

Ghana

Global Mamas and Divine Chocolate



Rhythm, wildlife, markets and history: Ghana is one of the friendliest countries in Africa and a fantastic introduction to the sub-Saharan region. With vibrant tribal cultures, a rich history and enchanting music, Ghana is a country you will quickly fall in love with. On this unique cultural expedition, we will visit an organisation that creates Fairtrade and sustainable income opportunities for over six hundred women. We have the opportunity to become part of the rhythm of Ghana with drumming and dance workshops. We will also visit NGO educational projects and look at the historical impact of colonialism. All this and the opportunity to delight in the breathtaking landscape, be prepared for Ghana to steal your heart.



Recommended Itinerary

Day 1: Fly from UK to Accra. Our local staff and vehicle will meet you at the airport, before heading straight to the guesthouse for a light supper and an early night in preparation for tomorrow.

Day 2: Depart Accra and transfer to Elmina, campfire dinner. We'll have an early start to get on the road to Elmina, heading towards our first base camp of the trip. Our cook will introduce us to Ghanaian food and you can eat around a camp fire burning under African stars.

Day 3: Project Visit & Batik Workshop. After breakfasting on the beach, we'll visit 'Global Mama's' – an inspiring non-profit and Fairtrade organisation, assisting women in Africa to become economically independent. During this visit we can learn about the challenges and successes of running these kinds of projects. After lunch it's time to get crafty and turn our hand to learning about the traditional West African art of Batik making.

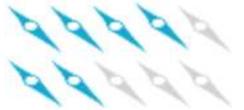
Day 4: Jungle Canopy Walk. This morning we visit Kakum National Park, 357 sq km of protected rainforest which we explore from a monkey's view point on the 40m high canopy walkway! We have a talk about deforestation and the important role national parks & tourism play in helping to protect the forests. Late afternoon, we head to the beach.

Day 5: Project Visit and Ghanaian cookery lesson. Today begins with a visit to two schools run by the Sabre Trust, a charity working to create a brighter future for local children. This is an excellent opportunity to gain an understanding of the challenges facing education in the developing world. In the afternoon we visit a Private Day Care Centre to look at this aspect of education provision. The evening will be spent back at the beach with a Cookery Lesson– prepare your own Ghanaian dinner!

Day 6: School and project visit. Today we'll visit the Baobab School and have an opportunity to learn about how they support students from poor backgrounds to learn valuable vocational and business skills. In the afternoon we participate in a workshop based around the recycling of the plastic waste in Ghana, enabling us to learn about their 'Trashy Bags' products. Ghana has a serious waste management problem and 'Trashy Bags' are helping to highlight the issues in a uniquely creative way.

Day 7: Visit to Elmina Castle. After breakfast we head to St George's Castle in Elmina. Built by the Portuguese in 1482, this is the oldest European building in existence below the Sahara. There will be a talk regarding the history of the castle, in particular the role it played in the Transatlantic Slave Trade. In the late afternoon, once back at camp, we are met by Rasta Kobi who will lead us in a drumming and dance workshop on the beach as the sun sets over the ocean. Ghana has certainly got the beat, we will hear music wherever we go, and this workshop gives us the opportunity to learn some of the traditional drum and dance rhythms.

Culture shock rating:



Physical rating:



Day 8: Exploration, Kuapa Kokoo Cocoa cooperative. From Elmina, we leave the coast and embark on the next leg of our journey - heading for the cultural heart of Ghana, Kumasi. En route we pay a visit to Kuapa Kokoo cocoa cooperative. If you have ever eaten Fairtrade chocolate in the UK, then there is a strong chance it comes from here, and we will find out how this Fairtrade company supports the improvement in working conditions, the banning of child labour and encourages women's increasing participation in business.

Day 9: Kumasi: Ashanti Kingdom and Markets. An early start as we head into the bustling city of Kumasi. Once the capital of the powerful Ashanti kingdom, Ghana's second city is still rich with these traditions, and there will be an opportunity to learn about this fascinating aspect of Ghanaian culture. We'll also visit the huge Kejetia market and take in the vibrant colours and sounds and marvel over the food, fabrics and goods on offer. With over 11,000 stalls it is reputed to be the largest market in West Africa.

Day 10: Travel to Volta Region. We will leave Kumasi and head east to the Volta Region which is a lush forested area situated between Lake Volta and Togo. We will camp by the shores of the scenic Volta, the world's largest man-made lake and see the impressive hydro-electric dam that generates much of Ghana's electricity .

Day 11-12: Lake Volta and Wli Waterfalls. We spend the morning relaxing by the water, watching local fishermen pass by in their dugout canoes before driving to Wli Waterfalls and setting up camp in preparation for tomorrow's trek to the falls, then we'll begin our trek through lush forest to the base of the 40m Wli Falls. Then cool off with an icy dip in the pool, or see if we can catch a glimpse of one of the estimated half a million bats swirling around the top of the cliff. Depending on recent weather, it may be possible to hike to the top of the falls. Either way, we will spend the afternoon relaxing, swimming and exploring.

Day 13-14: Tafi Atome monkey sanctuary/Mt Afadjato to Peki. An action packed day begins with a visit to the Tafi Atome village to see if we can catch a glimpse of the sacred Mona monkeys. After lunch there will be an opportunity to climb Mount Afadjato, the highest mountain in Ghana. At approximately 885 metres above sea level, the peak offers spectacular views of neighbouring Togo, the Tagbo Waterfall, and Volta Lake. Later, we travel to Peki and set up camp under the mango tree at Roots Yard, where we spend the next day relaxing and playing volleyball, table-tennis or chilling in a hammock with a book. Alternatively, we can wander into Peki Village to watch the Kente cloth weavers and drum makers at work. At night, we can relax under the stars and watch a film at the outdoor cinema.

Day 15: Cocoa plantation hike and Fairtrade banana co-operative. We will take a guided hike through cocoa plantations to the shores of Lake Volta where we can take a trip on the lake and explore in fishermen's dugout canoes. In the afternoon we will visit a Fairtrade banana co-operative and suppliers to Marks and Spencer's. After dinner there will be an opportunity to reflect on the trip and to think about all the stories we will have to tell on our return home.

Day 16-17: Shai Hills & arrive home. After breakfast we journey through the Shai Hills to see the Baboons and the beautiful landscapes. We stop at Krobo, the bead capital of Ghana and pay a visit to a fairtrade bead assembly site to see how recycled glass is transformed into these beautiful traditional beads. We depart in plenty of time to reach Accra airport for our evening departure back to the UK. We arrive the next morning, day 17.

Important Information:

It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes or natural events, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides.

	DAYS FOR GIRLS This trip can include a session working alongside Days for Girls, a grass roots organisation aimed at giving every woman and girl access to proper feminine hygiene products and health advice. For more information look on our website: www.thestc.co.uk/travel/days-for-girls
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For more information and a detailed quote, please contact us:
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