Proposed 11-Day Ghana Heritage & Cultural Experience

Over 60 & Fabulous Travel Team

A Journey of Heritage, Culture, Reflection, Adventure, and Connection

Day 1 – Arrival in Ghana & Transfer to Cape Coast

Distance: Approximately **150 km (93 miles)**
Travel Time: 3–4 hours

- Arrival at Kotoka International Airport, Accra
- Meet and greet by the local host team
- Transfer to Cape Coast via the scenic coastal highway
- **Comfort Stop:** Snack and washroom break at Winneba (approximately 1.5 hours into the journey)
- Continue to Cape Coast
- Hotel check-in and rest
- Evening orientation and fellowship gathering

Special Experience:
- Welcome cultural briefing introducing Ghanaian customs and traditions.

Day 2 – Cape Coast: Journey of Reflection & Reconnection

Distance: Local travel within Cape Coast (10–20 km)

- Guided tour of Cape Coast Castle
- Participation in the symbolic Door of Return Ceremony
- Reflection and fellowship session
- Visit to local artisan markets
- Leisure evening by the Atlantic coast

Refreshment Breaks:
- Morning tea/coffee break
- Afternoon refreshments and washroom stop

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Day 3 – Heritage, History & Adventure

Distance: Approximately **70 km (43 miles) round trip**
Travel Time: Approximately **2 hours total driving**

- Visit Elmina Castle
- Journey to Assin Manso Slave River and Ancestor Grave Site
- Traditional remembrance ceremony
- Lunch break
- Continue to Kakum National Park
- Experience the famous Canopy Walkway

Comfort Stops:
- Morning refreshment stop after Elmina
- Washroom and snack break before Kakum
- Afternoon coffee and refreshment break

Day 4 – Journey to Akropong, Eastern Region

Distance: Approximately **180 km (112 miles)**
Travel Time: 4–5 hours

- Depart Cape Coast for Akropong
- Scenic drive through Ghana's countryside
- **Comfort Stop 1:** Snack and washroom break near Kasoa
- **Comfort Stop 2:** Refreshment stop near Koforidua
- Arrival in Akropong
- Courtesy visit to traditional leadership
- Community welcome gathering

Special Experience:
- Traditional drumming and storytelling performance.

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Day 5 – Heritage, Family & Cultural Immersion

Distance: Local travel within Akropong area (20–30 km)

- Traditional Naming Ceremony
- Meeting with Ghanaian host families
- Visit to Akropong Basic School
- Community cultural exchange
- Traditional Ghanaian lunch
- Evening cultural celebration

Refreshment Breaks:
- Morning tea break
- Afternoon refreshments and relaxation period

Hidden Gem:
- Optional visit to a local cocoa farming community.

Day 6 – Eastern Region Exploration & Natural Wonders

Distance: Approximately **240 km (149 miles) round trip**
Travel Time: 5–6 hours total driving

- Early departure for the Volta Region
- Visit Tafi Atome Monkey Sanctuary
- Explore Tafi Abuife Kente Weaving Village
- Visit Torgorme Snake Sanctuary
- Continue to Wli Waterfalls, the tallest waterfall in West Africa
- Guided nature walk and picnic lunch

Comfort Stops:
- **Stop 1:** Breakfast/snack break near Ho
- **Stop 2:** Washroom and refreshment stop before Wli
- Afternoon coffee and hydration break before return

Hidden Gems:
- Traditional weaving demonstrations
- Birdwatching opportunities
- Local eco-tourism experiences

Day 7 – Lake Volta Experience (Saturday Preferred)

Distance: Approximately **90 km (56 miles)**
Travel Time: 1.5–2 hours each way

- Travel to Akosombo
- Board the Dodi Princess Cruise
- Enjoy live music, dancing, and fellowship
- Visit Dodi Island community
- Lunch onboard
- Sunset cruise experience

Comfort Stops:
- Morning refreshment stop before boarding
- Full washroom facilities available onboard
- Afternoon refreshments during cruise

Special Experience:
- Traditional cultural performances and celebration.

Day 8 – Return to Accra

Distance: Approximately **100 km (62 miles)**
Travel Time: 2–3 hours

- Depart for Accra
- **Comfort Stop:** Refreshment and washroom break midway
- Hotel check-in
- Leisure afternoon

Optional Activities:
- Beach visit
- Shopping excursion
- Traditional cooking experience

Day 9 – Discovering Accra's Heritage & Culture

Distance: Approximately **30–40 km local travel**

- Visit Kwame Nkrumah Memorial Park
- Explore Black Star Square
- Tour the W. E. B. Du Bois Memorial Centre
- Experience Makola Market
- Visit the Centre for National Culture
- Optional visit to historic Jamestown

Refreshment Breaks:

- Morning coffee break
- Lunch break
- Afternoon refreshments and washroom stop

Hidden Gem:

- Guided exploration of Jamestown's colonial history and lighthouse.

Day 10 – Leisure, Shopping & Farewell Celebration
Distance: Flexible local travel (10–30 km)

- Free morning for shopping and leisure
- Optional excursions
- Final sightseeing opportunities
- Farewell Gala Dinner featuring:
- Traditional performances
- Live music and dancing
- Certificates and commemorative presentations
- Closing reflections and celebration

Refreshment Breaks:

- Flexible throughout the day based on guest preferences

Day 11 – Departure
Distance: Hotel to Airport approximately **10–20 km**
Travel Time: 30–60 minutes depending on traffic

- Breakfast and farewell gathering
- Hotel check-out
- Transfer to Kotoka International Airport
- Departure assistance

Journey Highlights

✓ Cape Coast Castle & Door of Return Ceremony
✓ Elmina Castle & Assin Manso Slave River
✓ Kakum National Park Canopy Walk
✓ Traditional Naming Ceremony
✓ Akropong Cultural Immersion
✓ Tafi Atome Monkey Sanctuary
✓ Torgorme Snake Sanctuary
✓ Wli Waterfalls Experience
✓ Lake Volta Dodi Princess Cruise
✓ Accra Heritage Tour
✓ Traditional Music, Dance & Community Engagement
✓ Scheduled Comfort, Snack & Washroom Stops Throughout the Journey
✓ Farewell Gala Celebration

"A journey to Ghana is more than travel—it is a return to history, heritage, culture, connection, and unforgettable memories."

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