

# MNA GHANA

AFRICAN TRAVEL

*Come and see the beautiful  
side of Ghana*



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Our Itinerary



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# Background Information

Ghana is a country in West Africa, with a southern coastline that borders on the Atlantic Ocean. Also known as the Gold Coast, Ghana was formerly a center of the slave trade.

Ghana is considered a great place to start if you want to visit the continent of Africa. Ghanaians are particularly welcoming to all visitors and Ghana provides many opportunities to experience Africa through national parks, beaches, urban adventures and night life.



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**8 Days, 7 Nights**

**DAY 1-3**

**DAY 4-6**

**DAY 7-8**



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### Day 1-

- Pick from airport
- Arrive at hotel
- Relax and enjoy the hotel (refresh and recharge)
- For those who arrive early in Accra, lunch at the hotel or a restaurant nearby
- Welcome ceremony (welcome dinner, meet and greet and discuss the upcoming tour)

### Day 2-

- Breakfast at hotel
- Depart from the hotel at 9 am
- Tour of Accra (changes may occur due to closures, festivals, cultural events or holidays)
  - Independence Square & Black Star Gate
  - Flagstaff House
  - Kwame Nkrumah Memorial Park & Mausoleum
  - Accra Art Center/Centre for National Culture
  - Oxford St
- Lunch at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)  
(Tour of Accra continues)
- Dinner at restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client).
- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client).

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### Day 3-

- Breakfast at hotel
- Depart from the hotel at 7 am
- Travel to Akosombo/ Volta region (approximately 2 hours 30 min)
- Boat ride on the Volta River, with snacks/water (any other food/beverage will be at the expense of the client)
- Lunch at restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Day trip at a local hotel (Bridgeview Resort, The Royal Senchi Hotel, or similar place), swim, relax (entrance fee covered by MNA, other activities e.g., spa/massage etc. will be at the expense of the client)
- Return back to the hotel
- Dinner at a lounge/ or restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client)
- Return back to the hotel

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### Day 4-

- Breakfast at hotel
- from the hotel at 8 am
- Travel to Ada Aqua Safari (approximately 1 hour)
- Explore Ada Aqua Safari
- Lunch at a restaurant in Aqua Safari or locally (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Drive back from Ada Aqua Safari to Accra
- Dinner and dance at Afrikiko or similar restaurant (Salsa Dance Nights at Afrikiko Every Wednesday or Kizomba dancing on Thursdays)

### Optional-

- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client)
- Return back to the hotel

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### Day 5-

- Pick from airport
- Arrive at hotel
- Relax and enjoy the hotel (refresh and recharge)
- For those who arrive early in Accra, lunch at the hotel or a restaurant nearby
- Welcome ceremony (welcome dinner, meet and greet and discuss the upcoming tour)

### Other Activities-

- Aburi Crafts Village (purchases will be at the expense of the client) or
- ATV Aburi - Quad biking (participation will be at the expense of the client) or
- We-Ape Mega Zipline & Adventure Park (participation will be at the expense of the client)
- Dinner at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Return back to the hotel

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### Day 6-

- Breakfast at hotel
- Depart from the hotel at 7 am
- Travel to Cape Coast (approximately 3 hours)
- Lunch at a restaurant (local or continental meals) or similar restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Cape Coast Castle and Elmina Castle
- Kakum National Park/Forest
- Dinner at a local restaurant or hotel (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Drive back to Accra
- Return back to the hotel

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### Day 7-

- Breakfast at hotel
- Depart from the hotel at 9 am
- W.E.B. DuBois Centre in Accra or similar
- Lunch at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- House Tour of Trasacco Valley, Airport Hill Estate and Cantonments
- Dinner at a restaurant or hotel or local joint nearby
- Return back to the hotel

### Day 8-

- Depart hotel at 8 am
- Check out at the hotel
- Local mall nearby/ pick up souvenirs
- relax at hotel if flight is later in the day
- Hotel shuttle bus to airport
- Depart Ghana

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**11 Days, 10 Nights**

**DAY 1-3**

**DAY 4-6**

**DAY 7-8**

**DAY 9-11**

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  - Independence Square & Black Star Gate
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  - Kwame Nkrumah Memorial Park & Mausoleum
  - Accra Art Center/Centre for National Culture
  - Oxford St
- Lunch at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)  
(Tour of Accra continues)
- Dinner at restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client).
- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client).
- Return back to the hotel

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### Day 3-

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- Lunch at restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Day trip at a local hotel (Bridgeview Resort, The Royal Senchi Hotel, or similar place), swim, relax (entrance fee covered by MNA, other activities e.g., spa/massage etc. will be at the expense of the client)
- Return back to the hotel
- Dinner at a lounge/ or restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client)
- Return back to the hotel

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### Day 4-

- Breakfast at hotel
- from the hotel at 8 am
- Travel to Ada Aqua Safari (approximately 1 hour)
- Explore Ada Aqua Safari
- Lunch at a restaurant in Aqua Safari or locally (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Drive back from Ada Aqua Safari to Accra
- Dinner and dance at Afrikiko or similar restaurant (Salsa Dance Nights at Afrikiko Every Wednesday or Kizomba dancing on Thursdays)

### Other Activities-

- \*Nightlife for those who wish to go out or do similar activities (will be at the expense of the client)
- Return back to the hotel

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### Day 5-

- Depart hotel, leave at 8 am
- Travel to Aburi Botanical Garden (approximately 1 hour)
- Lunch at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)

### Other Activities-

- Aburi Crafts Village (purchases will be at the expense of the client) or
- ATV Aburi - Quad biking (participation will be at the expense of the client) or
- We-Ape Mega Zipline & Adventure Park (participation will be at the expense of the client)
- Dinner at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Return back to the hotel

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### Day 6-

- Breakfast at hotel
- Depart from the hotel at 7 am
- Travel to Cape Coast (approximately 3 hours)
- Lunch at a restaurant (local or continental meals) or similar restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- Cape Coast Castle and Elmina Castle
- Kakum National Park/Forest
- Dinner at a local restaurant or hotel (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- 1-night stay at nearby hotel

### Day 7-

- Breakfast at hotel
- Depart from the hotel at 7 am, from Cape Coast to Kumasi, leave at 7 am (approximately 4hrs 21 min)
- Lunch at the Ike's Cafe and Grill, AMBE or similar restaurant
- Tour of Kumasi/ Kumasi Art Center
- Assin Manso Ancestral Slave River Site (the last bath)
- Ghanaian Naming Ceremony
- Dinner at Casa Restaurant, No 5 Bar & Restaurant or similar restaurant
- 1-night stay at nearby hotel

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### Day 8-

- Breakfast at hotel
- Depart from the hotel at 9 am
- Ghana Kente Cloth Making
- Cook a traditional Ghanaian meal for lunch
- Travel from Kumasi to Nkwatia, Rock City Hotel (approximately 2hrs 20 min)
- Dinner at Rock City Hotel or a restaurant nearby
- 1-night stay at Rock City Hotel or a nearby hotel

### Day 9-

- Depart Hotel at 8 am\*
- Travel to Abetifi Stone Age Park or similar
- Spend the rest of the day at Rock City Hotel (including lunch and dinner) or other activities
- Travel from Nkwatia (Rock City Hotel) back to Accra (approximately 3hrs 30 min)
- Return to the hotel in Accra

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### Day 10-

- Breakfast at hotel
- Depart from the hotel at 9 am
- W.E.B. DuBois Centre in Accra
- Lunch at a local restaurant (\* Selected food items can be chosen from the menu. Any additional food or changes in food options/ beverages other than water will be at the expense of the client)
- House Tour of Trasacco Valley, and /or Airport Hill Estate and Cantonments
- Dinner at a nearby or local restaurant
- Return back to the hotel

### Day 11-

- Depart hotel at 8 am
- Check out at the hotel
- Local mall nearby/ pick up souvenirs
- relax at hotel if flight is later in the day
- Hotel shuttle bus to airport
- Depart Ghana

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# Have Any Questions?

To book a trip with MNA Ghana-African Travel or get more information, call us at 1-833-MNA-TOUR (662-8687) or send us an email at [info@mnaghana-africantravel.com](mailto:info@mnaghana-africantravel.com)