

Ghana

A Sankofa Journey

9 Days, 8 Nights Land Package

Tour 1: July 19-27, 2024

Tour 2: August 9-17, 2024

You have the option to choose either Tour 1 or 2.

Depart USA

Flights are booked separately!

The designated group flight is via **Delta Airlines** from JFK, New York to Accra, Ghana. The duration of the **direct flight** is 10hrs. Flights are booked via delta; however, folks can choose to fly from anywhere and book with any airline suffice they arrive in Accra, Ghana on July 19th (Tour 1) or August 9th (Tour 2), 2024. Please visit www.delta.com to book.

The Group flight departs at 11:45 p.m. via Delta airline from JFK(NYC) and arrive the following day at 1:45 pm in Accra (**Kotoka International Airport**). Additional information will be supplied during our scheduled group chats and via email.

Day 1: 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** Afropolitan African 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](#)

Meals: [Welcome Dinner Included](#)



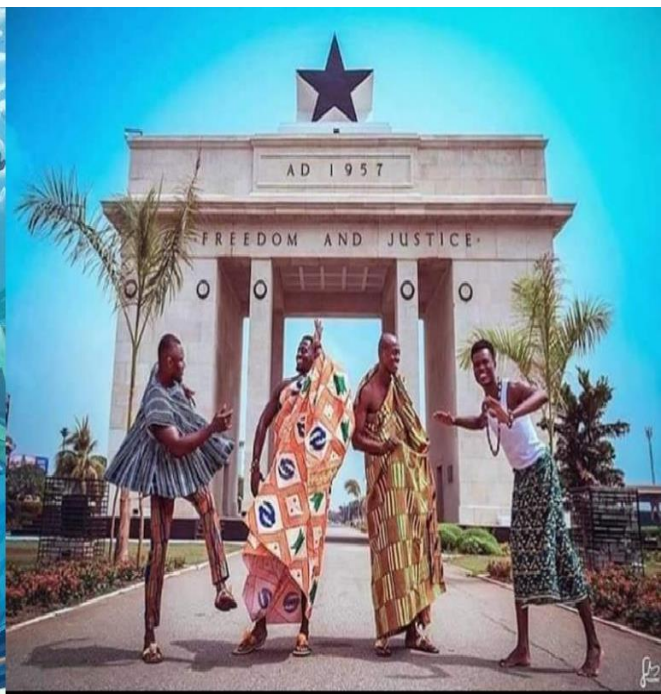
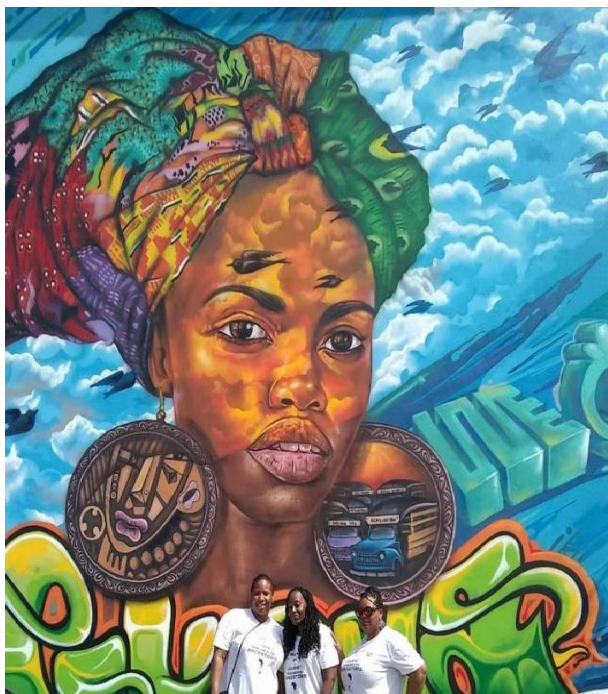
Day 2: History & Culture

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: Relaxation & Renewal

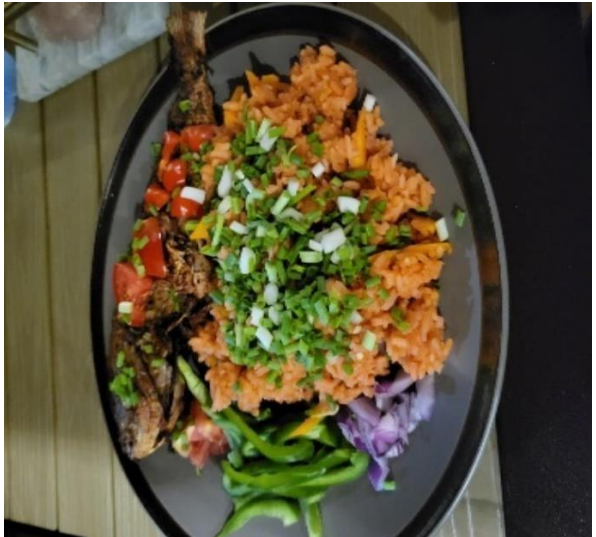
Sunday Brunch/Spa Party w/Flutist & Violinist

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 SUMPTOUS SUNDAY BRUNCH BY OUR PERSONAL CHEF



Day 4: 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



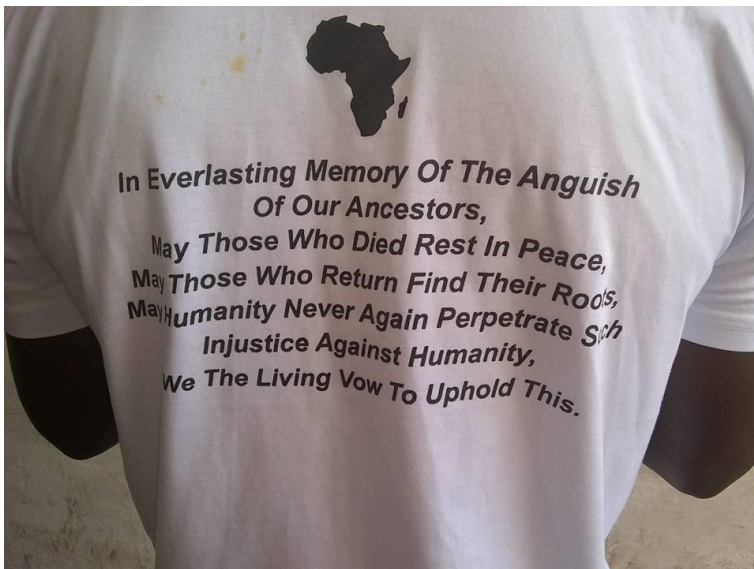
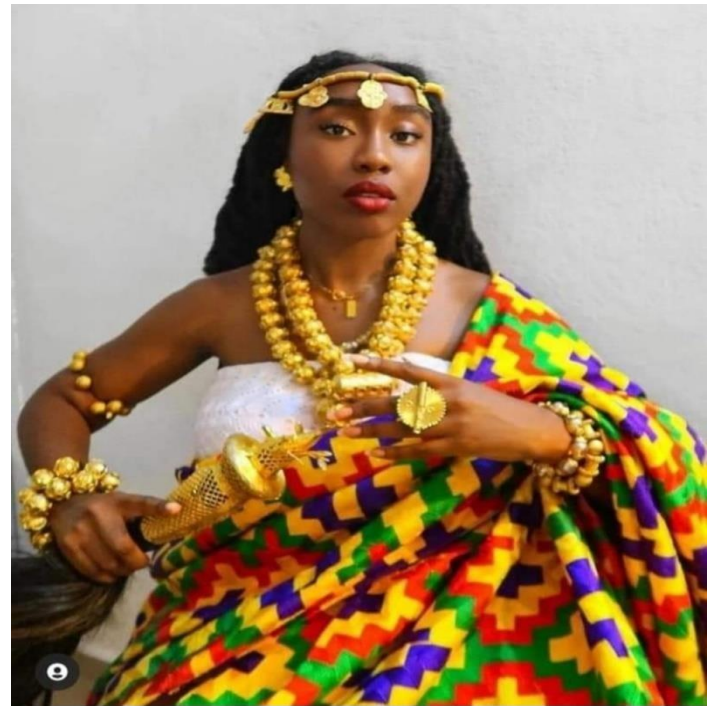
forts along the coasts of Ghana. It was built in 1482 by Portuguese traders on the site of a town called **Amankwa or Amankwakurom**. It was **the first European slave-trading post** in all of sub-Saharan Africa. After our tour, you will check-in at the **Coconut Grove Beach Resort** where you will have 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: 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

Meals: Breakfast, Light Lunch & Dinner



Day 6: 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: Relaxation & Adventure

Optional Waterfall or Beach Massage (2hrs) OR Optional Kizsalsa Dance Lesson

Today enjoy a day of leisure at the hotel. You can also choose an optional early morning waterfall or beach massage before returning to the hotel to enjoy the rest of the day at leisure. 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 & Dinner @ Leisure (Own Expense)

Day 8: 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 Hotel](#) **Meals:** Breakfast Lunch@Optional Tour
Dinner is at Leisure (Own Expense)





Day 9: Farewell Ghana- Return Home

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. We bid you farewell until next time!

End of Tour!

Questions?

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

bookings@globetrottingsistersllc.com or typhanielynch@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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