



Culinary and Culture

AUGUST 2-11, 2020

GHANA EXCURSION

Tour Highlights

§ 10-Days / 9-Nights

§ Accra city Tour

§ Village Naming Ceremony

§ Tour Elmina castles and slave dungeons

§ Experience walking on a canopy bridge hanging 100 feet above the forest floor in West Africa's most noted tropical rainforest

§ Chocolate Shop

§ Cooking Class



ACCRA CITY TOUR

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 under the invitation Dr. Kwame Nkrumah (Ghana's first President). There you will be treated to a guided tour through Dr. DuBois' research library. You will also make stops at Independence/Black Star Square and Kwame Nkrumah Memorial Park. Overnight: Accra. Meals: B

JAMESTOWN

Accra's oldest neighborhood, Jamestown is still an active fishing harbor with a lighthouse that is worth exploring. If you have the energy to climb to the top, you will be rewarded with spectacular views of the city. From the lighthouse, there is a road which takes you to another otherwise hidden delight: one of the largest working fishing harbors in Ghana. Go early in the morning to see dozens of small boats bring in the day's catch. Your guide will take you through the hidden alleys, old stone houses and the hidden delights of this historic community.

After lunch, you will visit the Arts Center – a large arts and crafts market where you can find handicrafts from all over Ghana and West Africa. Be prepared to use your bargaining skills as you browse the many artisan stalls. Dinner this evening will include a culinary feast representing the food of the coastal region and the original inhabitants the Ga, Fante and Ewe people. Overnight: Accra. Meals: B

CHOCOLATE SHOP

Visit Niche Chocolate/ 57 Chocolate to attend a presentation on how chocolate is manufactured and then afterward treat yourself to a chocolate tasting event within the same premises. Overnight: Accra. Meals: B



CAPE COAST

Explore the infamous forts, castles and slave dungeons of Ghana. On this tour you will experience the physical history of the slave trade, the impact of which is still felt beyond the shores of Africa today. Visit the Cape Coast Castle, which was built by the Swedes in 1653 and later taken over by the British. The castle also houses the West African Historical Museum, established by the Smithsonian Institute in collaboration with the Ghanaian Government in 1994.

In the evening, you will enjoy a lecture on various African foods and foodstuffs and the various preparation methods. Overnight: Elmina. Meals: B






KAKUM NATIONAL PARK

Kakum is one of West Africa's surviving tropical rain forests. The most popular attraction in the forest is the canopy walkway which is made up of seven bridges extending 330m and hanging 100ft above the forest floor. You will be given the choice to walk the canopy **OR** enjoy a 2km nature walk through the forest to discover the wide variety of exotic floral species and the medicinal values they offer.

In the afternoon, attend a cooking class. This will be a practical introduction into West African cuisine, where you will have the chance to cook exquisite food. The products of your work will be served for the groups' dinner that evening, and you will be judged on which dish is the tastiest!! Overnight: Elmina.
Meals: B

A top-down view of a wooden table set with various West African dishes. In the top right, a white bowl is filled with yellow rice, diced carrots, green beans, and green onions. In the center, a white bowl contains a thick, orange-brown soup with a piece of fish and fresh green herbs. To the left, a small white bowl holds a reddish-brown textured paste. In the bottom right, a white rectangular dish contains orange-colored rice. A central woven basket is filled with a mix of diced green and red vegetables. Fresh green leafy vegetables and a bunch of red and yellow chili peppers are also visible on the table.

CULINARY ACTIVITIES

Spend the morning exchanging recipes influenced by Ghanaian, Togolese and Ivoirian dishes. Local chefs will take you through 4 hours of cooking and discussion to gain an insight about West African dishes, spices and a whole range of cuisine. Overnight: Accra. Meals: B

Land Package \$2,375pp



What's Included

- Airport Transfers
- Ground Transportation
- Hotel
- Meals as indicated
- Cultural and Historical Tours
- Attraction Entry Fees
- Tour Guide
- Know Before You Go Webinar/Workbook
- Travel Toolkit

What's Excluded

- Passport
- Visa
- Vaccination
- Airfare
- Travel Insurance (strongly recommended)
- All other meals and beverages, gratuities and any services not mentioned above.

Booking the Trip

- A \$250pp non-refundable deposit is required to reserve your spot.
- Online Payment Plan Available
- Price is based on double occupancy.
- Single Supplement \$845
- **Balance due by June 19, 2020**

REFUND AND CANCELLATION POLICY

Requests must be made in writing. Deposits are non-refundable. Reservations canceled 121-240 days prior to travel date will lose deposit. 91-120 days prior to travel date will lose 25% + deposit. 61-90 days prior to travel date will lose 50% + deposit. 31-60 days prior to travel date will lose 75% + deposit. 30 days prior to travel date no refunds including no-shows or not having proper travel documents.