



Essential Tour Information

Please note that you are responsible for your own visas and taxes. Please have these amounts available prior to departing for Ghana.

Food and dietary requirements

While we will endeavour to cater to dietary requirements where possible, please note that many meals and food activities on our Surprising Ghana tours are set in advance in order to deliver a well-rounded experience of Ghana's cuisine. In many countries, dietary restrictions are uncommon and not well understood. If you have dietary requirements and are concerned about whether this may impact on your ability to participate fully in all food-related activities on this trip, please contact us for further information. If you have dietary requirements and/or food allergies, you must notify us prior to departure so it can be determined whether your dietary requirements can be met.

Meals & Beverages:

Please refer to the inclusions section for the included meals and food activities. Beverages (alcoholic and non-alcoholic) are not included with meals unless specified or part of a beverage tasting activity.

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Surprising Ghana reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations and anti-malarial requirements before departure. We recommend that you carry a first aid kit as well as any personal medical requirements (including a spare pair of glasses) as they may not easily be obtained at the locations on this trip. For legal reasons our leaders and guides are prohibited from administering any type of drugs including headache tablets and antibiotics. Please ensure that you are adequately prepared.

Asthma:

For some travellers, the Sahara sands (during Harmattan, dry season in Ghana) can bring on bouts of asthma. If you suffer from asthma even occasionally, we recommend you bring your medication as it cannot be administered by your group leader and may not be readily available while you are travelling.

Prices in Ghana:

Ghana is often misjudged as being an inexpensive destination. With tourism booming, the influx of numerous flights from Europe, prices for some items are becoming more equivalent to prices you would be used to at home. Eating in local restaurants, road side stalls and from markets can be inexpensive, but for nights out at tourist friendly restaurants you can expect to pay much more. With drinks, tipping and of course - shopping, it can all add up. Budgets are a personal choice but please bear in mind that you should not expect Ghana to be a budget destination.

Bargaining:

In Ghana some services and products are not a fixed price which means that your bartering skills will be tested from hiring taxis to buying a souvenir. This can be challenging for travellers who have not experienced this before. Ask your leaders for advice when you arrive however the best approach is to smile and have fun as this is an entrenched part of Ghanaian culture.

Contingency Funds:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

Packing:

What you need to bring will vary according to the trip style you have chosen and when you are travelling. Generally speaking you should pack as lightly as possible. On the majority of our trips you are expected to carry your own luggage, although you won't be required to walk long distances with it.

As part of our trip, we will do 3 day short trips to regions outside of Accra, our landing destination. It is advisable to bring travel luggage/bag that can cater for this. Smaller bags or backpacks with wheels are also convenient although we recommend your bag has carry straps. You'll also need a day pack/bag to carry water and a camera etc for day trips.

Group Leader:

All Surprising Ghana group trips are accompanied by one of our group leaders/Guides. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Surprising Ghana endeavours to provide the services of an experienced leader however, due to the seasonality of travel; rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader/Guide will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. They are experienced guides and you can expect them to have a broad, intimate knowledge of the places visited on the trip, including historical, cultural, religious and social aspects.

Fire Precautions:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

Traffic and Driving on the other side of the road:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

Petty theft and personal safety:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

Seat Belts:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

A couple of rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land, but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for Surprising Ghana travellers. Surprising Ghana's philosophy of travel is one of respect towards everyone we encounter and in particular, the local people who make our destinations such special places. The exploitation of prostitutes is completely contrary to this philosophy. Our group leader has the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Everyone has the right to feel safe and secure on their trip. We don't tolerate any form of violence (verbal or physical) or sexual harassment at Taste of Africa, either between passengers or involving our leaders, local operators or locals.

Travelling on a group trip:

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. Your fellow travellers will probably come from all corners of the world and likely a range of age groups too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips we operate are those where the dynamics within the group work well - this takes just a little effort on your part. Due to privacy reasons we are unable to provide you with contact details and any personal information about your fellow travellers booked on your trip prior to departure.

Single Travellers:

Our group trips are designed for shared accommodation and involve a compulsory single supplement. Single travellers can share with people of the same gender in twin accommodation. Please note that this only applies to accommodation during the tour - pre-trip and post-trip accommodation can be booked on a single room basis with accompanying supplement.