



## **TOURIST ITINERARY**

JANUARY 30<sup>TH</sup> TO FEBRUARY 10<sup>TH</sup> 2018

### **DAY 1 WEDNESDAY JANUARY 31<sup>ST</sup> WELCOME TO ACCRA, GHANA**

Arrive at Kotoka International Airport in Accra, Ghana at 8:40AM. Transfer to the Auruba Guest House. 1pm Brief orientation and dinner. Overnight stay at Auruba Guest House.

### **DAY 2 THURSDAY FEBRUARY 1<sup>ST</sup> ACCRA CITY TOUR**

Wake up call, morning exercise and breakfast. 8AM leave hotel for Accra City tour including the WEB Dubois Center, George Padmore Library, Independence Square, Kwame Nkrumah Memorial Park and the Culture Center. 6PM Dinner Social gathering..... Overnight at Auruba Guest House.

### **DAY 3 FRIDAY FEBRUARY 2<sup>ND</sup> KUMASI ASANTE REGION**

Wake up call, morning exercise and breakfast. 7AM Check out of the Auruba Hotel and Depart for Kumasi. Check into Noda hotel. Dinner 6pm. Overnight at Noda hotel

### **DAY 4 SATURDAY FEBRUARY 3<sup>RD</sup> KUMASI TOUR**

Wake up call 7AM morning exercise and breakfast. 8AM Leave hotel for Kumasi City Tour and Neighboring Craft Villages including Ntonso for Kente Weaving and Adinkra, Printing, Wood Carving village and Bonwire the famous Kente cloth weaving village. More shopping at the Culture Center. Drive through the Kwame Nkrumah University of Science & Technology. 6PM Dinner and social gathering with group. Overnight at the Noda Hotel.

### **DAY 5 SUNDAY FEBRUARY 4<sup>TH</sup> ASSIN MANSO/ ELMINA/ CAPE COAST**

Wake up call, morning exercise and breakfast. 7AM Check out of the Noda hotel. Depart for Assin Manso Old slave fort. Drive through the Cape Coast University. 6PM Welcome Dinner celebration of our visit at One Africa. Overnight at the One Africa Resort. [www.oneafricaghana.com](http://www.oneafricaghana.com)

DAY 6 MONDAY FEBRUARY 5<sup>TH</sup> CAPE COAST/CASTLE DUNGEONS

Wake up call, morning exercise and breakfast. 9AM depart for the Cape Coast then Elmina Holocaust Dungeons where many of our ancestors were held prior to shipment across the Atlantic during the slave trade after going through the Door of no return.

Naming ceremony on One Africa beach front. 6PM Dinner and various night life options. Overnight at One Africa Resort. [www.oneafricaghana.com](http://www.oneafricaghana.com)

DAY 7 TUESDAY FEBRUARY 6<sup>TH</sup> VOLTA REGION TAGBO WATERFALLS AND AFADJATO MOUNTAINS

Wake up call, morning exercise and breakfast. 7AM Check out of One Africa Resort and depart for a trip to the Volta Liati Wati. 6PM Dinner with local historian and various night activities. Overnight at Guest house in Liati Wati.

DAY 8 WEDNESDAY FEBRUARY 7<sup>TH</sup> VOLTA REGION TAGBO WATERFALLS AND AFADJATO MOUNTAINS

Wake up call, morning exercise and breakfast. 8AM Hike to the waterfalls. Spend time reflecting with the natural music of the waterfalls and surrounding nature. Eat lunch at waterfalls. Return by 4PM. Relax the rest of the day. 6PM Dinner and discussion on the way forward for the Global African family.

DAY 9 THURSDAY FEBRUARY 8<sup>TH</sup> ABURI AKUAPEM MOUNTAINS

Wake up call, morning exercise and breakfast. 7AM Check out of Guest House and depart for a trip to Aburi Akuapem Mountains Eastern Region. 1PM Check in to Aruba Guest House. Lunch on arrival.

FREE DAY

DAY 10 FRIDAY FEBRUARY 9<sup>TH</sup> OPENING CEREMONIES DINNER EAST LEGON

Wake up call, morning exercise and breakfast. Free Day

2PM Depart Aruba Guest House to NUBUKE Foundation near Mensvic Hotel in East Legon Accra

Opening Ceremonies Dinner w Vegan All Star of the year

6pm to 8pm

Return to Aruba Guest House 6pm. Sleep overnight.

## DAY 11 SATURDAY FEBRUARY 10<sup>TH</sup> ABURI AKUAPEM MOUNTAINS

Wake up call, morning exercise and breakfast. Depart Aruba Guest House 8am to attend

The AFRICAN CULTURE AND WELLNESS FESTIVAL AND CONCERT

9am to 12 midnight Exhibition, African Fitness and Wellness Workshops and

The REGENERATION CONCERT w Special Guest poet, writer, actor, artist Mutabaruka

(see schedule for workshops, expo and concert at [www.acawf.com](http://www.acawf.com))

## DAY 12 SUNDAY FEBRUARY 11<sup>TH</sup> DEPART ACCRA TO WASHINGTON D.C.

Free day. Check out of your room by 12PM and move all bags to the designated area. Dinner at 4PM with a 5PM Check out of the Aruba Guest House to leave for Accra Airport.

***(Note this itinerary may change slightly for logistic and operational efficiency)***

### **Hotels that we are staying at in Ghana**

The Noda hotel in Kumasi      [www.nodahotel.com](http://www.nodahotel.com)

One Africa Resort in Elmina      [www.oneafricaghana.com](http://www.oneafricaghana.com)

Aruba Guest House      +233 240 144 797

### **Ghana Embassy**

[www.ghana-embassy.org](http://www.ghana-embassy.org)

### **Maps of Ghana**

[www.library.yale.edu/~fboateng/ghana2.gif](http://www.library.yale.edu/~fboateng/ghana2.gif)

[www.tanguydlv.free.fr/Pays/Carte-Ghana.gif](http://www.tanguydlv.free.fr/Pays/Carte-Ghana.gif)

### **Map of Africa**

[www.library.northwestern.edu/africana/map/](http://www.library.northwestern.edu/africana/map/)

For questions and additional info contact Tour Organizer:

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