

TRIP OVERVIEW

This journey blends Ghana's modern energy with the deep history of the African diaspora—from independence landmarks in Accra to the coastal castles and the story of the 'Last Bath,' and finally to Ashanti royal heritage and living craft traditions in Kumasi. It's built for family connection: plenty of comfort breaks, kid-friendly pacing, and moments to reflect together.



GHANA FAMILY HERITAGE & CULTURE JOURNEY

A 7-day, story-driven itinerary

Operated by
360 Explorer Travel & Tours

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DISCOVER THE BEAUTY OF GHANA



**WIN
SOUVENIR**

WHAT'S INCLUDED

- Private, air-conditioned transportation with vetted driver(s) and seatbelts where available
- Professional local guide(s) plus specialist guides at heritage sites
- Airport pick-up/drop-off coordination
- Curated cultural experiences (market visit, drumming lesson, crafts villages)
- On-call trip support (24/7) during the program



Recommended To Bring

Travel insurance that includes medical evacuation (highly recommended)

• *Any prescription medicines in original containers + copies of prescriptions*

• *Closed-toe shoes (Kakum canopy walkway), sunhat, sunscreen, and insect repellent*

• *Light layers for evenings + modest attire for heritage sites if preferred.*

SAFETY & SUPPORT (INCLUDING AIR AMBULANCE READINESS)

Your family's safety drives how this itinerary is planned and delivered. We use vetted partners, review routes daily, and build in comfort breaks—especially on longer drives. For serious medical incidents, we coordinate rapid medical evacuation through an air-ambulance partner (subject to medical approval, weather, and operational availability) to the most appropriate facility. We also carry a clear escalation plan: local clinic/hospital stabilization first, then evacuation if needed.

DAY 1 | ARRIVE IN ACCRA – A WARM

Welcome

Theme: Day of Arrival

Highlights

Meals

Overnight

Traditional food at home

Diner at a top restaurant

The Hood's Residence

Traditional food at home
Diner at a top restaurant
The Hood's Residence



Arrival Details

Touch down in Accra and feel the shift immediately—warm air, warm smiles, and a city that moves with confidence. After arrival formalities and a smooth transfer, you'll settle into your home base. Tonight is designed to be easy: a home-style welcome meal (think fresh, comforting flavors) and an optional dinner out at a top restaurant. Family moment: If you'd like, end the night with a simple “Why Ghana?” circle—each family member shares one hope for the week.

STEP-BY-STEP FLOW

Afternoon

- Traditional food at home

Evening

- Diner at a top restaurant
- Night at The Hood's Residence

Family-friendly notes

- We keep the day flexible—if the kids need a reset, we can swap in downtime without losing the magic.

Photo links

Accommodation

- The Hood's Residence (private home base) – add photos if available from the host/owner.

Suggested image sources

- Accra skyline (Wikimedia Commons):
https://commons.wikimedia.org/wiki/File:Ghana_accra.jpg

DAY 2 | ACCRA – INDEPENDENCE, MARKETS & MODERN CULTURE

Theme: Accra Day Tour

Highlights

Kwame Nkrumah
Museum; Independence
Square; W.E.B. Du Bois
Center; Makola Market &
Arts Center; Traditional
Drumming Lessons

Meals

Breakfast at the home;
Lunch

Overnight

Night Life in Accra; The
Hood's Residence

Today is your Accra story—Ghana's modern capital and the birthplace of a nation's independence.

After breakfast, you'll visit the Kwame Nkrumah Memorial Park, honoring Ghana's first president and Pan-African visionary.

From there, you'll stand at Independence (Black Star) Square, where national celebrations and military parades mark Ghana's sovereignty.

Next, the journey becomes personal at the W.E.B. Du Bois Memorial Centre, reflecting the bridge between the U.S. and Ghana in the Pan-African movement.

After lunch, you'll dive into everyday Accra at Makola Market—colorful, fast-paced, and full of local rhythm—then browse the Arts Centre for handmade crafts and gifts.

Late afternoon brings a hands-on cultural session: traditional drumming lessons.

Expect laughter, a bit of coordination practice, and big energy—kids love this part.

Tonight, enjoy Accra nightlife at your comfort level: a relaxed lounge option for parents, or a lively spot with music and safe, family-friendly vibes early in the evening.



DAY 2 | ACCRA – INDEPENDENCE, MARKETS & MODERN CULTURE CONTINUED

Step-by-step flow

Morning

- ☒ Breakfast at the home
- ☒ W.E.B. Du Bois Center
- ☒ Traditional Drumming Lessons

MIDDAY

- ☒ Kwame Nkrumah Mausoleum
- ☒ Lunch

Afternoon

- ☐ Independence Square
- ☐ Makola Market & Arts Center

Evening

- ☐ Night Life in Accra
 - ☐ Night at The Hood's Residence
- Family-friendly notes
- ☐ Markets can be busy—keep valuables close and plan a meeting point for the kids.
 - ☐ Hydration matters: we'll keep cold water in the vehicle all day.

Photo links

Key sites

☐ **Kwame Nkrumah Mausoleum/Memorial Park:**

https://en.wikipedia.org/wiki/Kwame_Nkrumah_Memorial_Park

☐ **Independence/Black Star Square:**

https://en.wikipedia.org/wiki/Black_Star_Square

☐ **W.E.B. Du Bois Memorial Centre:**

https://en.wikipedia.org/wiki/W._E._B._Du_Bois_Memorial_Centre_for_Pan-African_Culture

☐ **Makola Market:**

https://commons.wikimedia.org/wiki/File:Makola_Market_Entrance,_Accra,_Ghana.JPG

☐ **Arts Centre (National Cultural Centre):**

https://commons.wikimedia.org/wiki/File:Ghana_National_Cultural_Centre.jpg



DAY 3 | ASSIN MANSO & ELMINA – A DAY OF MEMORY AND MEANING

Theme: Following the footsteps of your ancestors

Highlights:

The Last Bath; Elmina Castle

Meals:

Breakfast at a breakfast place; Diner at Hotel

Overnight

Night Entertainment; Lemon Hotel

This is a powerful day—one that many African American families describe as the emotional heart of the trip. You'll travel toward the Central Region to the site known as the 'Slave River' at Assin Manso, often called the place of the 'Last Bath.' Here, captives were washed before being marched to the coast. We move slowly here, with time to reflect and ask questions.

From there, continue to Elmina Castle—one of the oldest European structures in sub-Saharan Africa. Your guided visit walks you through the architecture, the dungeons, and the stories that still echo in the stone. We'll end with a moment at the 'Door of No Return' area—then step back into fresh air and coastline light. This evening is about rest and restoration at your coastal hotel. If the family is up for it, a calm beach walk at sunset can be a gentle reset after a heavy history day.

Step-by-step flow:

Morning

Breakfast at a breakfast place in Accra

Midday

The Last Bath

Afternoon

Elmina Castle

Evening

Night Entertainment
 Diner at Hotel
 Night at Lemon Hotel

Family-friendly notes:

- Heritage sites can be emotional. We can adjust the guide narrative for younger children and include more outdoor breaks.
- Wear comfortable shoes—castle floors can be uneven and humid inside.

Photo links

Key sites

- Assin Manso 'Slave River' (Last Bath): https://en.wikipedia.org/wiki/Assin_Manso
- Elmina Castle: https://en.wikipedia.org/wiki/Elmina_Castle

Hotel

- Lemon Beach Resort (official gallery): <https://www.lemonbeachresort.com/>



DAY 4 | CAPE COAST & KAKUM – COASTLINE HISTORY AND RAINFOREST ADVENTURE

Theme: The Day of Reckoning

Highlights:

Cape Coast Castle; Kakum National Park

Meal:

Inclusive breakfast at Lemon Hotel; Lunch at Cape Coast

Overnight

Night @ Lemon Hotel

Continue the coastal story with Cape Coast Castle, another major site of the trans-Atlantic slave trade. While the history is intense, your guide will pace it in a family-friendly way, focusing on understanding and honoring those who endured.

Then comes a complete change of scene: Kakum National Park. The canopy walkway rises above the rainforest, offering treetop views and a real sense of adventure. We'll go at the group's pace—no pressure. For anyone who prefers to stay on the ground, we'll arrange an alternate nature experience.

Afterward, return to Accra for a comfortable night at your hotel—swim, relax, and let the day settle.

Step-by-step flow

Morning

☐ Inclusive breakfast at Lemon Hotel

Midday

☐ Cape Coast Castle
☐ Lunch at Cape Coast

Afternoon

☐ Kakum National Park

Evening

☐ Night @ Lemon Hotel

Family-friendly notes

☐ Kakum canopy walkway involves heights. It's okay to opt out—there's a ground alternative.
☐ Bring closed-toe shoes and a light rain jacket in the wet season.

Photo links

Key sites

☐ Cape Coast Castle: https://en.wikipedia.org/wiki/Cape_Coast_Castle
☐ Kakum National Park (canopy walkway): https://en.wikipedia.org/wiki/Kakum_National_Park
Hotel
☐ Lemon Beach Resort (official gallery): <https://www.lemonbeachresort.com/>



DAY 5 | KUMASI – EVERYDAY GHANA, FAMILY FLAVORS, AND A CULTURAL NIGHT OUT

Theme: Living Like a Local

Highlights:

Farm experience

Meal:

Breakfast from Lemon Hotel; Lunch @ Home Styled Restaurant

Overnight

Night @ Lancaster Hotel

Today is designed to feel like ‘real Ghana’—warm hospitality, everyday life, and a few memorable flavors. Start with a local farm experience where you can see how food is grown and prepared (seasonal options may include cocoa, fruits, or small-scale vegetable farming).

Lunch is home-style: a family kitchen and Ghanaian favorites served with pride. Later, you'll have free time to nap, shop, or enjoy the pool before an evening cultural outing. Tonight's experience can flex for families: a relaxed live-music dinner, a cultural show, or a gentle early night if the kids need it.

Step-by-step flow

Morning

Breakfast from Lemon Hotel

Midday

Farm experience
□ Lunch @ home styled restaurant

Afternoon

□

Evening

□ Night @ Lancaster Hotel

Family-friendly notes

□ We keep the day flexible—if the kids need a reset, we can swap in downtime without losing the magic.

Photo links

Experience ideas

□ Local farm experience (example context):
https://en.wikipedia.org/wiki/Agriculture_in_Ghana

Hotel

□ Lancaster Accra Hotel: <https://www.lancasteraccra.com/>



DAY 6 | KUMASI – ASHANTI ROYAL HERITAGE & LIVING CRAFTS

Theme: (Sankofa) Reclaiming my Royalty

Highlights:

CManhyia Palace;
Adawnomase Kente Tour;
Ntonso Adinkra Village

Meal:

Breakfast @ Lancaster
Hotel; Lunch

Overnight

Night @ The Hood's
Residence

An early start takes you inland to Kumasi, heartland of the Ashanti Kingdom. Your first stop is the Manhyia Palace Museum, connected to the Asantehene (Ashanti king). It's a rich window into leadership, tradition, and the artistry of royal court life.

Next, meet master weavers in a kente community. You'll watch the loom work up close and learn what kente patterns communicate—status, events, and identity. At Ntonso, you'll see Adinkra symbol-making, where stamps and ink create visual proverbs—perfect souvenirs with meaning. You will also have the opportunity to make your own adinkra dress.

By evening, return to Accra and check into The Hood Residence—an easy location for a final night of shopping, dining, and relaxed city energy.

Step-by-step flow

Morning

Breakfast at Hotel
□ Ntonso Adinkra Village

Midday

Manhyia Palace
□ Lunch

Afternoon

Adawnomase Kente Tour

Evening

Night @ The Hood Residence

Family-friendly notes

- Long drive day—expect comfort stops and snacks.
- Bring cash for crafts if you plan to shop in the villages.

Photo links

Key sites

Manhyia Palace Museum: https://en.wikipedia.org/wiki/Manhyia_Palace

□ Kente weaving (Bonwire/Adanwomase region): <https://commons.wikimedia.org/wiki/File:Kenteweaving.jpg>

□ Adinkra symbols (Ntonso): https://en.wikipedia.org/wiki/Adinkra_symbols

Hotel

□ No. 1 Oxford Street Hotel & Suites (Commons photo): https://commons.wikimedia.org/wiki/File:Oxford_street_hotel.jpg



DAY 7 | ACCRA – BUSINESS & CULTURE, THEN FAREWELL

Theme: Bye Bye Means see you soon

Highlights:

Business forum

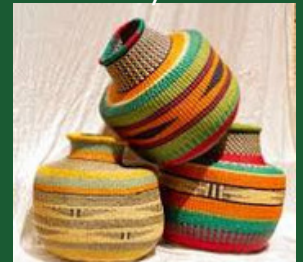
Meal:

Breakfast at Hotel; Farewell
Diner on the boat/beach

Overnight

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Your final day blends optional business tourism with a celebratory goodbye. If you're interested, attend a curated business forum/seminar that introduces Ghana's growing economy, entrepreneurship, and real opportunities for diaspora engagement. The journey closes with a farewell dinner—either on the beach or at a waterside venue—where you'll toast the week and name your favorite moments. Transfer to the airport follows your flight schedule.



Step-by-step flow

Morning

Breakfast at Hotel

Midday

Business forum

Afternoon

☐ ---

Evening

☐ Farewell Diner on the boat/beach

Family-friendly notes

☐ We keep the day flexible—if the kids need a reset, we can swap in downtime without losing the magic.

Photo placeholder (add real images here):

Add 2–4 photos: hotel exterior/interior, and 1–3 key sites from today. Use the links below to source licensed images or official media.

Photo links

Business tourism

☐ Accra business district overview: <https://en.wikipedia.org/wiki/Accra>

Accommodation

☐ The Hood's Residence (private home base) – add photos if available from the host/owner.



OPTIONAL ADD-ONS



**Day trip to
Akosombo Volta
Lake cruise**



**Cocoa farm & chocolate-
making workshop**



**Family photo shoot in
traditional attire**



**Cooking lesson: jollof, light
soup, or waakye**