" right in the deep forest of the Kakum National Park: one of the world highest suspended rope bridges held by steel cables. Perched 37 meters (120 feet) above the earth, you will enjoy a stunning view of the rainforest - instead of unveiling their trunks, trees will reveal their tops!

In the afternoon visit of Elmina Castle, 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 old Dutch Cemetery in Elmina goes back to 1806. Outside the castle, a wonderful fishing village with lots of large colorful fishing boats - every day these canoes are guided by skilled fishermen across strong ocean waves and currents, "fighting" to earn a living. In the old town we will see the Posuban, the shrines of the old "Asafo companies" - the warriors who used to put their offerings on the large colorful statues. The alleys in the old town have a very lively atmosphere, bringing us back to a time when Elmina was a busy colonial town.

Drive to Anomabu.

Meals included in a local restaurant or pic nic and at the hotel
Overnight Anomabu Beach Resort or similar (all rooms ensuite and with aircon)

DAY 15: African city, from Anomabu to Accra (150 km - 3 hr) - [GHANA](#)

Accra, the capital of Ghana, has maintained its unique identity despite the fast paced development currently underway in this intriguing African city. The luxuriant administrative area, punctuated with elegant villas built during the first half of the 19th century, reminds us that Ghana was one of the most flourishing British colonies in West Africa.

The program includes a visit to the National Museum (if open), one of the first works of independent Ghana - the idea inspiring the Museum is to relate Ghanaian art to the rest of the continent and to prove the existence of an African history as part of the general history of humanity. We explore the old quarter of James Town, inhabited by the local population known as the Ga. Facing the Ocean is where local native people life fully unfolds: a village surrounded by the city! Here all economic activities follow very different rules from the ones governing "the city" (business area), just a few hundred meters away. Our tour continues with the visit of a workshop where they specialize in building fantasy coffins. These special handcrafted coffins can reflect any shape: fruits, animals, fish, cars, airplanes.... the only limit being imagination! Started in Africa, these flamboyant coffin designs are by now collected worldwide and exposed in museums.

Time available for some last minute shopping at the craft center.
in the evening transfer to the airport for the flight out.

Meals breakfast included; lunch and dinner own arrangements
Day-use Few rooms in day-use till 18.00 hrs (all rooms ensuite and with aircon)

Included:

- Assistance at Accra airport upon arrival and departure
- Transfers and tour in minibuses/microbuses and/or 4WD vehicles
- Local guide (languages spoken: English, French, German, Italian and Spanish)
- Tours and visits as per the programme
- Accommodation in standard rooms/huts/tents, as per itinerary
- All meals as described, from breakfast on day 2 to breakfast on day 15
- Mineral water in the bus/car during the visits
- Entrance fees to parks, concessions, protected areas and cultural sites
- First Aid box
- All service charges and taxes

Not included:

- International flights to/from Accra
- Visa fees and any airport departure taxes
- Any meal or sightseeing tour other than those specified
- Personal sleeping bag (light) or sleeping bag liner (necessary)
- Mineral water and drinks at meals
- Porterage
- Fees for personal photos and videos
- Personal and holiday insurance (compulsory)
- Costs relating to delayed or lost luggage
- Tips for drivers, guides and hotel staff
- Any item of personal nature such as phone calls, laundry, etc.
- Whatever is not mentioned as included

Important:

- VISAS: Ghana - single entry visa
- VACCINATIONS: Yellow fever – compulsory; malaria prophylaxis - highly recommended.
- MEALS: lunch, picnic or at local restaurants (tourist menus); dinner at the hotel restaurant (tourist menu)
- LUGGAGE: max 20 kg and in duffle bags
- TRAVEL INSURANCE: compulsory for medical assistance and evacuation in case of emergency
- MEANS OF TRANSPORTATION: microbus or minibus or 4x4 vehicles
- All our trips are designed to be flexible so that we can adapt to weather conditions, focus on the group's interests and take advantage of opportunities that arise once there.
- Considering the special nature of the journey, some parts may be modified due to unpredictable factors and are based on unarguable decisions of the local guide. Costs originating from such variations will be sole responsibility of the participants. Of course the guide will do his/her utmost to adhere to the original program.
- The tour may be reversed without any amendment to program
- Prices could change in case of major changes in services costs, beyond the organizer