



Ghana

Cultural & Wellness Getaway

Theme: Discover & Recover

9 Days, 8 Nights Package

July 2, 2021 - July 10, 2021

Depart USA – Thursday July 1st

You will depart from your respective cities. [Flights are booked separately!](#) The group will depart on a direct **10hr overnight flight via Delta Airlines from JFK**. Delta's flight itinerary is available in the booking document. However, you're welcome to book any flight, and fly from any city, state, province or country suffice you arrive on the 2nd of July 2021.



Day 1: Friday, July 2nd

Akwaaba!

You will arrive **at Kotoka International Airport in Accra, Ghana**, then picked up and whisked off to your lovely accommodation in the trendy neighborhood of West Legon in the heart of Accra. You will check-in and have lunch. After a long flight I'm sure everyone will be exhausted. Therefore, you may take the time to relax before our **Akwaaba (Welcome) Dinner**.

Accommodation: Mendiata Hotel (www.mendiata-hotel.accra-hotels-gh.com)

Meals: Lunch & Dinner

Nightlife: Optional

Day 2: Saturday, July 3rd

History & Culture

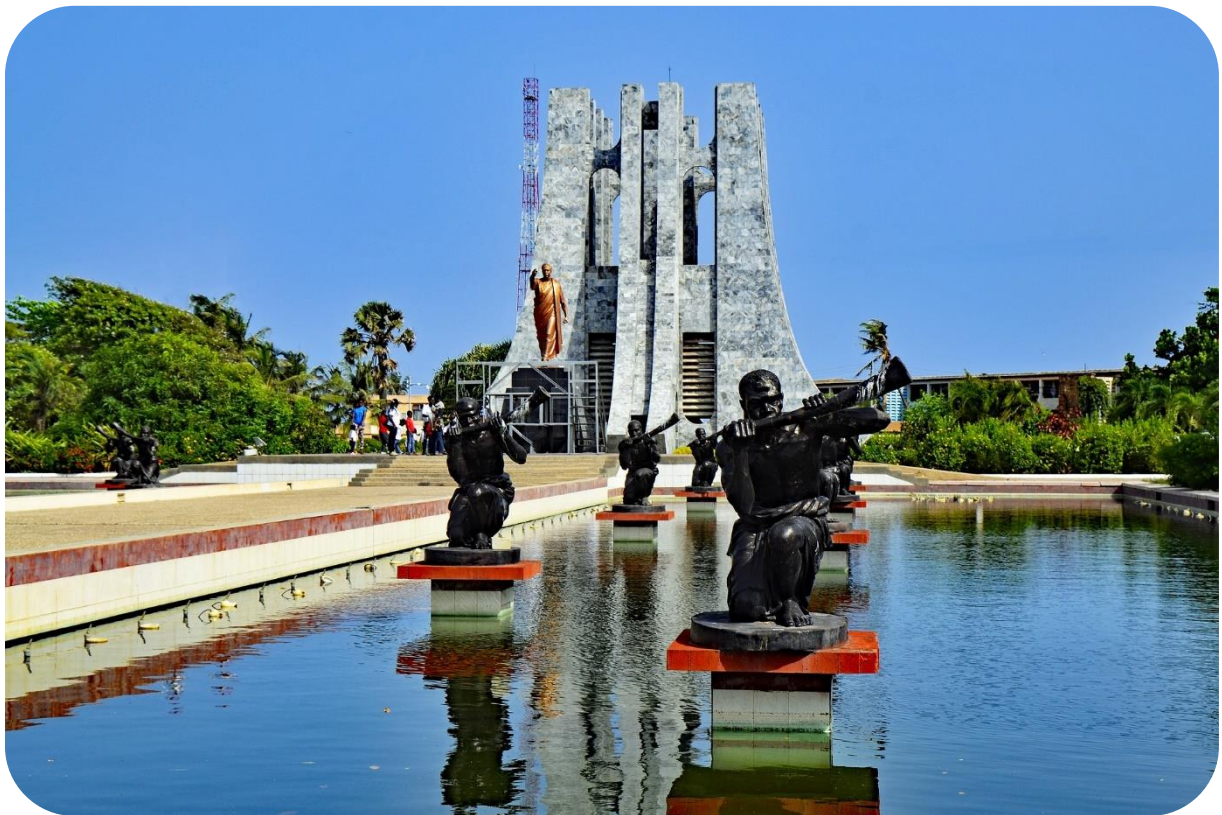
Ghana is rich in arts and culture, and **Accra** is just one slice of what the country has to offer. **Accra** is also home to must-see historical sites.

After breakfast you will depart for an **Accra City Tour**. Sites will include **Ghana National Museum, Kwame Nkrumah Mausoleum, Accra Art Center, James Town, Independence Arch & Black Star Gate**. You will take a break during the tour for lunch at the famous Buka restaurant in the trendy neighborhood of Osu. Upon completion of the tour you will go back to the hotel, to relax, and enjoy the amenities before meeting for dinner later in the evening.

Accommodation: Mendiata Hotel

Meals: Breakfast, Lunch & Dinner

Nightlife: Optional



Day 3: Sunday, July 4th

Relaxation & Renewal

Domestic Flight from Accra to the Western Region

After breakfast you will check out and **depart Accra via a domestic flight to Takoradi**. Upon arrival you will be whisked off to the eco friendly and breathtakingly beautiful **Maaha Beach resort**. After check-in you will enjoy a buffet lunch with organic ingredients straight from their garden. Then enjoy **Spa treatments**, and the numerous amenities of the resort like the **tennis courts, table tennis** etc. The rest of the evening is yours to relax or take a stroll on the white sandy beach before we convene for dinner. <https://maaharesort.com/restaurant-bar/>

Background: From momentous forts, numerous mines and picturesque villages to charming beaches and contemporary resorts, the Western Region presents a striking contrast between ancient and modern Ghana. The Western Region has a long coast stretching from Ghana's border with the Ivory Coast to the Western Region's boundary with the Central Region.

Accommodation: Maaha Beach Resort (<https://maaharesort.com>)

Meals: Breakfast, Lunch & Dinner

Nightlife: Optional



Day 4: Monday, July 5th

Western Region – Discover & Recover

After breakfast you will explore the western region. The daily activities will include a visit to the ancient [stilted village of Nzulezu](#), founded over 500 years ago. Located 90 km west of Takoradi, the village overlooks the jungle-bound Lake Tadane and rests entirely on stilts and platforms. The name of the village translates from the Nzema language as 'Surface Water', which describes the way it harmonises with the water-dominated natural

landscape. According to the local legend, the community-based wetland reserve was built by a group from Oualata, a city of the ancient Ghana Empire, after a snail led them to that area. Nzulezu is one of the few ancient settlements on stilts left in the world and in 2000 it was declared a World Heritage Site by Unesco for its importance in anthropology. Today it is a major tourism centre with a dazzling array of rare birds. You will enjoy lunch like locals before returning to the hotel for relaxation and jet ski lessons. After a day of cultural exploration and relaxation we will convene for dinner. Upon completion the night is yours to enjoy at leisure.

Accommodation: Maaha Beach Resort (<https://maaharesort.com>)

Meals: Breakfast, Lunch & Dinner



Day 5: Tuesday, July 6th

Western Region – Discover & Recover

After breakfast you will depart to explore the **Cape Three Points** together with **Axim light House**. You will also visit **Fort Antonio/Museum(Axim)**.

You will break for lunch at some point during the tour. Upon completion of the tour you will return to the hotel to enjoy the array of amenities and relax before dinner.

Background: Cape Three Points is where crude oil was discovered in 2007.

The Western Region has a rich heritage, as shown by the number of castles and European trading forts still open to visitors. The area is home to a remarkable cluster of colonial forts including Fort Fredericksburg at Princes Town and Fort Antonio at Axim. These castles and forts are a magnet for visitors, reflecting the diversity of building styles employed by colonial traders. Of particular interest are Fort Apollonia at Beyin and Fort Metal Cross at Dixcove. Many of these historical buildings overlook some of the best beaches in Ghana- just the right spot to relax after a tour. Here, tourists can climb the 84-year-old light-house for a superb view of Ghana's only coastal rainforest reserve and rolling hills.

Accommodation: Maaha Beach Resort

Meals: Breakfast, Lunch & Dinner

Day 6: Wednesday, July 7th

Western Region – Renewal – Mind, Body & Soul

Today is all about total relaxation and renewal.

Arise early and take a brisk walk on the beautiful **beach** while watching the sunrise.

After a sumptuous organic buffet breakfast, enjoy an optional **yoga class** before indulging in a spa treatment. Upon completion spend the rest of the day enjoying the amenities and activities of the resort. Amenities include **tennis courts, multiple swimming pools, table tennis, beach volley, pool table, beach soccer** and **water sports**. A well-equipped gym with world class training equipment and a professional gym instructor are ready to keep you fit as well. In addition, feel free to indulge in additional(optional) beauty treatments and holistic therapies at the Spa. After a day of pampering we will convene for a lovely dinner to say farewell to the Western Region.

Accommodation: Maaha Beach Resort

Meals: Breakfast, Lunch & Dinner



Day 7: Thursday, July 8th

Transfer from Takoradi to Cape Coast/Elmina via air conditioned bus (2hrs)

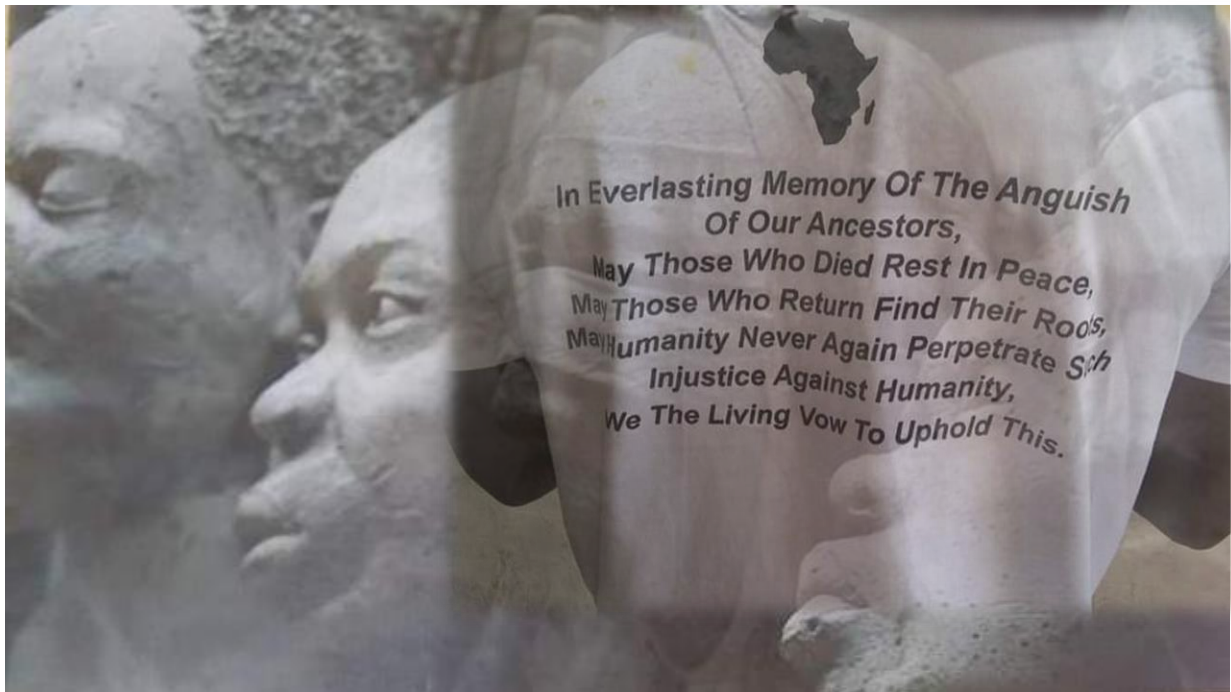
Sankofa Journey: Discover & Recover – Paying Homage to Our Ancestors

After breakfast you depart for Elmina. Today you will have a private tour of the slave dungeons and Slave Market/Cemetery at Manso Slave River.

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, you will check-in at the [Coconut Grove Beach Resort](#) where you will have time to relax and enjoy a sumptuous dinner. 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.

Accommodation: [Coconut Grove Beach Resort](#)

Meals: Breakfast, Dinner



Day 8: Friday, July 9th

Depart for Accra

After breakfast you will depart via air conditioned bus to Takoradi, then fly to Accra. Upon arrival you will check in at the lovely **Mendiata Hotel**, and the rest of the day is yours to relax or explore at leisure before our farewell dinner.

Accommodation: **Mendiata Hotel**

Meals: Breakfast & Dinner

Day 9: Saturday, July 10th

Farewell Ghana – Return Home

After breakfast you will relax before checking out at 12pm. You have the option of checking out at the designated time, and storing your luggage or paying an additional fee for late check out. You will then be transferred to the airport in Accra for your departure to the US. Until next time you bid Ghana Farewell!

Meals: Breakfast

Questions?

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

bookings@globetrottingsistersllc.com

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

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