



# Ghana

## Fairtrade Beads, Cocoa & Conservation

11 Days

We journey through Ghana, starting in the vibrant capital of Accra before immersing ourselves in the country's natural beauty, rich culture, and warm communities. From wildlife encounters and mountain hikes to hands-on service projects in remote villages, we experience daily life alongside locals learning traditional crafts, exploring fair-trade cocoa farms, and contributing to conservation efforts. Along the way, we reflect on Ghana's powerful history at Cape Coast Castle, celebrate with drumming and dance on the beach, and return home with unforgettable memories of connection, learning, and impact.



[Learn more about our  
Carbon Labels](#)



# Your Recommended Expedition Itinerary

## Day 1

### UK to Accra

LD

An early evening arrival into Accra, Ghana's capital city. A famous warm Ghanaian Akwaaba (welcome) awaits as we are transferred to our accommodation. As most flights arrive in the evening we check in and meet for an official welcome, orientation and safety briefing before we head to bed for an early night.

## Day 2

### Shai Hills Reserve and Fairtrade Krobo Beads

BLD

After breakfast in Accra, we leave the city and begin our journey to the Volta Region. Our first stop is Shai Hills Reserve, home to olive baboons, antelopes, spot-nosed monkeys, and colourful birds like Turacos and Bee-eaters. We'll hike with a guide to the Obonu Tem caves, known for their bat colonies and sacred shrines, with the chance to do some light rock climbing. We then head to our riverfront lodge, our base for the next few nights, and enjoy lunch. In the afternoon, we visit a Krobo village to learn about traditional bead making. Guided by a local family, we'll try our hand at crafting our own wrist beads - a meaningful keepsake of our time in Ghana. We return to the lodge in the evening to relax, have dinner, and take in the riverside atmosphere.

## Day 3

### Mt Afajato and West Africa's Highest Waterfall

BLD

We start early today with breakfast before heading out to hike Mount Afadja, Ghana's highest peak at 885 metres. Guided by local experts, we'll learn about the region's birds, butterflies, and unique plant life as we climb, enjoying stunning views and great photo opportunities. After lunch, we continue to Wli (Agumatsa) Falls, the tallest waterfall in West Africa, located in the Agumatsa Wildlife Sanctuary. We hike through lush semi-deciduous forest, listening to the sounds of Straw-coloured Fruit Bats and the rush of water as we approach the falls. There's time to relax and paddle in the pool beneath the cascade before returning in the evening.

## Day 4

### Markets, Biking and Local Cooking Class

BLD

We begin with an early 6:00 AM departure as we travel to our project site. By early afternoon, we arrive in New Edubiase, where we meet one of the community cooks from our guesthouse - our home for the next four nights. We split into small groups, each given a shopping list and budget, and head to the local market to buy ingredients for tonight's dinner. It's a fun way to experience daily life and test our bargaining skills! Our cook heads back to Bonkro with the ingredients while we head back on mountain bikes and cycle through scenic villages and rainforest trails. After settling in, we meet our head chef and her team to start preparing dinner. Divided into groups, we each help cook a traditional Ghanaian dish under their guidance. After dinner, we gather for a short presentation outlining the project's goals and objectives, setting the stage for the days ahead in the village.

## Day 5

### Bonkro Project - Fair Trade Cocoa, Black Soap, Gari

BLD

Each morning, we'll take turns in small groups preparing a traditional Ghanaian breakfast, guided by local cooks. Today, we begin volunteering on a project based on current needs within the community. This could be a mix of helping at a school, the community, or have a conservation focus. Later in the afternoon, we shift our focus to one of Ghana's proudest exports - cocoa. We visit a local family farm that sells to the Kuapa Kokoo Cooperative, a Fair-Trade organization supporting



farmers with fair prices and better working conditions. We'll learn how cocoa is grown, harvested, and used not just for chocolate, but also for making products like black soap. We'll even taste fresh cocoa fruit, a local treat, and try our hand at making gari, a staple food similar to couscous. We end the day back at our accommodation, enjoying dinner and the peaceful rhythm of village life.

#### Day 6

##### **Bonkro Project - Hiking, Picathartes and Pangolins**

BLD

We start early, with some of us helping prepare breakfast again before a full morning and early afternoon dedicated to our projects. In the early evening, we set off on a special hike into the rainforest to visit the nesting site of the endangered White-necked Rockfowl (also known as the Yellow-headed Picathartes)—one of the world's most sought-after bird species. These projects were originally started to protect this rare bird and its habitat, made famous by Sir David Attenborough. As we wait quietly near the rocky nesting cliffs, our guides will also keep watch for pangolins, the world's most trafficked mammal and a key species we help protect here. We return to the guesthouse for dinner.

#### Day 7

##### **School Project - Football and Movie Night**

BLD

We begin with an early breakfast before heading into our final morning of service work, making sure we complete our project goals. In the late afternoon, the energy shifts as we head to the school sports field for a friendly football and volleyball match - Ghana vs. England style! Our students split into two teams to take on the local players, cheered on by the whole village. After the match and trophy handover, we return to freshen up and enjoy a delicious local dinner. The evening ends with a magical experience: our outdoor cinema night. Students prepare popcorn as we welcome nearby communities to watch a classic African film under the stars.

#### Day 8

##### **Kakum, Kayaks, Drumming & Dance Lessons**

BLD

Before breakfast, we head to the forest edge for a meaningful activity—planting trees to help offset the carbon footprint of our journey. Each of us will plant three native species from the project nursery, helping restore degraded land and support long-term conservation. After breakfast and final goodbyes to the community, we travel south to the coast. On the way, we stop at Kakum National Park for an unforgettable walk across the rainforest canopy walkway - seven suspension bridges, 40 metres high, offering breathtaking views over the tropical forest. From here, we continue toward Brenu Akyinim, where we meet our kayaks for the last leg of the journey. In teams, we paddle 5km across a shallow lagoon toward the ocean, with a fun race to reach the beach first. After walking through the fishing village, we arrive at our beachfront lodge, where we enjoy a drumming and dance session with local performers. We finish the evening with dinner on the sand, music, and a bonfire.

#### Day 9

##### **Beach Clean, Cape Coast Castle, Baobab Foundation and Batik**

BLD

We start early with a pre-breakfast beach clean, walking the shore to collect plastics and waste. The recycled plastics will be donated to Trashy Bags to support local recycling efforts. After breakfast, we visit the UNESCO World Heritage site of Cape Coast Castle. We tour the castle and its haunting dungeons, including the "Door of No Return," learning about Ghana's painful history in the transatlantic slave trade. Lunch is at the Baobab Children's Foundation, where local cooks trained in catering serve a variety of healthy dishes. The afternoon is spent at a batik making workshop with Global Mamas, where we learn traditional techniques alongside local women artisans. We create our own batik cloth, which can be tailored into a custom garment to take home. We return to our beachfront lodge for our final evening, enjoying a beach party with a local DJ - a perfect celebration to end our journey.





**Day 10****Elmina Markets, Boat Builders, Castle and Fantasy Coffins**

BLD

We enjoy a relaxed breakfast on the beachfront, then have time to explore the vibrant fishing town of Elmina. We visit the local fish market, watch traditional wooden boats being built, and mingle with the fishermen bringing in their daily catch. A visit to the historic Castle of St. George offers insight into Ghana's colonial past and the transatlantic slave trade. After our tour, we travel back to Accra, stopping for lunch on the way. In Accra, we visit the famous Fantasy Coffins, where unique coffins celebrating the lives of the deceased are crafted. Our final evening meal together is at a local restaurant, a chance to reflect and say goodbye before we transfer to the airport for our departure.

**Day 11****Arrive UK**

BL





## What's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance

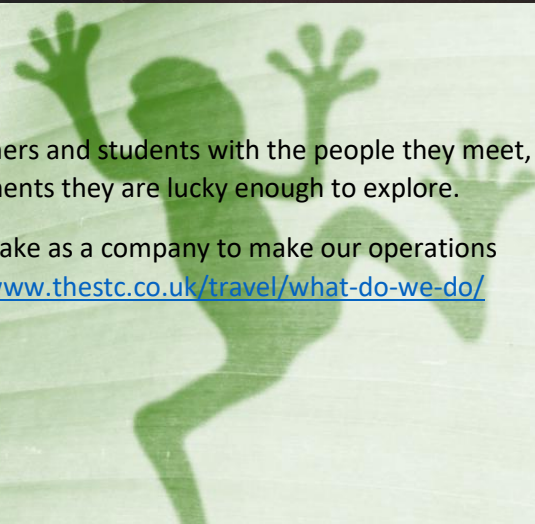


## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

For more information on some of the steps we take as a company to make our operations more sustainable, please visit: <https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life





## Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

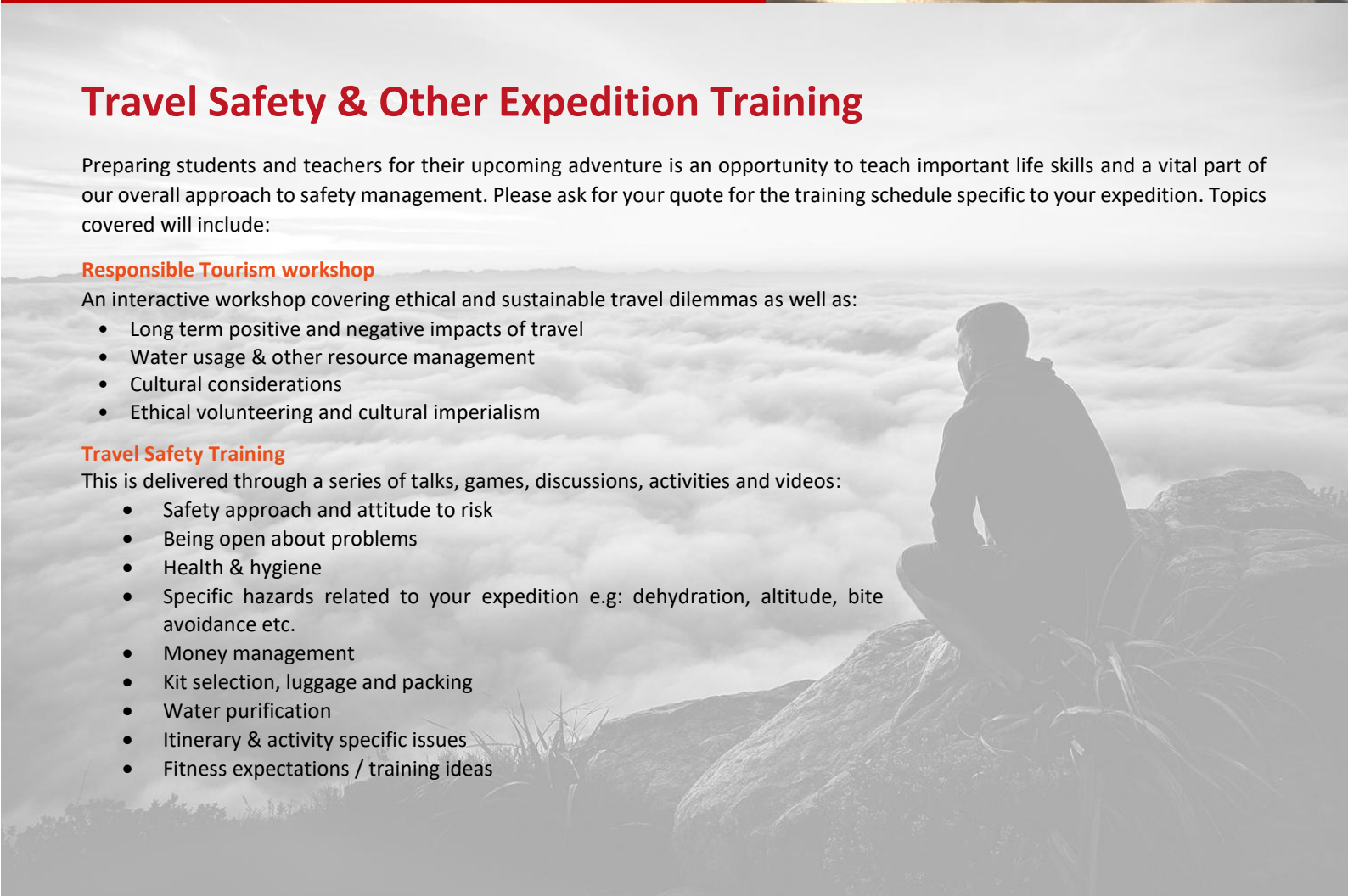
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

**Starts with a single step...** Contact us now to start your expedition journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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