



Trip Details

Ghana | Highlights of Ghana

What's Included

- Arrival and departure transfers
- 2 nights in Accra at Swiss Spirit Hotel & Suites Alisa Accra or similar
- 3 nights in Kumasi at Golden Tulip Kumasi City or similar
- 2 nights in Elmina at Coconut Grove Beach Resort or similar
- 20 meals: 7 breakfasts, 6 lunches, and 7 dinners
- Accra city tour
- Jamestown tour
- Visit Black Star Square
- Visit National Cultural Center
- Visit Kwame Nkrumah Memorial Park
- Visit Aburi Botanical Gardens and Craft Market
- Demonstration of Bead making
- Visit Manhyia Palace
- Visit Okomfo Anokye Sword
- Visit Ancient Kente and Adinkra Villages
- Visit Ashanti Traditional House

- Visit Sakoban Krofrom
- Visit Assin Manso
- Visit Cape Coast Castle
- Visit Kakum National Park Canopy Walkway
- Visit Stingless Bee Centre and Elmina Castle
- Visit Fort Amsterdam
- Transportation in air-conditioned cars
- Mineral water, snacks, and fruits
- All park entrance and excursion fees
- Expert guide

Not Included

- Visa
- Soft and alcoholic drinks during meals
- Any optional excursions
- Tips
- Anything that is not specified as included

Day by Day

Day 1

Our expert local tour guides will meet with you on your arrival at the Kotoka International Airport Accra, which is situated on the beautiful gold coast of Western Africa. You will be transferred to your Accra hotel. Once we have checked you in, our experienced guide will offer you Akwaaba (welcome) and brief you on all aspects of your trip. You can enjoy your evening meal at the hotel restaurant whilst acclimating yourself to West Africa.



Hotels: Overnight in Accra

Meals: Dinner

Day 2

Your first full day in Ghana, after breakfast at our hotel, we set off for our tour of Accra, passing through the economic and administrative districts on our way to the National Museum. Almost all the displays here are ethnographic in nature and the museum gives us an excellent overview of West African culture. The displays in the museum are not only from Ghana but in most West African countries. There is an adjoining garden that is home to various sculptures that talk about West African tradition and customs and gives an overview of West African history. During our time here, we also get the chance to view and purchase some wonderful examples of traditional fabrics and crafts. James town is next, we will enjoy a walking tour of this old community taking in some of the historical structures that predate the colonial era. The locals are committed to conserving these buildings and have made significant efforts to maintain them, our time here gives us an excellent idea of what it was like during the colonial era. The 30-meter-high lighthouse built by the British in 1871 and the attractive colorful fishing boats on the beach are also wonderful to see. We continue to Fort James that was built by the British as a trading post in 1673 before it joined the Dutch Fort Crêvecœur and the Danish Fort Christiansborg. Fort James gave its name to the Jamestown neighborhood in Accra. These areas give us a perfect picture of old Accra, distinguishing between British Accra and Dutch Accra. Of interest are the Brazilian stone houses, built by free enslaved African's who reside in Brazil, they made their way back to Africa after the slave trade was abolished and their descendants have now integrated with the locals of James Town.

Lunch will be taken at a local restaurant (Country Kitchen) serving a selection of West African and continental dishes. In the afternoon, we will pass by Black Star Square which houses the independence monument and continues to Independence Square which is our main ceremony grounds and where we find the enclosed flame of African liberation, which was lit by Kwame Nkrumah himself in 1961. A short distance away is Kwame Nkrumah Memorial Park, the final resting place of



Ghana's founder. Set in attractive gardens, there is an adjoining museum, which contains photos, artifacts and an insight into this incredible man's life. The center was designed by a Ghanaian architect and built using Italian marble. Adjoining the park is the National Cultural Center, which is Ghana's largest outdoor arts and crafts market where we find locals selling traditional crafts from all over West Africa.

After testing your bargaining skills, head to "Fantasy Coffins" of Teshie Nungua. Funeral and burial ceremonies in Ghana are very solemn occasions, but after the burial, a celebration follows. Ghanaians believe that the departed move on into another world, the coffins made here may represent the occupation of the deceased or depict something that was important to them. There is all manner of coffin designs which one could be buried in from cars, cocoa pods, cigarette packets, and airplanes to crocodiles, shoes, bottles of beer and boats. After an action-packed first full day, we return to the hotel for our evening meal and to relax with the remainder of the evening free leisure time.

Hotels: Overnight in Accra

Meals: Breakfast, Lunch, Dinner

Day 3

An early start as we check out of our hotel and set off Northwards towards the Ashanti Region of Ghana. Our journey today will take us into the beautiful Akuapem Hills, but before we head out of this bustling city, we will stop at TK Beads, who are experts in making beautiful traditional beads using ancient methods. Your guides will talk you through the skilled process of making the beads. Beads are culturally a symbol of wealth and beauty here in Ghana and are still used during traditional durbars and festivals. After the demonstration, we can admire and buy a wide selection of beads that have been made here in the onsite shop.

Our journey continues, taking us through the beautiful Akuapem range with outstanding views across Accra and Tema in the distance. At the top of the range, we find the Aburi Botanical Gardens, set in a beautiful location that was founded by the British in 1890. The gardens are home to a wide variety of indigenous and exotic flora, offering outstanding views to Accra on a clear day. As we walk around the



gardens, our guide will identify the many trees and plants found here, some with medicinal properties and explain how they benefit the locals. A short distance from the gardens, we will find the relaxed and friendly Aburi craft village, where traditional African drums, sculptures and other crafts have been carved for generations. As we watch the skilled craftsmen at work it is worth noting that prices here are amongst the lowest in Ghana, making Aburi an ideal place to pick up some souvenirs. Your guide will talk you through the meaning and local beliefs connected to many of the sculptures that have been made the same way throughout history.

Our lunch will be taken in Koforidua capital of the Eastern Region of Ghana before we continue our journey to Kumasi arriving in the early evening. Once we have checked into our accommodation, enjoy our evening meal with the remainder of the day at leisure to relax.

Hotels: Overnight in Kumasi

Meals: Breakfast, Lunch, Dinner

Day 4

Enjoy a well-deserved relaxing breakfast this morning after our long journey yesterday. A day of culture and history awaits us as we set off on our city tour of Kumasi heading to 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. We continue to visit the National Cultural Centre. The cultural center is in one of the oldest suburbs of Kumasi near Bantama. There is a wonderful craft market here and during our leisurely tour, we can visit the Prempeh II Jubilee museum which offers an excellent overview of the Ashanti history and houses some wonderful ancient artifacts. A short distance from the palace is the Kejetia market which is reported to be the largest outdoor market in West Africa. Visiting here gives us a wonderful opportunity to experience everyday life for the people in this great city and pick up a few bargain souvenirs. The market is a labyrinth of stalls nestled closely together, and a hive of activity. Some stallholders sleep here in the evenings as trade rarely stops.

Lunch will be taken at a local restaurant that sells an excellent selection of local and continental dishes. Our next stop is the Okomfo Anokye sword found at the Okomfo Anokye teaching hospital in Kumasi. Okomfo Anokye was a powerful priest born in 1600 in the Eastern Region of Ghana who helped the then Ashanti King Osei Tutu I to defeat the powerful Denkyera tribe. After defeating the



Denkyera, legend has it the Golden Stool of Ashanti descended from the sky and landed on Okomfo Anokye's lap, which he gave to the Ashanti King. He then planted a sword into the ground as a symbol of unity between the Ashanti's and Nzema tribes. The sword is still there to this day and has defied all human strength to pull it out. Prior to returning to our accommodation, we visit the Kwame Nkrumah University of Science and Technology which was established by Ghana's founding President Dr. Kwame Nkrumah in 1952. It is the leading university in the sub-region for research into science and technology with students from all over West Africa studying here. Our evening we have the option of heading into the city to experience Kumasi nightlife where we can enjoy our evening meal and a live highlife band. If you are not feeling up to a late-night, you can choose to relax at your accommodation.

Hotels: Overnight in Kumasi

Meals: Breakfast, Lunch, Dinner

Day 5

A morning visit to the last material remains of the great Asante Empire as we visit the traditional Asante buildings that are now recognized as World Heritage Sites by UNESCO. There are 10 active shrines within the buildings which are made from bamboo, timber and mud and thatched roofs. The walls are designed with motifs that have traditional symbolic meanings attached to ancient Adinkra symbols that we will learn more about later today. This is also where NanaYaa Asantewaa, possibly the most important woman in Ashanti history comes from, a great female warrior who led the Ashanti's in the 1901 war against the British. Nana Yaa Asantewaa was also the Queen Mother of Ejisu Besease and we will visit the local spiritual shrine where she used to fortify herself before going into battle. We continue our journey through Ashanti history by visiting the traditional villages of Adanwomasie and Ntonso. Our first stop is Adanwomasie, the birthplace of Ghana's rich colorful Kente cloth. Adanwomasi produces some of Ghana's finest Kente cloth, many designs of cloth are woven here, and some are exclusive only to this region. Quality time is dedicated here as we walk through the community, interacting with the locals whose families have been weaving kente for generations playing an important role in the history of this beautiful cloth. During our time here, we learn about the history behind the many designs and see skilled weavers outside their homes still using traditional looms that have not changed in design for centuries. Former US President Bill Clinton has had a design named after him called the "Clinton Kente" as Ghanaians were so impressed with the respect



he showed our nation during his state visit to Ghana when he was in office. An ideal time to purchase quality kente cloth at very low prices before we set off for Ntunso. The ancient village of Ntunso is where adinkra cloth and symbols originate. These traditional symbols all have meanings and are carved from calabash shells. The adinkra symbols are then printed onto traditional cloth using natural dyes made from the bark of certain local trees. Adinkra cloth has been adorned by the Ashanti's for more than 4 centuries and pre-dates kente cloth. Even today most Ashanti's will wear adinkra cloth for funerals, festivals and other important occasions. During our time here, we can make our own strip of adinkra cloth using symbols with personal significance.

After lunch, we visit the village of Sokoban Krofrom where traditional brass casting has been the main source of income for the community for generations. A wide selection of items ranging from beads and jewelry to traditional statues are made here. The methods used to produce these wonderful brass works have not changed and during our time here we see a demonstration of the skilled process.

After visiting some of the stores selling a wonderful selection in the village, we will return to our accommodation for our meal and to relax with the remainder of the evening being free leisure time.

Hotels: Overnight in Kumasi

Meals: Breakfast, Lunch, Dinner

Day 6

This morning we take a leisurely breakfast before setting off Southwards to Elmina in the central region of Ghana. The town of Elmina was given its name by the Portuguese due to the abundance of Gold found in Ghana, translated Elmina means The Mine. Gold is of such importance to Ghana today and historically that we were even known as the Gold Coast before independence. Ghana's gold is of the highest quality and we are the 8th largest exporter in the world and second-largest exporter in Africa behind South Africa. We will stop at Assin Manso, an important town along the enslaved African trade routes. The town surrounds the Ndonkor Nsuo, this river is where enslaved Africans were checked for fitness and bathed before being transported to Cape Coast for shipment to the Americas. The slaves would have walked hundreds of kilometers from Northern Ghana through thick forests in shackles and chains, many being in poor health once they reached Assin Manso. Once bathed and rested the slaves would continue the final 32-mile march to the dungeons of Cape Coast Castle where they would remain for up to 6 weeks before being shipped to the Americas. In 1998, a symbolic gesture was made when the bodies of two free (previously enslaved) Africans, Samuel Carson from



New York U.S.A and Crystal from Kingston Jamaica were returned to Cape Coast Castle and symbolically passed through the “Door of no Return” before being transported to Assin Manso for re-internment.

After our tour, we will continue to Cape Coast where we will enjoy lunch upon arrival at a local restaurant overlooking the ocean. After lunch, we will continue to visit the Cape Coast Castle which has been designated as a world heritage site by UNESCO. The castle is a thought-provoking monument to a harrowing period in the region’s history. Quality time will be spent in the afternoon on an emotional journey touring this castle which held more enslaved Africans captive than any other in West Africa, viewing the dungeons and the infamous “Door of no return”. There is a historical museum inside, which explains the entire history of the castle and Cape Coast itself, as well as a souvenir shop selling literature on all of Ghana’s forts and castles, as well as the cultural history and traditions of Ghana. Our local guide will arrange the Rite of Passage program that will include the re-enactment of a slave group in the dungeons of the castle. This performance from a local drama group shows the painful experiences our ancestors were forced to endure during their time in captivity. Our special guest will be Mr. Kohien a prominent African American who has relocated back to Ghana and who is now the President of Panafest. Traditional drumming and dance will set the tone during this emotional and thought-provoking time here. Many African Americans have relocated back home to the motherland Ghana and set up a business and home in Cape Coast and Elmina. Our evening can be at one of the restaurants owned by those that have relocated, hearing their experiences and interacting into the night. Alternatively, we can relax at our accommodation after an informative and emotional day.

Hotels: Overnight in Elmina

Meals: Breakfast, Lunch, Dinner

Day 7

We will set off for Kakum National Park in the early morning after breakfast. This is a truly beautiful, tropical guinea rainforest and the canopy walkway is sure to be a highlight of your time in Cape Coast! This national park protects the original habitat that was found in this location and was the locals’ home and a major source of food. The walkway consists of 7 bridges, attached to 7 emerging trees, 40 meters above the rainforest floor. Prepare to take a deep breath as you walk the suspended bridges. You will marvel at the outstanding views that stretch for miles across this breathtaking rainforest as you rest on the viewing platforms that are attached to the emerging trees between the bridges. We are sure you would agree that this is an exciting excursion never to be forgotten.



Return to park headquarters where we will find an excellent information center that offers a very informative overview of the park's flora and fauna. Over 40 different mammal species have been recorded within the park, which includes forest elephants, leopards, and 6 primate species to mention just a few. A short distance from Kakum and on the border of the forest is the International Stingless Bee Project. There have been approximately 9 species of stingless bees identified here in Ghana and their importance to the ecosystem is paramount. Our tour of the center teaches us about the importance of bees locally, their medicinal qualities and we get to see their hives, taste and buy quality stingless bee honey.

We will enjoy lunch at Han's Cottage Motel near Kakum, Han's is built over a lake containing Nile crocodiles and set in a beautiful location surrounded by tropical guinea rainforest. It is an original and comfortable establishment, which is teeming with birdlife and an excellent place to enjoy lunch before setting off for Elmina. During our time in Elmina town, we will visit the castle of St. George in Elmina. This is the oldest extant colonial building in sub-Saharan Africa dating from 1482. This castle is steeped in history and played a prominent part during the tragic transatlantic enslaved African trade era. There is an informative museum inside which concentrates on local history and it is designated a world heritage site by UNESCO. Our final evening in the central region of Ghana can be spent at our accommodation or we can venture into town to experience the nightlife.

Hotels: Overnight in Elmina

Meals: Breakfast, Lunch, Dinner

Day 8

A relaxing morning enjoying the facilities of our accommodation, maybe go for a swim, relax on the beach or just enjoy our final morning at this beautiful location. Prior to lunch, we will freshen up and re-pack our bags, your local guide will collect them from your room and bring them to our vehicle to load.

Before setting off back to Accra, enjoy lunch overlooking the beautiful Gold Coast of West Africa. On route to Accra along the coastal road, we find Fort Amsterdam in the town of Abandze. This is the first Fort built by the British between 1631 and 1638 and soon became the headquarters of English Gold Coast activities. In 1665 after a long and bloody battle, the Dutch captured the fort and that is where it gets its name Fort Amsterdam. In 1811, locals loyal to the British from a neighboring community, Anomabo destroyed the fort, it was later restored to its former glory in 1951. It is believed that the first slave prison on the Gold Coast was in the hollow southeast bastion of the fort. After an informative tour, we continue our journey to Accra.

On arrival back in Ghana's capital city, we may have time to head to the Accra Mall to give you an insight into modern-day Ghana. An opportunity to also purchase some last-minute souvenirs before heading home. Our early evening meal will be taken at a locally owned restaurant serving an excellent



selection of local and international dishes which gives us an ideal opportunity to say our goodbyes and reflect on a wonderful time together. After your meal, our team will transfer you to the airport for your departure.

Hotels: NA

Meals: Breakfast