



RHYTHMS & REALMS OF WEST AFRICA, (ZFA)

Accra to Freetown 28 Days, departing 12th February 2023



TRIP OVERVIEW

Trip Style: Overlanding
Route: Accra to Freetown
Duration: 28 Days
Transport: Overland Expedition Vehicle, Pirogue
Accommodation: Comfortable Hotel 1 night
 Guesthouse 4 nights
 Camping 8 nights
 Basic Hotel 10 nights
 Camping without facilities 2 nights
Meals: Breakfasts x 25, Lunches x 11, Dinners x 10

Physical Challenge: ● ● ○ ○ ○
 Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

Lifestyle Challenge: ● ● ● ● ○
 This is a fairly challenging trip; you may well be travelling at high altitudes, across deserts or through cold and windy or hot and steamy areas. The terrain and roads may be rough and the facilities can be very basic or non-existent. There may be some long drive days followed by wild camps, and physically and mentally it can be tough, but there will be some rest days and time to relax as well.



DAILY ITINERARY

Day 1 - Accra (12th February 2023)

Border information: if you are joining in Accra, then you will most likely enter Ghana at Accra Kotoka International Airport (IATA code: ACC).

There will be an important group meeting at 10:00am at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting. Your leader will collect your kitty and check your passport, visas, and insurance details at this meeting.

The afternoon will be free to explore the city of Accra.

Please note that many of the options listed below will only be possible for those with extra time in Accra before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Accra.

Accommodation: Roots Hotel Apartment

Daily Activities

Optional Activities

Visit the famous Labadi Beach situated on the outskirts of Accra

Entrance: 5 GHS

Freely explore the huge Independence Square and Black Star Arch in Accra where independence was celebrated in 1957

Visit: Free

Freely explore the area of Jamestown Accra's oldest district and a vibrant fishing area

Visit: Free

Head to this park which is a memorial to one of the founding fathers of Ghana.

Visit: 5 GHS

Learn all about the history and culture of Ghana in the National Museum

Entrance: 40 GHS

Visit the outside of the famous Osu Castle the seat of power in Ghana since the 1600s

See the outside: Free

Day 2 - Kumasi (13th February 2023)

Meals: Breakfast

Leaving Accra behind us, we journey north through Ghana's interior to the historic town of Kumasi.

Day 3 - Kumasi (14th February 2023)

Meals: Breakfast

Today, we will have lots of time for free exploration of the fascinating town and its museums. Kumasi is the home of West Africa's largest market and was the centre of the Ashanti Kingdom.

Daily Activities

Optional Activities

Find out all about the British-Ashanti Wars of the 19th century on a guided tour of the Ghana Armed Forces Museum in Kumasi
Tour: 8 GHS

Escape the city and explore the shore of Lake Bosomtwe a circular lake formed by a meteorite crash 100 million years ago
Taxi: 30 GHS

Visit the Palace and museum of Ashaniti rulers
Entrance: 10 GHS

Freely explore the bustling and colossal centre of Kejetia the largest market in West Africa
Tour: 15 GHS

Visit the National Cultural Centre and the Prempeh II Jubilee Museum to learn all about the history and culture of the Ashanti civilisation of which Kumasi is still the capital
Price: 5 GHS

Day 4 - Kakum NP (15th February 2023)

Meals: Breakfast, Lunch, Dinner

Today we will drive south to the rainforests of Kakum NP. On arrival we will head out on an included evening walk through the forests in search of wildlife, bugs and snakes! We may also have the chance to visit a small animal sanctuary en route.

Daily Activities

Included Activities

Explore the incredible rainforest canopy from the unique suspended bridges in Kakum National Park
Included

Visit to the stunning jungles of Kakum National Park and walk through the rainforests at night
Included

Optional Activities

Learn all about the area's stingless bees and their importance to the local ecology at the International Stingless Bee Centre near Kakum National Park (if time allows)
Entrance: 30 GHS

Visit the Monkey Forest Resort Animal Sanctuary near Kakum NP a sanctuary for animals rescued from poachers (if time allows)
Entrance: 25 GHS

Day 5 - Elmina (16th February 2023)

Meals: Breakfast, Lunch, Dinner

Today we have an early start with an included morning visit to the Kakum NP canopy walkways. These are a long series of hanging bridges at the forest canopy level that gives us a unique perspective of the rainforest - and at that time of the morning we will have the place to ourselves!

We will then head back south to the Atlantic coast and into Cape Coast for a fascinating and moving tour of the old slave fort there.

We will then move to our stunning beach resort in Brenu Akynin near the town of Elmina.

Daily Activities

Included Activities

Learn all about the appalling history of the Atlantic slave trade with a tour of the historic Cape Coast Castle

Included

Visit the amazing project run by Global Mamas

Included

Optional Activities

Visit and explore the historic Elmina Castle

Entrance: 40 USD

Day 6 - Elmina (17th February 2023)

Meals: Breakfast, Lunch, Dinner

Today, we will get involved with community projects currently being run in the Elmina area by the SABRE Charitable Trust. The Trust does very valuable work in developing educational projects across Ghana, with a focus on providing early-years education - we have been visiting their projects and providing a day of help and a donation for many years, allowing us to give a little back and to experience a wonderful bit of community interaction. The exact experience will depend on what the Trust has a need for at the time, but we could be asked to help to paint a classroom, do a bit of gardening in one of the schools, or simply come and play some games with the children!

We will also have time for an optional visit to Elmina Castle and to relax on the beautiful beaches on Ghana's Atlantic Coast.

Daily Activities

Included Activities

Help out at the Sabre Trust School project

Included

Day 7 - Grand Bassam (18th February 2023)

Meals: Breakfast

Border information: Exit Ghana at Elubo, enter Côte d'Ivoire at Elubo.

Today we will follow the Atlantic coast and cross into Côte d'Ivoire, arriving at the old French colonial capital of Grand Bassam situated east of Abidjan.

Day 8 - Grand Bassam (19th February 2023)

Meals: Breakfast

Today we will have free time to explore the old colonial town.

Daily Activities

Optional Activities

Visit the National Museum of Costume which showcases the cultural dresses of the different tribes of Côte d'Ivoire

Entrance: 2,000 XOF

Discover the stunning beaches and old colonial buildings of Grand Bassam, the original French capital of Côte d'Ivoire

Price: Free

Day 9 - Grand Bassam (20th February 2023)

Meals: Breakfast

Our final day in Grand Bassam is the perfect day to relax on the beautiful beaches around our hotel.

Day 10 - Yamoussoukro (21st February 2023)

Meals: Breakfast

Today we will drive to Yamoussoukro, the tiny and bizarre capital of Côte d'Ivoire. Yamoussoukro was the birthplace of Felix Houphouët-Boigny, the first president of independent Côte d'Ivoire, and is also the unusual location of the colossal and breathtaking Basilica of Our Lady of Peace, the largest Christian church in the world.

In the afternoon we will have an included visit to the Basilica of Our Lady of Peace, and then have free time to further explore the small city.

Daily Activities

Included Activities

Visit the opulent Basilique de Notre Dame de la Paix, the largest Christian place of worship in the world

Included

Day 11 - Korhogo (22nd February 2023)

Meals: Breakfast

Today we will drive through the lush countryside to the northern Ivorian town of Korhogo, famed for the multitude of crafts that are made there.

Day 12 - Korhogo (23rd February 2023)

Meals: Breakfast

Today, we will head out on an included tour around many of the handicraft workshops in the area, visiting painters, bead makers, wood carvers and cloth weavers. We will also have time to freely explore the town and its surroundings.

Daily Activities

Included Activities

Head out on a half day trip exploring the many local handicrafts from the area including a painter's collective a woodcarver's shop a bead-making workshop and a cotton-weaving community

Included

Optional Activities

See a performance of drumming and acrobatic dancing in the villages near Korhogo

Price: 20 USD

Day 13 - Western Côte d'Ivoire (24th February 2023)

Over the next 2 days, we will drive through central Côte d'Ivoire and then cross its western border into Guinea. This journey will take us through some very remote areas and some very poor-quality dirt roads, so a great deal of flexibility is needed as our progress will largely be determined by the state of the roads.

Day 14 - Western Côte d'Ivoire (25th February 2023)

Today we continue our journey through the wilds of Cote d'Ivoire. It is on days like this when you get to see just how untamed this area is and appreciate how lucky you are to get a taste of life here.

Day 15 - Nzekore (26th February 2023)

Meals: Breakfast

Border information: Exit Côte d'Ivoire at Gbapleu, enter Guinea at Gbakoré.

Today we will cross the border into Guinea arriving in the small far-eastern town of Nzerekoré in the heart of Guinea's Forest Region.

Day 16 - Nzekore (27th February 2023)

Meals: Breakfast

Today, we will have free time to relax after our journey and explore the town, the nearby villages, and the surrounding forests.

Daily Activities

Optional Activities

Freely explore the forested region of Guinea and the market town of Nzerekoré on foot

Forest Walk: 50,000 GNF

Day 17 - Faranah (28th February 2023)

Meals: Breakfast

Over the next 2 days we will travel through the central region of Guinea, stopping for a night in one of the towns en route (depending on how the drive goes, this may be Macenta or Guéckédou), and then arriving at Faranah near the Sierra Leonean border. En route we will stop to visit one of the region's famous vine bridges (Pont de Liana).

Daily Activities

Included Activities

Trek to the Pont de Liana, one of the phenomenal old vine bridges in the forested region of Guinea

Included

Day 18 - Faranah (1st March 2023)

Meals: Breakfast

We will arrive at the small Guinean town of Faranah today.

The road conditions in this area can be pretty tough going and unpredictable, and progress can be greatly affected by the weather conditions, so flexibility is very important over these days.

Day 19 - Kabala (2nd March 2023)

Meals: Breakfast, Lunch, Dinner

Border information: Exit Guinea and enter Sierra Leone at Gberia-Fotombu.

The next 2 days are spent travelling from Guinea over to Sierra Leone through the remote border near Kabala, driving through scenic areas very rarely visited by tourists.

The road conditions in this area can be pretty tough going and unpredictable, and progress can be greatly affected by the weather conditions, so flexibility is very important over these days.

Kabala is famous for being an oasis of cool air in the hills of northern Sierra Leone, and for its traditional Ronko-dyed clothes - shirts or gowns made of strips of cloth, typically dyed a rusty reddish-brown using local pigments. We will have free time to explore the area on arrival.

Day 20 - Kabala (3rd March 2023)

Meals: Breakfast, Lunch

Today we will reach Kabala and should have the afternoon free to wander the town or climb the famous Gbawuria Hill.

Daily Activities

Optional Activities

Freely explore the markets of Kabala or walk to the top of the nearby Gbawuria Hill

Guide: 60,000 USD

Take part in the tradition of Ronko Dyeing fabric into the distinctive red colour.

Demonstration: 60,000 USD

Day 21 - Makeni (4th March 2023)

Meals: Breakfast, Lunch, Dinner

Today we start our journey south through Sierra Leone towards the Tiwai Wildlife Sanctuary.

Day 22 - Tiwai Island (5th March 2023)

Meals: Breakfast, Lunch, Dinner

Today we will arrive at the Tiwai Island Sanctuary, one of Sierra Leone's largest inland islands.

Daily Activities

Included Activities

Visit the Tiwai Island Wildlife Sanctuary, home to one of the densest populations of primates and pygmy hippos in Africa, and enjoy several included walks around the web of trails on the island

Included

Optional Activities

Take an optional canoe or motor boat tour through the Tiwai Island Wildlife Sanctuary (if available)

Boat Tour: 50,000 SLL

Day 23 - Tiwai Island (6th March 2023)

Meals: Breakfast, Lunch, Dinner

Today, we will enjoy various nature walks through the web of trails that weave through the Tiwai forest. We'll be in search of the rare and colourful primates that inhabit the sanctuary, and if we're very lucky we may spot a very rare pygmy hippo!

Day 24 - Freetown Peninsula (7th March 2023)

Meals: Breakfast, Lunch, Dinner

Today we have a full day drive across Sierra Leone to the stunning beaches of the Freetown Peninsula, where we will spend 3 nights.

There are a few different options for which beaches we could choose to visit, our favourites being Bureh Beach at the south of the peninsular and River Number 2 Beach in the western part.

On the beaches there will be the chance to go fishing, take a boat to explore the Banana Islands, get to know the local communities, and of course relax on the beautiful beaches!

Day 25 - Freetown Peninsula (8th March 2023)

Meals: Breakfast, Lunch, Dinner

We will have 2 full days for optional activities on the wonderful beaches - we could go fishing, take a boat to explore the Banana Islands, get to know the local communities, and of course relax on the beautiful beaches!

Daily Activities

Optional Activities

Take a boat trip to explore the beautiful and overgrown Banana Islands off the coast of the Freetown Peninsula

Island visit: 125 USD

Head out with the locals in their traditional wooden boats to try your hand at fishing

Fishing: 10 USD

Hire surfboards to take out onto the waves of Bureh Beach, one of West Africa's best surfing spots

Surfing: 10 USD

Head out on a diving trip around the reefs and shipwrecks off the Banana Islands

Diving: 120 USD

Day 26 - Freetown Peninsula (9th March 2023)

Meals: Breakfast, Lunch, Dinner

Our final day on this beautiful beach we make the most of this time to relax before the journey continues.

Day 27 - Freetown (10th March 2023)

Meals: Breakfast

Today we will have a short drive up the western side of the Freetown Peninsula to arrive in the Aberdeen district of the city of Freetown, the capital of Sierra Leone.

We will have plenty of time to head out and explore the sites in and around Freetown, before heading out for a final group meal together!

Daily Activities

Optional Activities

See the Freetown Cotton Tree the city's most famous landmark and home to hundreds of bats that fly out at dusk

Price: Free

Learn about Sierra Leone's traditional history and cultures at the National Museum

Entrance: 37,500 SLL

Visit the orphan chimpanzees at Tacaguma Chimpanzee Sanctuary outside of Freetown a wonderful organisation that rehabilitates rescued chimpanzees for their return to the wild

Entrance and tour: 15 USD

Visit the Sierra Leone National Railway Museum a remarkable collection of old trains that was hidden from destruction for 30 years

Entrance: 5 USD

Take a boat to the overgrown ruins of the old slaving fort of Bunce Island from where the ancestors of most modern African-Americans were shipped to the New World

Boat: 600 EUR

Day 28 - Freetown - End Date (11th March 2023)

Meals: Breakfast

Border information: if you are leaving in Freetown, you will most likely exit Sierra Leone at Freetown Lungi International Airport (IATA code: FNA).

Today is the end day for passengers finishing their trip in Freetown. Please note there is no accommodation included on the trip tonight - please contact the Sales Team if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Airport information - the fastest and most reliable way to the airport from Freetown is by water-taxi, as Lungi is across a bay from the city. Our hotel in Freetown is a 200m walk to the jetty where the water-taxis depart from - the departure times for the water-taxis are linked to every flight in and out of Lungi airport (usually around 4 hours before the time of the flight). We advise that when the trip arrives in Freetown, you go to the jetty to check the timetable for the water-taxis for your flight and purchase a ticket in advance (USD40 or EUR35) - your trip leader will be able to assist with this. The ticket counter at the jetty is open 24 hours a day.

You should arrive at the jetty 30 minutes before the departure time, as you have to check in your large bags and take a luggage ticket. The water-taxi takes approximately 30 minutes, then you take a minibus for another 15 minutes to arrive at Lungi airport. Your large bags will be waiting for you at the water-taxi office on the left-hand-side of the airport entrance, just hand in your luggage ticket to get them back.

Accommodation:

ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

Out of hours Number: +44 (0) 7985 106564

A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on customer-relations@dragoman.co.uk.

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

IMPORTANT NOTES

OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overland trip works, please see the Essential Information document.

SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

GHANA NOTES

SIERRA LEONE NOTES

CÔTE D'IVOIRE NOTES

CÔTE D'IVOIRE NOTE

This trip travels to areas of Côte d'Ivoire bordering Liberia, where there has been recent political tension.

The British Foreign & Commonwealth Office (FCO) currently advises against all but essential travel to parts of Côte d'Ivoire, including the western region of Dix-Huit Montagnes, through which our trips in the country pass when coming to or from eastern Guinea. Our route passes by the town of Man and the border of Danané.

Please see the link below for more details:

<https://www.gov.uk/foreign-travel-advice/cote-d-ivoire>

Our trip is scheduled to pass through this region for one day. From all the advice given to us from the FCO and also from our local ground agents, we have decided to continue to travel through this area on this itinerary. The majority of the problems occur a large distance to the south of where we travel, and any alternative routes that avoid this area are not currently an option due to the condition of the roads.

It's important to understand that your travel insurance may be affected by travelling through this region, so please seek advice from your travel insurance company to check your coverage for travel in these regions. We recommend taking insurance through an insurer who will cover you for this travel. Should you choose to embark on your travel without appropriate travel insurance cover, please understand that you undertake this at your own personal risk.

Non-UK clients should check the travel advice of their own governments, as this may be different to the British FCO advice. Some relevant links are provided below:

Australian Government travel warning

http://smartraveller.gov.au/countries/ivory_coast

Canadian Government travel warning

<http://travel.gc.ca/destinations/cote-d-ivoire-ivory-coast?>

New Zealand travel warning

<https://www.safetravel.govt.nz/cote-divoireivory-coast>

GUINEA NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 25th February 2021**