

AFRICA · HISTORY · CULTURE · BEACHES · WILDLIFE · FOOD



Ghana

Ghana pairs the sobering slave forts of the old Gold Coast at Cape Coast and Elmina with rainforest canopy walks at Kakum, walking safaris among Mole's elephants and the royal heritage of the Asante in Kumasi. English is the official language and the welcome is genuine, making it one of West Africa's easiest first trips.

**The UK Foreign Office (FCDO) advises against all but essential travel to parts of Ghana.**

Read the latest FCDO travel advice before planning a trip. Your travel insurance may be invalid if you travel against FCDO advice.
FCDO advice last updated 2 July 2026.

 CAPITAL Accra	 CURRENCY Ghanaian cedi (GHS) £1 ≈ GHS 15.58	 LANGUAGE English, Twi Ewe, Ga	 BEST TIME Nov–Mar
 DAILY BUDGET £35–£180 ££ Moderate	 PLUGS Type D, G 230V · UK plugs fit	 FLIGHT FROM LONDON 6h 30m direct ~£550–£950 return	 TIME ZONE UTC+0 standard time

Most first trips to Ghana loop out from Accra. West along the coast, Cape Coast and Elmina hold the best known of the European forts built for the gold and slave trades, with Kakum's rainforest just inland and surf beaches around Busua further on. Inland, Kumasi is the heart of the Asante kingdom, and a long day's drive beyond lies Mole National Park in the northern savannah. East of Accra, the Volta Region's forested hills, waterfalls and the monkey sanctuary at Tafi Atome make a contrasting add-on, often combined with crossing into Togo.

Ghana moves at a friendly, unhurried pace: tro-tros leave when full, and greetings always come before business. Costs surprise many visitors, especially in Accra, where imported goods and good hotels are priced close to European levels, though chop bars, street food and guesthouses stay cheap. English makes independent travel straightforward, so it suits first-time visitors to Africa as well as diaspora travellers tracing their roots, a movement boosted by the 2019 Year of Return. Expect heat, humidity, the dusty harmattan haze from December to February, and keen questions about your football team.

Top 5 highlights

1

HISTORY

Cape Coast Castle

Seat of British rule on the Gold Coast until 1877, this whitewashed slave-trading fort has dungeons and a 'Door of No Return' toured with local guides; pair it with Elmina's older, Portuguese-built castle a short drive west.

2

NATURE

Kakum National Park

Rainforest inland from Cape Coast, crossed by a canopy walkway of seven rope bridges slung up to 40 metres above the forest floor; arrive at opening time for birdsong and fewer school groups.

3

WILDLIFE

Mole National Park

Ghana's largest park protects savannah elephants, antelope, warthogs and baboons; armed rangers lead walking safaris from the Mole Motel, whose clifftop pool overlooks the waterholes. The mud-built Larabanga Mosque is nearby.

4

HISTORY

Manhyia Palace Museum

The former Asantehene's residence in Kumasi, built in 1925, now displays royal regalia, furniture and life-size wax figures that tell the story of the Asante kings; time a visit for an Akwasidae festival day.

5

NATURE

Wli Waterfalls

Near the Togo border in the Volta Region, Ghana's highest waterfall is reached by an easy forest walk to the lower falls and their huge fruit-bat colony; a steep hike continues to the upper tier.

Biggest cities

LARGEST CITY

Accra

≈ 5.5 million people

Give it a couple of days: Jamestown's lighthouse and fishing harbour, Makola market, the Kwame Nkrumah Memorial Park, then Osu's restaurants and bars before heading along the coast.

2ND LARGEST CITY

Kumasi

≈ 3.5 million people

The Asante capital and crossroads for the north: browse Kejetia, one of West Africa's largest markets, visit the palace museum and watch kente weavers at nearby Bonwire.

3RD LARGEST CITY

Tamale

≈ 750,000 people

The Northern Region's capital, a hot, largely Muslim city thick with motorbikes; most visitors pass through on the way to Mole National Park, but its markets sell fugu smocks and shea butter.

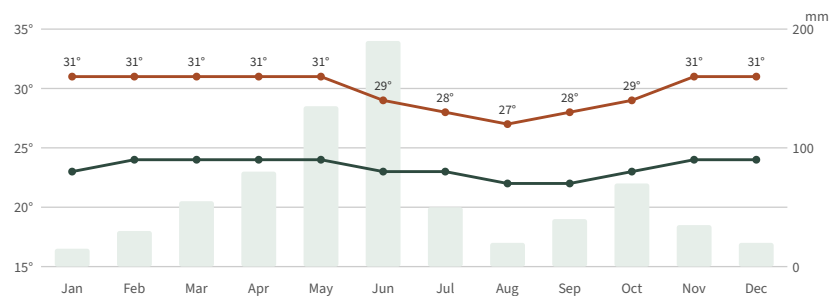
Rounded metropolitan figures based on the 2021 census; Accra's is the Greater Accra Region. Some UN urban-area estimates put Sekondi-Takoradi ahead of Tamale.

When to go to Ghana

Best time: **Nov–Mar**.

**Average climate in Accra**

— High °C
 — Low °C
 ■ Rain (mm)



Festivals & events

May	Aboakyer In Winneba each May, two asafo warrior companies race into the bush to catch a live bushbuck barehanded and present it to the chiefs, amid drumming and processions.
Aug	Homowo The Ga harvest festival in Accra, 'hooting at hunger', when kpokpoi, steamed maize meal mixed with palm oil, is sprinkled through the streets and Jamestown fills with drumming processions.
Sep	Fetu Afahye Cape Coast's festival on the first Saturday of September brings a durbar of chiefs in kente and gold, asafo companies and a colourful procession through town.

How much does Ghana cost?

SHOESTRING £35 per person / day ≈ GHS 545 hostels, street food, buses	MID-RANGE £80 per person / day ≈ GHS 1,246 3-star hotels, restaurants, some taxis	COMFORTABLE £180 per person / day ≈ GHS 2,804 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Jollof rice Rice simmered in a spiced tomato, onion and pepper sauce, usually with chicken or fish — and the subject of a fierce, good-humoured rivalry with Nigeria.	Fufu with light soup Cassava and plantain pounded into a soft, elastic dough, eaten by hand with a peppery tomato-based soup of goat, chicken or fish.	Kelewele Cubes of ripe plantain tossed in ginger, chilli and spices and deep-fried, sold hot from street stalls in the evening, often with roasted peanuts.
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Getting around

STC and VIP coaches run air-conditioned services between Accra, Kumasi, Cape Coast and Tamale; tro-tro minibuses cover everything else cheaply but slowly. Domestic flights from Accra to Kumasi, Tamale and Takoradi on Africa World Airlines and PassionAir save long drives. In Accra, Uber, Bolt and Yango work well and avoid haggling, but traffic is heavy, so allow time. Hiring a car with a driver is common for coast and Volta circuits.

Practical information

PLUGS & VOLTAGE  D G 230V — UK plugs fit	EMERGENCY NUMBERS Telephone: 999 or 112 (ambulance, fire, police, coast guard and mountain rescue) 192 (police) Source: FCDO “Getting help”
DIALLING CODE +233	TIME ZONE UTC+0 (standard time)

TAP WATER

Not safe — drink bottled or treated water

DRIVING

On the right

TIPPING

Around 10% in sit-down restaurants if service isn't included; small cedi tips for guides, porters and drivers are appreciated.

ETIQUETTE

Use your right hand to eat, give and receive, greet people properly before any question or request, and ask before photographing anyone, especially at markets and forts.

MAIN AIRPORTS

Kotoka International Airport (ACC), Accra

Visas & entry for Ghana

Shown for a British passport.

Visa required — apply before you go

You must have a visa to visit Ghana.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Hepatitis A

Tetanus

Typhoid

Yellow fever

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Chikungunya

Dengue

Hepatitis B

Measles

Meningococcal disease

Rabies

Tuberculosis

YELLOW FEVER CERTIFICATE

A yellow fever vaccination certificate is required for all travellers (usually over 9 months or 1 year old). There is a risk of yellow fever in parts of the country — vaccination may be advised.

MALARIA

High risk of malaria

- There is a high risk of malaria in Ghana: antimalarial tablets recommended.

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Ghana

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Fri 4 Dec 2026

Farmers' Day

Fri 25 Dec 2026

Christmas Day

Sat 26 Dec 2026

Boxing Day

Fri 1 Jan 2027	New Year's Day
Thu 7 Jan 2027	Constitution Day
Sat 6 Mar 2027	Independence Day
Tue 9 Mar 2027	Eid-ul-Fitr (date may shift)
Wed 10 Mar 2027	Shaqq Day (date may shift)
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Sat 1 May 2027	Labour Day
Sun 16 May 2027	Eid-ul-Adha (date may shift)
Thu 1 Jul 2027	Republic Day
Tue 21 Sep 2027	Founder's Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Useful phrases in Twi

ENGLISH	TWI	SAY IT
Hello	Ɛte sɛn?	<i>eh-teh SEN</i>
Thank you	Medaase	<i>meh-DAH-see</i>
Please	Mepa wo kyɛw	<i>meh-pah-woh-CHEH-oo</i>
Excuse me	Agoo	<i>ah-GOH</i>
How much is this?	Wei yɛ sɛn?	<i>way yeh SEN</i>

Know before you go

A yellow fever vaccination certificate is required on arrival and is checked; malaria is present year-round, so take antimalarials and use repellent from dusk.

December is 'Detty December', when diaspora visitors flood Accra for concerts and parties; book flights and rooms months ahead or expect sharply higher prices.

Use bank ATMs for cedis, carry small notes for tro-tros and market stalls, and pick up a local SIM on arrival — data is cheap and ride-hailing apps work best with it.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.