

Ghana | Practical Information

Accommodation

On our trip through Ghana, we stay in clean thoroughly selected 2-3-stars-hotels. The rooms have en suite facilities, electricity and water supply and air condition or fan. The hotels at Biriwa and Accra have clean swimming pools.

Here is a selection of the hotels used on our tour:

www.adilakeresort.com

www.cocoa-village.com

www.lakebosomtweparadiseresort.com

www.fallspalace.com/

www.molemotelgh.com/

www.ghana-resorts.com

www.anomabo.com

Airlines

Airlines with scheduled flights from Europe to Accra include British Airways, KLM/Air France, Lufthansa, Brussels Airlines, Turkish Airlines, TAP Portugal and Ethiopian Airlines.

For more information please consult the following websites:

British Airways: www.britishairways.com, KLM: www.klm.com, Lufthansa: www.lufthansa.com, Turkish Airlines: www.turkishairlines.com, Ethiopian Airlines: www.flyethiopian.com, Brussels Airlines: www.brusselsairlines.com, TAP Portugal: www.flytap.com.

If you book a tailor-made trip with us you can fly the airline of your choice and we can coordinate your flight arrangement with the land itinerary. We will be pleased to provide you with our consultation and support.

Clothing

Light short-sleeved cotton clothing is recommended for the days and a long-sleeved shirt and trousers for the evenings which will help you to fend off mosquitoes. In the rainy season you need a waterproof jacket and/or an umbrella. (see chapter "when to go"). In many hotels there is a laundry service on offer, so you can get your washing done. As for footwear, you should carry with you a good pair of walking shoes and a pair of sandals. Thongs are useful in shower and pool areas. Don't forget your swimwear! You will have the opportunity to swim in some of our hotels' swimming pools and in the sea.

Communication

In major towns cheapest is to use a telephone booth that takes phone cards available from post offices, gas stations, street vendors or small stalls. There are 25, 50, 100 or 150-unit cards. One minute to

Europe costs around 1 US dollar. The booths offer International Direct Dialling. The prefix for UK is 0044, for USA and Canada 001, for Ghana 00233. There are also small stalls in the streets offering phone service. You can also make phone calls at upmarket hotels but this option is quite expensive. As in many other African countries, the mobile industry in Ghana is booming, and coverage is excellent across the country. For detailed information please contact your provider prior to departure.

Internet access is widely available in major towns and prices not expensive, although connections are often slow.

Electric Supply & Plugs

220 volts alternating current. Generally, you can recharge your batteries in your hotel room without a problem. In Ghana they use sockets of type D and G, old British BS-546 5 amp "small" and British BS-1363. In case if you need an adapter it can be purchased from street vendors or supermarkets for about 3 GHC. US citizens may also need a voltage converter. Please note that power cuts are frequent..

Food and Drinks

In the itinerary we state which meals are included on each day.

Food included in the breakfast varies according to hotel standard. Most hotels serve bread, butter, jam, sometimes honey and processed cheese or omelette for breakfast. It also includes tea or coffee.

Upmarket hotels usually serve buffet breakfast. Dinner we usually take in the restaurants of our hotels or in clean, thoroughly selected restaurants in town. In many places international cuisine is served.

Ghanaian main staple food is made of yams, cassava, sweet potatoes, millet, maize and rice. Plantains are very popular, too. The traditional dishes are served with vegetables such as tomato, onion, egg-plant, okra or beans as well as tasty sauces and soups. Food is generally very spicy; ten different kinds of pepper and chilli occur in the country and are used abundantly. However, there is a number of hotels and restaurants serving European-style food.

Ghanaians love meat, they particularly appreciate bush-meat. Grasscutter also known as cane rat, a large rodent, is also very popular. But you will also find beef, mutton, chicken and goat meat on the menus. Pork meat is rarely served but it is eaten in areas with a Christian population.

The coast is great for delicious fish and seafood dishes. But not only the sea provides the Ghanaians with fish, Lake Volta is also very rich in fish.

There is a large variety of fruit in Ghana. Along with pineapple, citrus fruits, papaya, mango, banana and melon, there is cherimoya, star fruit and guava on offer. Vendors walk around the cities with carts piled high with young, green coconuts.. They open the coconut so that you can drink the clear refreshing water. If you'd like to eat the flesh they also split it open for you.

Ghana's national dish is fufu, made of cassava, plantain or yams, mashed until the starch breaks down and it becomes a gooey ball. Usually it is served with a tasty soup. Jollof rice is found throughout West Africa, it is served with beef, mutton or chicken. Dumplings made of cassava or maize are found throughout the country. The dishes are called banku, obenku, kokonte or akpie depending on the region. The most popular soups in Ghana are abenkwan, made of palm kernel, ntaketwan made of groundnut or nkrakra, a clear soup.

Tap water should be boiled or filtered before you drink it. In all bigger cities you can buy mineral water in bottles. Although there are many species of fruit grown in the country fresh exotic fruit juice is difficult to find. Soft drinks including Coca cola, Fanta and Sprite are widely available. Ghanaians are known for being enthusiastic beer drinkers, and there are several local and international brands to buy, the most popular being Star, Gulder and Club. In the south homemade palm wine is very popular; in the north people prefer millet beer.

Health

A Yellow Fever vaccination and certificate is a compulsory requirement for entry into Ghana (see visa requirements). You should always carry the certificate with you while being in Africa.

Immunisations against tetanus, diphtheria, polio and hepatitis A are recommended by the World Health Organization, regardless of your destination. For other vaccinations and prophylactic measures please consult your doctor, travel clinic or tropical medical bureau before departure. For further information please consult our Infoportal.

To prevent traveller's diarrhoea, peel fresh fruits before eating them and avoid fresh salads and ice cubes in basic restaurants. Be careful and very selective when eating or drinking in street stalls and make sure that meat is always well cooked and plates and serving utensils are clean. Don't drink hastily ice-cold drinks. Consult your doctor before departure for appropriate medication and rehydration mixtures.

The best prevention of malaria is to avoid being bitten. The evening wear clothes covering your entire body and use mosquito repellent. Sleep under a mosquito net and/or turn AC or fan on. For further prophylactic measures consult a specialist for tropical diseases.

Keep away from street dogs, monkeys and other mammals that could carry rabies. Avoid bathing in standing bodies of water because they are high-risk areas for bilharzia.

Literature

Travel guides:

West Africa, Lonely Planet, 9th edition, published September 2017

Ghana, Bradt Travel Guide, 8th edition, published August 2019

The Rough Guide to West Africa, 5th edition, published June 2009

Money

Ghana's currency is the Cedi (GHS). Exchange rates are 1 € = 7,66 GHS, 1 \$ = 7,03 GHS and 1£ = 9,22 GHS, 1 CAD = 5,48 GHS (as of March 2022).

Please note that finding change can be very difficult at times, particularly in small shops, restaurants, taxis and street stalls, so you should always have a good supply of cash money in small denominations or coins.

You can change cash money in banks, some hotels and foreign exchange bureaus (Forex bureau) in Accra and major cities. Normal banking hours are from 08.30 to 14.00 Monday to Thursday and 8.30 to 15.00 on Friday. The best banks to exchange money are Barclay's and Standard Chartered Bank. However, the exchange rates in banks are often lower than in the foreign exchange bureaus. All widely used currencies like euro, US dollar, Swiss franc, British Pound Sterling are easy to be exchanged. The CFA franc from the neighbouring countries of Burkina Faso, Mali and Togo can also be changed without a problem. North of Kumasi there may be problems to exchange hard currency cash. In Accra and all major cities banks are equipped with ATM machines, allowing you can withdraw money using your Visa card. Cashpoints are sometimes not working or malfunctioning, so do not count on them. Please note, that most banks and cashpoints only accept Visa card. Mastercard, American Express or other credit cards are rarely accepted. Only very few big hotels, restaurants or supermarkets accept payment with credit card. EC Maestro card you can only use with the Ghana Commercial Bank on High Street in Accra. It is not accepted as a means of payment. While travellers' cheques offer a greater security, changing them can be time consuming, and commission is very high and you will get a low exchange rate. You will be asked to produce both your passport and the receipt you get from your bank when purchasing them. Standard Chartered Bank has the best exchange rate for travellers' cheques. Forex Bureaus rarely change travellers' cheques.

Photography

Ghana is a real treasure trove for passionate photographers. Whether the impressive slave castles on the Gold Coast, the picturesque stilt village of Nzulezo or the idyllic Lake Bosumtwi, there are countless photographic subjects.

Before you snap people please ask permission. A small friendly conversation can help you to break the ice and win your subject's sympathy. Particularly in the animistic parts of the country there are sacred places where photography is not allowed. Please follow your local guide's instructions. Some places charge a photo fee (e.g. Nzulezo or the slave castles). Taking pictures is not allowed inside the museums. It is strictly forbidden to take pictures of military buildings and people wearing uniforms, airports, dams, bridges, power plants, police stations, control posts along the roads and border posts!

Safety

The danger most likely to affect a tourist is pick-pocketing, particularly in busy markets, bus stations, in crowds in the streets or in shared taxis. Bag snatchers are few, but can occasionally strike, speeding past on mopeds. Do not wear expensive jewellery or carry large amounts of cash or expensive items such as cameras. You should keep belongings close when walking down streets. We recommend you to keep your documents, cash money, credit card and cheques in a skin-hugging hidden money-belt or a button-up chest pocket. Always travel with photocopies of your documents and keep them in a separate bag. Avoid walking around the streets at night, especially alone. During late evening or around/after midnight, we recommend you to use a taxi.

For up-to-date information and safety and security advice about your destination please check your government's travel advisory: www.fco.gov.uk, www.travel.state.gov, www.voyage.gc.ca

Ghana is a rather safe country. There is very little crime. Please follow the above mentioned general security advice.

In case of emergency please contact your embassy or representation in Ghana:

For citizens of the UK:

- **British High Commission in Accra**

Osu Link

Off Gamel Abdul Nasser Avenue

P.O. Box 296

Tel.: +233 302 213 250; fax: +233 302 213 200

For further information click here: <https://www.gov.uk/government/world/organisations/british-high-commission-accra>

For US citizens:

- **Embassy of the United States, Accra Ghana**

Consular Section

Cantonments

Accra, Ghana

If you are an American Citizen with an emergency, you may contact us at the following number and request to speak with the U.S. Embassy Duty Officer: +233-30-274-1000.

For further information click here: <http://ghana.usembassy.gov/>

For Canadian citizens :

- **High Commission of Canada**

42 Independence Avenue, Accra, Ghana

P.O. Box 1639, Accra, Ghana

Telephone: +233 (302) 21 15 21 or 22 85 55

Fax: +233 (302) 21 15 23 or 77 37 92

E-Mail: accra@international.gc.ca

For further information click here: www.canadainternational.gc.ca/ghana/

Time Zone Difference

Ghana's time zone is UTC/GMT + 0. As they do not observe daylight saving time they are one hour behind in summertime.

Tipping

Although entirely voluntary, tipping is a recognized part of life in Africa. In the more well-to-do restaurants you can tip 5 – 10% if you were satisfied. For hotel tipping guidelines are as follows: for porters about 2 GHC for one piece, for housekeeping about 2 GHC per person per night. At your discretion you might also consider tipping your driver, tour guide and local guides in appreciation of the efficiency and service you receive.

Visa Requirements

You may choose to use a visa service or send your application to the representations listed below.

Please note, that for this trip you need to have 2 empty pages in your passport.

Please note that a Yellow Fever vaccination and certificate is a compulsory requirement for entry into Ghana (see chapter "Health"). The certificate is often checked upon arrival.

All visa information is subject to change. You should confirm all visa related issues with the relevant embassy or consulate prior to departure.

Visas are required by all nationalities. Passports valid for a minimum of six months beyond date of departure are required by all. Visas are issued in countries with Ghana representation.

For citizens of the UK:

- **Ghana High Commission**

104 Highgate Hill

London N6 5HE

Telephone: 08453 133 399

For further information click here: www.ghanahighcommissionuk.com/

The High Commission operates two office sites in London and Honorary Consulates in Glasgow and Dublin.

- **Ghana Consulate, Dublin**

Republic of Ghana

74 Haddington Road

Dublin 4

Tel:+353 1667 3849

Fax: 00353 1 6677 622

Email:info@ghanaconsulateireland.com

- **The Honorary Consulate-General**

Republic of Ghana
Swalaba
17 Bellevue Road
Ayr
KA7 2SA
Visa Section: 08453 133 399
Email: hcgscotland@ghc-uk.org

For US citizens:

- **Embassy of Ghana in USA**

3512 International Dr., N.W.
Washington D.C., 20008
Tel: +1 202 686 4520, fax: +1 202 686 4527
Consular@ghanaembassy.org
For further information click here: www.ghanaembassy.org

For Canadian citizens:

- **Consular Section of the Ghana High Commission**

1 Glemow Avenue (The Glebe)
Ottawa, Ontario
K1S 2A9, Canada
Tel.: +1 613 236 0871, fax: +1 613 236 0874
email: ghanacom@ghc-ca.com
For further information click here: www.ghc-ca.com

What to take

- Passport
- Air ticket
- International yellow vaccination card
- Photocopies of your documents (it's good to keep them in a separate bag)
- Cash money, credit card
- Hard top suitcase or tear resistant travel bag + day bag
- Protective cover for your suitcase
- Swimwear
- A pair of flip flops (for shower and pool etc.)
- A pair of sandals
- Comfortable footwear, non-slip hiking boots
- Long lightweight trousers, shorts, long-sleeved shirt for the evening, light thin cotton clothing
- Sunhat and sunglasses
- Suncream
- Umbrella and/or waterproof jacket
- Towel
- Toilet paper, tissues, wet wipes
- Torch with spare bulb and batteries
- Swiss knife
- Personal first-aid kit

- Insect repellent
- Photographic equipment, memory cards/film rolls, batteries
- Binoculars

When to go

Climate

In the south of Ghana the climate is tropical and wet all year round. Two rainy seasons occur in the south, the principal one from April to June and a shorter one in October and November. In July, August and September the rains are interrupted by a short dry season. There is a long dry season between December and end of March. The annual temperatures average 28 to 32°C. The coolest months of the year are July and August. Ghana's rainforest area in the southwest of the country receives an annual rainfall of about 2,000mm. The relative humidity is high in the southern areas, it reaches up to 90%. A dry wind from the Sahara called the harmattan blows from January to March, and a veil of dust hangs over the country. In this time of the year temperatures can drop to 15°C at night.

Generally speaking, the north of Ghana is drier than the south. It has only one rainy season that runs from April/May to October. In the northern areas savannah is the predominant vegetation zone. The average temperature at day is higher in the north than in the south, but at night temperature can drop considerably. The harmattan winds start blowing already in November.

Best period for this trip: all year round

What you should know before you go

... Ghana is a wonderful country to visit, but remember that Africans have a different perception of time. A trip through West Africa requires a high degree of flexibility, patience and tolerance, western standards regarding service, punctuality, comfort and hygiene cannot be applied here. Although we thoroughly choose our vehicles and use only vehicles in good condition, flat tires or other car breakdowns can happen. The road conditions in African countries can change unexpectedly due to heavy rainfalls requiring a detour or bridges can suddenly become impassable. We do our utmost best to ensure a smooth journey but please understand that delays may occur. Technical defects or service inconveniences in the hotels such as the lack of towels can often be rectified within a few minutes. In case of any inconvenience please contact your tour guide!

All information, opinions and advice contained on our Website are provided without any guarantees, conditions or warranties as to its accuracy and for general information only.