



Ghana, Togo & Benin Cultural Discovery

Voodoo & Villages in West Africa

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

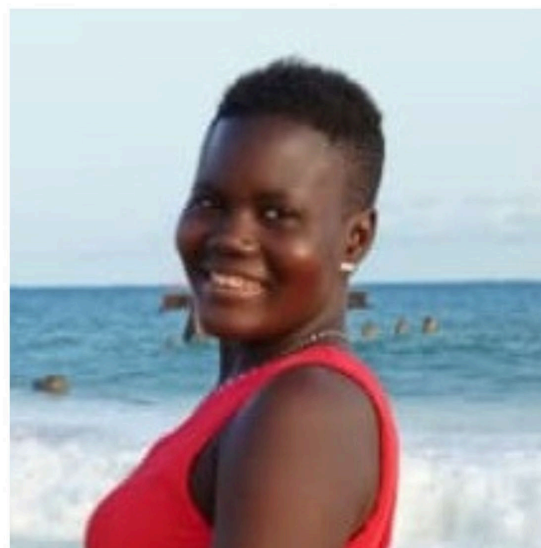
Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been operating trips in Africa for over 50 years, working with the best local guides for a more meaningful experience.

REASON 2

Our trips are designed for travelers who are looking for an authentic adventure, not a tourist experience. This trip is no exception, with its multi-layered cultural exploration of Ghana, Benin, and Togo.

REASON 3

Learn about ancient and modern lifestyles and beliefs that will give you an enriching new prism through which to view the world.

At A Glance

ACTIVITIES

Local guided tours, village visits, a river cruise, cultural festivals, masked dance and ceremonies, museum visits, and light-moderate walking.



LODGING

Stay at a curated range of comfortable hotels chosen for their amenities, even in remote areas. Also includes a luxury hotel in Lome.



CLIMATE

You can expect a hot humid climate with hottest months in February, March, and April, with highs up to 101°F and 75°F at night. Wind and dust storms are possible inland.



KNOW BEFORE YOU BOOK

Itinerary

If you are joining our adventure in January, there are two slight changes to the itinerary. On Day 5 you will enjoy a tour of Golden Kingdom and on Day 15 the afternoon's activities will be replaced by the Fetatrotro Festival. Please call for more details.

Visa

Visas and proof of yellow fever vaccination are required for this trip, the fees for these requirements could total between \$300-\$600 per person depending on passport service options and your health insurance coverage. Kindly note that all fees are subject to change without notice and guests should check current rates.



Ghana, Togo & Benin Cultural Discovery

Voodoo & Villages in West Africa

This cultural immersion in Ghana, Togo, and Benin takes you from one of the oldest European buildings in Sub-Saharan Africa to contemporary museums that reveal the intertwining of old and new, from celebratory funerals to symbolic mask dances that few intrepid travelers have the chance to witness. You'll feel the soulful spirit of West Africa as you meet local people, marvel at the continent's raw and beautiful landscapes, learn about the mysteries and power of Voodoo, and feel the rhythms alongside villagers at the Akwasidae or Fetatrotro festival (certain departures).

16 Days

Start: Accra, Ghana

End: Lome, Togo

Departing: January, February, March, April, July, September, October, November, December

Activities: Cultural Discovery

Lodging: Rustic Lodging, Comfortable Hotels, Luxury Hotels

Group Size: 4-14 Guests

ACTIVITY:



Check mtsobek.com for date-specific pricing.

“

“I have taken 12 trips with MT Sobek. Each has left a positive imprint on me—widening my view of the world and its peoples.”

- Jane B.

The Itinerary

DAY 01

Arrive in Accra, Ghana

Welcome to Accra, the vibrant capital of Ghana. Meet your English-speaking guide outside the airport and transfer to your hotel in Osa — a leafy suburb of the city. You'll have time to explore the area before enjoying a welcome dinner with your group tonight.

MEALS: Dinner

DAY 02

Explore Historic Accra

Start the day with a one-hour guided walk through the vibrant and historic ocean-facing neighborhood of Jamestown. A unique treat awaits next: a visit to the Fantasy Coffins workshop, a place that specializes in handcrafted coffins shaped like fruit, animals, fish, cars, airplanes — you name it! The coffins, also known as FAVs (fantastic afterlife vehicles), are made by specialized carpenters only in the Greater Accra region. These unique pieces are collected worldwide and showcased in museums. Next, explore the National Museum for an introduction to Ghana's history and culture. After lunch, enjoy a scenic drive to the village of Anomabo located on Ghana's central coast.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4-hour private van transfer

ACTIVITY: 1-hour easy walking city tour

DAY 03

Castles, Dungeons & Slave Trade History in Elmina

Soak up the palm-fringed coast on the way to the lively trading town of Elmina and its pretty harbor, bobbing with wooden fishing boats. Explore the UNESCO-listed 15th-century Elmina Castle, an infamous location in the history of the slave trade. Elmina Castle was used by European colonialists as a warehouse to trade gold, ivory, and humans, for over five centuries. Entering the slave dungeons and witnessing the "Door of No Return" is a profound and moving experience. After lunch, return to Anomabo and take an easy walk in Old Town to discover the elaborate *posuban*, colorful shrines of the Asafo companies. Explore the lively alleyways of Old Town, then return to the hotel. Relax on the beach in the afternoon.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour private van transfer

ACTIVITY: 1.5-hour easy walking tour



Discover Kumasi, Capital of the Historic Ashanti Kingdom

Enjoy a drive across a tropical forest region and arrive in Kumasi, the historical and spiritual capital of the old Ashanti Kingdom — one of pre-colonial Africa's most powerful nations. Explore Kumasi's colorful market and its elaborate array of crafts. Marvel at the Ashanti Cultural Center, with a fascinating collection of artifacts on display. Witness a traditional Ashanti funeral, where relatives and friends gather to celebrate the deceased, who is believed to join a long line of ancestors via the ceremony. Chiefs and their courtiers arrive under the shade of colorful umbrellas, while drums accompany the dancers. It's a highly symbolic and special ceremony in which to participate. This evening will include an optional city tour with live band performances, nightlife, and local contemporary music.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 5-hour private van transfer

ACTIVITY: 45-minute easy walking tour; 1-hour traditional ceremony



Participate in The Akwasidae Festival

Join in the festivities of celebrating the Ashanti King — one of the most traditional ceremonies to survive into the modern day. Witness the colorful processions, the ceremonies surrounding this ancient rite, and absorb the rhythms of dances. The splendors and the rituals are quite intense and vivid, including gold and magnificently colored cloths. Soak it all up as the grand monarchs are honored by their people.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: Akwasidae Festival



Visit a Sacred Forest & Explore the Northern Savannah

As you venture out into the Brong Afo region from Techiman, leave the main road and follow a track into a sacred forest. The population that resides here considers the wild monas and colobus monkeys to be their ancestors. Take an easy walk beneath the shade of giant trees, keeping an eye out for those sacred monkeys roaming about the forest. Later, you'll drive north, noticing as the environment changes. Leave the forest and its tall, lush vegetation and enter the savannah landscape with its baobabs and their bare branches. The Akan people have resided here for centuries in traditional, round huts in the forest.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 6-hour private van transfer

ACTIVITY: 1-hour easy walking



DAY 07

Meet the Dagomba Tribe & Walk with Witches

Today you'll visit with the Dagomba tribe that lives in the savannah region. Notice the thatched-roof, round clay huts, and take a peek inside the village chief's house where the council of elders meet. Continue your exploration to meet a large settlement of alleged witches, exiled from their villages. Take a walk through the village and talk to these women about their lives. Later, continue driving along a dusty track to the border of Togo, reaching your hotel late in the evening.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 6-hour private van transfer

ACTIVITY: 1.5-hour easy village walk

DAY 08

Enter Benin via Kabye Mountain Communities

Walk in the mountains and see Kabye dwellings, locally known as *soukala*. Witness potters using an ancestral molding technique, and blacksmiths shaping iron with heavy stones instead of hammers and anvil, a technique used in the Iron Age. Cross the border with Benin, and visit a nomadic camp of the Fulani, the largest tribe of Zebu cow herders in West Africa. Absorb the breathtaking sight of the herdsmen watching over their animals.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 1-hour easy walking tour



Visit Adobe Castles of the Somba People

Walk through the highlands and see the Somba people's adobe houses, shaped like small castles. These are some of the most magnificent examples of traditional African architecture. Get a unique opportunity to visit a local home for a closer look at the Somba way of life, and learn about their captivating cosmology. Back at the hotel, spend the afternoon relaxing by the pool or visit the small but interesting ethnographic museum, and the town's bustling market.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 1.5-hour easy walking tour



Explore Traditional Fetish Hill Villages

Enjoy a long but thrilling day of exploration. Follow a rocky path to the traditional Taneka villages made up of round adobe huts covered with conical roofs. See the mix of ethnic groups in this melting-pot area with its unique cults and initiation rites. Wander through the villages along rock-lined alleyways, noticing the ancient and mysterious carvings on the rocks, representing the many populations who have dwelt here in the past. Stop at the Dankoli Fetish, a shrine for ancient animistic cults that are still practiced; local people come here to pray for things they need. Fresh traces of sacrifice, such as blood, palm alcohol and oil you'll see on the shrine are evidence that the prayers have been fulfilled.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 7-hour private van transfer

ACTIVITY: 1.5-hour moderate walking



Explore Kingdoms & Traditions in Benin

Today join your guide on an informative walk through the historic streets of Abomey. The ancient capital of the Kingdom of Dahomey from the 17th to 19th centuries, the city was the site of 12 royal palaces from each succeeding king, most now in ruins. You will meet families descended from Dahomey lineages, learn about the symbols of the ancient Dahomey Kingdom, and discover its history and economy. They operated the slave trade but also challenged the powerful armies that came to colonize the African continent. Find out about the royal army's female troop, famous for its boldness and fighting spirit. Attend an Oro ceremony, a rarely seen ritual of resistance and courage. The ceremony has ancient Yoruba origins and is only celebrated by male descendants. It's an unforgettable experience. Note: The Abomey Royal Palace Museum, which was previously part of this itinerary, is currently closed for renovation with no confirmed completion date.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 1.5-hour palace visit & 1.5-hour ceremony



Experience Mask Dances

Today explore Ketou, the capital of an ancient and prestigious Yoruba kingdom. Visit the palace and be received by the Oba (King) Adedu Loye, 51st Alaketu and his dignitaries. Cherish the opportunity to see the dazzling Gelede mask dance, with more than 20 singers and dancers performing. Continue to Porto Novo, the country's former capital, to attend the Egun mask spectacle: the men wearing the masks symbolize the dead, emerging from the forest and forming a street procession.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 40-minute palace visit & 3 hours masked dances



Visit Lake Nokwe's Stilt Village

Feel the hustle and bustle of Cotonou, the economic capital of Benin, as thousands of zemidjans (moto-taxis) buzz about, driven by their purple- or yellow-uniformed drivers. From here, head to the boat dock and enjoy a ride across Lake Nokwe to Ganvie, the largest and most beautiful African stilt village. Inhabitants of the Tofinou ethnic group build their huts on teak stilts and cover the roofs with a thick leaf layer. Watch the local Tofinou people fish using traditional methods, and admire the way they managed to preserve their traditions and the lush natural environment. See idyllic daily life revolve around the canoes that men, women, and children guide with ease, using brightly colored poles.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 2-hour boat tour



Explore Ouidah, Capital of African Voodoo

Today delve right into Benin's Ouidah, where African Voodoo thrives. Conquered in the 18th century, it was one of the main slave-shipping harbors. Take in the city's unique blend of Afro-Brazilian architecture and its Voodoo Python Temple. Learn about the comparison between African and Caribbean Voodoo and walk along the "slave road" to the beach, leading to the "Door of No Return," where captives used to board the trade vessels to the Americas. Visit Villa Adjavon, built in 1922 in Afro-Brazilian architectural style, and see its exhibit of contemporary African Art. Spend the rest of the day at leisure, relaxing at the hotel's shady beach bar or swimming pool, or heading out for kayaking or a boat cruise on the lagoon.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 2-hour temple and fort visit; 45-minute villa visit; optional kayaking and boat cruise



Venture into the Land of Voodoo

Cruise by pirogue along the Mono River, reaching an amazing estuary as the river meets the Atlantic Ocean. Discover small villages where women still extract salt using ancient techniques. Enjoy pristine, white-sand beaches and navigate through lagoons lined by small mangrove forests. Admire the large and artistically sculptured pirogues used by local fishermen. Take in a Zangbeto mask dance performance in a village. These large masks covered by colored straw represent non-human spirits, the forces of nature and the night. Cross the border to Togo and join a Voodoo ceremony in a remote settlement. Witness this age-old complex religion that is still fervently practiced in Africa today, a spectacular sight to behold.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 3-hour boat cruise and village tour



Discover Lome & Depart from Togo

Wander Togo's vibrant capital of Lome with a local artist for an in-depth view of its buzzing streetscape. Visit the central market where fabric is sold to all over West and Central Africa; explore the colonial history, still very present in the administrative quarter; and see the largest fetish market in Africa. Meet a renowned local chef at the market and together scour the stalls for ingredients you'll use to make a gourmet African meal. Then learn about contemporary African cuisine, preparing a special lunch in the chef's studio under her careful guidance. You will have the use of a day room at your hotel until 6:00 p.m. Dinner is on your own before heading to the airport. Bid farewell to West Africa!

MEALS: Breakfast | Lunch

ACTIVITY: 2-hour guided city tour & 3-hour cooking class



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

La Villa Boutique Hotel

Start off your remarkable journey with a stay at the distinctive La Villa Boutique hotel in the heart of Osu, an Accra suburb. Refresh after a long flight with a swim in the freshwater pool, indulge in local cuisine at the intimate restaurant or sip a cocktail in the exclusive bar. Rooms are elegantly decorated with traditional touches. Some rooms offer a pool view, while others are tucked away in the lush hotel grounds.

Anomabo Beach Resort

Wake in your air-conditioned bungalow to the sounds of the ocean each morning, drawing you out to the sandy beach. Rooms include towels, toiletries, hot water and Wi-Fi. Dine on delicious seafood in the relaxed restaurant, then watch the sunset from the Sea Level bar.

Lancaster Kumasi City Hotel

This first-class, African-style business hotel is set in lush, tropical gardens in the heart of the historic Kumasi. The hotel provides easy access to the central business district, the royal golf course and Rattray Park. Throughout the hotel, modern amenities are interwoven with touches of cultural heritage. All 160 guest rooms have air conditioning and Wi-Fi. Relax by the pool or sit with a cup of coffee in the lounge. Later, indulge in fusion cuisine at Adinkra Restaurant, with live cooking demos.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Encom Hotel

Encom Hotel is well located in Techiman, and offers a high level of personal service. You will stay above the annex in a Superior Room.

Gariba Lodge

Set in a green, leafy, quiet area, the solar-powered Gariba Lodge is both eco-conscious and surprisingly modern. The rooms are tidy, there's a small swimming pool and the overall tone is one of charm and a personal touch. The restaurant serves traditional Ghanaian cuisine, including jollof, fried rice with chicken and Guinea fowl.

Hotel Kara

Hotel Kara is a simple and comfortable hotel offering cheerful guest rooms and spacious bungalow-style accommodations. Amenities include en-suite bathrooms, air-conditioning, and a restaurant. The swimming pool is a great spot for a refreshing swim.

Hotel Tata Somba

Inspired by the style of traditional Somba adobe houses, the recently refreshed Hotel Tata Somba is the best choice for lodging in the region. Each spacious guest room offers an en-suite bathroom and air-conditioning, and all are arranged around the central swimming pool. Meals are mainly served poolside.

Hotel Jeko

Jeko Hotel is the best stay in Dassa for comfort and convenience. This hotel offers more than 100 simple rooms, each boasting an en-suite bathroom, a comfortable bed, a TV, and air-conditioning. Eat well in the restaurant or re-energize at the night club. Alternatively, escape the heat and unwind at their refreshing swimming pool.

Residence Celine

The comfortable Residence Celine offers simply appointed guest rooms with a television and Wi-Fi (some have a terrace or balcony). There is a restaurant onsite.

Residences Ouadada

Residences Ouadada offers comfortable accommodations within a thriving cultural center. Feel the pulse of Porto Novo at this cultural, artistic and tourist hub that promotes art, culture, local heritage, responsible tourism, intercultural exchange, and the sharing of skills. All rooms have en-suite bathrooms and air-conditioning.

Casa del Papa

Casa del Papa is a contemporary, oceanfront hotel with air-conditioned, en-suite bungalows set beneath swaying coconut palms. Amenities include a swimming pool, and a bar and restaurant set on a wild beach that separates the ocean from the salt lagoon, and a spa.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hotel 2 Fevrier

Togo's only 5-star hotel in its capital city of Lome sits just minutes away from golden-sand beaches in a striking high-rise. The swish rooms and suites offer stellar views of the city and the Gulf of Guinea. Facilities include an outdoor swimming pool, a spa and fitness center, and several restaurants and bars to choose from.

Departure Dates

This trip is available to run in: January, February, March, April, July, September, October, November, December

Book early for a greater choice of available dates.
Once you book, your price is GUARANTEED!

April 9-24, 2025

September 24-October 9, 2025

November 5-20, 2025

December 17, 2025-January 1, 2026

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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