



Ghana: PANAFEST 2019  
"Beyond 400 Years: Reaching Across  
Continents into the Future"  
9 DAYS, 8 NIGHTS PACKAGE  
July 25 - August 3, 2019



Thursday, July 25

**Day Of Our Return**

We "return" to the **Motherland** from various cities in the US and Canada. **Flights are booked separately** at your own expense!

Day 1: Friday, July 26

**Welcome To Accra, Ghana!**

Arrive at Kotoka International Airport in Ghana. We will be picked up and whisked off to our **4-star, black-owned** overnight accommodations at **The African Regent Hotel**. Upon arrival, we will check-in and relax a bit. After a long flight I'm sure everyone will be exhausted. Therefore, you may take the remainder of the day to relax and enjoy the amenities of the hotel at your leisure. <http://www.theafricanregenthotel.com/>

*Accommodation:* [The African Regent Hotel](http://www.theafricanregenthotel.com/)

*Meals:* N/A

## Day 2: Saturday, July 27

### Accra City Tour

After breakfast we will depart on our **Accra City Tour (GS t-shirts will be worn on the tour)**. We will take a brief break during our tour and enjoy lunch. Upon completion of the tour, we will return to our hotel. At approximately **7pm, we will meet in the Main Dining Hall** for our **Welcome Dinner**. We ask that you **please wear a black or gold dress** at the **Welcome Dinner**. <http://www.theafricanregenthotel.com/>

#### Accra City Tour includes:



Art Village for Drumming Lessons  
Kwame Nkrumah Memorial Park  
Independence Arch  
WEB DuBois Centre for Pan African Culture

*Accommodation:* [The African Regent Hotel](#)

*Meals:* **Breakfast, Dinner**

## Day 3: Sunday, July 28

### Kumasi City Tour

After breakfast we head out to the **Ashanti region**. Upon arrival we will go on a Kumasi City Tour. (**GS t-shirts will be worn on the tour**). After our tour, we will check-in at the 4-star Golden Tulip Kumasi City Hotel. Set in lush tropical gardens in the heart of historic Ashanti, Regional Capital of Kumasi, you have an assurance of a dynamic experience in luxury. <https://kumasi-city.goldentulip.com>

#### Kumasi City Tour includes:



Manhyia Palace  
Komfo Anokye Sword Site  
Kejetia Market

*Accommodation:* [Golden Tulip Kumasi City Hotel](#)

*Meals:* **Breakfast**

## Day 4: Monday, July 29

## Activities with the Ashanti

After breakfast we will have the following activities. Today is about total immersion as we learn of the vast history of the Ashanti empire and take part in a ***Akan Naming Ceremony***. Duly note, a **white dress is required** for the ***Akan Naming Ceremony***. We will return to our hotel after the day's activities to relax and prepare for another day.

<https://kumasi-city.goldentulip.com>

## Activities with the Ashanti



Kente Weaving  
Adinkra Class  
Akan Naming Ceremony  
Cocoa Tour

*Accommodation:* [Golden Tulip Kumasi City Hotel](#)

*Meals:* Breakfast

## Day 5: Tuesday, July 30

### Cape Coast Tour

After breakfast we depart for Elmina. Today we will have a private tour of the slave dungeons. This will be an emotional experience as you will experience the physical history of the slave trade, the impact of which is still felt beyond the shores of Africa today. The Elmina Castle is one of the 30 slave forts along the coasts of Ghana. It was built in 1482 by Portuguese traders on the site of a town called Amankwaor Amankwakurom. It was the first European slave-trading post in all of sub-saharan Africa.

After our tour, we will check-in at the Coconut Grove Beach Resort where you will have time to relax and enjoy dinner at your leisure. The Coconut Grove has become an important landmark in Elmina, in the town that has the historic world heritage Elmina Castle & St Jago Fort. It has become the hotel of choice for rest and relaxation by personalities such as the Crown Prince of Holland, the Secretary General of the U.N., Will Smith, ministers of states from the neighboring countries, heads of missions and other distinguished guests.

<https://coconutgrovehotelsghana.com/beachhotel/>

### Cape Coast Tour includes:



Slave Market/Cemetery @Manso  
Slave River  
Tour UN World Heritage site of Cape Coast Castle

*Accommodation:* [Coconut Grove Beach Resort](#)

*Meals: Breakfast*

### Day 6: Wednesday, July 31

#### **Kakaum National Park & Reverential Night**

After breakfast we will depart for **Kakaum National Park** for a canopy walk. After lunch, we will return to our hotel to relax before the **Reverential Night** commences.

<https://coconutgrovehotelsghana.com/beachhotel/>

**Reverential Night** – Reverential Night is the most sacred programme on the PANAFEST schedule. It will be held in Cape Coast beginning with a candlelight procession and will move down Commercial Street in Cape Coast to the Castle/Dungeon entrance to be met by the Omanhen and Elders of Oguaa. Wreath laying at the shrine of Nana Tabir will be done accompanied by spiritual soloists. After the wreath laying, a full-scale tribute to the ancestors will be rendered by carefully selected speakers and performing groups. The Declaration of Emancipation will be read at midnight.

**Please dress in white attire for this important occasion**

*Accommodation:* [Coconut Grove Beach Resort](#)

*Meals: Breakfast*

### Day 7: Thursday, August 1

#### **Emancipation Day**

We will enjoy breakfast before departing for a full day of Emancipation activities.

Today is Emancipation Day at Assin Manso Slave River. Commencing at 11am, we will witness a full day of ritual activities (solemn moments) paying homage to our ancestors who were swept away from these shores by the slave trade. A **Solemn Durbar of the Chiefs and People of Assin Manso** will be held to give reverence to those ancestors who suffered the horrifying journey of the slave route and gave up their lives far away from their homeland. It is proposed that solemn forms of music and dance are performed both by local and Diasporan performers. E.g. The **Akan**

**Atopre** and **Asafo**, the **Jamaican Aben** .etc. The walk to the “**Donkonsuo**’ and the rites at the river will be undertaken by participants and traditional officiants. It is proposed that participants are taught to join in simple Asafo songs on the way to the river which will make it participatory and highly meaningful. It is further proposed that a stone wall sepulcher for the entombing of the ashes of Diasporans wishing for their remains to rest in the special graveyard at **Assin Manso** be built and announced so that burial rites involving both some Diasporan and Ghanaian rites can be conducted on the way to the ‘**Donkonsuo**.’

<https://coconutgrovehotelsghana.com/beachhotel/>

[https://www.youtube.com/watch?v=P8\\_HcE1TKv8](https://www.youtube.com/watch?v=P8_HcE1TKv8)

*Accommodation:* [Coconut Grove Beach Resort](#)

*Meals:* *Breakfast*

## **Day 8: Friday, August 2**

### **Depart to Accra**

Today we depart to Accra. Upon arrival we will check-in again at The African Regent Hotel. Take this time to relax and enjoy the amenities of the hotel at your leisure or explore Accra. <http://www.theafricanregenthotel.com/>

**Duly note: Any activities you participate in outside of the GS Itinerary are at your own risk and expense. GS will not be held liable under any circumstances.**

In addition, please do not rely on or use our tour guides/vendors to assist you with your personal requests during our visit. We respectfully ask that you use the hotel concierge services for those requests. Thank you.

*Accommodation:* [The African Regent Hotel](#)

*Meals:* *Breakfast*

## **Day 9: Saturday, August 3**

### **Day of Our Departure**

After breakfast we will depart on our early morning flight to the US. If you have a later flight you will be able to store your luggage after check-out at the hotel.

*Accommodation:* [The African Regent Hotel](#)

*Meals:* *Breakfast*



The intricate symbols of Adinkra are featured in this Itinerary. They have an appealing quality that represents reminiscent messages of traditional wisdom, cultural and religious aspects of the Ashanti and Akan communities. Adinkra means 'goodbye' or 'farewell' in the Akan language. The symbols on Asante's traditional fabric are also known as Adinkra. You will learn their meanings on your visit to the Ashante region.

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### **Questions?**

If you have any questions or concerns please send us an email at:

[bookings@globetrottingsistersllc.com](mailto:bookings@globetrottingsistersllc.com)

We will be happy to answer any questions you may have. We will respond within 24 hours.

**GS reserves the right to make changes to the Booking Information without notice.**

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