



# Ghana: A Cultural Journey from Accra to Cape Coast

12 days

History, culture, the arts, and adventure await on this sweeping tour of Ghana. When you journey to this coastal West African country, you'll uncover its poignant past as a major center of the British slave trade, retrace its path to independence, and see modern-day social enterprises and creative communities at work. You'll also get a bird's-eye view of Ghana as you walk through treetops at Kakum National Park, meeting stingless bees and fluttering butterflies along the way.



## Your tour package includes

- 9 nights in handpicked hotels
- 9 breakfasts
- 5 lunches
- 5 dinners with beer or wine
- 3 food tastings
- 13 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- W.E.B. Du Bois Center
- Trashy Bags Africa
- Jamestown
- Cacao farm visit
- Manhyia Palace
- Kente & Adinkra cloth workshops
- Ghana Armed Forces Museum
- Assin Manso Slave Camp
- Cape Coast Castle
- Kakum National Park
- Stingless Bee Center
- Global Mamas

## Tour pace

On this guided tour, you'll walk for about 3.5 hours daily across uneven terrain, including paved roads, dirt paths, and stairs.

## Group size

10-22

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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Accra today.

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## Accra → 3 nights

### Day 2: Arrival in Accra

*Included meals: dinner*

Welcome to Ghana! Settle in to your hotel and enjoy an included dinner this evening.

### Day 3: Sightseeing tour of Accra, Trashy Bags Africa & Jamestown

*Included meals: breakfast, welcome lunch, dinner*

Get to know Ghana's capital city alongside a local guide, and learn about the country's path to independence.

- Take a guided tour of the W.E.B. Du Bois Centre's museum, which is housed in Du Bois' former residence
- Hear about Du Bois' life and work to promote Pan-Africanism
- Visit Black Star Square, which is often referred to as Independence Square because of Ghana's role in starting a wave of independence efforts across Africa
- Stop at Kwame Nkrumah Memorial Park and Mausoleum, the final resting place of Ghana's first president
- Enter the National Museum of Ghana and explore exhibits that tell the country's story from the Stone Age to current day

Get to know your Tour Director and fellow group members during a welcome lunch, then continue exploring Accra.

- Visit Trashy Bags Africa, a social enterprise that makes upcycled, eco-friendly bags and other items from plastic waste
- Learn how the organization offers employment and skill-building opportunities to locals, and shop for upcycled items
- Head to Jamestown, one of Accra's oldest districts, which is filled with unique, historic architectural styles
- Step inside Fort James, originally a slave fort, now dedicated to educating visitors about the colonial slave trade

- Stop at a local boxing gym to learn about boxing's significance in Accra and the gym's role in supporting local youth
- This evening, sit down for an included dinner.

### Day 4: Free day in Accra

*Included meals: breakfast*

Spend a free day in Accra or add an excursion. + Krobo Beads & Akosombo River Cruise with Lunch

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## Kumasi → 3 nights

### Day 5: Kumasi via cacao farm

*Included meals: breakfast, lunch, tasting, dinner*

En route to Kumasi, stop along the way for an included lunch at a local restaurant. Then, tour a sustainable cacao plantation.

- Learn how Ghana became the world's leader in cacao production
- See what it takes to grow and harvest cacao beans followed by a tasting of the beans

Continue on to Kumasi and enjoy an included dinner.

### Day 6: Sightseeing tour of Kumasi & Adanwomase

*Included meals: breakfast, tasting*

Explore Kumasi, a city known as a center of Ghanaian culture and tradition, with your Tour Director.

- Tour the Manhyia Palace, which is the seat of the Asantehene, or Ashanti king
- Browse exhibits that detail the Ashanti Empire's legacy and its resistance to British colonialism
- Walk through the Kumasi Central Market, West Africa's largest market
- Enjoy a tasting at one of the stalls as you peruse the enormous market

Make your way to two traditional Ashanti craft villages and meet with artisans who specialize in traditional textiles during a guided sightseeing tour.

- Set off on a walking tour of Adanwomase, known for its colorful, hand-woven Kente cloth
- Learn about the history and uses of these colorful Ghanaian textiles, and watch weavers work on new pieces

- Head to the nearby town of Ntonso and participate in an Adinkra-making workshop
- Watch a demonstration on workers crafting Adinkra, or mourning cloth, which the Ashanti have used for more than four centuries

Return to Kumasi and enjoy a free evening, or add an excursion.

+ Ghana Fashion Show & Dinner

### Day 7: Sightseeing tour of Ghana Armed Forces Museum

*Included meals: breakfast*

This morning, enjoy a guided tour of the Ghana Armed Forces Museum, which is housed inside Kumasi Fort.

- Learn about the country's wartime history ranging from the Anglo-Ashanti wars of the 19th century to colonial Ghana's contribution to the Allies during World War II
- Explore the exhibits, which include military equipment and artifacts

Spend a free afternoon in Kumasi or add an excursion.

+ Ashanti Heritage & Lake Bosomtwe Lunch

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## Cape Coast → 3 nights

### Day 8: Cape Coast via sightseeing tour of Assin Manso Slave Camp

*Included meals: breakfast, lunch, dinner*

Travel south to Cape Coast, stopping along the way at the Assin Manso Slave Camp. Here, join your Tour Director to learn about the Gold Coast's central role in the British slave trade.

- Stop at Assin Manso River Park, where slave traders assessed enslaved Africans' fitness levels, and where the enslaved bathed before being transported to Cape Coast and shipped to the Americas
- See the Last Bath, through which slaves were marched before being shipped overseas, to a life of slavery in destinations such as Brazil, the Caribbean, and America
- View the Memorial Wall of Return, where travelers of African descent can write their names
- Travel to Cape Coast and gather for an included lunch in town

This evening, enjoy an included dinner with your group.

### **Day 9: Sightseeing tour of Cape Coast Castle**

*Included meals: breakfast, lunch*

Pay a sobering visit to the UNESCO-listed Cape Coast Castle, the European-built fortress that served as the “grand emporium” of British slave trade. Thousands of Africans were brought here to be sold.

- View the castle’s own Door of No Return, through which enslaved Africans were led to dungeons and, ultimately, slave ships
- Make your way through the historical museum, which details the story of the castle and Cape Coast

On your way back to the hotel, stop for lunch at a local restaurant with staff trained by the Baobab Children’s Organization. The social enterprise is dedicated to teaching trades and traditional arts, and to promoting healthy living and eating, to local youth, many of whom are impaired or have dropped out of school. Spend a free afternoon in Cape Coast or add an excursion.

+ Elmina Castle, Dinner & Drum Lesson

### **Day 10: Sightseeing tour of Kakum National Park & Stingless Bee Center**

*Included meals: breakfast, tasting, dinner*

Immerse yourself in nature as you explore Kakum National Park on a guided walking tour.

- Traverse the platforms and elevated bridges of Kakum National Park’s canopy, one of West Africa’s surviving tropical rain forests
- Keep your eyes peeled for local wildlife, including monkeys and birds

Afterward, enjoy a unique experience during a guided tour of the International Stingless Bee Centre.

- Learn about the bees’ unique medicinal qualities and significance for Ghana’s ecosystem
- Visit the hives and the stingless bee walkway before sampling some of the centre’s honey

Then, head back to Cape Coast and sit down for an included dinner.

*Please note: Travelers should be prepared for an early morning departure in order to avoid heat issues. Travelers should also be in good health and comfortable walking for 2 hours unassisted.*

Make your way back to Accra and celebrate your trip with your group over a farewell lunch at a local restaurant.

After lunch, visit Global Mamas for a tour. The fair-trade organization helps female artisans sell their traditional, hand-crafted products in global markets, in turn creating a life of economic independence for the women and their families. Transfer to the airport for your overnight or early morning flight home.

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## **Arrive Home**

### **Day 12: Arrival at home**

Arrive at home today.

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## **Overnight Flight → 1 night**

### **Day 11: Transfer to Accra, sightseeing tour of Global Mamas & departure**

*Included meals: breakfast, farewell lunch*

## Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.com/GHN](https://goaheadtours.com/GHN) | 1-800-597-0350

### **Day 4: Krobo Beads & Akosombo River Cruise with Lunch**

\$105/\$115\* (9.5 hours, departs in the morning, includes lunch)

This morning, set off to the Krobo mountains to the bead capital of Ghana. Here, you'll meet with the Krobo people and discover their bead making process. Arrive in the mountains and visit a fair-trade assembly site, an open-sided thatched roof hut, where vibrantly colored beads are made using recycled glass. Learn how glass bottles and other pieces are washed, sorted by color, and then turned into fine powders which, when paired with dyes, will give the glass its color. The workers will explain the importance and symbolism behind certain beads and how the craft has been handed down through generations. You'll then have the chance to try your hand at bead making before heading to the nearby Akosombo where you'll enjoy an included lunch on the banks of the Volta River. Finally, board a boat and enjoy a leisurely cruise down the river and get a feel for the river town's vibrant energy as a local guide provides commentary along the way.

Visit Elmina Castle, a UNESCO World Heritage site and the oldest European building in sub-Saharan Africa. The castle dates back to 1482, and served as a major slave-trading post; more than 30,000 enslaved Africans passed through before being sent across the Atlantic, to destinations such as the Caribbean and America. Tour the castle, where many descendants of enslaved Africans have come to retrace their families' heritage. Afterward, make your way to the beach for dinner, sunset views, and time to reflect. Then, join some locals on the beach for a fun evening spent learning traditional drumming and dances around a roaring bonfire.

### **Day 6: Ghana Fashion Show & Dinner**

\$175/\$185\* (3 hours, departs in the evening, includes dinner)

Meet the successful Ghanaian businesswoman behind Divine Grace Poise (DGP), a group of creatives that includes fashion and accessories designers, seamstresses, and tailors—many of whom are young females. Sit down for a private fashion show featuring some of the group members' collections, then learn about the obstacles Ghanaian women face when establishing their own businesses. Before wrapping up your visit, you may choose to purchase some of the group members' original designs and accessories. Afterward, head to a local restaurant and sit down for an included dinner.

### **Day 7: Ashanti Heritage & Lake Bosomtwe Lunch**

\$75/\$85\* (8 hours, departure time varies, includes lunch)

Make your way to the Yaa Asantewaa Shrine, one of the UNESCO-listed Asante Traditional Buildings, which are some of the last remains of the great Asante civilization. Tour the shrine with a local guide, and learn about the Asante Empire's unique architecture. Then, travel to Lake Bosomtwe, Ghana's only natural lake and one of just six meteoritic lakes in the world. Enjoy a canoe ride along the lake, which is considered sacred by the Ashanti people. Afterward, sit down for an included lunch featuring local specialties.

### **Day 9: Elmina Castle, Dinner & Drum Lesson**

\$105/\$115\* (5 hours, departs in the afternoon, includes dinner)

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.com/terms](https://goaheadtours.com/terms)