



From  
**\$17,698 NZD**

Single Room

\$21,764 NZD

Twin Room

\$17,698 NZD

Prices valid until  
 30th December 2026

21 days

Duration

Benin, Ghana

Destination

Level 2 - Moderate

Activity

# Explore the History, Culture & Wildlife of West Africa: Ghana, Togo & Benin

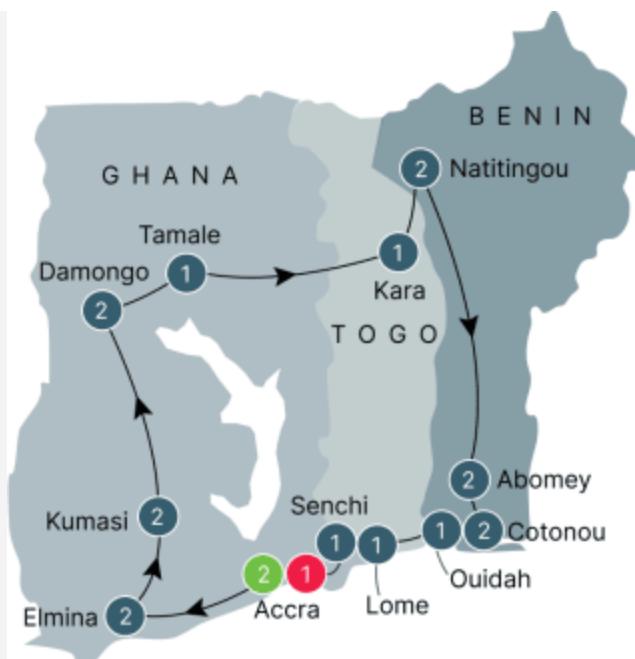
May 04 2026 to May 24 2026

## Small Group Tour of West Africa for the adventurous senior traveller.

Odyssey offers easy, convenient, and relaxed escorted small group tours across the world, including to Ghana, Togo and Benin. We explore the natural beauty, its ancient heritage, its World Heritage Sites, and famous cities, all with some truly spectacular scenery along the way across these three countries. This and more is all waiting to be explored

Explore the History, Culture & Wildlife of West Africa: Ghana, Togo & Benin

<https://www.odysseytraveller.com>



07-Feb-2026

on one of Odyssey's small group tours of Ghana, Togo and Benin, designed for the senior traveller, and led by experienced, and enthusiastic like minded tour leader and guides.

This small group tour to Central West Africa has been specially designed for the mature traveller. Those with a sense of adventure and a desire to explore this exciting but infrequently visited region. Ghana, Togo and Benin may be off the usual tourist route, but each has much to offer the discerning visitor. Our tour concentrates on the history, culture and wildlife of these African countries. Meet the friendly local people and come to a greater understanding of just what has made them what they are today.

## Small group tours to Ghana, Togo, Benin

This small section of Africa has a fascinating, if often tragic, past. Colonial powers including the Portuguese, French, Germans and British all fought for control of this gateway into the rich African interior. It was from here that enormous numbers of slaves were shipped to Europe and the Americas from the 16th to the 19th century. On our tour we will visit some of the well preserved "Slave Castles" to witness this infamous part of European history.

The pre-colonial past is also fascinating. Local kingdoms existed from very early times. Our trip explores the culture and history of a number of different groups. In Benin, for example, we will visit the mud tower houses of the Batammariba people. Take time to trace the history of Somba culture in the Natittingou Museum. A Gelede masked dance ceremony will give us an insight into local traditions dating back to the 15th century.

Ghana, Togo and Benin offer a diverse range of cultures and activities in what is actually quite a small region. There are long, palm fringed, sandy beaches, dense rain forests, teeming cities and exotic wild life parks. These countries all suffer from great poverty but each is attempting to escape from their economic hardships through a variety of strategies, including increased tourism. Become a part of the solution!



## Our tour itinerary

We spend much of our time in **Ghana**. With a population of 25 million, Ghana gained independence from Britain in 1957, and is today considered one of the most stable democracies in West Africa. Gold, cocoa and more recently oil, formed the cornerstone of the nation's economic boom. The country has much to offer the visitor including historic fortifications, diverse wildlife and vibrant cities. We visit the coffin makers of Nungua, where coffins are made to reflect a person's interests – leading to colourful and quirky shapes including fish, race-cars, and even a coca-cola bottle! (For more information, [take a look at](#) this Guardian piece). We also head to Kumasi, where we join the Akwasidae festival – a traditional gathering of chiefs and members of the Asanteman.

We then continue on to **Benin**, where we learn about Voodoo. Our tour unpacks the usual cliches – sinister cults and magic – portrayed in Hollywood movies. Voodoo is followed by 40% of the population, while many Christians and Muslims incorporate voodoo rituals into their belief systems. We also visit the Pendjari National Park, one of the best wild life parks in West Africa, where lions, cheetahs, leopards and elephants thrive.

Our journey also heads to **Togo**, which was once a German Protectorate but was ceded to the French and British after World War I, before eventually receiving independence. A long, thin nation sandwiched between Ghana and Benin, Togo is home to a surprising diversity of landscapes and cultures. The nation has a population of more than seven million. In Togo, we discover the country's artistic traditions and colonial past at the National Museum of Lome and shop for traditional artistic objects and other souvenirs at the Grand Market.

**For more details about this tour**, click the 'Top 5' or 'Itinerary' buttons above! If you're keen to experience this tour, [please call](#) or [send an email](#). Or, to book, simply fill in the form on the right hand side of this page. We also have a number of other [Africa tours](#), for travellers interested in exploring the world's least-touristed continent.



## Tour Notes

- Please note a visa is required for most nationalities visiting Ghana, Togo and Benin.

## Highlights

1. Experience Ganvie, the “Venice of Africa” where 25,000 inhabitants live in houses built on stilts above the water.
2. Observe and learn about the sacred Voodoo shrines side by side with a Roman Catholic Cathedral.
3. Gain an insight into the slave trade at Cape Coast Castle.
4. Enjoy spotting unique indigenous wildlife in Mole National Park.
5. Visit the Batammariba people and learn about the design history of the mud tower houses.

## Itinerary

### Day 1

**Locations:** Accra

**Overview:**

Group members should make their own way to our Accra hotel and meet with their program leader in the late afternoon for a brief tour introduction followed by a welcome dinner at the hotel.

**Accommodation:**

Labadi Beach Hotel 5\* or similar



## Day 2

**Locations:** Accra

### Overview:

After breakfast, you meet with our local guide for a day spent exploring Accra and some of its many fascinating tourist destinations.

Start by visiting the National Museum and then continue to the colourful Makola Market. From there we head through the High Street to see the Holy Spirit Cathedral before going on to Jamestown, the 'original Accra' with its old streets, 19th century lighthouse and Dutch built Ussher Fort. For a great view of the city, climb to the top of the old lighthouse near Portuguese built James Fort.

Continue to the Kwame Nkrumah Mausoleum (the final resting place of Dr Kwame Nkrumah, Ghana's first President). We will also visit the nearby Arts Centre for National Culture. We drive by Independence Square and the Osu Castle to the Artists Alliance Art Gallery.

### Accommodation:

Labadi Beach Hotel 5\* or similar

## Day 3

**Locations:** Accra to Elmina

### Overview:

After breakfast this morning meet your guide and depart for the Central Region (160 km).

We start the day with a visit to the Coffin makers of Nungua (Paa Joe), where coffins are made to reflect a person's affiliations and interests.

Continue to visit the ruins of Fort Amsterdam in Anomabo & Nassau in Moree. On arrival, we visit the Kakum National Park comprising undisturbed virgin rainforest for a walking tour on the canopy walkway.



This is the longest and highest of its kind in the West Africa.

The forest provides an opportunity to see much of Ghana's indigenous plant life, as well as rare butterflies, birds and other forms of wildlife.

We stop over at Hans Botel, a resort partly built on stilts on a river with crocodiles and lots of bird life.

**Accommodation:**

Ridge Royal Hotel 3\* or similar

**Day 4**

**Locations:** Elmina

**Overview:**

This morning we take a trip to the Cape Coast Castle (Cabo Corso) a fortress that was built by the Swedes in 1653, seized by the Danes and later conquered by the British. This castle was one of around 40 "slave castles" that served as prisons and embarkation points for slaves en route to the Americas. Thousands of enslaved Africans from regions near and far were taken to these castles to be sold to slave ships.

We continue to the Elmina Castle, founded by the Portuguese in 1482. We'll enjoy a walk through the Elmina Township and fish market to view some houses built in colonial style including the Dolphin house, Churches and the Dutch Cemetery.

Cape Coast Castle and Elmina Castle are the best-preserved castles in Ghana and declared as UNESCO World Heritage sites. Both castles are located in thriving fishing ports where hundreds of huge wooden fishing canoes are anchored.

In the evening we have dinner together followed by a cultural performance.

**Accommodation:**

Ridge Royal Hotel 3\* or similar

## Day 5

**Locations:** Elmina to Kumasi

### Overview:

After an early breakfast at the resort we depart to Kumasi.

On arrival, we visit the Manhyia Palace home of the Asantehene King of the Ashanti's and ruler of the powerful Asanteman Kingdom. The Palace Museum offers a fascinating excursion through the history of this powerful tribe and is extremely informative on the well documented Ashanti history and culture. Our tour gives us a firsthand insight into the legacies of the Ashanti's and enables us to understand their culture during our time in this region.

### Accommodation:

Lancaster Kumasi City Hotel 4\* or similar

## Day 6

**Locations:** Kumasi

### Overview:

Breakfast at the Hotel

We begin our day with a visit to the craft villages of Ahwiaa (wood carving) and Ntonso (Adinkra), to see traditional craftsmen apply their skills and talents.

We will also visit Lake Bosomtwi, a crater lake believed to have been created by a fallen meteorite.

### Accommodation:

Lancaster Kumasi City Hotel 4\* or similar

## Day 7

**Locations:** Kumasi to Damongo

### Overview:

After breakfast we set off for the Northern Region in the early morning with a stopover at the Kintampo Waterfalls. (390 km)

En route, we also visit the Boabeng Fiema Monkey Sanctuary, where Mona and black and white Colobus monkeys are considered to be a significant part of the community. Also visit the Tano Boase Rock formation, which exhibits a variety of huge beautiful hanging and hollow rocks.

Explore the sacred groves and caves, where villagers sought refuge during slave raids and tribal wars. We take a hike along the trails to spot antelopes, baboons and monkeys.

We continue our trip northwards to Mole with stops at mud villages with straw roofs along the route.

End the day with a sundowner on the deck of the Zaina pool.

### Accommodation:

Zaina Lodge 4\* or similar

## Day 8

**Locations:** Damongo

### Overview:

We start the day with a morning safari drive and spend the rest of the day at the park, home to 93 species of mammals including herds of elephant, buck and a wide range of bird life.

Lunch will be at the Lodge.

In the afternoon we visit a nearby traditional village.

Dinner at the Lodge

### Accommodation:

Zaina Lodge 4\* or similar

## Day 9

**Locations:** Damongo to Tamale

### Overview:

In the morning we depart the loge and transfer to Tamale. (130 km)

Tamale is the capital city of the Northern Region of Ghana, known for its traditional mosques, particularly the large Central Mosque.

Visit the Central Market where they sell a variety of goods from fabric to fruits.

We end the day at the Centre for National Culture, where various handicrafts are for sale. We also attend a traditional music and dance performance

### Accommodation:

Gariba Hotel 3\* or similar

## Day 10

**Locations:** Tamale to Kara

### Overview:

After breakfast we depart and make our journey across the border to Kara in Togo.

On our way we visit some settlements of Dagomba and Konkomba tribes as well as stopping for a visit to the Bassar people.

We drive through mountainous landscapes and villages to Bandjeli, a village in the centre of metal works.

### Accommodation:

Hotel Kara 3\* or similar

## Day 11

**Locations:** Kara to Natitingou

**Overview:**

Today we transfer to Natitingou (125 km), and cross the border into Benin.

We'll visit the Batammariba people and their mud tower houses (Takienta). The surrounding nature is also strongly associated with the traditional rituals and beliefs. Continue to the Tata Somba miniature villages, located to the southwest in the plains of Boukoumbe.

**Accommodation:**

Hotel Tata Somba 3\* or similar

## Day 12

**Locations:** Natitingou

**Overview:**

Today we will visit the Natitingou Museum for an interesting overview of the Somba culture, retracing the history and heritage of the Atakora civilization, Natitingou Market continue to Taneka Village and Horse Ride.

**Accommodation:**

Totora Hotel 3\* or similar

## Day 13

**Locations:** Natitingou to Abomey

**Overview:**

We take an early breakfast today as we have long day of travel ahead when we transfer to Abomey (425 km).

We will visit the Dakoli Shrine on arrival and Secret Hills at Dasa.

**Accommodation:**

Hotel Tennessee 3\* or similar

## Day 14

**Locations:** Abomey

**Overview:**

This morning we visit the Royal Palace Museum and the History Museum of Abomey, which has been on UNESCO's World Heritage list since 1985.

We will also visit the underground town of Agongointo in Bohicon. It consists of a series of bunkers and other housing structures around 10m deep underground, built in an apparent effort to provide dwelling as well as protection for warriors in an underground village. We continue with a drive through this ancient city.

Our day ends with a Gelede masked dance ceremony.

The Gelede mask ceremony is pre-arranged and takes place in Cove, a town near Abomey. It consists of a group of colourfully dressed dancers wearing masks. The tradition dates back to the 15th century and only men initiated into a 'secret society' can perform the dances which represent both men and women. The performance relays the virtues and responsibilities of society. The Society actively condemns all kinds of social immorality by subjecting it to public ridicule during the dance.

**Accommodation:**

Hotel Tennessee 3\* or similar

## Day 15

**Locations:** Abomey to Cotonau

**Overview:**

After breakfast in our hotel, transfer to Cotonou, (135 km), via Allada (the homeland of Toussaint Louverture, the first president of Haiti and home place to the kingdoms of Benin).

The day of spectacular sightseeing continues as we visit Ganvie, described as the 'Venice of Africa', with 25,000 inhabitants living in houses on stilts above the water since the 17th century.

A small group of people, outside of what is now Cotonou, took advantage of circumstances to evade capture by the Portuguese. Roughly 400 years ago the powerful West-African Fon tribe was hunting

and selling other native tribesman to the Portuguese. While there were few physical impediments protecting the ancestors of today's Ganvie village from outside attack, Fon religious practice forbade their raiders from advancing on any peoples dwelling on water, laying the groundwork for the Ganvie Lake Village.

After our arrival at the hotel you have the opportunity to enjoy a possible cruise on Lake Nokoue to visit the water villages (own cost).

**Accommodation:**

Maison Rouge Hotel 4\* or similar

**Day 16**

**Locations:** Cotonou - Porto-Novo- Cotonou

**Overview:**

This morning after breakfast, you will be transferred to Porto-Novo, located only a short drive away. We explore Porto-Novo, the capital of Benin, although the second largest city. Named by the Portuguese in the 1500s, Porto-Novo (New Port) still today shows significant Portuguese influences.

Many Afro-Brazilians settled in Porto-Novo following their return to Africa after emancipation in Brazil. We will visit the vibrant market, the Ethnographic museum and the Grand Mosque, formerly a church designed in Brazilian style. We also visit the Da Silva Museum and the 300 year-old Palace of King Toffa. The former residence of King Toffa is now officially called Musee Honme and retraces the history of Porto-Novo.

**Accommodation:**

Maison Rouge Hotel 4\* or similar

**Day 17**

**Locations:** Cotonou to Ouidah

**Overview:**

After breakfast, you will be transferred to Ouidah (40km). We drive through the city to explore the infamous Portuguese slave fort, the

Basilique de l'Immaculée, Place Chacha (Slave market), the L'arbre de l'Oubli, History museum and the Zomai house on the slave route.

We then continue to the "Temple des Pytons" (temple of pythons), the Sacred Forest and The Door of No Return, the stronghold of Ouidah now converted into a museum.

Ouidah is best known for its central role in the slave trade during the 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> centuries, during which time nearly One million individuals were boarded onto ships from the beach at Ouidah and transported across the Atlantic.

Ouidah is the centre of the Vodun religion in Benin, and arguably the world. In 1992 Ouidah held the first international festival of dedicated to the art and culture of Vodun. In addition, the annual Festival of Vodun on January 10 at Ouidah has been declared a national holiday.

**Accommodation:**

Hotel Casa del Papa 3\* or similar

**Day 18**

**Locations:** Ouidah to Lome

**Overview:**

This morning we transfer to Lomé, crossing back into Togo (115 km).

We enjoy a tour of the city, which includes the Place de l'Independence and the National Museum. The National Museum exhibits a fascinating display of African jewellery, masks, musical instruments and pottery.

You will also have the chance to observe sacred voodoo shrines side by side with the city's Roman Catholic Cathedral.

Next, we visit the Lomé central market, or Grand Marché, where pearls, baskets, pottery and sacred pieces are on display. It is possible to shop for traditional tonics and bizarre items like serpent heads, parakeet tails, warthog teeth and porcupine skins. Here, too, you'll find a selection of ready-made charms from all over Africa.

Lomé is the capital and largest city of Togo and is known for its palm-lined Atlantic coastline. Once known as the Paris of West Africa, Lomé is one of the continent's most charming cities. Lomé is loved for its craft

markets, board boulevards, vibrant nightlife and palm fringed beaches.

**Accommodation:**

Royal Senchi Hotel or similar

**Day 19**

**Locations:** Lome to Senchi

**Overview:**

This morning after breakfast, we cross the border into Ghana and transfer to Senchi (257km). We arrive in the afternoon and we have a boat ride along the Volta River to visit some of its islands.

The rest of the day is at leisure, giving you the chance to take a stroll to the nearby fishing villages or just take a rest at the hotel.

**Accommodation:**

Royal Senchi Resort or similar

**Day 20**

**Locations:** Senchi to Accra

**Overview:**

After some free time today to continue exploring at own pace, we'll meet for our transfer back to Accra in the late afternoon (85 km). We'll arrive in time to freshen up before our farewell dinner at the hotel.

**Accommodation:**

Labadi Beach Hotel 5\* or similar

**Day 21**

**Locations:** Accra

**Overview:**

Our tour concludes at the hotel after breakfast.

## Inclusions / Exclusions

### What's included in our Tour

- Ground transportation in air-conditioned coach.
- 20 breakfasts, 10 lunches, and 10 dinners.
- Services of local guides.
- Field trips, entry fees to parks and attractions as indicated.
- Game drives and boat cruises (unless specified otherwise)
- 20 nights of accommodation in 3 and 4 star hotels and game lodges
- Services of a Tour Leader.
- Detailed tour information booklet.
- Tipping

### What's not included in our Tour

- Return international airfare and departure taxes.
- Items of a personal nature such as telephone calls and laundry.
- Comprehensive travel insurance.
- Visas for entry (where/if required)

### Level 2 - Moderate

Participants must be able to carry their own luggage, climb and descend stairs, be in good health, mobile and able to participate in 3-5 hours of physical activity per day, the equivalent of walking/hiking up to 8 kilometres on uneven ground.

Please do not hesitate to contact us with any requests for further information about this tour or any others offered by Odyssey Travel.