

# JOIN US ON THE “ARTS AND HERITAGE JOURNEY™ TO GHANA, WEST AFRICA” AUGUST 17-23, 2019



*Ghana, often referred to as the “Gold Coast” is demonstrated by gold regalia of a Ghanaian King.*

*Akwaaba! Welcome to Ghana! Formerly known as the Gold Coast, Ghana is most famous for being the first country in black Africa to gain its independence from its colonial masters. Known for its friendly, courteous people, amazing natural beauty and wonderful tradition and culture, Ghana is referred to as the “Gateway to Africa”. It certainly is a wonderful destination as it embodies so many good things that Africa has to offer. Your participation in the Arts and Heritage Journey™ to Ghana, West Africa will provide an unforgettable experience into a rich history full of tradition and culture.*

*Ghana’s history spans more than two thousand years from the riches of the great Ashanti Empire to its present day success as a vibrant democratic nation. Known for its abundance of gold, ivory, salt and kola nuts, Ghana drew other African nations and eventually Europeans to its West African shores. From the legendary Ashanti Kingdom, headquartered in Kumasi, to the historic forts, castles and slave dungeons of Cape Coast and Elmina to the vibrant streets of Accra, you will appreciate the exquisite arts and crafts, delicious cuisine, cultural dancing and drumming that will touch your soul with its beauty. Come and enjoy all that the Arts and Heritage Journey™ to Ghana, West Africa has to offer.*

*This is a highly recommended tourism destination for the first time traveler to Africa. On this particular tour, you can truly experience the true sense of a “Return to the Motherland”. Highlights of the Arts and Heritage Journey™ to Ghana, West Africa include: Welcome Dinner with Cultural Entertainment; City Tour of Accra, the Capital City of Ghana; Visit to Aburi Botanical Gardens; Special Meetings with Ghanaian Artists and Tours of Art Galleries; Pilgrimage to Cape Coast and Elmina Forts, Castles and Slave Dungeons; and a Farewell Dinner with Cultural Entertainment. Note: Optional Extended Three Day Program Includes Tour of Kumasi, the ancestral homeland of the Ashanti Empire; Tour of Ashanti Craft Villages; and an Authentic Ghanaian Naming Ceremony.*

*During the Arts and Heritage Journey™ to Ghana, West Africa you will have an opportunity to visit several museums to include: the W.E.B. Du Bois Center Museum and the Kwame Nkrumah Memorial Park Museum in Accra; the Cape Coast Castle Museum and St. Georges Castle (Elmina Castle) Museum in Cape Coast/Elmina. Optional Three Day Extended Program includes the Prempeh II Jubilee Museum and Manhyia Palace Museum in Kumasi.*

## DEPART THE UNITED STATES OF AMERICA

**Day #1 – Saturday, August 17 – Departure from the United States.** Depart from Washington Dulles International (IAD) Airport at 5:40pm on South African Airways flight number 210. Meals Included: *Dinner and Breakfast onboard South African Airways.* *Optional Note: Recommend the option to reserve a hotel room in Accra, Ghana on this date so that upon your arrival in Accra next day you can immediately check into your hotel room.*



## ARRIVE IN ACCRA, GHANA

**Day #2 – Sunday, August 18 - Arrive in Accra, Ghana and Orientation Meeting.** Arrive at Kotoka International Airport (ACC) at 8:00am. After clearing immigration and customs meet with your Ghanaian Tour Guide and transfer by bus to the La Palm Royal Beach Hotel (a 4-star property) for check-in to your hotel room. After taking time to refresh, enjoy an Orientation Meeting with a Welcome Drink. Take time to acclimate yourself to the change in time zone and climate of Western Africa. Later that evening, enjoy a Welcome Dinner with Cultural Entertainment. Afterwards, enjoy a relaxing night's rest at the La Palm Royal Beach Hotel. Meals Included: Welcome Dinner.



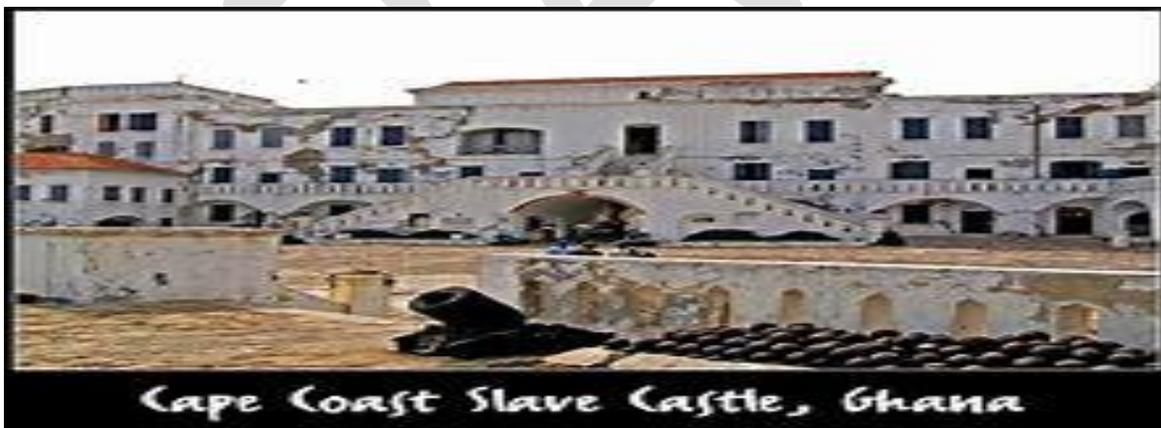
## CITY TOUR OF ACCRA AND ABURI BOTANICAL GARDENS

**Day #3 – Monday, August 19 – City Tour of Accra and Aburi Botanical Gardens.** After a refreshing breakfast, depart for a sightseeing tour of Accra City to see various historical and cultural attractions. Over one hundred years old, Accra offers a blend of colonial and contemporary architecture that symbolizes the cultural mixture of the city. You will have an opportunity to visit the W.E.B. DuBois Center for Pan-African Culture, where Dr. Dubois (an academic and civil rights champion) spent two years working on a Pan-African encyclopedia at the invitation of Dr. Kwame Nkrumah (Ghana's first President). Also visit both the Independence/Black Star Square and Kwame Nkrumah Memorial Park, created to commemorate Ghana's founding father. Also see Osu Castle, the previous seat of Ghana's Presidency. Afterwards, enjoy

a delicious lunch (on your own) at a local Ghanaian “chop bar” restaurant to sample local cuisine featuring “fufu and light soup” which is a starchy meal with a doughy consistency. Afterwards, visit the Arts and Crafts Center – a large arts and crafts market where you will find handicrafts from all over Ghana and Western Africa. Be prepared to use your bargaining skills as you browse the various artisan stalls. Later that afternoon, visit Aburi Botanical Gardens for a scenic view of Accra while walking amongst an abundance of sub-tropical flora. Later, enjoy a relaxing dinner (on your own) and overnight at the La Palm Royal Hotel. Important Note: Don’t forget to pack your luggage for a five day/four night journey to visit Cape Coast, Elmina and Kumasi. Meals Included: Breakfast.

## VISIT GHANAIAN ARTISANS AND ART GALLERIES

**Day #4 – Tuesday, August 20 – Visit Ghanaian Artists and Art Galleries.** After a refreshing breakfast, meet with several Ghanaian Artisans and visit several Art Galleries to possibly include: (a) the Nubuke Foundation which is a new visual art and cultural institution founded in 2006. It serves as a nexus for arts and culture across Ghana while supporting the artistic practice of Ghanaians making the appreciation of art, culture, heritage and history accessible to all. The artistic programming includes exhibitions, readings, talks, film screenings, performances, seminars and workshops for the culturally curious, (b) the Greater Accra Center for National Culture which houses interesting artifacts and traditional handicrafts from Ghana and is a great place to pick-up souvenirs. The art center has many bustling stalls where you can pick-up locally made handicrafts to take back home. The center also displays various paintings and artworks by local artists. This is a great place to experience and even collect some of the local artworks, thus enhancing your local cultural experience, (c) the Foundation for Contemporary Art is a network of artist created in 2004 to offer a platform for the critical presentation, development and promotion of contemporary art in Ghana. It serves as a laboratory that provides resources necessary for the growth of artists creatively and intellectually through a knowledge center/library, exhibitions, workshops, seminars, artists presentations, residencies and publications, and (d) the Ghana Association of Visual Artists which spurs stimulating national interest and appreciation of visual arts, fostering creativity amongst Ghanaians by assisting and encouraging the training of visual artists as well as developing and preserving the promotion of visual artists in Ghana. All of these institutions serve to weave together a fascinating story about Ghana’s rich cultural history. Later that evening, enjoy a relaxing dinner (on your own) and overnight at the La Palm Royal Beach Hotel. Meals Included: Breakfast.



## VISIT TO CAPE COAST AND ELMINA FORTS, CASTLES AND SLAVE DUNGEONS

**Day #5 – Wednesday, August 21 – Tour of Cape Coast and Elmina Forts, Castles and Slave Dungeons.** After a refreshing breakfast, check out of the La Palm Royal Beach Hotel and depart by road for a scenic tour of the Central Region to explore the impressive trade forts, castles and slave dungeons of Ghana. Upon arrival check into the Ridge Royal Hotel (a 4-star property) and enjoy a refreshing lunch. Afterwards, visit the Cape Coast and Elmina Forts, Castles and Slave Dungeons. On this tour you will experience the physical history of the infamous trans-Atlantic slave trade, the impact which is still felt beyond the shores of Africa. Visit the Cape Coast Castle, which was built by the Swedes in 1653 and later taken by the British. The castle is also home to the West African Historical Museum, established by the Smithsonian Institute in collaboration with the Ghana Government in 1994. Afterwards, visit the Elmina Castle, which

was built by the Portuguese in 1482 as St. George's Castle. This castle was the first European structure built in sub-Saharan Africa. Spend a few quiet moments contemplating the awesome brutality of the trans-Atlantic slave trade juxtaposed to the colorful harbor nestled just below Elmina Castle. Later that evening, enjoy a relaxing dinner and restful overnight at the Royal Ridge Hotel. Meals Included: Breakfast, Lunch and Dinner.



## FAREWELL DINNER AND DEPART GHANA

**Day #6 - Thursday, August 22 - Farewell Dinner and Depart Ghana.** After a refreshing breakfast, check-out of the Royal Ridge Hotel and transfer by road back to Accra. Upon arrival, check back into the La Palm Royal Beach Hotel. Enjoy the remainder of the day at your leisure. Consider additional sightseeing attractions, enjoy more shopping opportunities at one of the new shopping malls in Accra, or simply relax by the poolside at your hotel. Later that evening, enjoy a Farewell Dinner with Cultural Entertainment. After a late check-out from the La Palm Royal Beach Hotel transfer to Kotoka International (ACC) Airport for your return flight to the United States of America. Depart at 11:35pm on South African Airways flight number 209. Meals Included: Breakfast and Farewell Dinner with *Breakfast onboard South African Airways.*

## ARRIVE IN THE UNITED STATES OF AMERICA

**Day #7 - Friday, August 23 - Arrive in the United States of America.** Arrive at Washington Dulles International (IAD) Airport at 6:15am. After clearing immigration and customs continue onward to your final destination.

# \* \* \* END OF PROGRAM \* \* \*

### YOUR ARTS AND HERITAGE JOURNEY™ TO ACCRA AND CAPE COAST GHANA, WEST AFRICA INCLUDES:

- Roundtrip International Airfare from Washington Dulles International (IAD) Airport to Kotoka International (ACC) Airport in Accra, Ghana;
- Single Entry Visa for Ghana;
- Roundtrip Airport Transfers in Accra, Ghana;
- All Local Transportation in Air-Conditioned Vehicles Throughout the Tour Program;
- Hotel Accommodations at the following specified hotels (or similar) in Ghana as follows:
  - Accra, Ghana - La Palm Royal Beach Hotel (or similar) for four (4) nights;
  - Elmina, Ghana - Ridge Royal Hotel (or similar) for one (1) night;
- All Meals (exclusive of beverages) for each day as stated in the day-to-day itinerary includes:  
Four (1) Breakfasts, One (1) Lunch, and One (1) Dinner;
- Welcome Dinner with Cultural Entertainment;
- City Tour of Accra and Tour of Aburi Botanical Gardens;
- Meetings with Ghanaian Artisans and Visits to Art Galleries in Accra;
- Tour of Cape Coast and Elmina Forts, Castles and Slave Dungeons;
- Farewell Dinner with Cultural Entertainment;

- English Speaking Tour Guides; and
- Orientation Briefing Materials.

**YOUR ARTS AND HERITAGE JOURNEY™ TO ACCRA AND CAPE COAST GHANA, WEST AFRICA DOES NOT INCLUDE:**

- “Early Overnight” Accommodations at La Palm Royal Beach Hotel in Accra, Ghana (Optional);
- Immunization Shots and Medical Prescriptions for Travel in Africa;
- Optional Shopping Excursions in Accra;
- Optional Activities in Cape Coast and Elmina;
- International Travel Insurance;
- Group Tips and Gratuities;
- Items of a Personal Nature; and
- Overweight Luggage Fees.

**OPTIONAL EXTENDED PROGRAM TO KUMASI**



**TOUR OF THE ASHANTI KINGDOM IN KUMASI**

**Day #6 - Thursday, August 22 - Tour of Kumasi.** After an early breakfast, check-out of the Ridge Royal Hotel and transfer by road to visit Kumasi. Enjoy a scenic drive through the forest zone into Kumasi, the seat of the ancient Ashanti Empire. Upon arrival, check into the Golden Tulip Hotel (a 4-star property) and enjoy a refreshing lunch. Afterwards, explore the legend of the famous Ashanti at the Manhyia Palace Museum. There you will get a sense of the day in the life of an Ashanti ruler (Asantehene). At the museum, you will be able to obtain information about the Ashanti Kingdom, a regal history that dates back to 1700 and is told through relics and artifacts. Enjoy a drive through the City of Kumasi to visit the monument dedicated to the memory of the great Ashanti people. Learn about the legacy of the Ashanti Stool as a symbol of nationhood, and because it contains the “sumsum” or Soul of Ashanti (Asante), the Golden Stool is considered to be so sacred that no person whatsoever is allowed to sit upon it. It is kept with the strictest security and precaution; and is taken outside only on exceptionally grand occasions. Never must it come in contact with the earth or the ground. It is always lying on its own stool or on the skin of an animal such as the leopard. Ashantis have on many occasions made great sacrifices to defend it when its safety had been threatened. In 1896 they submitted to the deportation of their King, Prempeh I, rather than resort to a war in which they feared they might suffer defeat and risk the loss of the Golden Stool. They deemed the loss of their King a small thing compared with the loss of their Golden Stool. End the day at the National Culture Center, featuring the Prempeh II Jubilee Museum and visit the studios of various potters, brass and batik makers. Later that evening, enjoy a relaxing dinner and overnight at the Golden Tulip Hotel. Meals Included: Breakfast, Lunch and Dinner.



## TOUR OF ASHANTI CRAFT VILLAGES

**Day #7 - Friday, August 23 - Tour of Ashanti Craft Villages.** After a refreshing breakfast, visit the three famous villages in the Ashanti Region: Ahwiaa, the wood carver's village, Ntonso, the home of Adinkra, and Bonwire, the Kente weavers' village. You will have an opportunity to see how Ashanti Arts and Crafts are made and buy directly from the artisans who make them. Of most importance is Kente cloth which has a history going back over four hundred years and was the cloth of Kings and still is a traditional ceremonial cloth hand-woven on a horizontal treadle loom. Strips measuring about four inches wide are sewn together into larger pieces of cloths. Cloths come in various colors, sizes and designs and are worn during very important social and religious occasions. In a total cultural context, Kente is more important than just a cloth. It is a visual representation of history, philosophy, ethics, oral literature, moral values, social code of conduct, religious beliefs, political thought and aesthetic principles. The term Kente has its roots in the word Kenten which means a basket. The first Kente weavers used raffia fibers to weave cloths that looked like Kenten (a basket); and thus were referred to as Kenten Ntoma; meaning basket cloth. The original Asante name of the cloth was Nsaduaso or Nwontoma, meaning "a cloth hand-woven on a loom" and is still used today by Asante weavers and elders. However, the term Kente is the most popularly used term today, in and outside Ghana. Time permitting visit the Kwame Nkrumah University of Science and Technology (KNUST). Later that evening, enjoy a refreshing dinner and a relaxing overnight at the Golden Tulip Hotel. Meals Included: Breakfast and Dinner.



## DEPART KUMASI AND RETURN TO ACCRA

**Day #8 - Saturday, August 24 - Depart Kumasi and Return to Accra.** After a refreshing breakfast, check-out of the Golden Tulip Hotel in Kumasi and return by road to Accra. En route, stop at a local village for an Authentic Ghanaian Naming Ceremony (Torgorme Naming Ceremony) with traditional dancing and drumming. Afterwards, enjoy a refreshing picnic lunch before returning to Accra later that afternoon. Upon arrival, check back into the La Palm Royal Beach Hotel in Accra and enjoy the remainder of the day at your leisure. Note: Don't forget to retrieve any luggage that you stored at the hotel. Later that evening, enjoy dinner (on your own) at a local restaurant and afterwards a relaxing overnight rest at the La Palm Royal Beach Hotel. Meals Included: Breakfast and Picnic Lunch.



## FAREWELL DINNER AND DEPART GHANA

**Day #9 – Sunday, August 25 – Farewell Dinner and Depart Ghana.** After a refreshing breakfast, enjoy the remainder of the day at your leisure. Consider additional sightseeing attractions, enjoy more shopping opportunities at one of the new shopping malls in Accra, or simply relax by the poolside at your hotel. Later that evening, enjoy a Farewell Dinner with Cultural Entertainment. After a late check-out from the La Palm Royal Beach Hotel transfer to Kotoka International (ACC) Airport for your return flight to the United States of America. Depart at 11:35pm on South African Airways flight number 209. Meals Included: Breakfast and Farewell Dinner with *Breakfast onboard South African Airways*.

## ARRIVE IN THE UNITED STATES OF AMERICA

**Day #10 – Monday, August 26 – Arrive in the United States of America.** Arrive at Washington Dulles International (IAD) Airport at 6:15am. After clearing immigration and customs continue onward to your final destination.

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### YOUR ARTS AND HERITAGE JOURNEY™ OPTIONAL EXTENDED TOUR TO KUMASI GHANA, WEST AFRICA INCLUDES:

- All Local Transportation in Air-Conditioned Vehicles Throughout the Tour Program;
- Hotel Accommodations at the following specified hotels (or similar) in Ghana as follows:
- Kumasi, Ghana – Golden Tulip Hotel (or similar) for two (2) nights;
- All Meals (exclusive of beverages) for each day as stated in the day-to-day itinerary includes: Four (4) Breakfasts, Two (2) Lunches, and Two (2) Dinners;
- City Tour of Kumasi and Tour of Ashanti Craft Villages;
- Authentic Ghanaian Naming Ceremony;
- Farewell Dinner with Cultural Entertainment;
- English Speaking Tour Guides; and
- Orientation Briefing Materials.

### YOUR ARTS AND HERITAGE JOURNEY™ OPTIONAL EXTENDED TOUR TO GHANA, WEST AFRICA DOES NOT INCLUDE:

- Immunization Shots and Medical Prescriptions for Travel in Africa;
- Optional Activities in Kumasi;
- International Travel Insurance;
- Group Tips and Gratuities;
- Items of a Personal Nature; and
- Overweight Luggage Fees.

**ARTS AND HERITAGE JOURNEY™  
TOUR TO ACCRA AND CAPE COAST, GHANA  
AUGUST 17-23, 2019**

**COST PER PERSON IS \$3,199.00 BASED ON DOUBLE OCCUPANCY  
COST PER PERSON IS \$3,999.00 BASED ON SINGLE OCCUPANCY**

*Please Note That International Travel Insurance is Available Upon Request*

**ARTS AND HERITAGE JOURNEY™  
TOUR TO KUMASI, GHANA  
EXTENDED THREE DAY PROGRAM  
AUGUST 22-26, 2019**

**ADDITIONAL COST PER PERSON IS \$800.00  
FOR THREE DAY EXTENDED TOUR TO KUMASI**

*Please Note That International Travel Insurance is Available Upon Request*

For additional information about the Arts and Heritage Journey™ to Ghana, West Africa please contact Venue International Professionals, Inc. at [vipinc@erols.com](mailto:vipinc@erols.com) or (301) 856-9188.

**B O N V O Y A G E**

**GHANA**

