

Ghana

A Journey Of Rediscovery

9 Days, 8 Nights Package

August 4-12, 2023.

Depart USA – Thursday August 3rd

Flights are booked separately.

Flights are booked via delta; however, folks can choose to fly from any where and book with any airline suffice they arrive in Accra, Ghana on August 4, 2023.

Please visit www.delta.com or expedia.com to book.

The designated group flight is via **Delta Airlines** from JFK, New York to Accra, Ghana (ACC). The duration of the **direct flight** is 10hrs. The group flight departs August 3rd at 11:45 p.m. via Delta airline from **JFK(NYC)** and arrive on the 4th at 1:45 pm in Accra (**Kotoka International Airport**). Additional information will be supplied during our schedule group chats.

Day 1: Friday August 4th

Akwaaba!

You will arrive **at Kotoka International Airport in Accra, Ghana**, picked up in an air-conditioned vehicle and whisked off to your accommodation at the **black owned** AfropolitanAfrican Regent Hotel. 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: African Regent Hotel www.theafricanregenthotel.com

Meals: Welcome Dinner Included



Day 2: Saturday, August 5th

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.

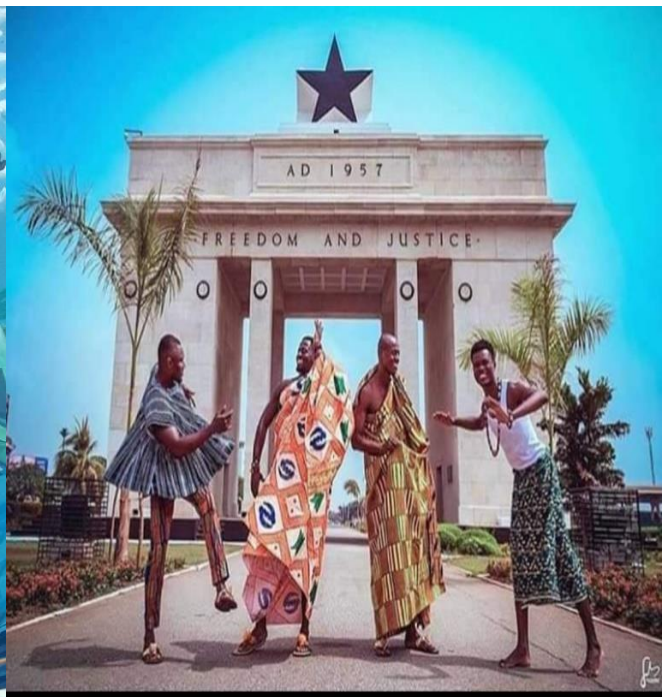
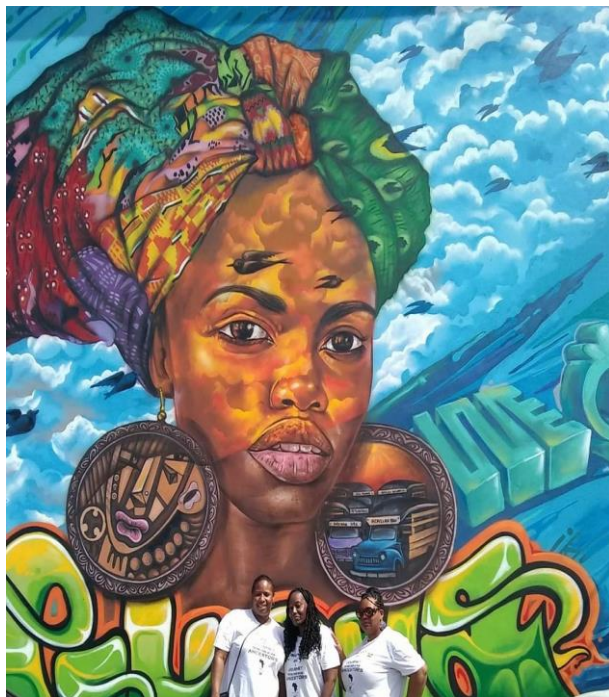
After breakfast you will depart for an **Accra City Tour**. Sites will include **Ghana National Museum, Kwame Nkrumah Mausoleum, Accra Art Center, James Town, Independence Arch & Black Star Gate and so much more**. During the tour you will enjoy a Djembe (drumming) lesson with some of the best drummers in Ghana.

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 of the hotel. Today dinner is at leisure and afterwards around 10pm you can choose an optional nightlife experience in Osu.

Accommodation: African Regent Hotel

Meals: Breakfast & Lunch Included

Dinner (Own Expense)



Day 3: Sunday, August 6th

Relaxation & Renewal

Sunday Brunch/Spa Party w/Flutist & Violinist

You will enjoy a buffet breakfast at the hotel before departing midday for **Ma'ati Spa (black owned)**.

Today is all about total **Relaxation** and **Renewal**.

You will embark upon a serene environment with the sweet melodious sounds of a violin and flute being played. Your senses will be awakened with a **welcome tea, aromatherapy** and a 5-minute **head, neck, shoulder, and foot massages** while you wait for your optional chosen **Spa treatment**. Spa treatments will be followed by a **sumptuous Sunday brunch by our private Chef**. The evening is far from over as you can choose to embark on partaking in an **Optional Paint & Sip Class**. Explore your creative side with a local artist while sipping on some bubbly. Upon completion you will be taken back to your hotel. The rest of the evening is yours to relax at leisure. Don't forget to pack as we depart early morning for Cape Coast. **Accommodation:**

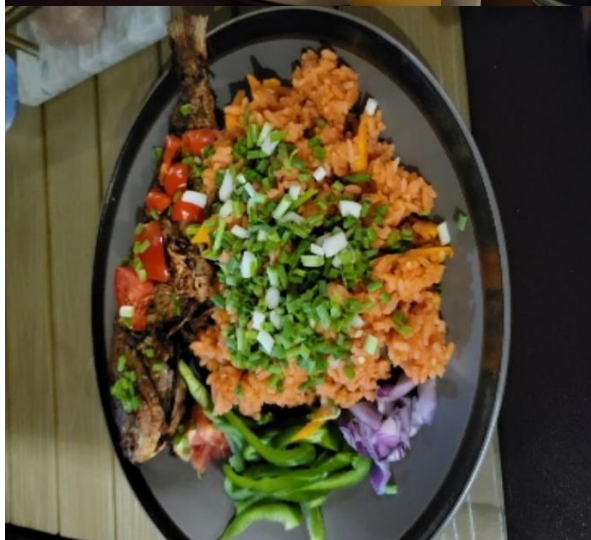
African Regent Hotel

Meals: Breakfast & Sunday Brunch Included

Dinner (Own Expense)



A SUMPTUOUS SUNDAY BRUNCH BY OUR PERSONAL CHEF



Day 4: Monday, August 7th

Transfer from African Regent to Cape Coast/Elmina via air-conditioned bus (2hrs)

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

After breakfast you will depart for Elmina. Today you will embark on a **Cape Coast City Tour** before breaking for a local lunch. Upon completion of lunch, we will continue with 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 **Amankwa or 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. Upon checking into the hotel, the rest of the evening and dinner is at leisure.

Accommodation: Coconut Groove Beach Resort

Meals: Breakfast & Lunch Included

Dinner (Own Expense)

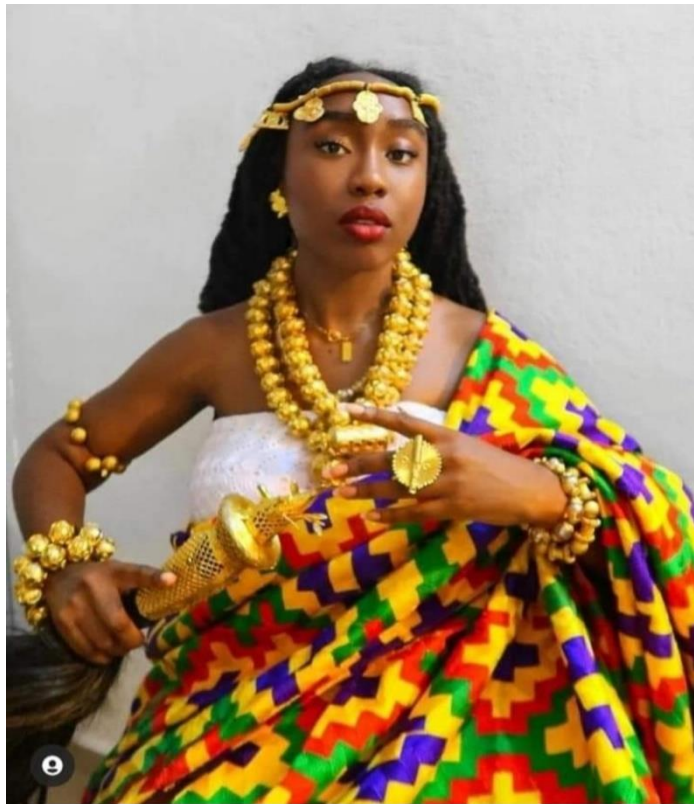


Day 5: Tuesday, August 8th

Exploring the Ashanti Region: History & Culture

After breakfast you will **depart Cape Coast to Kumasi** on a private air-conditioned bus. (2.5hrs) You will grab a light lunch on the go to avoid arriving late in the local **village of Adanwomase**. Upon arrival you will take part in an **Akan (Ashanti)naming ceremony dressed in white and adorned in kente fabric** and observe a **kente weaving demonstration**. Upon completion you will check into a local guest house to freshen up and depart for dinner. You will enjoy a local dinner at the famous **Ike's at the cultural center**. Upon completion you will return to your accommodation to rest and pack in preparation for your return to Accra in the morning.

Accommodation:
Local Guest
House
Included Meals:
Breakfast, Light
Lunch & Dinner



Day 6: Wednesday, August 9th

**Exploring the Ashanti Region:
History & Culture**

After breakfast you will embark on a **Kumasi City Tour**. You will visit the **Manhyia Palace Museum, Cultural Center, Okomfo Anokye Sword site**, and if time permits you will also head to **Ntonso for Adinkra stamps printing**. Upon completion of the tour, you will be transferred via air-conditioned bus back to Accra. You will check back into the African Regent for the remainder of your stay. The rest of the evening is yours to enjoy at leisure.

Accommodation: African Regent hotel

Included Meals: Breakfast & Lunch

Dinner @Leisure (Own Expense)



Day 7: Thursday, August 10th

Relaxation & Adventure

**Optional Waterfall Massage In
Dodowa(2hrs) OR**

**Optional Day Trip to Aburi –
Eastern Region**

Optional Kizsalsa Dance Lesson

Today enjoy a day of leisure at the hotel. You can also choose an optional early morning **waterfall massage in Dodowa** before returning to the hotel to enjoy the rest of the day at leisure or a full day trip to Aburi. After a day of relaxation, and adventure you can choose to enjoy a **2hrs Kizsalsa class** with a professional instructor. Kizsalsa is a combination of Kizomba and Salsa originating in AFRICA! Upon completion, the rest of the night is yours to spend at leisure.

Accommodation: African Regent Hotel

Meals: Breakfast Included

Lunch Included Only for the Optional Tours to Dodowa & Aburi

Dinner @ Leisure (Own Expense)



Exploring the Eastern Region

Aburi Botanical Garden & Adom Falls Day Trip (8hrs)

Visit two of Ghana's amazing natural sites. Explore the beautiful flowers, majestic trees, and waterfalls with a day trip to Aburi gardens and Adom Waterfalls.



Day 8: Friday, August 11th

Volta River Day Trip or Day of Leisure

Optional Day Trip to Akosombo

Enjoy a day of leisure just relaxing or take an optional day trip to the Volta Region of Ghana.

Activities include a motorboat ride on the Volta River, riverside lunch, local shopping and sightseeing.

Accommodation: African Regent Meals: Breakfast & Lunch

Dinner is at Leisure (Own Expense)



Day 9: Saturday, August 12th

Farewell Ghana- Return Home OR Extension Tour to Nigeria

After breakfast you will check out of your hotel rooms by 12pm. You have the option of checking out at the designated time and storing your luggage or paying an additional fee directly to the hotel for late check out. You will then be transferred via hotel shuttle to the airport in Accra for your departure to the US or Nigeria. We bid your farewell until next time!

NIGERIA BOUND

For those leaving for Nigeria the following day you will have to book an extra night at your own expense. We will try to negotiate a group rate, though we cannot guarantee it will be honored depending on our remaining numbers.

Extension Tour

We will be offering a **7-day extension tour to Nigeria** from Aug. 13 – 20, 2023. If you're interested in attending, please notify Typhanie at typhanielynych@yahoo.com.

Questions?

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

bookings@globetrottingsistersllc.com or typhanielynych@yahoo.com

Disclaimer: Any activities you participate in outside of the GS Itinerary are at your own risks. GS will not be held liable under any circumstances.

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