

# Ghana: A Cultural Journey from Accra to Cape Coast

Pre-departure information for your tour



## Passport, visa & entry requirements

- In order to enter Ghana, U.S. and Canadian citizens need a valid passport with an expiration date extending at least six months beyond the date of reentry.
- We recommend having at least two blank passport pages for entry stamps.
- U.S. and Canadian passport holders must obtain a visa in advance in order to enter Ghana. You may choose to apply online via the Ghanaian embassy, or to use a visa provider, such as our partner company, VisaCentral.
- If you are not a U.S. or Canadian citizen, you must contact each destination country's consulate for your specific entry requirements.
- You will be required to show proof of a yellow fever vaccination (often referred to as a yellow card ) or a statement of medical exemption from the vaccine. Visit [cdc.gov/yellowfever](https://www.cdc.gov/yellowfever) for more information.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to [goaheadtours.com/entry-requirements](https://goaheadtours.com/entry-requirements) and searching for the code GHN.

## Tour pacing & mobility

- You will walk for about 3.5 hours daily across uneven terrain, including paved roads, dirt paths, and stairs.
- Travelers should be healthy enough to participate in all included walks without assistance. Adding optional excursions may increase the total amount of walking on your tour.
- You should feel comfortable managing your own baggage at times.
- Go Ahead Tours and the Tour Director who accompanies your group are unable to provide special, individual mobility assistance to travelers on tour. The responsibility of the Tour Director is to ensure the group as a whole enjoys a relaxing and informative journey, and he or she cannot be relied upon to provide ongoing, individualized assistance to any one traveler.
- If you have any mobility concerns or physical

restrictions, please contact our Customer Experience Team.

## Transportation & arrival information

- Round-trip flights booked through Go Ahead Tours arrive in and depart from Accra. A representative from Go Ahead Tours will meet you at the airport and take you to your hotel. Please remain in the arrival lounge, as the representative might be escorting one of your fellow travelers to the bus at the time of your arrival.
- Transfers to and from the airport at your destination are included for travelers who have purchased their flights through Go Ahead Tours. Travelers who purchase their own flights may request airport transfers with Go Ahead Tours for an additional cost.

## Baggage allowance

- Airlines have varying weight restrictions on baggage. Some airlines may impose additional charges if you choose to check any baggage; be advised that you are responsible for any such costs.
- Contact your airline for baggage size and weight restrictions for your flight, but please note that our travelers are restricted to one checked bag per person due to storage limitations on safari vehicles.
- One carry-on bag of 45 total inches (length + width + height) is also permitted.
- Make sure you label your baggage and keep valuables, medication, and documents in your carry-on bag.

## Health

- At least 60 days prior to departure, check with your doctor or healthcare provider for the latest updates and entry requirements, or visit the Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).
- You will be required to show proof of a yellow fever vaccination (often referred to as a yellow card ) or a statement of medical exemption from the vaccine. Visit [cdc.gov/yellowfever](https://www.cdc.gov/yellowfever) for more information.
- We recommend that travelers consult their doctor or healthcare provider about

prescription medicine to prevent Malaria.

- Drink bottled water only. Refrain from ingesting tap water, including when brushing your teeth.
- Avoid eating fresh fruits and vegetables unless they're cooked or washed in clean water and peeled.
- Bring a small first-aid kit, including antacids, anti-diarrhea medication, motion sickness medication, and any prescription medications in your carry-on luggage.
- If you have medication that you take daily, be sure you have enough for each day of the tour and any possible delays encountered.
- If you have dietary restrictions and/or food allergies, please notify Go Ahead Tours at least 30 days prior to your departure by logging in to your account and updating your traveler info. To update this information closer to your departure date, please call our Customer Experience Team.
- You can see the most up-to-date entry requirements for the destination(s) you'll visit on tour by going to [goaheadtours.com/entry-requirements](https://goaheadtours.com/entry-requirements) and searching for the code GHN.

## Clothing & packing tips

- We recommend packing lightweight, loose-fitting clothing that can be easily layered to accommodate varying temperatures, as well as a light jacket or rainwear.
- You may want supportive walking sandals to keep cool during city sightseeing tours. Comfortable, closed-toed shoes, such as sneakers or lightweight hiking boots, are best for activities in the desert.
- Pack a swimsuit, as many of the hotels have pools that you are free to use at your leisure.
- Sun protection is very important. Bring sunscreen, sunglasses, and a broad-brimmed hat to protect your face and the back of your neck from the sun.
- Occasional rain showers are common during certain seasons, so lightweight rainwear may be necessary depending on the timing of your trip.
- A small bottle of hand sanitizer may be helpful when other facilities are not readily available while on the road.

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## Cuisine

- Traditional Ghanaian foods vary by region. In the north, you'll find dishes featuring starchy vegetables and fruits, such as cassava and plantains. In the south, dishes often feature grains such as millet and sorghum. Across the country, you'll also find that yams, maize, beans, and sweet potatoes are widely used. Popular dishes include Jollof rice, a rice dish made with tomato sauce and meat, as well as Red Red, a filling and hearty dish made of cowpea beans (black-eyed peas) and served with fried plantains.

## Electricity & air-conditioning

- Ghana operates on the standard 230 volts and uses a Type D plug, with two small, round pins and one larger round pin, and a G plug, with three large, flat pins.
- We recommend packing a universal adapter, as well as a voltage converter if you plan to use your own hairdryer or other device without a built-in converter.
- Not all of the hotels on this tour will have air-conditioning.
- Your hotels may provide hairdryers, irons, and other small appliances. However, these amenities cannot be guaranteed.

## Connectivity

- Wi-Fi is available in some hotels, though charges may apply.
- There is no Wi-Fi on any of the motor coaches or safari vehicles.
- Please contact your mobile service provider for information about roaming charges.

## Time zones

- Ghana is on Greenwich Mean Time (GMT), which is five hours ahead of Eastern Time (ET). During Daylight Savings Time in the U.S., Ghana is four hours ahead of ET.
- When it's noon in New York, it's 5pm on tour. During Daylight Savings Time, when it's noon in New York, it's 4pm on tour.

## Currency

- The currency you'll be using on your tour is the Ghanaian cedi.

- The Ghanaian cedi is a closed currency. This means North American banks cannot exchange for it and you can only obtain it once you arrive in Ghana.
- You can exchange your dollars for cedis at any bureau de change, as well as at some commercial banks; banks and foreign exchange facilities are available at the airport and in all major towns.
- All currency must be declared at customs with a BOG Foreign Exchange Declaration Form, which can be downloaded from the Bank of Ghana's website prior to departure.
- ATMs are most readily available in larger towns.
- While major North American credit cards are accepted in larger towns, hotels, guesthouses, and some shops, you might find that some businesses will only accept Visa credit cards due to widespread credit card fraud.
- International banks and businesses primarily accept debit and credit cards that work with the EMV chip system. If you do not already have at least one debit or credit card with a chip in it, we strongly recommend requesting one from your bank prior to your tour.
- We suggest that you inform your bank and credit card company of your travel plans so that they won't confuse your international purchases for fraudulent charges.

## Tipping

- At the conclusion of your tour, it's customary to offer your driver/guide a gratuity in USD. We recommend tipping the equivalent of \$10USD to \$12USD per person per day and the equivalent of \$3USD per person per day for your driver.
- If applicable, we also recommend \$2USD per local guide.
- Your Tour Director and bus driver will partner with assistants for the duration of your tour. We recommend tipping the equivalent of \$3USD to \$5USD for the assistant Tour Director, and \$1USD to \$2USD for the assistant bus driver.
- Tips can only be paid in cash.
- You can also expect to be solicited for tips from the hospitality and restaurant staff that

you encounter. Leaving as little as the equivalent of \$1USD is greatly appreciated, although tipping is entirely at your discretion.

## Shopping

- You will have the opportunity to shop for local handicrafts, such as wood carvings and textiles, at outdoor markets and roadside stalls.
- Prices at some markets are negotiable, so don't be afraid to bargain—it's a great way to strike up a conversation with a local.