

Ghana
11 Days, 9 Nights



Day 1

Depart

Meals: On Flight, Subject to Availability

Grab your passports and get ready to embark on the trip of a lifetime!

Once everyone is through and all belongings are accounted for, it is time to depart for Ghana. Prepare to discover Ghana's vibrant cultural identity. It's current ethnographic composition has resulted from constant migration from the North and Eastern parts of Africa, mainly due to the abundance of gold in the region. Ghana's cultural diversity is evident in the over 75 African dialects spoken in contemporary Ghana. During your Ghanaian travels, you will also explore the region's past: Ghana was the main center for exporting enslaved Africans, and it was at a far greater rate than any other West African country. This is evident with over 20 castles and Fortifications still dotting the Coastline, with over 70% of castles and fortifications along the entire West African coastline existing in Ghana.

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Day 2

Arrive

Meet and Greet at Airport, Transfer to Hotel

Meals: Breakfast, Dinner

After arriving in Accra at the Kotoka International Airport, situated on the beautiful gold coast of Western Africa, you will be greeted by your local guides. Exit the airport and board your air-conditioned vehicle, which will be your primary mode of transportation for the duration of your tour. After check-in, your guides deliver a welcome speech. Enjoy a wonderful evening meal at your hotel's restaurant before relaxing for the evening.

Day 3

Guided Tour of Accra

Meals: Breakfast, Lunch, Dinner

After breakfast, you will embark on a guided tour of Accra. You will view the administrative and economic districts as you make your way to the Du Bois Center, the final burial place and former home of the prominent American Pan-Africanist Dr. William W. Burghardt Du Bois, who led the Pan-African Congress between 1919 and 1927. He was a vocal anti-segregationist and prolific speaker and writer. The Center now serves as a library and research institute for students of Pan-Africanism.

Depart then for old Accra, where you will visit Ussher town. On your way, you will pass a fort which was built by the Dutch in 1649, formerly Fort Crevecoeur. In 1868 it was sold to the English who renamed it after Governor Ussher. Next is Jamestown, where you will take a short walk and view structures which predate the colonial era. Locals are committed to conserving these buildings and have made significant efforts to maintain them. As you spend time around these structures, you will begin to imagine what life was like during the colonial era. You will also see a 30M high lighthouse built by the British in 1871—attractive and colorful fishing boats still crowd the nearby shores. Continue to Fort James, which was built by the British as a trading post in 1673. Fort James gave its name to the Jamestown neighborhood in Accra. By observing Ussher and Jamestown, you will come to understand the differences between British Accra and Dutch Accra.

Continue on to Osu Castle, which was built by the Danes around 1659 and originally called Christiansborg Castle. Osu Castle was the seat of the government until as recently as 2013, when the president and his office moved to Flagstaff House. Enjoy lunch at a local restaurant. Afterwards, pass by Independence Square and view the enclosed flame of African liberation, which was lit by Kwame Nkrumah in 1961. Continue to Kwame Nkrumah Memorial Park, the final resting place of Ghana's founder. Explore the museum dedicated to his life, which is surrounded by beautiful gardens.

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Continue to the “Fantasy Coffins” of Teshie Nungua for a discussion on Ghanaian funerals. Funeral and burial ceremonies in Ghana are very solemn occasions, but a vibrant celebration follows the burial. Ghanaians believe that the departed ones move on to another world, and the coffins made here represent the occupation of the deceased. Return to your hotel in the evening for dinner and relaxation. Reflect on your incredibly informative tours as you begin to place Ghana in the larger tapestry of colonial history.

Day 4

Transfer to Kumasi

Visit TK Beads

Entrance to Aburi Botanical Gardens

Visit Aburi Craft Village

Meals: Breakfast, Lunch, Dinner

Enjoy breakfast in the morning before departing for Kumasi, the capital of the Ashanti region, and home to the Asantehene, king of the Ashanti Empire. You will travel through the picturesque Akwapim Range, which offers incredible views of the surrounding towns. Stop at TK Beads before your departure and admire the beautiful beads on display, made by local experts. Beads are a symbol of wealth and beauty in Ghana and are still used during traditional durbars and festivals. You will have the opportunity to purchase beads after an informative demonstration.

Continue to the Aburi Botanical Gardens, founded by the British in 1890. The gardens are home to a variety of indigenous and exotic flora, and the vantage point offers wonderful views of Accra on a clear day. Nearby the gardens, visit the Aburi Craft Village, where traditional African drums and crafts have been carved for generations. The Craft Village is an ideal place to acquire an unforgettable souvenir. Enjoy lunch in Koforidua before entering the final leg of your journey to Kumasi. Upon arrival, you will check into your hotel and enjoy an evening meal followed by free time.

Day 5

Visit Bonwire

Visit Ntunso

Cultural Activity (Adinkra Cloth-Making)

Entrance to Manhyia Palace and Museum

Entrance to Prempeh II Jubilee Museum

Visit Kwame Nkrumah University of Science and Technology

Meals: Breakfast, Lunch, Dinner

Begin with breakfast and an inspiring morning visit to the traditional home of Nana Yaa Asantewaa, a female warrior of renown who led the Ashantis in the 1901 war against the British. She was the Queen Mother of Ejisu Besease, and you will visit her Spiritual Shrine, at which she fortified herself during the

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war.

After, depart for a tour of craft villages in Kumasi. First, visit Bonwire, the birthplace of Ghana's rich and colorful Kente cloth. Bonwire produces from of Ghana's finest Kente cloths—many designs are woven here, and some are exclusive only to this region. Learn about the history of the designs. You will have the opportunity to purchase some of this incredible cloth before moving on to the village of Ntunso. Ntunso is an ancient village where adinkra originate. Adinkra are traditional symbols with meanings, carved from shells and printed onto traditional cloth using natural dyes made from the bark of certain local trees. Adinkra cloth has been worn for more than 4 centuries and pre-dates Kente cloth. Even today, adinkra holds a special, ceremonial value, and you will have the opportunity to create your own adinkra using symbols of personal significance.

After lunch you will visit Manhyia Palace, home of the King of the Ashanti Empire. You will visit the palace museum, which holds fascinating information on Ashanti history and culture. Continue to the National Cultural Center, found in one of the oldest suburbs of Kumasi. Here, you will find a wonderful craft market and the Prempeh II Jubilee Museum, which offers another overview of Ashanti history. A short distance away is the Kejetia market, the largest outdoor market in all of West Africa. Pick your way through the labyrinthine stalls and the hubbub of vendors to select the perfect souvenir or treat. Return to your hotel for the evening.

Day 6

Transfer to Bolgatanga

Meals: Breakfast, Lunch

Get an early start with a quick breakfast before departing for the Upper East. You will be transferring to Bolgatanga. Venture northwards and notice how the landscape changes from savannah to woodlands—you will pass through many beautiful, local villages that feature traditional housing. Your lunch will be taken en route. Upon arrival, check into your hotel and enjoy the rest of your day at leisure.

Day 7

Visit Pikworo Slave Camp

Meet Talensi Tribe

Visit Tongo Hills

Meals: Breakfast, Lunch

Enjoy breakfast at your hotel, then depart for Pikworo slave camp, located in Paga Nania. This area became known during the slave trade as the first stopover and auction market for slaves captured within the northern borders. The site is a rocky area filled with relics from the past. After, you will return to your

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hotel for lunch and prepare for your visit to Tongo Hills.

Tongo Hills is a mysterious place that features pinnacles formed by enormous rocks. The local people, Talensi, consider these monuments the ancient domiciles of the Gods. The Talensi live in fortified homes that accommodate up to 60 people—they have only one entrance and are often a maze of walls, stairways, and narrow passages. During your time here, you will have the opportunity to visit the chief's traditional home, which houses over 300 people, 17 of them his wives. It is believed to be the largest family compound in Ghana. Return to your hotel.

Day 8

Transfer to Kumasi

Visit Kintampo Waterfall

Meals: Breakfast, Dinner

Delight in your morning breakfast before checking out of your hotel and departing for Kumasi. En route, you will stop at the vibrant Kintampo Waterfall to relax. Some more adventurous travelers use this opportunity to experience “the best shower in Ghana!” It’s a great way to cool off in the African heat. After stopping by the waterfall, travel the rest of the way to Kumasi and check in to your local hotel, which may have a pool. Enjoy your dinner around the pool tonight, with the rest of your evening free to relax.

Day 9

Transfer to Elmina

Visit Ndonkor Nsuo in Assin Manso

Entrance to Cape Coast Castle

Lecture at the Historic Palava Hall

Visit Local Fishing Village

Meals: Breakfast, Lunch, Dinner

Today begins your engagement with Ghana’s involvement in the history of the African slave trade. You will have a leisurely breakfast before departing for Elmina, in the central region of Ghana. 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 major historic and contemporary importance to Ghana. On your way to Elmina, you will stop at Assin Manso, the town which surrounds Ndonkor Nsuo (The Slave River). Historically, enslaved Africans were checked here for fitness and bathed before being transported to Cape Coast for shipment to the Americas. For many, this was the last time they would bathe in African water.

Break for lunch at a local restaurant before departing for the Cape Coast Castle, designated as a world heritage site. The castle is a thought-provoking monument to a harrowing period in the region’s history.

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Spend the afternoon touring the castle and walking halls that have held more enslaved Africans captive than any others in West Africa. You will view the dungeons and the infamous “Door of No Return.” Immerse yourself in the castle’s museum, which talks about the history of the castle itself and the surrounding Cape Coast area. After your tour of the castle, you will participate in a lecture forum at the Historic Palava Hall inside of the castle, which will touch on cultural imperialism, neo-colonialism, and its effect on our contemporary lives, culture, and customs. Renowned local historians and community leaders will join.

At the end of the day, you will travel a bit further to speak with a local fishing community along the Cape Coast. Learn about their daily lives, the impact of foreign culture, and the unique challenges that face them. The teachers and adults of the group can share some basic tips for family planning and hygiene with the community as a form of giving back. At the end of a packed day, check into your hotel, where you will have dinner and time to relax.

Day 10

Visit St. George Castle

Visit Simiw Village (Participate in Naming Ceremony)

Visit Brenu Akyenim

Meals: Breakfast, Lunch, Dinner

After breakfast, you 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 also designated a world heritage site by UNESCO. After, enjoy lunch at a local restaurant before visiting the Simiw Village. You will pay a courtesy call on the chiefs and queen mothers, which starts with the pouring of libations to officially welcome you to the village! Enjoy traditional drumming and dancing with the villagers as you develop a feeling for true village life in Ghana. Today, you will have the unique experience of participating in a naming ceremony. The chiefs and elders in the community will lead you through the ceremony as performed by their ancestors throughout history. You will have the chance to adopt your African name, based on the day of the week you were born, the numeric order of your siblings, and more. This would have been your true name if you were born in Ghana—the naming ceremony is emotional for many Ghanaians! You will also be able to visit the village school and play with the children.

Continue on to visit a coastal village close to Elmina, where you will visit a school built by Four Winds’ partner abroad, Ashanti African Tours. Ashanti takes social and environmental responsibilities seriously, and it shows through their commitment to ethical tourism. Interact with the local students and teachers in the Brenu Akyenim community before returning to your hotel for dinner and a good night’s sleep.

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Day 11

Entrance to Kakum National Park

Visit Fort Amsterdam

Visit S.T.E.M. Center

Depart

Meals: Breakfast, Lunch, Dinner, subject to flight schedule

Begin your final day in Ghana with a leisurely breakfast before checking out of your hotel. Make sure all your belongings and any souvenirs you may have acquired are accounted for before you begin your transfer to Accra. On the way, you will visit Kakum National Park, one of Africa's famous rainforest canopy walkways. The walkway consists of 7 bridges attached to trees, 40 meters above the rainforest floor! The view from the suspended bridges is unforgettable. After your treetop adventure, return to the park headquarters and find an excellent information center that offers an overview of the flora and fauna in the park. Over 40 different species have been recorded within the park, which includes forest elephants, leopards, and different types of primates!

Enjoy lunch at a restaurant such as Han's cottage, which is built over a lake containing Nile crocodiles and set against a stunning tropical backdrop. After lunch, return to Accra. On the way, you will stop at Abandze, where Fort Amsterdam lies. It is the first fort the British built between 1631 and 1638. The original fort was destroyed by the people of Anomabo in 1811 and restored in 1951. End your trip with a visit to the S.T.E.M Center, where you will observe its new teaching methods in math and science. After your tour of the S.T.E.M Center, you complete your journey to Accra. If time permits, subject to your flight schedule, you may stop at a crafts market to purchase last minute souvenirs. Enjoy an early evening meal in Accra.

Subject to your flight schedule, depart for a major local airport. You will not receive assistance from a guide. It is important to arrive at least three hours before your flight is scheduled to depart.

The Trip ends here! Thank You for traveling with Four Winds!!

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