

Welcome to 2 Yaa Sistahs'

'Retrace, Retreat, Refresh...The Unforgettable Tour to Ghana'

May 1-12, 2019

Brief History of Ghana

Ghana, is a West African country, bounded on the north by Burkina Faso, on the east by Togo, on the south by the Atlantic Ocean, and on the west by Côte d'Ivoire. Formerly a British colony known as the Gold Coast, was led to independence by Dr. Kwame Nkrumah on the 6th of March, 1957. Ghana became the first black nation in sub-Saharan Africa to achieve independence from colonial rule. The country is named after the ancient empire of Ghana, from which the ancestors of the inhabitants of the present country are thought to have migrated.

The population of Ghana is divided into some 75 ethnic groups. The estimated population of Ghana in 2012 is 24,652,402 (females-51%, males 49), giving the country an overall population density of 78 persons per sq km (201 per sq mi). The most densely populated parts of the country are the coastal areas, the Ashanti region, and the two principal cities, Accra and Kumasi. About 70 percent of the total population lives in the southern half of the country. The most numerous peoples are the coastal Fanti, and the Ashanti, who live in central Ghana, both of whom belong to the Akan family. The Accra plains are inhabited by the Ga-Adangbe. Most of the inhabitants in the northern region belong to the Moshi-Dagomba or to the Gonja group. (Source: www.president.gov.gh)

While in Ghana we will stay at **The Miklin Hotel/Sun Lodge Hotel** in Accra, the **Noda Hotel/Miklin Hotel** in Kumasi and **Brenu Beach/One Africa Resort** in Cape Coast.

Regions in Ghana

1. Ashanti Region*
2. Brong Ahafo Region
3. Greater Accra Region*
4. Central Region*
5. Eastern Region
6. Northern Region
7. Western Region
8. Upper West Region
9. Upper East Region
10. Volta Region

TOURIST ATTRACTION SITES/REGIONS WE WILL VISIT

GREATER ACCRA REGION

- Kwame Nkrumah Mausoleum
- Museum for Science and Technology or National Museum of Ghana
- Osu Castle
- Centre for National Culture
- Labadi Beach
- Independence Square
- *Aburi/Tutu – Trinity Home Orphanage and Aburi Botanical Gardens
- The Good Shepherd Orphanage
- Shai Hills Wildlife Reserve

ASHANTI REGION(KUMASI)

- Manhyia Palace
- Armed Forces Museum
- Komfo Anokye Sword Site
- Kumasi Central Market
- Bonwire Kente Weaving Village
- Lake Bosumtwi

CAPE COAST/ELMINA

- Assin Manso
- Cape Coast University
- Cape Coast Castle or Elmina Castle
- Kakum National Park
- Akoma International Academy

Greater Accra Region

1. National Museum of Ghana

The National Museum of Ghana is in the Ghanaian capital, Accra. It is the largest and oldest of the six museums under the administration of the Ghana Museums and Monuments Board (GMMB). The museum building was opened on 5 March 1957 as part of Ghana's independence celebrations. Objects in the archeology section range from the Stone Age period to the recent historical past. Those on permanent exhibition at the ethnography gallery include chief's regalia, indigenous Ghanaian musical instruments, gold weights, beads, traditional textiles, stools and pottery. There are also objects from other African countries acquired through exchange.

Examples are Senfu masks from Ivory Coast, Zulu wooden figures and bead-ware from Southern Africa.

2. Kwame Nkrumah Mausoleum

The Kwame Nkrumah Mausoleum and memorial park is located in downtown Accra, the capital of Ghana. It is dedicated to the prominent Ghanaian leader Kwame Nkrumah. The mausoleum designed by Don Arthur, houses the body of Dr. Kwame Nkrumah and his wife Fatia Nkrumah, it is meant to represent an upside-down sword which in the Akan culture is a symbol of peace. The mausoleum is clad from top to bottom with Italian marble, with a black star at its apex to symbolize unity. The interior of the Mausoleum boasts marble flooring and a mini mastaba looking marble grave marker surrounded by river washed rocks.

3. Shai Hills Wildlife Reserve

Shai Hills Resource Reserve is closest spot to Accra, feel nature and wildlife, there are some activities like rock climbing, bird watching, game viewing, exploring caves and hiking.

4. Center for National Culture

A warren of stalls selling arts and crafts, known simply as the Arts Centre, this is the place to shop in Accra. The level of aggressive hassling may make you want to keep your cedis in your pocket but if you have the patience and wherewithal, you can come away with good-quality handicrafts from all over Ghana.

Ashanti Region

1. Manhyia Palace Museum, Kumasi Ghana

The palace built by the British after the "War of the Golden Stool", was converted into a museum and official opened on 12 August 1995 by the then king, Otumfuo Opoku Ware II. The opening of the museum was part of activities that marked the Silver Jubilee of his accession to the Golden Stool. This palace was used as the office of the Kings. Several artefacts are displayed in the museum. They include furniture used by the Kings, the bronze head of Nana Sir Osei Agyeman Prempeh II, and a sketch map of the Asanteman. There is also Asanteman's first television at the museum, as well as life-sized wax effigies of some of the kings and queens of Asanteman.

2. Lake Bosomtwi

Lake Bosomtwi is the only natural lake in Ashanti Region and Ghana. They consider the lake as sacred. According to traditional belief, the souls of the dead come to bid farewell to the god Asaase Yaa. It is therefore permissible to fish in the lake only from wooden planks. Among the fish species in the lake is the endemic cichlid *Hemichromis frempongi*, and the near-endemic cichlids *Tilapia busumana*.

3. Kumasi Central Market(Kejetia)

The Kumasi Central Market (also known as Kejetia Market) is an open-air market in the city of Kumasi the capital of Ashanti. The Kejetia market is the largest single market in West Africa. Virtually everything that one wants to purchase from a market can be found at Kumasi Central Market. Kejetia market ranges from gold jewelry and diamond jewelry handcrafted by the Ashanti's, food, gorgeous Ashanti kente clothing fabrics and footwear.

4. Kumasi Fort and Military Museum

The Kumasi Fort and Military Museum is among the few recognized military museums in the continent. It's sited in Uaddara Barracks in Kumasi, the center of the Ashanti Region of Ghana. The Kumasi Fort was constructed by Asantehene (the king of Asante Kingdom) in the year 1820, to mark the formerly built coastal forts that were built by European merchants. The fort was renovated in 1897, after it was destroyed by the British forces in 1874. It was built from brown soil and granite that was imported from Cape Coast to the setting.

The museum features military equipment, artifacts and other items used during the British Asante war of 1990 as well as the 2nd World War. Other collections include war weapons, colors, medals, armored cars, portraits and photographs.

5. Bonwire Kente Weaving Village

Bonwire is a town in Ghana, Ashanti Region where the most popular cloth in Africa, popularly known as "Kente", originated. The Kente is worn by the King of the Ashanti Kingdom in Ghana. They use a traditional loom to weave the Kente, every cloth of design weaved has its name and exceptional story.

Central Region

1. Cape Coast Dungeons (Castle)

Cape Coast Castle is one of about forty "slave castles", or large commercial forts, built on the Gold Coast of West in Africa (now Ghana) by European traders. It was originally built by the Swedes for trade in timber and gold, but later used the trans-Atlantic slave trade. They were used to hold slaves before they were loaded onto ships and sold in the Americas, especially the Caribbean. This "gate of no return" was the last stop before crossing the Atlantic Ocean.

2. Elmina Dungeons (Castle)

Elmina Castle was erected by the Portuguese in 1482 as São Jorge da Mina (St. George of the Mine) Castle, also known simply as Mina or Feitoria da Mina) in present-day Elmina, Ghana (formerly the Gold Coast). It was the first trading post built on the Gulf of Guinea, so is the oldest European building in existence south of the Sahara. First established as a trade settlement, the castle later became one of the most important stops on the route of the Atlantic slave trade.

3. Kakum National Park

Kakum National Park, located in the coastal environs of the Central Region of Ghana. The area is covered with tropical rainforest. The uniqueness of this park lies in the fact that it was established at the initiative of the local people and not by the State Department of wildlife who are responsible for wildlife preservation in Ghana. It is one of only 3 locations in Africa with a canopy walkway, which is 350 metres (1,150 ft.) long and connects seven tree tops which provides access to the forest. The most notable endangered species of fauna in the park are Diana monkey, giant bongo antelope, yellow-backed duiker and African elephants.

Please note that the itinerary is subject to minor changes.

For more information, email 2yaasistahs@gmail.com

