



## CycleGhana 2026: Cycling and Culture Tour

### Detailed Itinerary

<b>Dates:</b>	<i>July 04th - 14th, 2026</i>
<b>Trip Type:</b>	<i>Cycling Expedition and Cultural Tour</i>
<b>Locations:</b>	<i>Accra- Capecoast- Peki -Accra</i>
<b>Group Size:</b>	<i>12-15</i>
<b>Duration:</b>	<i>11 days/ 10nights ()</i>
<b>Trip Leader:</b>	<i>Kwesi Anti</i>

<b>Transportation:</b>	<i>Transportation by a professionally licensed driver in an air-conditioned bus to all included activities; Transportation of bikes and gear on cycling days ONLY</i>
<b>Accommodations:</b>	<i>Double occupancy in 3- &amp; 4-star accommodations; single occupancy available upon request and with a \$660 additional fee</i>
<b>Entrance Fees:</b>	<i>Pre-paid entrance fees to all attractions included on itinerary, unless otherwise noted</i>
<b>Meals:</b>	<i>Meals included as indicated in the itinerary (B= breakfast, L= lunch, D= dinner); additional light snacks and bottled water on cycling days ONLY; tour guides and trip leader will share restaurant recommendations for meals not included (at your own expense)</i>
<b>Support Services:</b>	<i>1 x Blastours Assistant; 1 x bike mechanic; 1 x ride leader; 1 x ride marshal; 1 x police detail (Road Commander); 1 x ambulance- on cycling days ONLY</i>

### **Sat. 04<sup>th</sup> July (Day 1) Accra - Arrival of Team**

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

### **Sun. 05<sup>th</sup> July (Day 2) Accra City Tour**

Start the day with a guided tour through Jamestown 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. Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B)

### **Mon. 06<sup>th</sup> July (Day 3) 1st Ride/ Mankessim – Cape Coast (Bike ride 50 km)**

Depart by coach to Mankessim from Accra (6:00am). Gather for ride to Cape Coast. Overnight stay at the Ridge Royal Hotel \*\*\*\* (or similar) in Cape Coast (B/L)

### **Tues. 07<sup>th</sup> July (Day 4) 2nd Ride/Cape Coast – Assin Manso - Cape Coast (110km)**

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". After lunch, we visit 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 also to experience the lifestyle of the Fantis. Overnight stay at the Ridge Royal Hotel \*\*\*\* (or similar) in Cape Coast (B/L)

### **Wed. 08<sup>th</sup> July (Day 5) Elmina - Kakum (30km)**

Depart for the Central Region to 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. Also visit the Cape Coast Castle, declared as a UNESCO World Heritage site. Return to Accra after lunch. Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B/L)

### **Thurs. 09th July (Day 6) Accra City Tour**

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, Gracia's Fabric, etc. Visit the WEB Dubois Centre for Pan Africanism and the Diaspora African Forum (DAF). 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 Accra City Hotel\*\*\*\* (or similar) in Accra (B)

### **Fri. 10th July (Day 7) Free Day**

Spend the day free in Accra Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B)

### **Sat. 11th July (Day 8) 3rd Ride**

Accra – Akosombo – Apeguso- Accra – Shai Hills (55km Coach ride) or Optional Bike Ride

Shai Hills – Atimpoku (bike ride) Atimpoku to Apeguso (50km bike ride) Apeguso to Atimpoku (50km bike ride)

Depart from Accra by coach or ride to the Shai Hills nature reserve. Continue on bikes to Atimpoku for lunch at the Afrikiko Riverfront Resort Set off to Apeguso on bikes to visit Vida Cycling Program Hand over donated items and experience a short track race by the girl cyclists .... 30km Return to Akosombo by bike Back to Accra by coach Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B/L/D)

### **Sun. 12th July (Day 9)**

RideAfrique/ CycleGhana & Bahati Foundation Criterium Collaboration with RideAfrique and Bahati Foundation to host a crit in Accra. Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B)

### **Mon. 13th July (Day 10) 4th Ride/ Accra Ride**

Morning ride to the Legon Campus. In the evening join in The Bahati Criterium Dinner. Overnight stay at the Accra City Hotel\*\*\*\* (or similar) in Accra (B)

### **Tues. 14th July (Day 11) Accra**

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