



## CycleGhana 2023: Cycling and Culture Tour

### Detailed Itinerary

Dates: July 17 – 31, 2023

Tour type: Cycling Expedition and Cultural Tour

Routes: Accra – Cape Coast – Takoradi – Axim – Akosombo – Accra

Group Size: 15+

Duration: 15 days/ 14 nights

**Transportation:** Transportation by a professionally licensed driver in an air-conditioned bus Transportation of bikes throughout trip/ Backpack pickup (Support & Gear vehicle) □ Excluding free days

**Accommodation** 3- & 4-star accommodation or Similar

**Meals:** As indicated in the itinerary B = Breakfast / L= Lunch /D = Dinner  
Incl.: Snacks & fruits on biking days, Bottled water daily (only on biking days)

**Entrance Fees:** Entrance fees to all highlighted attractions are pre-paid

**Support Services:** 1 x Blastours assistant/ (1x bike mechanic/marshal /1 x ride leader/marshal/ 1 x ride marshal 1 x police detail (Road commander)/ 1 x ambulance on biking days

**Mon. 17th July 2023 (Day 1)** Accra – Arrival

Upon arrival, participants will be met for a transfer to the hotel. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra.

## Tues. 18th July (Day 2)

Accra

Start the day with a drive by the Osu Castle (Christiansburg), which was originally built by the Danes as a trading entrepot during the trans-Atlantic slave trade. Stopover at the Independence square, the location where Ghana was first declared a free country. Here, we will see monuments dedicated to Ghana's independence struggle. Make a brief stopover at the Kwame Nkrumah Mausoleum (the final resting place of Dr. Kwame Nkrumah, Ghana's first President). End the day at the Zen Gardens. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B/L)

## Wed. 19th July (Day 3)

Accra

Visit the WEB Dubois Centre for Pan Africanism and the Diaspora African Forum (DAF). You have the option to add the name of an ancestor to the historic Sankofa wall located at the Centre. Spend the evening to a live band performance at the +233 Bar and Grill. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B/L)

## Thurs. 20th July (Day 4)

Accra

Art Tour Set off to explore Ghana's ever-growing art scene with our contemporary Art tour. Start with a visit to the Nubuke Foundation. Continue to Nanof's Art Gallery, where discarded items are recycled to create great works of art. Also visit to the Artists Alliance Art Gallery for contemporary African Art. End the day at the Arts Centre for National Culture (Ghana's biggest craft market). There is a great chance of discovering old antiques by strolling into the deep interior of the crafts market. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra.

## Fri. 21st July (Day 5)

Accra

Biking around Accra for orientation and preparation. Bike inspection and briefing. Welcome and get together with the Gladiators. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B/L)

## Sat. 22nd July (Day 6)

Accra – Cape Coast (Bike ride 150km/93.2miles) Casual

with several stops

Both teams meet and depart from Accra to Cape Coast. Overnight stay at the Ridge Royal Hotel \*\*\*\* (or similar) in Cape Coast (B/L/D)

**Sun. 23rd July (Day7)** Cape Coast – Assin Manso – Cape Coast (110km/68.35miles)  
Casual with several stops

Start the day with a ride to Assin Manso to visit the Ancestral River Park, where people from the northern parts of Africa, were taken for a last bath in the "Donko Nsuo" slave river, before being sent off to the dungeons of our coastal slave castles for shipment to the "New World". Return to Cape Coast in the afternoon. Gladiators return to Accra. Overnight stay at the Ridge Royal Hotel \*\*\*\* (or similar) in Cape Coast (B/L/D)

**Mon. 24th July (Day 8)** Capecoast

Visit the Kakum National Park, which comprises of undisturbed virgin rainforest to experience a walking tour on the longest and highest canopy walkway in West Africa. After lunch, we visit the Elmina Castle, a well-preserved castle. In the late afternoon, take a walk through the Elmina township and market to view some homes built in colonial style and to experience the lifestyle of the Fantis. Overnight stay at the Ridge Royal Hotel \*\*\*\* (or similar) in Cape Coast (B/L/D)

**Tues. 25th July (Day 9)** Cape Coast – Takoradi (bike 85km) –Axim (Coach ride)

Start the day with a ride to the Cape Coast Castle, declared as a UNESCO World Heritage site. Cycle through Elmina to Takoradi. Coach ride to Axim. Spend the night at the Axim Beach Resort\*\*\* (or similar) in Axim (B/L/D)

**Wed. 26th July (Day 10)** Axim

Coach ride to experience a boat ride to Nzulezo the village on stilts. Spend the rest of the day free at the beach. Spend the night at the Axim Beach Resort\*\*\* (or similar) in Axim (B/L)

**Thurs. 27th July (Day 11)** Axim – Takoradi (60km) – Accra (230km)

Coach ride to Accra with a stopover at the Bisa Aberwa Museum, dedicated to promoting African values and celebrating Pan- African heroes. Coach ride from Axim

to Takoradi. Coach ride to Accra. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B/L)

### Fri. 28th July (Day 12)

Accra Shopping Free day with an option to go shopping: Visit the herbal and textile sections of the Makola market, also to experience the hustle and bustle of our local market. You have the option to also visit the Wild Gecko Handicraft shop, Woodin, Global Mamas, etc. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B)

### Sat. 29th July (Day 13)

Accra to Akosombo (Bike Ride 95km/60miles)

Ride with the Gladiators to Akosombo. Experience a boat ride along the Volta River. Overnight stay at the Afrikiko Riverfront Resort (or similar) in Akosombo. (B/L/D)

### Sun. 30th July (Day 14)

Atimpoku – Boti Falls – Accra

Ride through Somanya to the Boti falls and Umbrella Rock. Ride on the bus back to the Accra through Aburi. End the day with a farewell dinner. Overnight stay at the Roots Hotel\*\*\* (or similar) in Accra. (B/L/D)

### Mon. 31st July (Day 15)

Accra – Departure Spend the morning free before departure. No overnight stay (B)

## SUMMARY OF TOUR PACKAGE

Tour Dates: 17th – 31st July 2023

Duration: 15 days and 14 nights

Group Number: 15 Plus

Tour Cost

Group Size	Rate Per Person \$
12- 15	2850

--	--

Additional Cost: Jersey / Donation Boxes Shipment / Miscellaneous    \$100