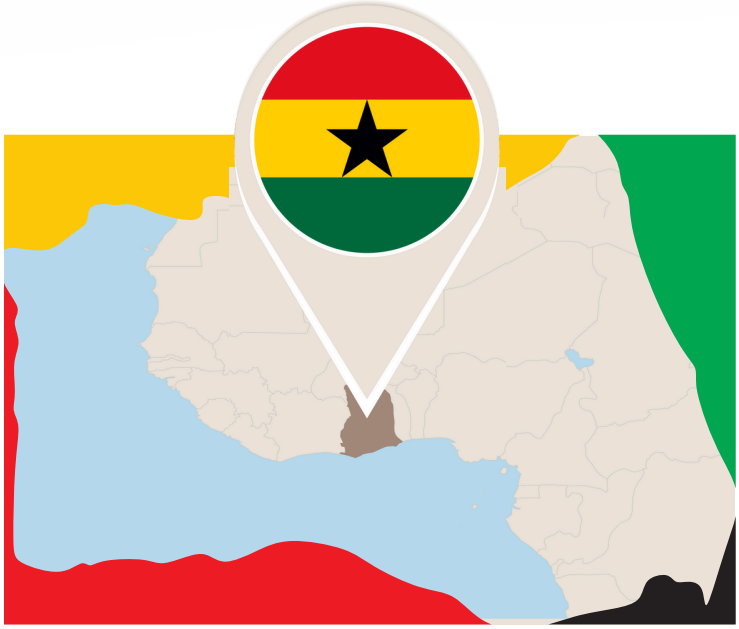


Discover Ghana: Where Tradition Meets Adventure

Akwaaba! Get ready to embark on a journey through the heart of Ghana, a land where history and culture come alive at every turn. From the bustling streets of Accra to the awe-inspiring monuments in Kumasi, you're about to dive into a world of vibrant traditions, breathtaking landscapes, and fascinating stories.

Whether you're wandering through the National Museum or tracing the steps of the enslaved along the Slave River at Assin Manso, every day of this trip promises something unforgettable. Explore the rich cultural tapestry of Ghana, learn the deep symbolism behind beads, kente cloth, and Adinkra symbols, and immerse yourself in the history of Africa’s pride.

This isn't just a trip; it's a full-circle experience connecting the past, present, and future of Ghana—one adventure at a time.

So, pack your bags, grab your camera, and prepare for memories that will last forever.

Ghana is calling, and we’re so glad you're answering!

Akwaaba!



Detailed Itinerary
Day 1
December 19, 2025

Are we there yet??? Akawaaba! Welcome to Ghana's Kotoka International Airport Accra situated on the beautiful gold coast of Western Africa. Africa is special and over the coming days we hope your experiences will cement your connection to its history and culture. After going through Immigration and customs, look for the AfroCaribe signs as you leave the main terminal building. Make yourself known to your guide who will be accompanying you for the duration of your trip.

Accommodation in Accra – Labadi Beach Hotel



Experiencing your heritage at every opportunity

Day 2
December 20, 2025
Tour Highlights National Museum, Black Star Gate, Independence Square, TK Beads & Volta Cruise

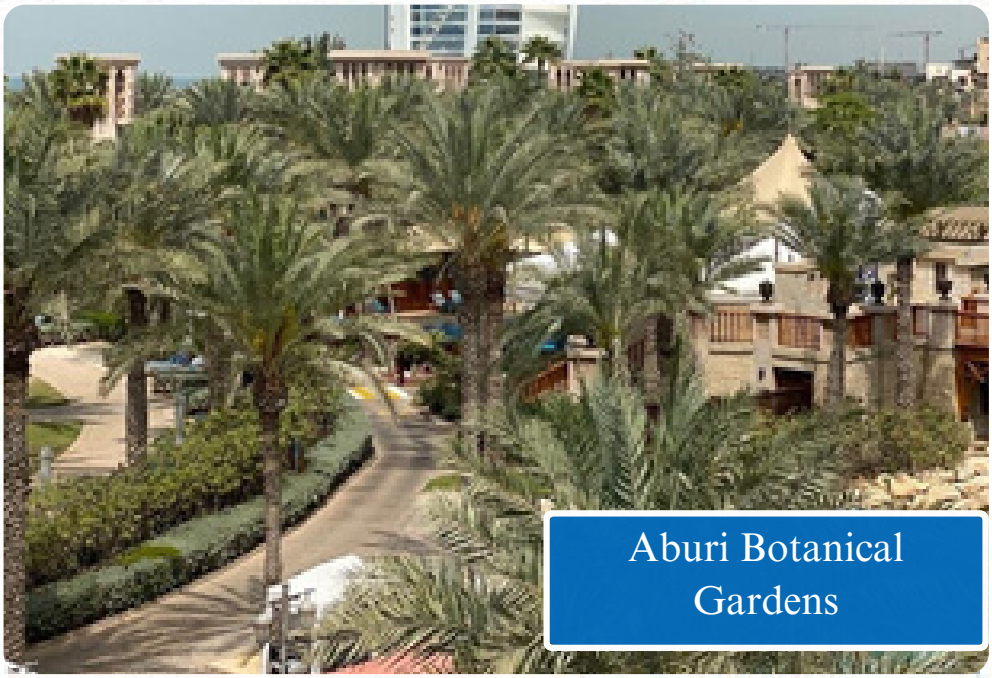
Welcome again! Who am I? Where am I?? This Your second full day in Ghana. Most days are glorious with the sun shining; we have breakfast in the hotel. An exciting day lies ahead as we set out for our tour of Accra, passing through the economic and administrative districts on our way to the National Museum. Always a great place to start our tours as almost all the displays here are ethnographic in nature and the museum gives us an excellent overview of West African culture. The displays in the museum are not only from Ghana, but most West African countries. There is an adjoining garden which is home to various sculptures that portray West African tradition and customs giving us an insight into West African history. The Museum and surrounding markets have beautiful African fabrics for sale and our guide would be happy to arrange for a tailor to take your measurements, show you a wide selection of designs and get some items of clothing made for you from the National Museum. Largest outdoor arts and craft market sells



We then visit Black Star Gate symbolizing our freedom, and visit the adjoining Independence Square (Black Star Square) which is Ghana's main ceremony grounds and where we find the enclosed flame of African liberation, lit by Kwame Nkrumah in 1961.

The National Cultural Center, Ghana's largest outdoor arts and crafts market selling traditional items from all over West Africa. Krobo is the first location we will visit this afternoon on our way to the Volta Region of Ghana. The Krobo people of Ghana are renowned for their traditional bead jewelry that dates back centuries. We get the opportunity to see and learn firsthand the historical importance of beads and learn the ancient process used to make them.

Accommodation in Accra - Labadi Beach Hotel



Day 3
Depart for Kumasi, visit Aburi Botanical Gardens and Yaa Asantewaa Shrine

After breakfast we depart for Kumasi. At the top of the range, we find the Aburi botanical gardens, set in a beautiful location that was founded by the British in 1890. The gardens are home to a wild variety of indigenous and exotic flora and offers outstanding views to Accra on a clear day. As we walk around the gardens our guide will identify the many trees and plants found here, some with medicinal properties and explain how they benefit the locals. A short distance from the gardens we find the relaxed and friendly Aburi craft village, where traditional African drums, sculptures and other crafts have been carved for generations. As we watch the skilled craftsmen at work, it is worth noting that prices here are amongst the lowest in Ghana, making Aburi an ideal place to pick up some souvenirs. There are several stores selling a wide range of local brass products. We visit the last material remains of the great Asante empire, and the traditional Asante buildings now recognized as World Heritage Sites by UNESCO.
The shrine is now recognized as a World Heritage Site by UNESCO. There are 10 active shrines within the buildings which are made from bamboo, timber, mud, and thatched roofs.

Lunch will be at Linda Dor, possibly the most important woman.

Our lunch will be taken at Linda Dor restaurant in Koforidua capital of the Eastern Region of Ghana before we continue our journey to Kumasi. The walls are designed with motifs that have traditional symbolic meanings attached to ancient Adinkra symbols that we will learn more about later today. This is also where Nana Yaa Asantewaa, possibly the most important women in Ashanti history comes from, a great female warrior who led the Ashanti's in the 1901 war against the British. Nana Yaa Asantewaa was also the Queen Mother of EjisuBesease. We will visit the local spiritual shrine where she used to fortify herself before going into battle.

We transfer to our hotel, and once we have checked in, we enjoy our evening meal with the remainder of the day free leisure time to relax.

Accommodation – Kumasi - Oak Plaza Suite

Day 4

December 22, 2025

Highlights - Manhyia Palace Museum and the Ancient Craft Villages



A well-deserved relaxing breakfast this morning. A day exploring culture and history awaits as we set off on our city tour of Kumasi, heading to the Manhyia Palace, home of the Asantehene, King of the Ashanti and ruler of the Asanteman Kingdom. The Palace Museum offers a fascinating excursion through the history of the powerful Ashanti Empire. Our tour gives us a firsthand look into the legacies of the Ashanti and enables us to understand the importance of Ashanti culture.



Cape Coast Castle a UNESCO World

A short distance from the palace is Kejetia market which is reported to be the largest outdoor market in West Africa. Here we have the wonderful opportunity to experience everyday life for the people in this great city and pick up a few bargain souvenirs.

The market is a labyrinth of stalls nestled closely together, and a hive of activity. Some stall holders sleep in the market as trade rarely stops.

Lunch will be at a local restaurant. Our next stop is Adanwomasie, the birthplace and producer of Ghana’s rich, colorful Kente cloth.

Many designs of cloth are woven here, and some are exclusive to this region. Quality time is dedicated here as we walk through the community, interacting with the weavers whose families have been producing kente for generations playing an important role in the history of this beautiful cloth. We learn about the history behind the many designs and see skilled weavers outside their homes still using traditional looms that have not changed in design for centuries. Former US President Bill Clinton had a design named after him called the “Clinton Kente” as Ghanaians were impressed with the respect, he showed to Ghana when he was in the office.

This is an ideal time to purchase quality kente cloth at extremely low prices before we set off for Ntunso. The ancient village of Ntunso, is where adinkra cloth and symbols originate. These traditional symbols all have meanings and are carved from calabash shells. The adinkra symbols are then printed onto traditional cloth using natural dyes made from the bark of certain local trees. Adinkra cloth has been adorned by the Ashanti for more than 4 centuries and pre-dates kente cloth. Even today most Ashanti wear adinkra cloth for funerals, festivals, and other important occasions. We can make our own strip of adinkra cloth using symbols of personal significance.



Elmina Castle and the
Beautiful fishing community

Accommodation in Kumasi - Oak Plaza Suite

Day 5 December 23, 2025 We visit Cultural Center, Assin Manso Slave River and Cape Coast Castle

After breakfast before departing for Cape Coast, we visit the National Cultural Center, one of the oldest suburbs of Kumasi near Bantama. There is a wonderful craft market here and during our leisurely tour we can visit the Prempeh II Jubilee museum which offers an excellent overview of Ashanti history and houses some wonderful ancient artifacts. We then continue our journey to Cape Coast having an emotional stop at AssinManso, a prominent town along the enslaved African trade route where so many Burkina Faso and Niger were marched barefooted in shackles towards the coast. The town surrounds the NdonkorNsuo (SlaveRiver), where enslaved Africans were checked for fitness and bathed before being transported to Cape Coast for shipment to the Americas. They would have walked hundreds of miles from Northern Ghana through thick forests in shackles and chains, many suffering from poor health before reaching AssinManso. Once bathed they would continue the final 32–mile march to the dungeons of Cape Coast or Elmina Castles where they would remain for up to six weeks before being shipped to the Americas.



In 1998, a symbolic gesture was made when the bodies of two free but previously enslaved Africans, Samuel Carson from New York, U.S.A and Crystal from Kingston, Jamaica were returned to Cape Coast Castle and symbolically passed through the “Door of No Return” before being transported to Assin Manso for their internment. After learning the history, having time to reflect, and visiting the river, we continue to Cape Coast. We enjoy our lunch en-route at a local restaurant.

Upon arrival we visit Cape Coast Castle, an emotional, thought provoking monument to a harrowing period of time in the region’s history. Quality time will be dedicated here on an educational and spiritual journey visiting all corners of this castle that kept more enslaved Africans captive than any other in West Africa.



Located below the governor's place of worship and castle church we find the dungeons where up to 600 African men, women and children were kept at any one time in atrocious conditions, until being taken through the infamous "Door of No Return" to waiting ships. There is the opportunity to pay our respects at a local shrine in the end dungeon where a tunnel led to the Door of No Return. An informative and educational museum docent explains the entire history of the castle and Cape Coast itself, there is a gift shop store selling literature on all of Ghana's forts and castles, as well as the cultural history and traditions of Ghana.

Many people of Ghanaian descent have relocated to their ancestral home, setting up businesses and purchasing homes in Cape Coast and Elmina.

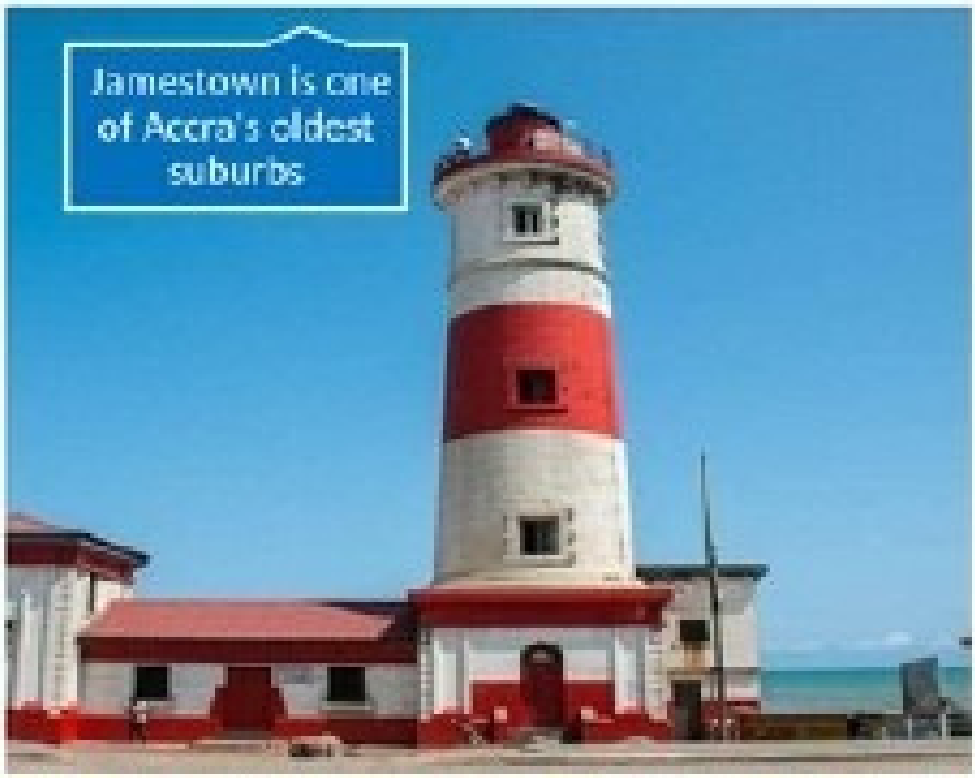
We have dinner at the hotel and an evening of reflection

Accommodation In Cape Coast - Ridge Royal Hotel

Day 6
December 24, 2025
AfroCaribe Project Launch, Elmina Castle, Wreath Laying Ceremony & Naming Ceremony.
Personal Project

We enjoy breakfast and prepare to meet community leaders and interact and meet with the townspeople and their children. We will share our vision of providing a Community Resource Center, a multipurpose center housing a library, computer and vocational center and a playground.. Here we will have time with the BrenuAkyinim School and community program. We will also have the opportunity to meet the children at an orphanage and have some fun with them. We will have lunch at the Brenu Beach Resort. We then visit the local fishing market and walk the short distance to visit the boat builders in this community. Almost all the fishing boats used in this bustling fishing community are traditional wooden boats, the design has not changed in centuries and neither has the tools and methods. As we take in the sights of the many colorful fishing boats bringing their daily catch into the harbor, it is important to understand Elmina has hardly changed since the days ancestors were forcibly taken through this community to the Americas.

During our time in Elmina town, we visit the Castle of St. George, the oldest extant colonial building in sub-Saharan Africa, dating from 1482. This castle is steeped in history and played a prominent part during the tragic, transatlantic slave trade era.



There is an informative museum inside which concentrates on local history and this now silent monument to the pain and suffering our ancestors endured has been formally designated a World Heritage site by UNESCO. We have the opportunity to participate in a wreath laying ceremony.

It's lunchtime! An incredibly special time, we prepare for your official Naming Ceremony. We set off to visit a local village to pay a courtesy call on the chiefs, queen mothers and community elders. As tradition dictates, they start with the pouring of libation to officially welcome you home, to the land where slaves were forcibly taken and where heritage and culture live on. There is drumming and dancing all around us as we get an in-depth feel of traditional village life in Ghana. The time has finally arrived for you to be given your true African name during your own personal traditional naming ceremony in your honor. Chiefs and elders of the community officially welcome you as they lead you through the ceremony which has been performed through history. You will finally have the chance to adopt your own African name based on the day of the week you were born in the numeric order of your siblings. This would have been your actual name if you were born in Ghana and has an emotional attachment to many when they receive them. A major highlight of your time here, after in the afternoon of celebrations we return to your hotel to relax. In the evening we hope to celebrate such an important occasion. Our plan is to head into Cape Coast town and visit one of the most popular night spots to enjoy a local live band, dancing and reflecting on such an incredible day. We then meet our seamstress to know how your dress will fit you. And then transfer to the hotel to relax and reflect on your day.

Accommodation – In Cape Coast Ridge Royal Hotel

Day 7
December 25, 2025 MERRY CHRISTMAS!!!
Depart for Accra, Beach Relaxation and Twi and Akan Christmas Song Lesson

We depart for Accra after breakfast and check in at our hotel, relax then lunch. Get ready to meet our Ghanaian teacher for our Twi and Akan Christmas song lesson. Twi is a variety of the Akan language spoken in southern and central Ghana by several million people, mainly the Akan people, the largest of the seventeen major ethnic groups in Ghana. Twi has about 4.4 million speakers. After having learnt several words of Twi language, we then have our Christmas song lesson as today happens to be Christmas Day and on this day people of Ghana extend warm regards as “Afehyiapaooo!” and the response is “Afe NkoMbeto Yen.” So our Christmas Song will be titled “ME MA WO AFEHYIAPA”. Our evening meal will be at the hotel.

Accommodation – In Accra at Labadi Beach Hotel.



Day 8
December 26, 2025
Football Tournament & Empowerment workshops

This day is solely dedicated for our football tournament and empowerment workshops. We enjoy our leisurely breakfast at the hotel and head to the football field to commence our foot tournament. We enjoy our lunch at a local restaurant and after the tournament we transfer to the hotel and have our dinner. The remainder of the day is at leisure. ” to this "AfroCaribe dedicates this day to the community. Football enthusiasts grab a quick breakfast and head to the field. We will also offer seminars on a wide variety of topics for the benefit and personal development of women and girls. We enjoy lunch at a local restaurant, transfer to our hotel and enjoy some leisure time.



Day 9
December 27, 2025
Jamestown Community, Artist Alliance Gallery, Fantasy Coffin & Concert Venue

An exciting day lies ahead as we set on for our tour of Accra, passing through the economic and administrative districts on our way to the Jamestown and Usshertown. We enjoy a walking tour of these vibrant communities, Accra's oldest suburbs taking in some of the historical structures that pre-date the colonial era. Residents here are committed to conserving these buildings and have made significant effort to maintain them. Our time here gives us an excellent idea of what it was like pre independence during the colonial occupation. The 30-meter- high lighthouse built by the British in 1871 is of interest and the attractive, colorful fishing boats on the beach are also wonderful to see.



We continue to Fort James that was built by the British as a trading post in 1673, before it joined the Dutch Fort Crêvecœur, and the Danish Fort Christiansborg. Fort James gave its name to the Jamestown neighborhood in Accra. These areas give us a perfect picture of old Accra, distinguishing between British Accra and Dutch Accra. The community tour would not be complete before seeing the Brazilian stone houses, built by free enslaved African who resided in Brazil. Africans who made their way home after the slave trade was abolished; their descendants have now integrated with the community here.

This part of Accra is one of the poorest and there are many social issues within this community. Street children, orphans and child workers are common here and our evening will be dedicated to meeting community members who are trying to change the lives of the youth through boxing. Jamestown is famous in Ghana for producing several World Champion Boxers that include Isaac Dogboe, David Kotei, Joseph Agbeko, Richard Commey and the most famous of all and considered Africa's greatest boxer Azumah Nelson.

It is believed that this part of Accra produces excellent boxers due to the poverty and hardship faced by the youth. They see boxing as an opportunity for a better life in the future, as you will see this is a part of Ghana that lives and breathes boxing. A successful businessman who hails from this community wants to support the children here by helping some with school fees and he is also sponsors a weekly boxing event where the boxing clubs put on a show for the locals. Set in the perfect location in the heart of the community, overlooking the ocean it could be a wonderful night of entertainment if our dates coincide with an event. If not, we will visit one of the many gyms here to see the youth and professionals in training. Artist Alliance Gallery on the beach front in Accra is the ideal location to experience traditional and contemporary art and artifacts ranging from paintings, carvings, furniture, jewelry, fabrics, and photography from all of Ghana and our neighboring countries. If you appreciate art, you will be like a kid in a candy store before we set off for "Fantasy Coffins" of Teshie Nungua.

Funeral and burial ceremonies in Ghanaian culture are very solemn occasions, but after the burial a celebration follows. Ghanaians believe that the departed move on into another world and the coffins made here may represent the occupation of the deceased or depict something that was important to them. There are all manner of coffin designs that one could be buried in from cars, cocoa pods, cigarette packets and airplanes to crocodiles, shoes, bottles of beer and boats to mention a few. During our time here we can also venture to their workshop and meet the coffin makers.

We return to our hotel for our lunch and siesta. After dinner, we transfer to the our celebratory concert venue featuring top local performers and a few surprises!

Return to our hotel.

Accommodation – In Accra at Labadi Beach Hotel.

Day 10
December 28, 2025
Relaxation, Shopping & Departure

A relaxing morning enjoying the facilities of our accommodation, maybe go for a swim, relax on the beach, or just enjoy our final morning at this beautiful location. We head to the Accra Mall, modern day Ghana with an opportunity to purchase last-minute souvenirs. After lunch we will freshen up, and prepare our bags for pickup. Your local guide will collect them from your room and bring them to our vehicle. After an early evening dinner at a locally owned restaurant, we will have the opportunity to say our goodbyes and reflect on a wonderful time together. After your meal, our team will transfer you to the airport for your flight.

Richest blessings & safe travels!

Please note: Info below to be added later

Local Contacts:

Hotels US

Embassy

AfroCaribe

Staff

