

September 20 - 26, 2022

7 DAYS, 6 NIGHTS

GHANA - (Support Local Women)

(CULTURAL TRAVEL EXPERIENCE)



Cultural Travel with Sisters Traveling Solo

When you book a cultural travel experience with Sisters Traveling Solo you support **women-owned tour companies** and **small woman-owned businesses or charities whose mission it is to help women** in the country we are visiting. Culturally-themed trip experiences focus on the local people, history and food while economically empowering the women who lend their service and expertise. The local tour partner is a native of the country we are visiting.

Country Overview

Ghana is rich in arts and culture.

Perched on the edge of West Africa and a diverse and bustling nation with an international community and a fast-growing economy, Ghana offers a perfect gateway to the continent. Ghana is home to more historic forts and castles than any other African nation; a throwback to its tumultuous history of colonisation and slavery. The structures left behind are incredible (and sometimes harrowing) in terms of architecture and geography and stretch all along the coastline. They range from the UNESCO World Heritage Site of Cape Coast Castle to the English country-manor style of Fort Gross Fredericksburg.



Accra, Ghana (6 nights)

Accra is the capital of Ghana covering an area of 225.67 km² with an estimated urban population of 4.2 million as of 2020.

Accra may be a small Ghanain city by the sea, but it is big on vibrancy and it also contains a multitude of natural and historical gems that visitors will enjoy.

This heaving metropolis was the backdrop for the birth of African independence in 1957 and continues to capture the hearts and affections of many today.



General Information:

CURRENCY:	Ghanian Cedi (GHS)
CURRENT EXCHANGE RATE:	1 USD = 5.74 GHS
AIRPORT CODE(S):	ACC (Kotoka International Airport)
PASSPORT REQUIREMENTS:	6 months of validity. With 1 empty page per entry (source US State Department)
VISA REQUIRED?	Yes. (for US Citizens) Obtain Your Visa All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	Yes. (Source: US State Department as of trip opening date. Trip participants should research all vaccine requirements.)
HISTORICAL WEATHER TEMPERATURE	74°F - 85°F

Tentative Itinerary



DAY 1 - ARRIVAL

Upon arrival into Kotoka International Airport in Accra, Ghana, collect your bags then head to the driver pick up area to find our driver. The driver will be holding a sign that says Sisters Traveling Solo.

Once you get to the hotel, rest and get acclimated, or explore our beautiful hotel. In the evening, we'll meet for our welcome dinner.

Meal(s) Included: Dinner

Hotel Check-In: 3 PM local time.

DAY 2 - SUPPORT SMALL WOMEN-OWNED BUSINESSES

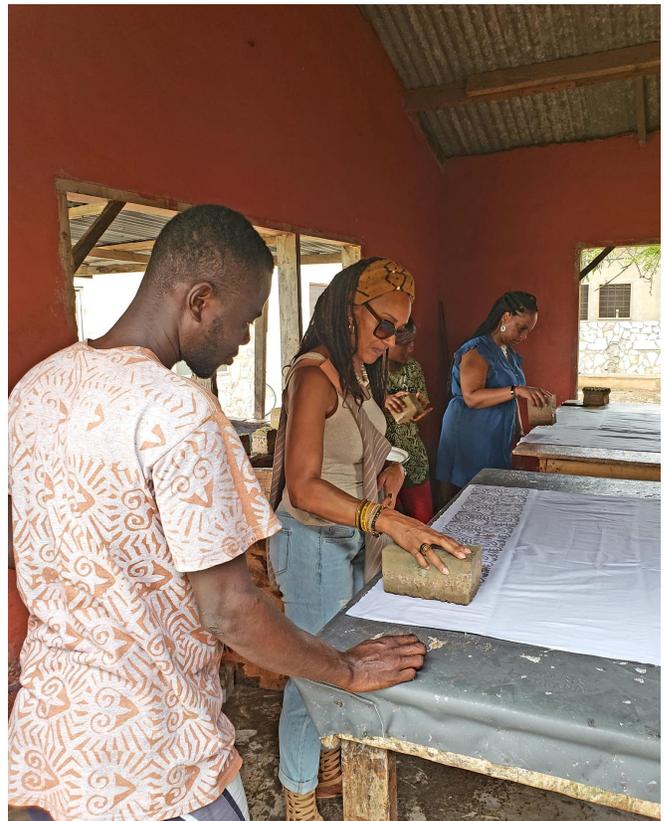
Today after breakfast, you will go and spend the day with a group of Ghanaian craftswomen. You will visit two of Ghana's small women-owned businesses.

During your visit you will:

- a. Make your own tie dyes & batiks
- b. Participant in bead making

You will experience the daily chores of these women as you take part in working with them. Late afternoon return to your hotel.

Meal(s) Included: Breakfast, Lunch, Dinner





DAY 3 - FABRIC SHOPPING / FREE AFTERNOON

Today after breakfast you will go to the fabric section of Makola Market, Accra's largest open air market. This market also has a local of dressmakers who can sew your fabrics to custom made designs of your choice. After your shopping experience take the rest of the day at leisure.

Meal(s) Included: Breakfast

DAY 4 - KAKUM NATIONAL PARK + CAPE COAST

Early this morning you will depart for Kakum National Park, a tropical rainforest located in the heart of the

Attandaso reserve. Upon arrival you will take a breathtaking walk on the 'Canopy Walkway', it is composed of 350 meters of suspended bridge and six platforms at a height of 60 meters (100ft).

After lunch visit Cape Coast Castle and take a tour of this infamous slave dungeon, built in 1653 by the Swedes and later taken over by the British. This was used during the Trans-Atlantic Slave Trade as a holding point for captives. It also houses the West African Historical Museum.

Meal(s) Included: Breakfast, Lunch, Dinner

DAY 5 - FESTIVAL DUNBAR DAY!

Today after breakfast, you will attend a durbar of chiefs and people which climaxes the end of week-long activities. Witness the traditional chiefs all dressed in their traditional regalia i.e. gold Ornaments, kente cloth, traditional sandals etc ride in their palanquins to the durbar grounds. You will experience a unique culture and tradition with lots of drumming and dancing.

Meal(s) Included: Breakfast, Lunch

DAY 6 - SUNDAY MEAL WITH LOCAL FAMILY

Today you will break into small groups and each group will spend the day with a Ghanaian family to cook and have lunch. You will learn some great Ghanaian recipes and enjoy a typical Ghanaian family experience.

At the center of Ghanaian society is the institution of family. The family is not only the basis of Ghanaian social organizations, but is also the main source of social security in old age (emotionally and financially) and the primary or sole caretaker for the young.

Meal(s) Included: Breakfast, Lunch, Dinner



DAY 6 - DEPART GHANA

We hate that our time with you has not ended, but we hope to see you on another Sisters Traveling Solo experience.

After enjoying breakfast at our host hotel, we will begin to transport you to the airport. The final transfer to be offered by our company is at 12 PM local time.

As a reminder all Trip Attendees must check out of our host hotel no later than 11 AM.

Meal(s) Included: Breakfast

What's Included:

[CLICK HERE TO BOOK TRIP](#)

5-Star Hotel Accommodations (6-nights in Accra) - Offering an outdoor pool and fitness center, our hotel is located in Accra in the Greater Accra Region, 0.7 mi from Independence Square.

Rooms - Each room at this hotel is air conditioned and has a flat-screen TV with satellite channels.

Meeting / Visit Local Family - we will break into small groups and each group will spend the day with a Ghanaian family to cook and have lunch. You will learn some great Ghanaian recipes and enjoy a typical Ghanaian family experience.

Dunbar Festival - Witness the traditional chiefs all dressed in their traditional regalia i.e. gold Ornaments, kente cloth, traditional sandals etc ride in their palanquins to the durbar grounds. You will experience a unique culture and tradition with lots of drumming and dancing.

National Park Visit - Kakum National Park, a tropical rainforest located in the heart of the Attandaso reserve. Upon arrival you will take a breathtaking walk on the 'Canopy Walkway', it is composed of 350 meters of suspended bridge and six platforms at a height of 60 meters (100ft).

Fabric Shopping - visit the fabric section of Makola Market, Accra's largest open air market. This market also has a local of dressmakers who can sew your fabrics to custom made designs of your choice.

Cape Coast Visit - take a tour of this infamous slave dungeon, built in 1653 by the Swedes and later taken over by the British. This was used during the Trans-Atlantic Slave Trade as a holding point for captives. It also houses the West African Historical Museum.

Small Women-Owned Business Support - you will go and spend the day with a group of Ghanaian craftswomen. You will visit two of Ghana's small women-owned businesses.

Meals Included - Meals as listed in above itinerary.

Tours & Activities - Tours and activities as listed in the trip itinerary.

Airport Transfers - Transfers provided on the first day of trip between 7 AM - 11 PM EST time. And between 12 AM - 12 PM on the final day of the trip.

STS Apparel - First time trip attendees will receive a STS bag to include a STS t-shirt. For each trip after the first, trip attendees will receive a STS t-shirt. (First trip = white shirt, Second trip = black shirt, Third trip = gold shirt)

What's NOT Included: International flights, gratuity, travel visa, travel insurance, airport transfers, or any other cost not listed in "what's included" section.

Hello Sister!

Thank you for your interest in traveling with Sisters Traveling Solo LLC in 2022! Every time you book with us, you support a black woman-owned business.

You have been redirected to this document because we are currently finishing up the design of our brand new website. The details for this trip can be found between this document and our trip registration form.

The travel world has changed, and we must change with it. After four years in business, it is time for an upgrade in how we do things. When newer brands can easily copy what we are doing, it's time to move to the next level.

What's coming? We are building a brand new website to align with the successful travel companies in this industry. Our new website will be easier for you to navigate, allow for a smoother and complete booking process (no more being redirected), while ensuring that your information remains secure.

We are also updating our policies and terms to better fit our company's changes and the new normal in travel. These policies and terms will also be presented and shared with you differently; no more super long submission forms and checkboxes; we will leave that for the "ultimate luxury" brands.

But for now, nothing has changed, so if you like to book this trip, please click the link below. We can't wait to meet you!

Cole Banks

[**CLICK HERE TO BOOK TRIP**](#)

