GO AHEAD TOURS



Ghana Adventure: Accra to Cape Coast

12 days

History, culture, the arts, and adventure await on this sweeping tour of Ghana. When you journey to this coastal West African country, you'll uncover its poignant past as a major center of the British slave trade, retrace its path to independence, and see modern-day social enterprises and creative communities at work. You'll also get a bird's-eye view of Ghana as you walk through treetops at Kakum National Park, meeting stingless bees and fluttering butterflies along the way.



Your tour package includes

9 nights in handpicked hotels
9 breakfasts
5 lunches
5 dinners with beer or wine
3 food tastings
13 sightseeing tours
Expert Tour Director & local guides
Private deluxe motor coach

Included highlights

W.E.B. Du Bois Center
Trashy Bags Africa
Jamestown
Cacao farm visit
Manhyia Palace
Kente & Adinkra cloth workshops
Ghana Armed Forces Museum
Assin Manso Slave Camp
Cape Coast Castle
Kakum National Park
Stingless Bee Center
Global Mamas

Tour pace

On this guided tour, you'll walk for about 3.5 hours daily across uneven terrain, including paved roads, dirt paths, and stairs.

Group size

10–22

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Ghana Adventure: Accra to Cape Coast

12 days

Overnight Flight → 1 night

Day 1: Travel day
Board your overnight flight to Accra today.

Accra → 3 nights

Day 2: Arrival in Accra
Included meals: dinner
Welcome to Ghana! Settle in to your hotel and enjoy an included dinner this evening.

Day 3: Sightseeing tour of Accra, Trashy Bags Africa & Jamestown
Included meals: breakfast, welcome lunch, dinner
Get to know Ghana's capital city alongside a local guide, and learn about the country's path to independence.

- Take a guided tour of the W.E.B. Du Bois Centre's museum, which is housed in Du Bois' former residence
- Hear about Du Bois' life and work to promote Pan-Africanism
- Visit Black Star Square, which is often referred to as Independence Square because of Ghana's role in starting a wave of independence efforts across Africa
- Stop at Kwame Nkrumah Memorial Park and Mausoleum, the final resting place of Ghana's first president

Get to know your Tour Director and fellow group members during a welcome lunch, then continue exploring Accra.

- Visit Trashy Bags Africa, a social enterprise that makes upcycled, eco-friendly bags and other items from plastic waste
- Learn how the organization offers employment and skill-building opportunities to locals, and shop for upcycled items
- Head to Jamestown, one of Accra's oldest districts, which is filled with unique, historic architectural styles
- Step inside Fort James, originally a slave fort, now dedicated to educating visitors about the colonial slave trade
- Stop at a local boxing gym to learn about boxing's significance in Accra and the gym's role in supporting local youth

This evening, sit down for an included dinner.

Day 4: Free day in Accra
Included meals: breakfast
Spend a free day in Accra or add an excursion.
+ Shai Hills Game Drive & Hike

Kumasi → 3 nights

Day 5: Kumasi via Koforidua & sightseeing tour of cacao farm
Included meals: breakfast, lunch, tasting, dinner
En route to Kumasi, stop in Koforidua for an included lunch at a local restaurant. Then, tour a sustainable cacao plantation.

- Learn how Ghana became the world's leader in cacao production
- See what it takes to grow and harvest cacao beans followed by a tasting of the beans

Continue on to Kumasi and enjoy an included dinner.

Day 6: Sightseeing tour of Kumasi & Adanwomase
Included meals: breakfast, tasting
Explore Kumasi, a city known as a center of Ghanaian culture and tradition, with your Tour Director.

- Tour the Manhyia Palace, which is the seat of the Asantehene, or Ashanti king
- Browse exhibits that detail the Ashanti Empire's legacy and its resistance to British colonialism
- Walk through the Kumasi Central Market, West Africa's largest open-air market
- Enjoy a tasting at one of the stalls as you peruse the enormous market

Make your way to two traditional Ashanti craft villages and meet with artisans who specialize in traditional textiles during a guided sightseeing tour.

- Set off on a walking tour of Adanwomase, known for its colorful, hand-woven Kente cloth
- Learn about the history and uses of these colorful Ghanaian textiles, and watch weavers work on new pieces
- Head to the nearby town of Ntonso and participate in an Adinkra-making workshop
- Try your hand at crafting Adinkra, or mourning cloth, which the Ashanti have used for more than four centuries

Return to Kumasi and enjoy a free evening, or add an excursion.
+ Ghana Fashion Show & Dinner

Day 7: Sightseeing tour of Ghana Armed Forces Museum
Included meals: breakfast
This morning, enjoy a guided tour of the Ghana Armed Forces Museum, which is housed inside Kumasi Fort.

- Learn about the country's wartime history ranging from the Anglo-Ashanti wars of the 19th century to colonial Ghana's contribution to the Allies during World War II
- Explore the exhibits, which include military equipment and artifacts

Spend a free afternoon in Kumasi or add an excursion.
+ Ashanti Heritage & Lake Bosomtwe Lunch

Cape Coast → 3 nights

Day 8: Cape Coast via sightseeing tour of Assin Manso Slave Camp
Included meals: breakfast, lunch, dinner
Travel south to Cape Coast, stopping along the way at the Assin Manso Slave Camp. Here, join your Tour Director to learn about the Gold Coast's central role in the British slave trade.

- Stop at Assin Manso River Park, where slave traders assessed enslaved Africans' fitness levels, and where the enslaved bathed before being transported to Cape Coast and shipped to the Americas
- See the Door of No Return, through which slaves were marched before being shipped overseas, to a life of slavery in destinations such as Brazil, the Caribbean, and America
- View the Memorial Wall of Return, where travelers of African descent can write their names
- Gather for an included lunch in the town of Assin Manso before continuing on to Cape Coast

This evening, enjoy an included dinner with your group.

Day 9: Sightseeing tour of Cape Coast Castle
Included meals: breakfast, lunch
Pay a sobering visit to the UNESCO-listed Cape Coast Castle, the European-built fortress that served as the "grand emporium" of British slave trade. Thousands of Africans were brought here to be sold.

- View the castle's own Door of No Return, through which enslaved Africans were led to dungeons and, ultimately, slave ships
- Make your way through the historical museum, which details the story of the castle and Cape Coast

On your way back to the hotel, stop for lunch at a local restaurant with staff trained by the Baobab Children's Organization. The social enterprise is dedicated to teaching trades and traditional arts, and to promoting healthy living and eating, to local youth, many of whom are impaired or have dropped out of school.
Spend a free afternoon in Cape Coast or add an excursion.
+ Elmina Castle, Dinner & Drum Lesson

Day 10: Sightseeing tour of Kakum National Park & Stingless Bee Center
Included meals: breakfast, tasting, dinner
Immerse yourself in nature as you explore Kakum National Park on a guided walking tour.

- Traverse the platforms and elevated bridges of Kakum National Park's canopy, one of West Africa's surviving tropical rain forests
- Keep your eyes peeled for local wildlife, including monkeys and birds

Afterward, enjoy a unique experience during a guided tour of the International Stingless Bee Centre.

- Learn about the bees' unique medicinal qualities and significance for Ghana's ecosystem
- Visit the hives and the stingless bee walkway
- Enjoy a tasting of honey

Then, head back to Cape Coast and sit down for an included dinner.

Overnight Flight → 1 night

Day 11: Transfer to Accra, sightseeing tour of Global Mamas & departure
Included meals: breakfast, farewell lunch
Make your way back to Accra and celebrate your trip with your group over a farewell lunch at a local restaurant.
After lunch, visit Global Mamas for a tour. The fair-trade organization helps female artisans sell their traditional, hand-crafted products in global markets, in turn creating a life of economic independence for the women and their families.
Transfer to the airport for your overnight or early morning flight home.

Arrive Home

Day 12: Arrival at home
Arrive at home today.

Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save $10 when you book your excursion up to three days before your tour departs.* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: **goaheadtours.com/GHN | 1-800-597-0350**

Day 4: Shai Hills Game Drive & Hike
$79/$89* (9 hours, departure time varies)
Head outside of Accra to the Shai Hills Resource Reserve. A mosaic of forests blankets the reserve's five hills, and lush grasslands flow through its valleys. Climb aboard a 4x4 game-drive vehicle, and set off into the reserve in search of zebras, baboons, antelope, and more than 170 species of birds. Then, hike to the summit of Mogo Hill and enjoy panoramic views of the Greater Accra Savannah. Enjoy an included lunch before heading back to your hotel in Accra. Please note: While on the hike, you'll visit Sayu, Adwuku, or Hieweyu cave if time permits. The Mogo Hill hike is easy to moderate and takes about 25 minutes.

Day 6: Ghana Fashion Show & Dinner
$175/$185* (3 hours, departs in the evening, includes dinner)
Meet the successful Ghanaian businesswoman behind Divine Grace Poise (DGP), a group of creatives that includes fashion and accessories designers, seamstresses, and tailors—many of whom are young females. Sit down for a private fashion show featuring some of the group members' collections, then learn about the obstacles Ghanaian women face when establishing their own businesses. Before wrapping up your visit, you may choose to purchase some of the group members' original designs and accessories. Afterward, head to a local restaurant and sit down for an included dinner.

Day 7: Ashanti Heritage & Lake Bosomtwe Lunch
$75/$85* (8 hours, departure time varies, includes lunch)
Make your way to the Yaa Asantewaa Shrine, one of the UNESCO-listed Asante Traditional Buildings, which are some of the last remains of the great Asante civilization. Tour the shrine with a local guide, and learn about the Asante Empire's unique architecture. Then, travel to Lake Bosomtwe, Ghana's only natural lake and one of just six meteoritic lakes in the world. Enjoy a canoe ride along the lake, which is considered sacred by the Ashanti people. Afterward, sit down for an included lunch featuring local specialties.

Day 9: Elmina Castle, Dinner & Drum Lesson
$105/$115* (5 hours, departs in the afternoon, includes dinner)
Visit Elmina Castle, a UNESCO World Heritage site and the oldest European building in sub-Saharan Africa. The castle dates back to 1482, and served as a major slave-trading post; more than 30,000 enslaved Africans passed through before being sent across the Atlantic, to destinations such as the Caribbean and America. Tour the castle, where many descendants of enslaved Africans have come to retrace their families' heritage. Afterward, make your way to the beach for dinner, sunset views, and time to reflect. Then, join some locals on the beach for a fun evening spent learning traditional drumming and dances around a roaring bonfire.

*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at goaheadtours.com/terms