

GHANA 2024

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ITINERARY FOR PROF SMALL'S JULY/AUGUST 2024 GROUP

DAY 1: SATURDAY JULY 20, 2024: ARRIVAL

Kotoka International Airport



Arrive at Accra airport

Met, assisted and transferred to your hotel

Hotel check in is at 3.00pm

Rest and recuperate

Orientation by Sunseekers Tours staff

Welcome Dinner at the hotel

Evening: Meet Tailors and dressmakers featuring casual wear and formal garments made from local fabric and textile will visit your hotel. You may purchase ready-made clothes or place an order for a custom-made outfit.

Overnight: Alisa / Accra City Hotel in Accra

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DAY 2: SUNDAY JULY 21, 2024 BOAT CRUISE ON THE VOLTA LAKE

Dodi Princess Cruise Boat on the Volta Lake



Breakfast

Depart Accra to join the scheduled Dodi Princess Cruise Boat on Volta Lake with live band music to Dodi Islands. Lunch on board. Arrive and interact with the Island dwellers who will welcome you with traditional music. Rejoin the Boat and cruise back to main land.

Return to Accra.

Arrive and check in to your hotel

Overnight: Alisa / Accra City Hotel in Accra

B/L

DAY 3: MONDAY JULY 22, 2024: ACCRA CITY TOUR*National Mausoleum**Du Bois Centre***Breakfast**

Depart for a full day city tour of Accra. Our first visit the National Museum of History and Ethnography. This Museum houses a varied collection of Ghanaian artefacts. Objects in the archaeology section range from the Stone Age period to the recent historical past. Those on permanent exhibition at the ethnography gallery include chief's regalia, indigenous Ghanaian musical instruments, gold weights, beads, traditional textiles, stools and pottery. Continue to visit the W.E.B. Du Bois Centre for Pan Africanism; this is the final burial place and home of the prominent American Pan Africanist Dr. W.E.B. Du Bois, who led the Pan-African congress between 1919 and 1927. It is currently a Pan African Center for culture and it also has a research library and gallery full of manuscripts.

Lunch at a local restaurant

After lunch visit the newly redeveloped Dr. Kwame Nkrumah Mausoleum and Park, Museum. The Kwame Nkrumah Mausoleum and memorial park is located in downtown Accra, the capital of Ghana. The memorial complex was dedicated in 1992, and is situated on the site of the former British colonial polo grounds where Ghana's independence was declared in Accra. The mausoleum, designed by Dr. Don Arthur, houses the bodies of Kwame Nkrumah who is regarded as the leading founding father of Ghana's independence and one of the founding fathers of the African Union. His Egyptian Wife, Madam Fathia Nkrumah is also buried at the Mausoleum. The Mausoleum is meant to represent an upside down sword, which in Akan culture is a symbol of peace. It is clad from top to bottom with Italian marble, with a black star at its apex to symbolize unity. A skylight at the top in the mausoleum illuminates the grave. The mausoleum is surrounded by water, a symbol of life.

Your last stop for the day is the Arts and Crafts market to view a varied collection Ghanaian handicraft souvenir. This offers you opportunity to try out your bargaining skills on the local vendors and to "shop till you drop".

Return to your hotel

Overnight: Alisa / Accra City Hotel in Accra

B/L

DAY 4: TUESDAY JULY 23, 2024: TALK WITH PROFESSIONALS ON INVESTMENT OPPORTUNITIES IN GHANA**Breakfast**

Participate in a Talk by the "*Beyond The Return*" office at *Ghana Tourism Authority & Ghana Investments Promotion Council on the opportunities and procedures available for potential investment in Ghana*

Lunch at a local restaurant

Overnight: Alisa / Accra City Hotel in Accra

B/L

DAY 5: WEDNESDAY JULY 24, 2024: ACCRA – ADA – ACCRA***Nkyinkyim Museum*****Breakfast**

Depart after breakfast to visit Nkyinkyim Museum near Ada Foah on the Estuary of the Volta River. Make a detour to visit Ada Salt mines near Sege. This offers you the opportunity to see salt mining and interact with the local folks.

Continue to Nkyinkyim Museum. Arrive and tour the Sculpture Museum and interact with the staff. Nkyinkyim translated in English to mean “twisted” and relates to a proverb that says, “Life’s journey is twisted.” The project is a means of commemorating the millions of people from Africa who were kidnapped, imprisoned and coerced into slavery.

The site of the installation was a stopping-point on the slave trade route in the 16th and 17th centuries, first for the Dutch and then by the British traders. The majority of the slaves transported to Virginia. Among the Akan people of West Africa, funeral tradition dating back to at least the 17th century, Sculptors, often women create clay busts which are displayed in cemeteries in order to preserve the memory and the likeness of the dead. Ghanaian artist Kwame Akoto-Bamfo draws on this mode for this ongoing installations, Nkyinkyim which is comprised of more than 1,300 cement effigies embedded in a field in Nuhalenya Ada, a town outside Accra. Whereas traditional faces usually wear a calm expression, Mr. Akoto-Bamfo’s heads show fear, sadness, disgust or surprise. The sculptures depict young and old, male and female, as well as members of different tribes.

Lunch at a local restaurant

Drive back to Accra

Rest of day at leisure.

Dinner (*on own account*)

Overnight: Alisa / Accra City Hotel in Accra

B/L

DAY 6: THURSDAY JULY 25, MAMPONG RESEARCH CENTRE & ABURI GARDENS TOUR**Breakfast**

Depart Accra for the Akuapem Ridge. Ascend the meandering Akuapem Ridge overlooking the Accra and Tema plains. Visit Aburi Botanical Gardens established in 1890 as a convalescent for the British Colonial Officers governing the then Gold Coast now Ghana. The Aburi Botanical Gardens were designed for scientific research and pleasure. It is a habitat for plants from all over the world. Over the

years the Garden has cultured a variety of tropical plants which attract many birds and butterflies. Go on a conducted tour of its many herbs and well- manicured lawns.

Lunch at a local restaurant

Continue to Mampong to visit the famous Centre for Scientific Research into Plant Medicine (CSRPM) for a tour in which specific medicine plants and the process involved in producing the medicines will be explained. The CSRPM was set up by the Government of Ghana in about 1974 to research into

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Plants Medicine and to promote herbal medical doctors and scientist now has the patent for herbal drugs for illness such as Typhoid Fever, Malaria Diabetes, Baldness impotence, cholera etc. You may purchase some products for friends and family back home.

Return to Accra

Dinner (*on own account*)

Overnight: Alisa / Accra City Hotel in Accra

B/L

DAY 7: FRIDAY JULY 26, 2024 ACCRA- TAKORADI- BISA ABERWA MUSEUM TOUR

Bisa Aberwa Museum



Breakfast and hotel check out

Depart Accra after breakfast and drive to Sekondi. Visit Bisa Aberwa Museum located at Nkotompo near Effia-Nkwanta Hospital, Sekondi in the Western Region which is the brainchild of Kwaw Paintsil Ansah, one of Africa's most respected filmmakers which exists among other objectives, to provide an opportunity for the preservation and promotion of the Africa heritage; provide an institution for research into African history and “provide a platform for the conversation among people of African descent. On display at Bisa Aberwa is how the African humanity has survived. We tell the African story.” The specimens on display are about personalities whose sacrifices have shaped African history, both within the continent and the diaspora. They capture events within the slave dungeons in Africa, the toils of the Africans on the slave plantations and highlights of the Civil Rights Movement culminating in the election of the first African American as president of the United States of America.

Continue to Takoradi.

Arrive in Takoradi and check in to your hotel.

Rest of evening is at leisure.

Dinner at Hotel

Overnight: Raybow International Hotel in Takoradi

B/D

DAY 8: SATURDAY JULY 27, 2024: TWIN CITY TOUR

Sekondi an older and larger Ahanta town. It prospered from the Railroad built in 1903 to hinterland mineral and timber resources area. It also served as the residence for the Dutch who built Fort Orange (1642) and English Fort Sekondi (1682), Sekondi European Town still has relics of the British and Dutch buildings. Sekondi lost its glory to Takoradi also an Ahanta town due to Ghana's first Deep-water seaport, built in 1928.

Also, during World War II, Takoradi became an important staging point for British Aircraft destined for Egypt. Spitfire fighter planes were shipped in crates from England assembled then flown via Nigeria and Sudan to the war in Libya. The 26 Squadron SAAF was also based in Takoradi during World War II, flying anti-submarine and convoy protection patrols over the Atlantic.

The Bankroller and financier of Ghana's Independence struggle Paa Grant was based in Sekondi-Takoradi. The typical Ghanaian Music genre, Highlife Music was born in Sekondi-Takoradi.

Breakfast

Depart after breakfast for panoramic drive through this Metropolis to visit some of these historical Landmarks not on the main tourism Tapestry of Ghana. You may visit Fort Orange, the vibrant fishing

Harbour through Sekondi European Town and other areas of interest such the Optimism Centre which was a base for young Ghanaian professionals during the independence struggle.

Lunch at a seaside restaurant

Afternoon roundtable discussion with Prof. Small

Rest of evening free

Overnight: Raybow International Hotel in Takoradi

B/L

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DAY 9: SUNDAY JULY 28, 2023: DAY WITH TRADITIONAL RULER - ELMINA

Breakfast and hotel check out

Depart hotel and pay a courtesy Call on the Omanhen and Paramount Chief of Essikado Traditional Area, Nana Kobina Nketsia VI. Learn at firsthand Akan traditional court etiquettes with traditional drumming and dancing in which you will be encouraged to participate. Participate in a traditional naming ceremony where you will be given local Akan names according to the Ahanta people's tradition.

Lunch at a local restaurant in Takoradi

Depart to Elmina.

Arrive and check in to your hotel

Dinner (*on own account*)

Overnight: Ridge Royal Hotel in Cape Coast

B/L

DAY 10: MONDAY JULY 29, 2024: SLAVE DUNGEONS TOUR

Cape Coast Slave Castle



Elmina Slave Castle



All Participants in White Attire

Breakfast

Depart after breakfast visit Cape Coast Castle which was originally started by the Swedes in 1652. It served as the headquarters and seat of the British colonial government until 1877. Go on a comprehensive tour of the Castle, the slave dungeons where enslaved Africans were incarcerated, the West African Heritage Museum, and the negotiation hall where our ancestors were bargained for and sold (*the West African Heritage Museum is currently closed down for renovation*). This UNESCO World Heritage Monument has been visited by several world personalities including US President Barack and Michelle Obama, Steve Harvey, Boris Kodjoe, Danny Glover etc.

Continue to visit the Elmina Castle another UNESCO World Heritage Monument the oldest and largest European structure built in sub-Saharan Africa. This was built by the Portuguese in 1482 and later used as an auction market for enslaved Africans for a comprehensive guided tour. See the slave dungeons and condemned cells where slaves who resisted were incarcerated and starved to death.

Lunch at a local restaurant (*on own account*)

Return to your hotel

Dinner

Overnight: Ridge Royal Hotel in Cape Coast

B/D

DAY 11: TUESDAY JULY 30, 2024: KAKUM CANOPY

Breakfast

Depart hotel to visit the Kakum National Park. Go on a morning walk of the Kuntan Trail with its countless trees with medicinal properties. For the young at heart experience the Canopy Walkway suspended 100 feet from the forest ground for a panoramic view of the flora and fauna of the remaining vestiges of the rainforest.

Return to your hotel
Overnight: Ridge Royal Hotel in Cape Coast

B/D

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DAY 12: WEDNESDAY JULY 31, 2024: LEISURE DAY

Breakfast
Day at leisure for personal activities
Dinner at Hotel
Overnight: Ridge Royal Hotel in Cape Coast

B/D

DAY 13: FRIDAY AUGUST 1, 2024: EMANCIPATION DAY CELEBRATION & ASSIN MANSO SLAVE RIVER TOUR – ACCRA

Assin Manso Slave River Park



Ancestral Graves



Breakfast and hotel check out
Depart after breakfast to Assin Manso for Emancipation Day Celebration for durbar of Chiefs and people of the diaspora. You will visit one of the biggest slave markets during the slave trade era. See for yourself the river where the slaves had their last bath before sending them to the castle dungeons. Arrive and visit the burial site of the remains of two ancestors exhumed from New York's Wall Street & Kingston Jamaica and re-interred on the Emancipation Day 1998. A third ancestor was also brought and interred by the Prime Minister of Barbados in November 2019 as part of the "YEAR OF RETURN" GHANA 2019. Visit the DONKO NSUO (*the Slave River*) where the African captives were allowed to take their last bath in waters of their native land. The European merchants branded their bodies for identification before they were marched to the Dungeon in Elmina and Cape Coast. This offers you opportunity to send a message to your ancestors.
Continue to Accra
Lunch at a local restaurant (*on own account*)
Rest of evening is at leisure.
Dinner at Hotel
Overnight: Alisa / Accra City Hotel in Accra

B/D

DAY 14: SATURSDAY AUGUST 2, 2023: DEPARTURE

Breakfast and hotel checkout
Morning depart hotel to the airport for check in and departure on Egypt Air at 13.40 hours B

Package Rate Quoted Includes The Following

- * 7 Nights at Alisa / Accra City Hotel in Accra on Bed and Breakfast basis.
- * 2 Nights at Raybow International Hotel in Takoradi on Bed and Breakfast basis.
- * 4 Nights at Ridge Royal Hotel in Cape Coast on Bed and Breakfast basis.
- * Overland Transportation via air-conditioned Vehicle.
- * Meals as Outlined in Itinerary. B = Breakfast, L = Lunch, D = Dinner (Beverage Extra).
- * Tours and Entrance Fees to Tour Sites as Outlined in Itinerary.
- * English Speaking Professional Tour Guide.
- * Hotel and Restaurant Taxes.
- * Plane Ticket

Not Included

- * All Personal Expenses e.g. telephone bills, laundry etc.
- * Items not listed above as included
- * Travel Insurance
- * Visa fee
- * Valid passport (with six month remaining)
- * Vaccinations
- * Camera fees
- * Excess baggage fees
- * Tips

END.