



ASHANTI

AFRICAN TOURS

Experience
Ghana



Thank you so much for your enquiry!



Please find below information on our company, services, and your detailed itinerary. Our passion is to offer you the best experience and we will work with you to create the perfect trip.

We hope to see you soon!

Warmest regards,

Janet Aggrey
(Managing Director)

The Best of Ghana

If you would like to experience a little bit of everything during your time here in Ghana, then our Ghana Cultural, Historical and Wildlife Tour gives you a perfect introduction to this wonderful country. Mixing culture, history and wildlife depending on the tour you choose with meeting locals and experiencing how daily life is for the people living here. Wonderfully

welcoming locals, ancient cultural sites of interest, beautiful beaches, dark historical past and exceptional flora and fauna are just waiting to be discovered. Possibly the most welcoming and safe country in Africa, travelling with our local expert guides opens doors and experiences enabling you to see life how it is for the locals living here. Our local award-winning guides are experts in the culture, history, flora, and fauna of all the locations we visit in Ghana.



Our company are the leading local responsible travel tour operator in the region as we give back to all the communities we visit, leaving nothing but positive footprints. To date we have built schools in different locations offering creche, kindergarten and primary places to over 600 children who previously did not have access to education. Joining one of our tours also benefits habitat and wildlife conservation as we have also established an eco-tourism project protecting Upper Guinea Rainforest and wildlife that includes endangered bird and mammal species. Booking a tour with us will make you a big part of the positive impact our ethical travel projects are making. Without you the responsible traveler, none of what our projects have achieved would be possible.



Company overview

Company name

Ashanti African Tours Ltd (Established 2005)

Registration number

CS431032014

Operating license

T-CR/02/20

Our insurance policies:

Our company has public liability and professional indemnity insurance with a policy cover of \$1,000,000.00 USD per claim, which is the highest level of cover available here in West Africa.

Why travel with us?

Choosing the best local company to work with is so important for the success and enjoyment of any trip. Ashanti African Tours are a locally based tour operator whose core values of honesty, transparency, trust, passion, friendship, social responsibility, environmental stewardship, and professionalism make up the foundations of our company. Our priority is to offer you the best experience possible in your chosen area of interest, ensuring we exceed your expectations whilst having a sustainable positive impact in the communities and environments we visit. The exceptional quality of our operations has been officially recognized on several occasions since our establishment in 2005, by being awarded regional “Tour Operator of the Year” in 2014, 2016, 2017 and 2018 by the Ghana Tourism Authority.



Choosing to travel with us also ensures you leave nothing but positive footprints during your time here. If you would like to see firsthand how travelling with us helps locally, we offer the

option to visit some of the schools our company have built that give over 600 children access to education, in addition you can visit one of the eco-tourism projects we have established protecting endangered wildlife and habitat.

Guides

Such an important part of any trip. Our priority is that you have the best possible experience during your time travelling with us and your assigned guide is essential to this. Award winning local guides, experts in your chosen area of interest that are not just knowledgeable but also friendly and personable ensuring your trip is enjoyable. When booking a tour with Ashanti you get more than just a local guide, all have connections with the locations we visit and are employed full time by our company, enabling us to guarantee the quality of service we offer and ensure they get the benefits they are entitled to.



Drivers

Safety and comfort of our tour participants is always the priority for our experienced drivers. Here at Ashanti, we always assign a dedicated driver in addition to your local expert guide as we do not like driver/guides leading our trips. Road conditions and driving here in West Africa requires the driver to focus on your safety and comfort and not be distracted by the additional responsibilities of guiding. Having said this our drivers are also extremely friendly, personable, and knowledgeable on our culture, history and wildlife and are an important part of our team.



Comfortable, spacious vehicles with large windows are used for our standard group tours

Transportation

The assigned vehicle for your trip will be determined by your group size. Our fleet of vehicles range from air-conditioned saloon cars, 4x4's, minibuses, buses and larger coaches. All vehicles are in excellent condition, serviced regularly, comprehensively insured and come with one of our experienced safe personable drivers.

Tour summary

Duration

21 Days 20 Nights

Vehicle type:

This will depend on your group size.

Price:

Please contact us for up-to-date pricing at the time of your enquiry.

What is included in the price?**Accommodation**

This will be pre-determined prior to your booking and will depend on your budget. We offer the choice from High-standard to mid-range and budget options for all our tours.

Food

Breakfast, lunch, and dinner is included on all our scheduled tours, in addition our guides and drivers regularly purchase fruit and local snacks for our tour participants to try.

Mineral water

Unlimited mineral water is available to every tour participant for the duration of your time with us.

Transportation

Unlimited mileage in a fully air-conditioned vehicle which will be available to you for the duration of your tour. The vehicle type will depend on the group size, all our vehicles are comprehensively insured and serviced regularly.

Driver

Driver allowance, accommodation and food are included in the tour price.

Fuel

Fuel with unlimited mileage is included in the tour price.

Guide

Guide allowance, accommodation and food are included in the tour price. Your local guide will be available 24/7 if needed.

Excursion costs

All excursion fees detailed in the itinerary are included in the tour price.

Additional services

Our company offers 24/7 professional care, attention, and office support.

What is not included?

International flights

Visas

Travel insurance

Soft and alcoholic drinks



Detailed Itinerary

Day 1 Arrival and transfer to hotel

Our expert local tour guides will meet with you on your arrival at the Kotoka International Airport Accra, which is situated on the beautiful gold coast of Western Africa. Look out for the Ashanti African Tours sign when you leave the main terminal building after passing through customs. Make yourself known to your guides who will be accompanying you for the duration of your time in Ghana and they will take care of you from here.

After boarding our vehicle, which will be your mode of transport for the duration of your tour, we transfer you to your accommodation which is situated in Accra. Once we have checked you in, our experienced guide will offer you Akwaaba (welcome) and brief you on all aspects of

your trip. You can enjoy your evening meal at the hotel restaurant whilst acclimatising yourself to West Africa.

Accommodation – In Accra

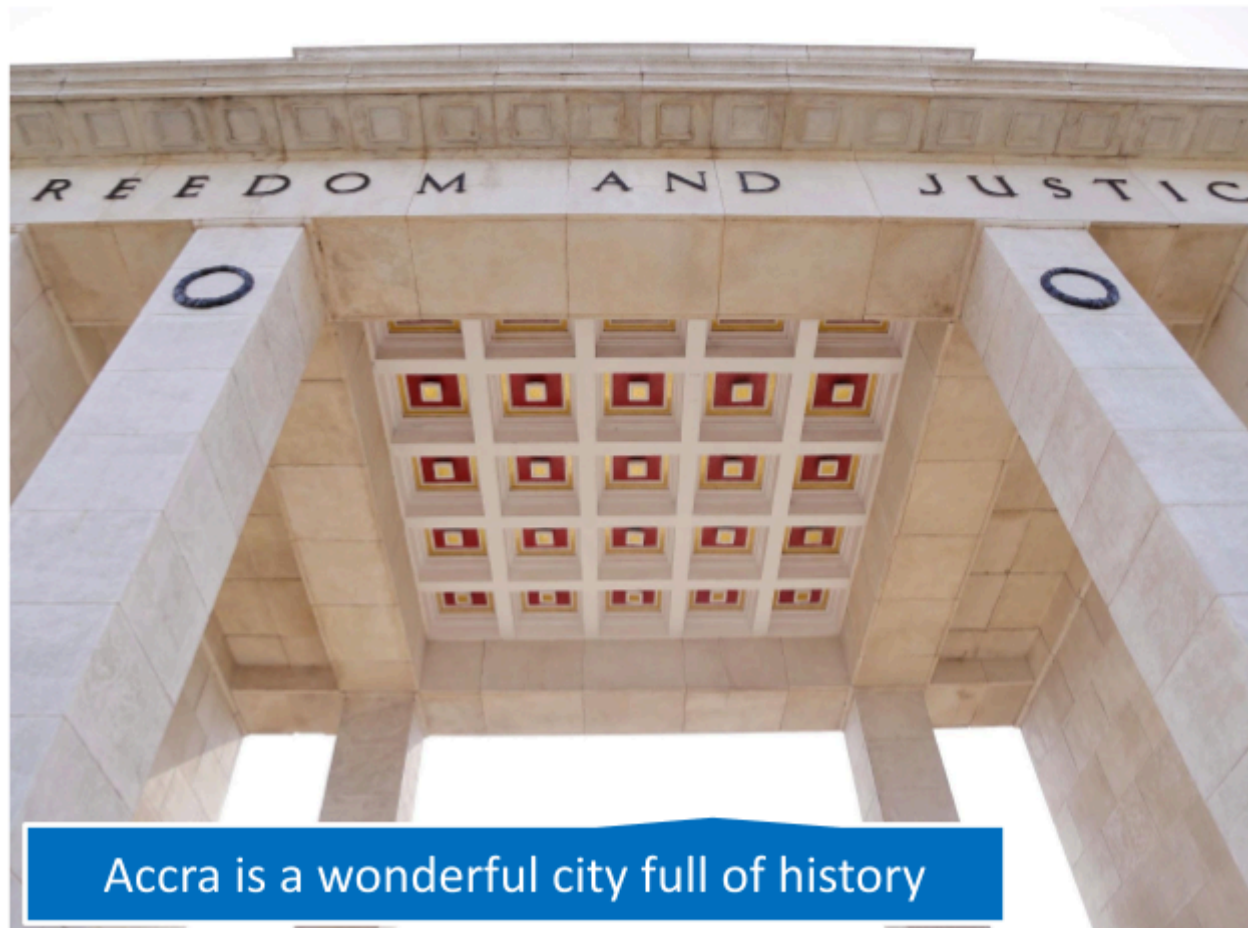
Day 2 Economic districts, National Museum, James Town, Independence Square, Kwame Nkrumah Memorial Park, National Cultural Centre and Fantasy Coffins of Teshie and Nungua

Your first full day in Ghana, after breakfast at our hotel, we set off for our tour of Accra, passing through the economic and administrative districts on our way to the National Museum. 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 which talk about West African tradition and customs and gives an overview of West African history. During our time here, we also get the chance to view and purchase some wonderful examples of traditional fabrics and crafts.



James town is next, we will enjoy a walking tour of this old community taking in some of the historical structures that predate the colonial era. The locals are committed to conserving these buildings and have made significant efforts to maintain them, our time here gives us an excellent idea of what it was like during the colonial era. The 30-meter-high lighthouse built by

the British in 1871 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. Of interest are the Brazilian stone houses, built by free enslaved African's who reside in Brazil, they made their way back to Africa after the slave trade was abolished and their descendants have now integrated with the locals of James Town.



Lunch will be taken at a local restaurant (Country Kitchen) serving a selection of West African and continental dishes. In the afternoon we pass by Black Star Square which houses the independence monument and continue to Independence Square which is our main ceremony grounds and where we find the enclosed flame of African liberation, which was lit by Kwame Nkrumah himself in 1961. A short distance away we find the Kwame Nkrumah Memorial Park, final resting place of Ghana's founder. Set in attractive gardens, there is an adjoining museum, which contains photos, artifacts, and an insight into this incredible man's life. The center was designed by a Ghanaian architect and built using Italian marble. Adjoining the park is the National Cultural Center, which is Ghana's largest outdoor arts and crafts market where we find

locals selling traditional crafts from all over West Africa. After testing your bargaining skills, we head to “Fantasy Coffins” of Teshie Nungua. Funeral and burial ceremonies in Ghana are very solemn occasions, but after the burial a celebration follows. Ghanaians believe that the departed move on into another world, the coffins made here may represent the occupation of the deceased or depict something that was important to them. There is all manner of coffin designs which one could be buried in from cars, cocoa pods, cigarette packets and airplanes to crocodiles, shoes, bottles of beer and boats. After an action packed first full day, we return to our accommodation for our evening meal and to relax with the remainder of the evening free leisure time.

Accommodation – In Accra



Day 3 DuBois Centre, TK Beads, Shai Hills Reserve, Volta River Cruise and Akosombo Dam

After breakfast, before we depart Accra for the Volta Region we visit the DuBois Center. This is the final burial place and former home of the prominent American Pan-Africanist Dr William W Burghardt DuBois, who led the Pan-African congress between 1919 and 1927 he was a vocal Anti-Segregationist and prolific speaker and writer. The center now serves as a library and research institute for students of Pan-Africanism. An informative tour after which we start our

journey towards the Volt region of Ghana, passing over the magnificent Volta River on route. Before we head out of this bustling city, we stop first at TK beads, experts in making beautiful traditional beads using ancient methods. Your guides will talk you through the skilled process of making the beads. Beads are culturally a symbol of wealth and beauty here in Ghana and are still used during traditional durbars and festivals. After the demonstration we can admire and buy a wide selection of beads that have been made here in the onsite shop. Our next stop during our journey will be to visit the Shai Hills Reserve, an expanse of Savannah grassland and woodland dominated by large rock formations. large numbers of olive baboons, antelopes, green and spot nosed monkeys have been recorded in this protected area. Formerly the home of the Shai people who were ejected by the British in 1892, granite inselbergs dominate the landscape and house many active traditional shrines. We collect our wildlife guide and hike to the Obonu Tem caves searching for wildlife during our walk. There is a large colony of Egyptian Tomb Bats here not a common species to find in addition to wonderful colourful birds that include Turacos, Rollers and Bee-eaters. A wonderful morning at Shai Hills we then continue our journey towards the Volta region stopping at a hotel in Akosombo for our lunch. The hotel is situated in a perfect location on the banks of the Volta River overlooking this spectacular landscape. After lunch and only if time permits, we will enjoy a short river cruise in local canoe enjoying the scenery as we head down river.



After our cruise we take a short tour of the Akosombo Dam, an amazing piece of engineering producing power for most of the country. This hydro-electric dam was built by Ghana's first president Dr Kwame Nkrumah in 1965 and created what was then the largest manmade lake in the world. Today the Volta Lake is believed to be the third largest manmade lake in the world. An informative and interesting tour that offers excellent photographic opportunities of the outstanding views across this lake and habitat. We then continue our journey and transfer to our accommodation in Hohoe, the second largest city in the Volta region of Ghana.

Accommodation – In Hohoe

Day 4 Wli waterfalls, Tafi Atome Monkey Sanctuary and Tafi Abuife Kente Village

A beautiful setting as we enjoy our breakfast before we set off for the Wli (Agumatsa) Falls found in the Agumatsa wildlife sanctuary in the Volta region of Ghana. The Wli Falls are believed to be the highest waterfall in West Africa, set in a beautiful location the surrounding flora and fauna make this an idyllic setting. On our arrival we will trek through the thick semi deciduous forest leading to the falls from Wli village. As we near the falls we can hear the enormous colony of Straw-coloured Fruit Bats found on the adjacent cliffs mixed with the powerful flow of the river. We can relax and enjoy a paddle in the pool beneath the waterfall which is safe for swimming if you are feeling adventurous, before setting off to the town of HoHoe for our lunch.



The afternoon is spent with the locals from the village of Tafi Atome, a wonderful community protecting a population of endangered True Mona monkeys. The community here perceives the Mona Monkeys to be sacred messengers from the gods and have been protecting the monkeys and their habitat for over 200 years. Quality time is dedicated here learning more about the history behind their protection from the local traditionalists during our time in the village. We venture into the surrounding forests to see these beautiful primates and during the walk our local guide will identify the many medicinal plants that grow here and explain how the locals use them to make traditional herbal remedies. The local ethnic group here are Ewe. A short distance from Tafi Atome we find the community of Tafi Abuife who have been weaving traditional Ewe kente cloth for generations.



Kente cloth design here in the Volta Region of Ghana differs from the kente cloth found in the Ashanti Region at Bonwire. Colours and designs vary and during our time here we learn the history behind each design and how the community started producing this beautiful cloth. An ideal opportunity to purchase quality kente at very reasonable prices before we return to our accommodation to relax.

Accommodation – In Hohoe

Day 5 Aburi Botanical Gardens and Craft Market

An early start as we check out of our hotel and set off Northwards towards the Ashanti Region of Ghana. Our journey today will take us into the beautiful Akuapem hills with outstanding views across Accra and Tema in the distance. At the top of the range, we find the Aburi botanical gardens, set in a beautiful location that were founded by the British in 1890. The gardens are home to a wide variety of indigenous and exotic flora, offering 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.



Weaving kente
during our time in
Adamwomase

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. Your guide will talk you through the meaning and local beliefs connected to many of the sculptures that have been made the same way throughout history. Our lunch will be taken in Koforidua capital of the Eastern Region of Ghana before we continue our journey to Kumasi arriving in the early evening. Once we have checked into our accommodation, we enjoy our evening meal with the remainder of the day free leisure time to relax.

Accommodation – In Kumasi

Day 6 Manhyia Palace, Cultural Center, Kejetia Market, Okomfo Anokye Sword and KNUST University

A well-deserved relaxing breakfast this morning after our long journey yesterday. A day of culture and history awaits us as we set off on our city tour of Kumasi heading to the Manhyia Palace, home of the Asantehene King of the Ashanti's and ruler of the powerful Asanteman Kingdom. The Palace Museum offers a fascinating excursion through the history of this powerful tribe and is extremely informative on the well documented Ashanti history and culture. Our tour gives us a firsthand insight into the legacies of the Ashanti's and enables us to

understand their culture during our time in this region. We continue to visit the National Cultural Centre. The cultural center is in 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. A short distance from the palace is Kejetia market which is reported to be the largest outdoor market in West Africa. Visiting here gives us a 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 here in the evenings as trade rarely stops. Lunch will be taken at a local restaurant which sells an excellent selection of local and continental dishes. Our next stop is the Okomfo Anokye sword found at the Okomfo Anokye teaching hospital in Kumasi. Okomfo Anokye was a powerful priest born in 1600 in the Eastern Region of Ghana who helped the then Ashanti King Osei Tutu I to defeat the powerful Denkyera tribe.



After defeating the Denkyera, legend has it the Golden Stool of Ashanti descended from the sky and landed on Okomfo Anokye's lap, which he gave to the Ashanti King. He then planted a sword into the ground as a symbol of unity between the Ashanti's and Nzema tribes. The sword is still there to this day and has defied all human strength to pull it out. Prior to returning to our accommodation we visit the Kwame Nkrumah University of Science and Technology which was established by Ghana's founding President Dr. Kwame Nkrumah in 1952. It is the leading university in the sub region for research into science and technology with students from all over West Africa studying here. Our evening we have the option of heading into the city to experience Kumasi night life where we can enjoy our evening meal and a live highlife band. If you are not feeling up to a late night you can choose to relax at your accommodation.

Accommodation – In Kumasi



Day 7 Kumasi to Tamale

An early breakfast this morning as we set off from Kumasi heading north to Tamale Capital of the Northern Region of Ghana. Our aim is to arrive in Tamale for the late afternoon and check into our accommodation. If time permits, we can set off to the Zongo district of Tamale and the open-air tannery. This traditional tannery is where leather goods have been made by hand for generations. We can spend time here with some of the skilled locals seeing first-hand the process in making items such as shoes, bags and hats amongst other goods. A well-deserved rest this evening as we relax at our accommodation and enjoy our evening meal in the capital of the northern region of Ghana.

Accommodation – In Tamale

Day 8 Central Mosque, Central Market, Transfer to Bolgatanga, Tongo Hills and the Oracle of the Tenzug

An early breakfast this morning as we set off to the large central market, a great way to experience everyday life for the people here. Central market is a wonderful bustling busy market that sells an excellent selection of traditional fabrics, beads and cloth. A must see is the fetish section of the market, here they sell traditional medicines made from all sorts of unusual

things. The National Centre of Culture, which is Tamale's largest arts and crafts market, is next on our to do list where we can pick up quality souvenirs at reasonable prices before heading further North to Bolgatanga after lunch.



Sirigu

stunning location and beautiful people

As we venture northwards passing through the many market towns and local communities the landscape changes to more open, drier, savannah habitat. The Upper East Region is in the ancient Kingdom of Dagbon and the second smallest region in Ghana. Prior to arriving in Bolgatanga which is the largest town in the Upper East and the capital of this region we make the short detour to Tongo Hills. Tongo Hills is a mysterious place where there are numerous pinnacles formed by enormous rocks. The local people consider these vestiges as the ancient domiciles of the Gods, in a deep fissure on the side of the highest mountain the cave of the Oracle can be found. The local ethnic group Talensi's live in fortified homes that accommodate up to 60 people, they have only one entrance and are a labyrinth of walls, stairways and narrow passages. During our time here, we will visit the chief's traditional home that houses over 300 people, 18 of them his wives. It is believed that this family compound is the largest in Ghana. The local Tenzug Hills are stunning and offer wonderful photographic opportunities as you have exceptional views from this high vantage point. The local community are still very much dedicated to their traditional beliefs and we will notice most houses have their own active

shrines outside that are still in use today. The Talensi people suffered badly from slave raiders during the colonial rule and were once ejected from the hills. However, they offered staunch resistance to British rule inspired by ancient ancestral spirits and the Oracle of the Talensi which we will visit during our time here. A wonderful afternoon visiting this community, after quality time dedicated here we continue to Bolgatanga. Before we check into our accommodation which may be either in Bolgatanga or in Sirigu depending on your accommodation choice, we enjoy a walking tour of Bolgatanga visiting the main central market.



Bolgatanga was one of the main meeting locations during the ancient trans-Saharan trade routes from Mali that travelled through Tamale to Southern Ghana. Famous for producing straw baskets, hats, traditional fabrics, leather goods and metal jewelry we dedicate quality time here talking to traders and enjoying the atmosphere of this ancient trading post. After a wonderful day full of new experiences, we return to our accommodation for our evening meal and to relax.

Accommodation – Bolgatanga or Sirigu

Day 9 Sirigu, SWOPA, Pikworo Slave Camp, Catholic Cathedral and Bolga Baskets

A major highlight of our time in this region of Ghana is visiting the community of Sirigu which is in a remote location approximately 45 minutes' drive from the regional capital Bolgatanga. As we approach the community in what we feel is the most picturesque area in the Upper East, the beautifully decorated houses of the local community catch our eye. Locals have

been decorating their homes painting them with designs that represent local stories and themes, primarily using 3 colours with significant meanings, red (death) white (birth) and black (wealth). As we walk the community your local guide will explain the meanings and stories being told on the houses in the community. Our first point of call in Sirigu is SWOPA (Sirigu Women of Pottery and Art) which is a fantastic organization established by a local Madam Melanie Kasise. Melanie was raised by her mother in Sirigu who supported the cost of her education and development solely from the money she earned through making local pottery and art. SWOPA has empowered over 400 women in the local community teaching them artistic skills in pottery, painting, basket weaving and tie-die enabling them to support their families through the revenue they receive when selling these items. During our time here, we can purchase a wide range of items made by these women.



Our time in the community is special as we visit the local market experiencing how life is daily for locals living here as they trade their goods that range from tobacco, kola nuts and yams amongst other interesting items. Stopping at one of the local spots (bars) to try a refreshing calabash of pito (beer) whilst meeting and talking to locals from the community is a major highlight. As we are visitors to the community it would be respectful in local culture to pay a courtesy call on the local chief. Our lunch will be taken at the SWOPA canteen as we like to

support this initiative that empowers so many women here, in addition to this the food is delicious. Prior to lunch we visit another important part of the community, an orphanage also established by a local from Sirigu. Due to the remote location and lack of quality healthcare many mothers die during childbirth. Traditionally the child is blamed for the death of its mother with locals believing it has spiritual connotations. The orphanage was established to take care of these orphans and ensure they have a healthy and happy upbringing. After our lunch we can participate in a workshop teaching us how to make local pottery or tie-die fabrics. One of the local SWOPA members will take us through the skilled process and our end product will be interesting to see. Our afternoon is at a relaxed pace as we set off to the nearby town of Navrongo close to the border of Burkina Faso. In old Navrongo we find the unusual large Catholic Cathedral a fascinating mixture of European architecture and local construction techniques using mud bricks and plastered using mud and cow dung mortar. The foundations are a mix of compacted gravel, cow dung and yam beans (dawa dawa). Three missionaries staying nearby at the English military garrisons in 1906 started the construction with locals in 1907 finally finishing what we see today in 1920.



Gaining Cathedral status in 1934 it is known as the Mother Cathedral of Northern Ghana and is still used for worship today. The Pikworo Slave Camp is a poignant reminder of the recent dark past during the slave trade era and a must visit during our time here. Our local guides will take us on a journey showing us the remnants from slaves kept in this area like where they ate, fetched water, entertained themselves, watch “tower”, punishment stone and cemetery. After

a wonderful and reflective day we return to our accommodation for our evening meal and to relax.

Accommodation – In Bolgatanga or Sirigu



Day 10 Mole National Park

After a leisurely breakfast we bid farewell to the Upper East Region of Ghana and set off South back through Tamale before heading West to Ghana's premier wildlife viewing park. Our aim is to reach Mole National Park in the midafternoon taking our lunch on route. Prior to reaching Mole we will stop at the last village before the park Larabanga. There is an ancient Sudanese style mud and stick mosque in Larabanga that is believed to be one of the oldest in West Africa. According to legend in 1421 and Islamic trader Ayuba who was staying near Larabanga close to the "Mystical Stone" had a dream when God told him to build a mosque in the village. When he woke the foundations were already in place and he dedicated his life to finishing the construction. Ayuba left instructions that he should be buried near the mosque when he dies, and legend has it that the Baobab tree we see growing out from the mosque today marks his burial site. There is an old Quran inside the mosque that is apparently a gift from heaven which was given to the then Imam of the mosque Yidan Barimah Bramah after heavy prayers. The World Monuments Fund has listed the mosque as one of the 100 most endangered sites. On

our arrival in Mole National Park, we check into our accommodation. Situated on a 250-meter-high escarpment overlooking this 4840km² park, it offers breathtaking views. It is an amazing feeling to be sitting around the pool on the hotel terrace watching African savannah elephants bathing in the nearby watering holes which are inhabited by crocodiles. Our evening is dedicated to relaxing in this stunning location, watching the sun set over the guinea woodland and savannah that surround our accommodation, before enjoying our evening meal and the atmosphere of being so close to nature.

Accommodation – In Mole National Park



Day 11 and 12 Mole National Park and Mognori village

Two full days dedicated to this wonderful national park. Our days start with a buzz as we set off early in the mornings with our armed guide tracking the world's largest land mammal, African Elephants on foot. We will dedicate the entire morning to tracking and getting as close

as possible to these amazing mammals. We are sure to encounter many other animals during our trek as we set off around the watering holes with our armed guide. Many of our guests who have travelled extensively around Africa are amazed at how close we get to African Elephants the world's largest land mammal on foot. There are over 93 mammals recorded here in Mole, as we walk through the savannah and bush, we are likely to see troops of olive baboon and patas monkey getting extremely close to these beautiful primates. Kob, bushbuck and waterbuck regularly come to the watering holes to drink, being cautious of the crocodiles lurking in the muddy waters. Deeper in the park, hartebeest, roan antelope, lion, leopard, hyena, and African buffalo roam. In addition to the many mammals our experienced guides are on hand to identify some of the 350 species of birds recorded here at Mole.



Lunch is enjoyed around the pool of our accommodation, and we can take this advantage to cool off with a swim or relax for a few hours before our afternoon activities. One of the afternoons is dedicated to a safari and the other to visiting the nearby village of Mognori which is located on the boundary of the park approximately a 30 minutes' drive from our accommodation. On arrival in Mognori we meet one of the locals who will take us on a walking tour of the community. The villagers used to live inside what is now protected as Mole National

Park and they can no longer use the resources found in the park to feed their families. As they are no longer permitted to enter the park the community have set up an eco-tourism project where they benefit from tourism coming to Mole. This helps in the conservation of the wildlife inside the park and prevents locals poaching as they now directly benefit from nature tourism. As we walk through the community, we see how shea butter is produced and learn the other many uses for the shea nut which is so important to this area. It is interesting seeing the lives of locals here as we venture to the tobacco fields and visit the local chief and his family.



Quality time is dedicated to talking with the traditional healer in the community, hearing how local traditional medicine is used to treat sickness and which of the many trees and plants play an important role in preparing these local medicines. There are many active local shrines here and we will learn how the community believes they also play an important role within the community. Mole National Park was named after the Mole River which runs next to the Mognori village. A great opportunity to experience a river safari in a traditional dugout canoe. During our safari, your local guide will look out for the many birds and wildlife we may encounter. A wonderful ending to another day here in Ghana as we set off back to our accommodation for our evening meals and to relax under the beautiful clear West African night sky.

Accommodation – In Mole National Park

Day 13 Wechiau Community Hippo Sanctuary

Another exciting adventure lies ahead as we load up our vehicle after breakfast and set off North Westwards, our destination is Wechiau and the community hippo sanctuary. The landscape changes from the guinea woodland of Mole to the more open savannah plains and woodlands of the Upper West Region of Ghana. The journey will take us approximately 4 hours and as we near Wechiau, we notice the change in design of the traditional homesteads of the Lobi tribal communities. On our arrival, we pick up a local guide at Wechiau town before proceeding to Talowana which is approximately a 30 minutes' drive from Wechiau and is where our accommodation is for the evening. The Talowana lodge is a clean, very basic and comfortable accommodation with communal local open air (walled) but private bath facilities and local private pit toilets. Wechiau is a fantastic project protecting vulnerable hippos on the beautiful Black Volta River. It was voted the 3rd best conservation destination by the Independent Newspaper, UK in 2000.



Authentic tours mixing
with locals

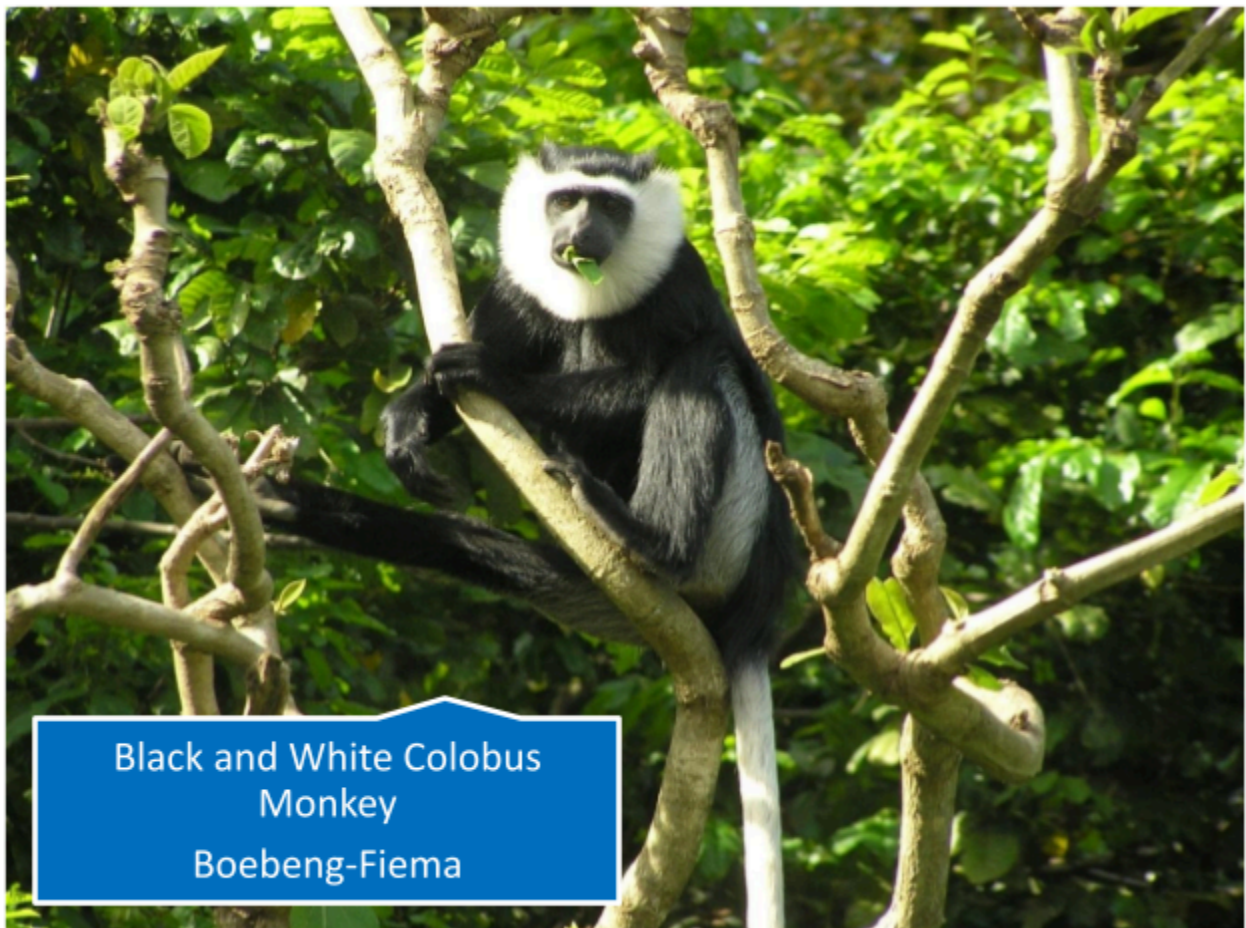
After settling into our rooms, we visit a nearby Lobi village and compound meeting with the locals and learning about their fascinating traditional practices and ways of life. In the evening, we sit under the beautiful African night sky listening to traditional xylophone music around our bonfire. This is a perfect time to experience the local brew before retiring for the night. If the

sky is clear as it is on most nights here, then we may be able to arrange sleeping on the roof of one of the traditional homesteads on a comfortable mattress with mosquito net. It is a wonderful experience sleeping on the roof as the locals do, gazing up at the beautiful African nights sky. The stars are amazingly vibrant with the milky way visible from here on a clear night, as most are.

Accommodation – In Talowana

Day 14 River Safari, Chiefs Palace and Mole National Park

After an early breakfast we walk down to the river for an early morning river safari in a traditional dugout canoe. The Black Volta is stunning, and the canoe ride is a memorable experience. You will be dazzled by the beauty of the woodlands either side of us as we travel up river to one of the hippo pools. To our left is Ghana and to our right is Burkina Faso. The bird viewing as we travel along this border is excellent with over 250 species recorded. Encountering the hippos is obviously the highlight of the safari. The feeling you experience is enhanced even more as these beautiful mammals are endangered here in Ghana.



**Black and White Colobus
Monkey
Boebeng-Fiema**

We can enjoy the breathtaking views as we return down river. During our canoe ride we should meet some of the community fishermen, this gives us the opportunity to observe their

traditional fishing methods which have not changed for centuries. On our return to dry land we load up our vehicle and bid farewell to the locals at Talowana and set off back to Mole National Park for an overnight stay on our way South. Before leaving the area, we stop off in Wechiau, to enjoy a walking tour of the community mixing with the locals and experiencing everyday life for the people that live here. The main ethnic groups in Wechiau are the Lobi, Biri and Wala's, some Lobi and Biri elders can still be seen wearing traditional lip plugs. A visit to the centuries old mud and stick Palace is a must whilst we are here and there may be an opportunity to meet the local Yaa Na chief before we set off. We arrive back in Mole National Park in the late afternoon where we relax and enjoy our evening meal.

Accommodation – In Mole National Park



Day 15 Kintampo Waterfall and Boebeng-Fiema Monkey Sanctuary

An early breakfast as we set off Southwards after our adventures here in Northern Ghana. It is mainly a travel day; however, we still have some amazing places to visit during our journey to Kumasi. Our first stop will be just before lunch at the beautiful Kintampo Waterfalls a fast-flowing waterfall with small pool at the bottom which is good for swimming. Some of our more adventurous guests use this opportunity to experience Ghana's most powerful "Power Shower" a great way to freshen up during our journey. Lunch will be at the nearby Falls restaurant before we continue passing through Techiman on our way to Boebeng-Fiema Monkey Sanctuary. These two villages nestled closely together have been protecting the Black and White Colobus and Lowes Mona monkeys which are found in the surrounding forests, the locals perceive the monkeys to be sacred and offer them traditional burials. During our time in the villages, we interact with the locals learning about the history behind their protection of these primates in addition to their culture and daily routine as farmers.



As we walk trails into the forest viewing these beautiful monkeys our local guide will identify the many medicinal trees and plants found here and explain how they benefit the locals. This is by no means a zoo, it is an area of forest habitat locals protect due to their traditional beliefs dating back centuries that the primates here are sacred. The monkeys are wild and free to roam wherever they choose and to even leave the communities if they wish. After a wonderful

time with the friendly locals here we continue our journey to Kumasi, arriving in the early evening.

Accommodation – In Kumasi

Day 16 Ancient Kente and Adinkra Villages, Ashanti Traditional House and Sakoban Krofrom

A morning visit to the last material remains of the great Asante Empire as we visit the traditional Asante buildings that are now recognized as World Heritage Sites by UNESCO. There are 10 active shrines within the buildings which are made from bamboo, timber and mud and thatched roofs. 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 Ejisu Besease and we will visit the local spiritual shrine where she used to fortify herself before going into battle.



We continue our journey through Ashanti history by visiting the traditional villages of Adanwomasie and Ntonso. Our first stop is Adanwomasie, the birth place of Ghana's rich colorful Kente cloth. Adanwomasi produces some of Ghana's finest Kente cloth, many designs of cloth are woven here, and some are exclusive only to this region. Quality time is dedicated here as we walk through the community, interacting with the locals whose families have been

weaving kente for generations playing an important role in the history of this beautiful cloth. During our time here, 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 has had a design named after him called the “Clinton Kente” as Ghanaians were so impressed with the respect he showed our nation during his state visit to Ghana when he was in office. An ideal time to purchase quality kente cloth at very 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’s for more than 4 centuries and pre-dates kente cloth. Even today most Ashanti’s will wear adinkra cloth for funerals, festivals and other important occasions. During our time here, we can make our own strip of adinkra cloth using symbols with personal significance.



Cape Coast Castle a UNESCO
World Heritage Site

After lunch we visit the village of Sokoban Krofrom where traditional brass casting has been the main source of income for the community for generations. A wide selection of items ranging from beads and jewelry to traditional statues are made here. The methods used to produce these wonderful brass works has not changed and during our time here we see a demonstration

of the skilled process. After visiting some of the stores selling a wonderful selection in the village we return to our accommodation for our meal and to relax with the remainder of the evening being free leisure time.

Accommodation – In Kumasi

Day 17 Assin Manso and Cape Coast Castle

This morning we take a leisurely breakfast before setting off Southwards to Elmina in the central region of Ghana. The town of Elmina was given its name by the Portuguese due to the abundance of Gold found in Ghana, translated Elmina means The Mine. Gold is of such importance to Ghana today and historically that we were even known as the Gold Coast before independence. Ghana's gold is of the highest quality and we are the 8th largest exporter in the world and second largest exporter in Africa behind South Africa. We stop at Assin Manso, an important town along the enslaved African trade routes. The town surrounds the Ndonkor Nsuo (Enslaved African River). This river is where enslaved Africans were checked for fitness and bathed before being transported to Cape Coast for shipment to the Americas.



The slaves would have walked hundreds of kilometers from Northern Ghana through thick forests in shackles and chains, many being in poor health once they reached Assin Manso. Once bathed and rested the slaves would continue the final 32-mile march to the dungeons of Cape Coast Castle where they would remain for up to 6 weeks before being shipped to the Americas. In 1998, a symbolic gesture was made when the bodies of two free (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 re-internment. After our tour we continue to Cape Coast, we enjoy lunch upon arrival at a local restaurant overlooking the ocean before visiting the nearby Cape Coast castle which has been designated as a world heritage site by UNESCO.



The castle is a thought-provoking monument to a harrowing period in the region’s history. Quality time will be spent in the afternoon on an emotional journey touring this castle which held more enslaved Africans captive than any other in West Africa, viewing the dungeons and the infamous “Door of no return”. There is a historical museum inside, which explains the

entire history of the castle and Cape Coast itself, as well as a souvenir shop selling literature on all of Ghana's forts and castles, as well as the cultural history and traditions of Ghana. After a wonderful but thought-provoking day, we continue to check into our accommodation, enjoy dinner and relax.

Accommodation – In Elmina or Cape Coast

Day 18 Kakum National Park, Canopy Walkway, Stingless Bees, Elmina and Cape Coast Towns and Traditional Batik Making

An early start as we set off for Kakum National Park in the morning, after breakfast and Africa's world-famous rainforest canopy walkway. This is a truly beautiful, tropical guinea rainforest and the canopy walkway is sure to be a highlight of your time in Cape Coast. This national park protects the original habitat that was found in this location and was the locals home and major source of food. The walkway consists of 7 bridges, attached to 7 emerging trees, 40 metres above the rainforest floor.



Prepare to take a deep breath as you walk the suspended bridges. You will marvel at the outstanding views that stretch for miles across this breathtaking rainforest as you rest on the viewing platforms that are attached to the emerging trees between the bridges. We are sure you would agree that this is an exciting excursion never to be forgotten. We return to the park headquarters where we find an excellent information center that offers a very informative overview of the parks flora and fauna. Over 40 different mammal species have been recorded within the park, which includes forest elephants, leopards and 6 primate species to mention just a few. As short distance from Kakum and on the border of the forest we find the International Stingless Bee Project. There have been approximately 9 species of stingless bees identified here in Ghana and their importance to our eco system is paramount.



Black Bee-eater always a favorite to photograph

Our tour of the center teaches us about the importance of bees locally, their medicinal qualities and we get to see their hives, taste and buy quality stingless bee honey. There is a stingless bee walkway and butterfly garden where many of the forest butterfly species come to feed. Lunch will be enjoyed at a local restaurant selling a wide selection of international and local dishes. This restaurant is run by a local organization that helps deprived children in the Cape Coast area improve their lives through education and advocacy. Our afternoon is dedicated to immersing ourselves into true African art during a traditional batik making workshop with Global Mamas. An excellent organization empowering local women to learn artistic skills selling their finished products in the fair-trade market enabling them to support their families. There is no better way to get to know locals and hear how life is daily than by working side by side with them and making our own traditional batik garment. Joining a local artisan in his/her workshop to learn the traditional techniques of batik making and production from the wax heating, stamping and drying makes for an interesting afternoon. You will be given a piece of cloth for you to produce your own garment to take back home, a wonderful souvenir of your time in Ghana and one that will hold fond memories every time you wear it.



A short distance from our batik workshop is Elmina where we 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. Their design has not changed in centuries and neither have the tools and methods used to build them. We will also enjoy the sights of the many colourful fishing boats bringing their daily catch into the harbour and take this opportunity to mix with the locals enjoying the atmosphere of a West African fishing community. During our time in Elmina town, we will visit the castle of St. George in Elmina. This is 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 enslaved African trade era. There is an informative museum inside which concentrates on local history and it is designated a world heritage site by UNESCO. Our final evening in the central region of Ghana can be spent at our accommodation or we can venture into town to experience nightlife for the locals.

Accommodation – In Elmina or Cape Coast

Day 19 and 20 Beach Relaxation at Brenu Akyinim

This morning we set off after breakfast to Brenu Akyinim which is one of Ghana's best beach locations. Over the next 2 full days you can relax at this beautiful beach front location recharging your batteries from the previous 18 days adventure. There is a wonderful fishing village nearby and the guesthouse is tranquil and set in the perfect environment to relax.

Accommodation – In Brenu Akyinim

Day 21 Beach Relaxation, Elmina Castle, and Accra for Departure

A relaxing morning enjoying the beach maybe go for a swim, relax, or just enjoy our final morning at this beautiful location. After breakfast we check out of our guesthouse and set off towards Accra. On route to Accra, we pass through the fishing town of Elmina. 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 Africans endured has been formally designated a World Heritage site by UNESCO. After an informative tour we can 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. Their design has not changed in centuries and neither have the tools and methods used to build them. Our journey continues and we stop for lunch on route to Accra. On arrival back in Ghana's capital city we may have time to head to the Accra Mall to give you an insight into modern day Ghana. An opportunity to also purchase some last-minute souvenirs before heading home. Our early evening meal will be taken at a locally owned restaurant serving an excellent selection of local and international dishes which gives us an ideal 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 departure.

Departure

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