

# GHANA, TOGO & BENIN

PRACTICAL INFORMATION

# What to expect on this trip?

The focus of this trip is the unique West African culture.

You will spend a lot of time interacting with local communities, witnessing their way of life and some traditional customs.

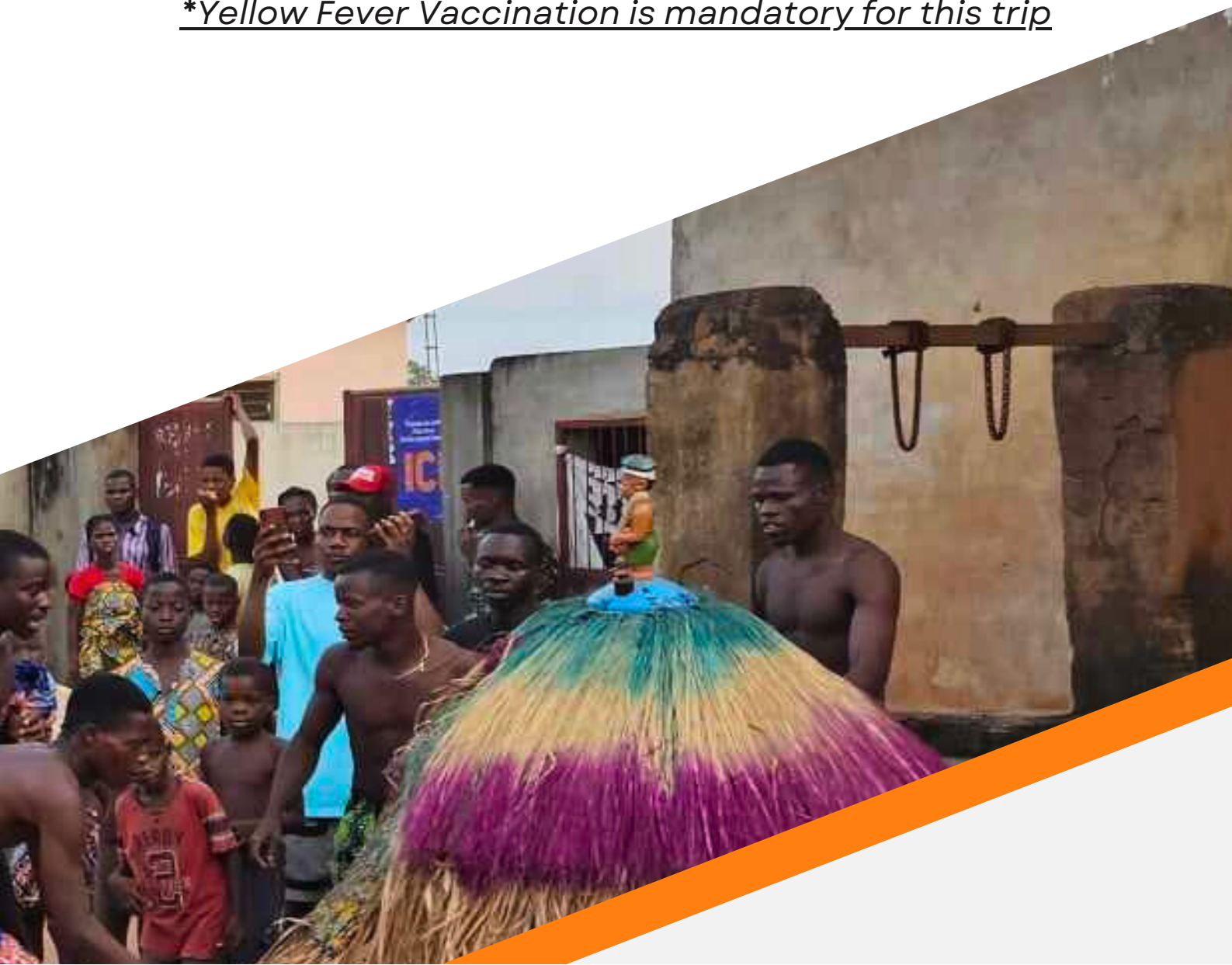
It also includes some of the natural sights in these countries, like Kakum National Park, Kintampo Waterfalls and others.

No special experience is needed; everyone who is in a condition to cope with long walks in the park can also cope with these tours.

The only challenging hike (Tanoboase Sacred Grove and Shrine) is optional.

You can expect to spend about 4-5 hours in total per day in the bus.

*\*Yellow Fever Vaccination is mandatory for this trip*





# Visas and border crossings:

Most nationalities need visas for all three countries.

We can assist with providing documentation, and information for hotels, itineraries, etc.

Feel free to ask us for assistance and more information on visa requirements during the booking process.

\*Penguin Travel takes no responsibility in cases your visa was rejected or not received on time.

\*\* Please make sure you always check with your local embassy for the most updated information regarding the visa policy of all the countries visited on this tour.

During this tour, you will cross two land borders - Ghana -Togo/ Togo-Benin. The border crossing procedures are usually straightforward and easy. However, they can sometimes take a few hours due to variety of reasons

## Accommodation:

On this tour, you will be accommodated in standard hotels. We do our best to provide clean hotels with basic facilities suitable for this style of travel.

Check the tour description for a sample hotel list.

Please keep in mind the final hotels are always confirmed in your travel voucher you will receive two weeks before departure and might be different than the ones in the sample list

The majority of hotels in this region do not have elevators.



# Transportation:

The bus size will depend on the group size for the particular departure. We use local air-conditioned buses in each of the countries. On some occasions, your luggage might be stored on top of the bus. Make sure you keep your valuables in your day backpack and not in your big luggage.

## Luggage and what to pack:

On this tour, it is mandatory to carry your luggage in a travel bag or backpack (hard-shell suitcases are not allowed) with a protective cover (rain cover). (It is possible that your luggage is stored on top of the bus)

**Clothes:** The climate in the region is warm year-round, however, it's recommended to always bring some warm clothes with you, too. Make sure you bring comfortable shoes and comfortable clothes from light, breathable materials. Don't forget to also pack your raincoat/umbrella.

**Others:**

- Sunscreen
- Insect repellent
- Travel soap and toiletries
- Antibacterial hand gel or wipes
- First Aid Kit
- Travel sickness tablets if you need them
- Universal power adapter
- Power bank for charging your devices



# Money, currency & budget:

The local currency in Ghana is the cedi, while in Togo and Benin, it is the West African CFA, a currency that is shared with many other countries in the region. It is not, however, the same as the Central African CFA, and the two are not interchangeable. It is best to bring EUR or USD for exchange purposes as the CFA is not obtainable outside of the region. Debit/ credit cards are not widely accepted, so it's recommended that you bring all the amount you will need in cash. In the few places that accept cards, Visa is more likely to be accepted than Mastercard.

## Meals and drinks:

Meals and drinks (except breakfast) are not included in the package price of the tour.

The majority of your meals (lunch and dinner) will be in the hotels you are accommodated in or other hotels on the way. The reason for this is that restaurants that can accommodate international groups are not easily available and service might sometimes take a lot of time and interfere with the scheduled activities.

Your local guides and tour leader will still give you the opportunity to visit local restaurants and try authentic cuisine when it's possible.



# Local guides and tour leader:

On this tour, you will be accompanied by an English-speaking guide and tour leader from Penguin Travel (if the group is more than 8 people).

The tour leader is responsible for organising the logistics, hotel check-ins, and meals and making sure the tour runs as smoothly as possible.

The tour leader might have or have not visited the destination before.

Most of the sites have their own on-site guide, too.

Please make sure you have enough small bills in local currency to tip the individual guides (keep in mind that small USD/ERU bills are almost impossible to exchange, so it is highly recommended that you tip them in local currency).

Please consult your guide or tour leader on how you should proceed with tips when visiting the local communities to witness their voodoo customs. In some of them, it is agreed that the chief will receive the tips and distribute them to the community.

On this kind of tours, some people bring with them school supplies/candies or other gifts to give to the local kids.

Please consult your guide on how to proceed with distributing them.

It is not recommended to give them to each kid individually as it might cause fights between them.

WE WISH YOU  
AN UNFORGETTABLE TRIP!

