



The fortress at Cape Coast, Ghana, from where hundreds of thousands of Africans were forcefully loaded onto slave ships, is being restored as a tourist attraction with the help of funding from the United States.

Explore Senegal & Ghana 12-Days May – October, 2011

Day 1 Arrive In Dakar, Senegal

International flight arrives in Dakar. You are met, assisted and transferred to your hotel. Day at leisure to relax and refresh.

Meal(s) Included: No

Overnight at Novotel Dakar or Similar

Day 2 Dakar

Today go on a city tour of Metropolitan Dakar. Visit the colorful markets including Tilen Market, famous for a variety of medicinal herbs and traditional healers. Visit the National Art Gallery and the picturesque residential district of Medina.

Meal(s) Included: Breakfast

Overnight at Novotel Dakar or Similar

Day 3 Goree Island

Today visit the World Heritage Site of Goree Island. Tour includes a visit to the ethnographic museum and a lecture by the curator on the history of Goree Island.

Meal(s) Included: Breakfast

Overnight at Novotel Dakar or Similar

Day 4 Pink Lake

Tour of Pink Lake and neighboring village. Explore the dunes in a 4x4 vehicle. Continue to St. Louis, Senegal's former French Colonial Capital.

Meal(s) Included: Breakfast

Overnight at La Residence or Similar

Day 5 Arrive In Accra, Ghana

Morning at leisure before departure flight to Ghana. On arrival in Accra you will be met, assisted and transferred to your hotel for the next three nights

Meal(s) Included: Breakfast

Overnight at Novotel Accra City Centre Hotel or Similar

Day 6 Accra

After breakfast there is an orientation followed by a city tour of Accra which includes the W.E.B. Dubois Center for Pan Africanism and library. Visit Black Star Square and the Kwame Nkrumah Memorial (the tomb of Ghana's first President. Pass by Independence Arch-Accra's ceremonial grounds. After lunch (on your own) we continue to historic Jamestown to meet the fishermen of Salaga beach.

Meal(s) Included: Breakfast

Overnight at Novotel Accra City Centre Hotel or Similar

Day 7 Accra /Mampong / Kumasi

After breakfast, we depart to Aburi Botanical Gardens. Aburi was established in 1890 as an agricultural research station and convalescent home for the British Colonial Administration. Learn about the cultural and medicinal importance of the trees in these gardens.

Continue to Tetteh Quarshie Cocoa Farm, the first commercial Cocoa farm in Ghana. You will touch the actual Cocoa pods. Cocoa is Ghana's largest export and is used to blend some of the world's finest chocolates.

Continue to Mampong Center for Research into Plant Medicine and Herbal Research Center. You will get an insight into the treatment of Diabetes and high blood pressure using traditional medicine.

Continue to Kumasi.

Meal(s) Included: Breakfast

Overnight at Sir Max Hotel or Similar

Day 8 Kumasi

After breakfast we will visit the Kumasi Central Market, the largest open-air market in West Africa, where more than 10.000 traders ply their wares. Continue with visits to the

Ashanti craft villages starting with the Woodcarving Village of Ahwiaa, known for the talented craftsmen who fashion royal stools, walking sticks and fertility dolls. Our second stop is the village of Ntonso where Artisans hand-stamp patterns on cotton cloth to make Adinkra textiles that are worn for funerals and other solemn occasions. Our third village is Bonwire where the famous Kente cloth is handmade on looms, in a time-honored tradition passed down through generations. Visit the home of Nana Yaa Asantewaa, the legendary female general who led Ashanti Armies against British Forces in 1900. After lunch our tour continues with a visit to Manhiyia Palace and museum.

Meal(s) Included: Breakfast, Dinner

Overnight at Sir Max Hotel or Similar

Day 9 Kumasi /Cape Coast

After breakfast, depart to Cape Coast. the realm of the ancient Ashanti Kingdom of Gold. En route we stop at a village to interact with the villages and learn about their culture and daily activities.

Continue to Cape Coast and visit Elmina Castle or Fort Sao Jorge de Elmina. Elmina Castle, a UNESCO World Heritage Site, was built in 1482 and is the first European structure in sub-Saharan Africa.

Meal(s) Included: Breakfast, Dinner

Overnight at Sir Max Hotel or Similar

Day 10 Cape Coast

Our tour of Cape Coast continues with a visit to the nearby Volta Fishermen Community, a coastal village with traditional industries and Volta style houses (Circular thatched Huts). Continue to Cape Coast Castle and the Castle Museum for a guided tour. Cape Coast Castle is another restored UNESCO World Heritage Site. The Castle was one of the embarkation points for Africans being shipped to slavery. Cape Coast was also the capital of Ghana during the Colonial Era.

Meal(s) Included: Breakfast, Dinner

Overnight at Elmina Beach Resort or Similar

Day 11 Cape Coast/Accra

After breakfast, depart to Accra stopping at Kakum National Park. Kakum Park is one of Ghana's most famous parks. Kakum is also home to Africa's only aerial walkway through the tree canopy, a 1000-ft long, seven-bridge walkway with viewing platforms that reaches heights of over 150 ft above ground. Continue Cape Coast to check into your accommodations for the next two nights.

On arrival in Accra, visit Makola Market and bargain with traders for a variety of products.

Meal(s) Included: Breakfast

Overnight at Novotel Accra City Centre Hotel or Similar

Day 12 Accra - Depart

Today decide on your activities and tours with the assistance of your driver and guide. Day room provided for relaxation until late evening transfer to the airport for your departure flight.

Meal(s) Included: Breakfast

RATES

Rates May – October

Double occupancy: \$2740 – land only

Triple occupancy: \$2590 – land only

Single supplement - \$580

Included

- Meeting and assistance upon arrival
- Roundtrip airport to hotel transfers and luggage handling
- Hotel accommodation in the indicated properties
- Transportation in private air-conditioned vehicle
- Experienced English-speaking tour guides
- Meals indicated (11 breakfasts, 4 dinners)
- Admission to sites listed

All Travel Arrangements Made By Colesville Travel

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