



Khloe Kares' Ghana Mission Trip & Cultural Tour

RETURN TO AFRICA

Itinerary for June 18 - 30, 2023

13 Day Tour Program

*Khloe Thompson is returning to Ghana in the Motherland.
Learn the history of the country, including slavery while seeing the beautiful
beaches, waterfalls, other natural resources and the wonderful people.
You will be participating with Khloe in doing mission projects with young people in many
communities across four regions in Ghana.*

DAY 1 – Sunday, 18 June (Flight will depart Los Angeles)

Depart Los Angeles for Accra, Ghana

Check in at airport 3 hours before flight is scheduled to depart, check baggage, clear security and board the flight that will be departing for Amsterdam and the final destination of Accra, Ghana.

DAY 2 –Monday, 19 June (Flight arrives in Accra in the evening)

Change planes at the Amsterdam Airport. Arrive in Accra, Ghana. Clear immigration, customs and transfer from airport to your hotel in Accra. Depart to the hotel where you will be welcomed by drum and dance group, hotel staff, have welcome drink, and orientation. Check into your room, have dinner, organize yourself for the next day, hang out in the lobby bar to mingle or people watch.



Overnight at Alisa Hotel North Ridge (Meals included D)

This hotel is located in central Accra near the National Museum, the National Theatre of Ghana, the Legon Botanical Gardens and Oxford Street. There is a restaurant with 2 bars, one near the lobby and one poolside, health club, tennis courts, and a large outside swimming pool with an outside lounge area. WIFI is available in the guest rooms and the lobby area. An elevator is available, along with an ATM and other banking services.

DAY 3 –Tuesday, 20 June

Accra

After breakfast, embark on a sightseeing tour of Accra. You will ride through the economic and administrative district of Accra, the capital of Ghana. The city has a combination of colonial and contemporary architecture that sums up its rich history.

You will visit the W. E. B. Dubois Centre for Pan-African Culture. You will learn about W. E. B. Dubois's role in the United States and in Africa shaping the civil rights agenda for both the United States and Africa. He was one of the founders on the NAACP in 1909. Dubois was prolific author, editor, civil rights activist and spokesperson for Black people. He visited Africa several times to attend the Pan-African Conferences. These conferences lead by African leaders working to gain independence from the European countries that had colonized and controlled the African continent. At the age of 93, W.E.B. Dubois moved to Ghana in 1961 to work on a new encyclopedia of the African diaspora, called the *Encyclopedia Africana*. This work commissioned by the government of Ghana was to be a scientific and comprehensive work on Africa and peoples of African descent that would refute the Enlightenment notion of blacks being devoid of civilization and the hallmarks of humanity. The project, *Encyclopedia Africana*, was not completed. Dubois's had poor health; he died two years later at 95.

You will continue the city tour driving through old Accra and visit Kwame Nkrumah Memorial Park the final resting place of the first President of Ghana and learn about his influence in Africa and the world during the civil rights and the struggle for Independence. While the memorial was closed on May 27, 2022 for needed renovations, we are hopefully that the memorial will open in time for your visit. Kwame Nkrumah played a key leadership role in Ghana's history, when you understand it was the first country on the African continent to gain its independence from its European oppressor on March 6, 1957.

After this experience, we will visit the art and cultural center for shopping opportunities and visit the Artist Alliance Gallery to view artwork from renowned artists from the continent of Africa. We will return to the hotel and get prepared for dinner.



Overnight at the Alisa Hotel North Ridge (Meals included B, D)

DAY 4 – Wednesday, 21 June

Accra / Cape Coast / Elmina

Note: Wear white attire for the day in honor of your ancestors that might have experienced the enslavement process in West Africa.

After breakfast, check out of the hotel, begin the drive to the Cape Coast Slave Dungeon Museum. Cape Coast is in the Central Region of Ghana, the former capital of Gold Coast.

Slave History

At any point in time, up to 1,000 male and 500 female slaves were shackled and crammed in the castle's dank, poorly ventilated dungeons, with no space to lie down and very little light. Without water or sanitation, the floor of the dungeon was littered with human waste and many captives fell seriously ill. The men were separated from the women, and the captors regularly raped the helpless women. The castle also featured confinement cells — small pitch-black spaces for prisoners who revolted or were seen as rebellious. Once the slaves set foot in the castle, they could spend up to three months in captivity under these dreadful conditions before being shipped off to the Americas.

In 1957, the British granted the Gold Coast its independence. Ghana was formed and the control of the castle was transferred to the new nation's leaders.

Cape Coast Slave Dungeons

You'll visit Cape Coast Castle built by the Swedes in 1663. The fort was later taken over by the British. History will unfold the story of the slave trade, where the impact is still felt beyond the shores of Africa today. Explore the grounds of this infamous castle with its slave dungeon. Every part of the castle has historical significance. This castle also houses the West African Historical Museum established by the Smithsonian Institute in collaboration with the Ghanaian Government in 1994.

This is the slave dungeon that President Obama and his family visited in 2009. You will stand in the confinement cells and learn about your ancestors' experiences. You will reflect on the challenges the men, women and children faced. Of course, you can pass through the "Door of No Return". The children diving and playing in the ocean on the other side of the "Door of No Return" will bring a smile to your face as you watch them jump into the ocean.

Enjoy dinner at a local restaurant. After dinner check into to your hotel.



Overnight at the Coconut Grove Beach Resort (Meals included B, D)



Coconut Grove Beach Resort is the only hotel in Elmina that has access to a clean and safe beach. The popular resort has an ocean view restaurant with the enviable reputation for the best sea food served fresh in the region. Get up early to watch a spectacular sun rise while strolling or sitting on the beach. Take a swim in the pool or wade into the Atlantic Ocean. There are other options available at the resort: a fitness center, clay tennis courts, an animal sanctuary with crocodiles, horseback riding and golfing.

Day 5 –Thursday, 22 June

Elmina / Assin Attandanso Reserve

After breakfast, depart for the Kakum National Park, West Africa`s most noted tropical rain forest. Experience the soothing effects of being in a tropical forest to discover the wide variety of exotic flora species and the medicinal values they offer. Take a walk on the tree top canopy walkway, 100 feet above the forest floor. Later take a walk through the historical fishing village of Elmina. Return to the Coconut Beach Resort for a free afternoon. Relax at the resort, enjoy the crocodile ponds, horseback riding and other activities at this lovely resort. Dinner at seaside restaurant in Cape Coast.



Overnight at Coconut Grove Beach Resort (Meals included B, D)

DAY 6 – Friday, 23 June

Elmina / Kumasi

After breakfast, check out of the resort and then drive to Assin Manso Slave River historical site ~ this is the site which was opened in 1994 to celebrate Emancipation Day when two enslaved descendant bodies from the Diaspora (one from the USA and one from Jamaica) were brought back to Africa. Assin Manso Slave River site is known as the “Last Bath” for captured people being taken to the slave dungeons at Cape Coast and Elmina.

There is a school near Assin Manso that Khloe visited and gave out soccer balls and school supplies in late 2019. Stop by the school to see the children and give the children supplies, soccer balls and treats.

Next begin the long drive through the forest region to Kumasi, seat of the Ashanti Kingdom. The city will offer you monuments of legendary Kings and Warriors of the Ashanti state as you drive through. You will visit Manhyia Palace Museum of Ashanti kingdom. The palace will offer firsthand information about the legacies and exploits of the Ashanti Kingdom.

Late in the day, check into your hotel

Overnight at Kumasi Hotel (Meals included: B, D)

The hotel in Kumasi will be selected based on our high standards. The hotel we intended to use is being renovated.

DAY 7 – Saturday, 24 June

Kumasi

Attire: Wear white for participation and observing a traditional naming ceremony.

After breakfast, you will depart to He-man Village. You will be welcomed by chiefs and people of He-man town amidst drumming and dancing which will pave the way for a cultural ceremony leading up to receiving your traditional names, welcome to your Clans, visit the ancestral river and the ancestral house for African American visitors.

Before leaving the village, you will give the children of the school supplies, soccer balls and treats.

Overnight at Kumasi Hotel (Meals included: B, D)

DAY 8 – Sunday, 25 June

Kumasi

After breakfast, you will be taken to the location selected for the mission project. Details are under development. Your donations of school supplies, shoes, soccer balls, black baby dolls and other items will be presented to the school students and teachers.

Overnight at Kumasi Hotel (Meals included B, D)

DAY 9 – Monday, 26 June

Kumasi / Adanwomase

After breakfast, you will depart to Adanwomase Weaving village for colorful kente cloth woven for the Kings and Queen Mothers of the Ashanti Kingdom. You might be selected to try weaving a kente cloth after seeing a demonstration of the intricate weaving technique. Next you will visit Ntonzu for adinkra print cloth. Next you will visit the Cultural Center, for the opportunity to buy directly from the artisans who make variety of items – wood carvings, fabric, baskets, paintings jewelry and clothing.



Overnight at Kumasi Hotel (Meals included B, D)

DAY 10 – Tuesday, 27 June

Kumasi / Accra

After breakfast, check out and depart for the Koforidua Beads Market where colorful authentic Ghanaian beads await your arrival for bargaining and a shopping opportunity. After this experience, depart to Akuapem Mountains and visit Aburi botanical gardens. The garden was established in 1890 and houses about 700 species of plants and numerous flowers and butterflies. Some of these plants were planted by Former Presidents of some notable Countries in the world. The chance to shop for wood carvings at the peaceful and redesign Aburi craft center will be offered. We journey down south to Accra for check in to your hotel.

Overnight at Alisa Hotel North Ridge (Meals included B, D)

DAY 11 –Wednesday, 28 June

Accra/ Shai Hills

After breakfast, check out of the hotel, you will be driven to the Shai Hills Resource Reserve which combines nature conservation and archeological sites of culture with most impressive view of the Accra plains. Wide open grass plains and backdrop of hills, scattered, climbers and epiphytes play host to a wide variety wildlife including the antelope kob, green monkey, spot-nose monkey and olive baboons. Within the hills are some spectacular caves; prominent among them are Adwuku and Sayou Caves. These caves were the abode of the Shail people since the late Stone Age period until they were dislodged by the colonial Army in 1892. After this experiencing the wildlife park, you will continue with a drive to Akosombo and have a boat ride on the largest man-made lake. Late in the day, you will return to Accra for your farewell dinner.



Overnight at the Alisa Hotel North Ridge (Meals included B, D)

DAY 12 –Thursday, 29 June

Accra

After breakfast, check out of the hotel. Your luggage will be loaded and stored for the day. Venture out to do final shopping and to visit any sites you missed.

Transfer to the airport to begin the journey back to Los Angeles. Check baggage for Loas Angelse and get your boarding passes. Board the plane and depart Accra for Amsterdam.

Day 13 – Friday, 30 June

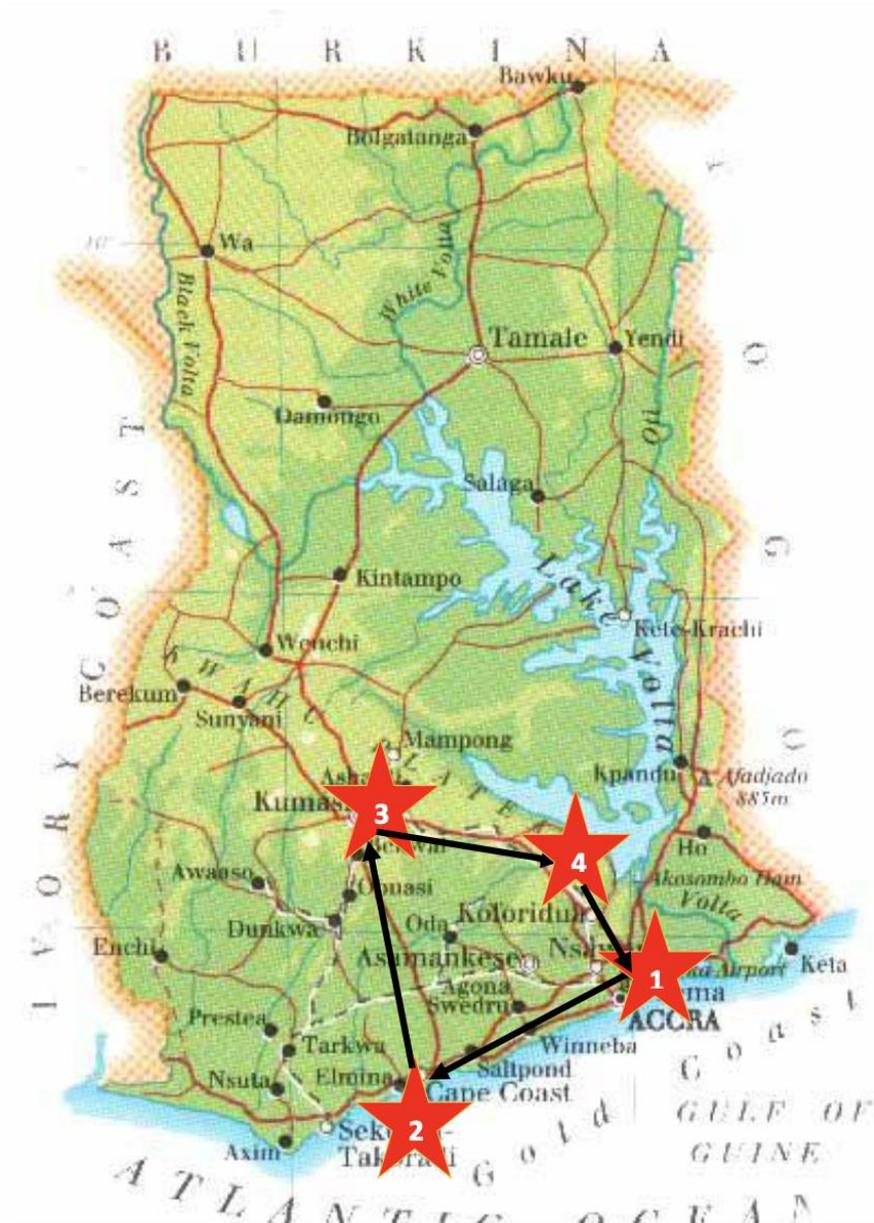
Amsterdam / Los Angeles

Arrive in Amsterdam in morning. Depart for Los Angeles based on flight. Arrive in Los Angeles later in the day to claim checked baggage and to clear customs.

End of Itinerary

Map of Ghana

Locations on the itinerary marked with a STAR



Included in Land Cost

- International airline transportation, if applicable
- All ground transportation and transfers as per itinerary or similar
- All accommodations are based on double occupancy, as specified in this itinerary or similar
- All meals as specified within the itinerary, noted as in **B,L,D**. Drinks with meals not included.
- Entrance fees for all tours and excursions specified in the itinerary or similar
- Professional English-speaking local guides
- Gratuities for tour guides and drivers

Not Included in Land Cost

- Passport fees
- Visa Fees: \$60.00 Single entry; \$100.00 Multiple entry; \$150.00 Emergency on Arrival Single Entry
- Checked bags charges for overweight and for checking more bags than covered by airline ticket
- Domestic airlines if required in Ghana
- Meals not specified in this itinerary
- All drinks with meals: water, juice, soft drinks and alcoholic beverages
- En route meals, hotels, transportation, and other arrangements
- Hotel services like massages and beauty treatments
- Personal items such as laundry, email, fax, telephone, souvenirs, etc.
- Trip cancellation, travel delay, and baggage insurance (**Note: This optional coverage is highly recommended and it can be purchased through your local travel insurance company**)
- Charges incurred as a result of delays beyond the Elevation Tour and Khloe Kares, such as delayed or cancelled flights

Other Travel Tips

- European electrical systems are used in Ghana, so bring adaptors and voltage convertors for charging phones, camera batteries and other electronics
- Bring face cloths because most hotels don't provide them
- Bring and wear comfortable shoes, clothing and potentially a hat. It will be hot and humid
- Bring healthy snacks for in between meals and long rides when traveling to destinations
- For bartering when shopping, bring t-shirts with American sports team logos, digital electronics, name brand items like jeans, sneakers, baseball hats, toiletries, lipstick, nail polish and perfumes.

Health Advisories

- Must bring proof of Yellow Fever immunization with you. It is required to enter African countries across the continent. If this is your first time traveling to Africa get your "Yellow Fever" vaccination at least two weeks before starting the trip.
- Bring and share, if requested, proof of Covid-19 vaccination and any boosters
- Recommend getting a prescription for anti-malaria medication at least two weeks before departing to Ghana. Take the medication as prescribed.
- Drink bottled water throughout your travels. Stay hydrated.
- Do not eat uncooked meat or vegetable (including lettuce and tomatoes) to avoid getting diarrhea. You can eat peeled fruit, cooked vegetables, cooked meat and cooked fish.
- Get and fill a prescription with an antibiotic for potential diarrhea before leaving on the trip.
- Bring and use hand sanitizer frequently. Your hotels will meet Western and European sanitary standards. However, rest stops my lack supplies. Sanitary conditions in most bathrooms, restaurants, and rest stops are not be up to western standards.
- Use insect repellent and sun blocking lotion throughout your travels in Ghana. It is recommended to spray your clothing with insect repellent before packing. This will save you time each morning during your trip. Once you begin your tour, you can respray clothing later in day/evening, if needed while traveling

My Travel Notes
