	Proposed Itinerary ABC:Ghana 2011
Sunday	Arrival in Accra. Move into accommodation at the University of Ghana Guest House Quick tour of Accra, dinner at the Guest House
Monday	Presentations at the University Seminars on the African Union – an intergovernmental organization with members from almost all of the African States; Human Rights in Ghana; and Ghana present and future prospects with the discovery of large oil reserves Lunch on-campus with students at the University Dinner at a restaurant on the beach
Tuesday	Visit to Eco Bank Ecobank is the leading independent regional banking group in West and Central Africa with 320 branches in 18 countries Visit to a Cocoa factory The saying 'Cocoa is Ghana, Ghana is Cocoa' portrays the important role cocoa plays in the economy of Ghana. Cocoa is the second foreign exchange earner and the lives of many farmers and their families depend on it. Cocoa products like chocolate, pebbles, cocoa powder feature prominently on the menu in many homes, restaurants and hotels. Ghana is second only to the Ivory Coast in its production of cocoa but produces best quality cocoa beans (http://www.mofep.gov/gh/documents/cocoa%20is20ghana.pdf) Visit to Accra Mall -- Ghana's first western style shopping mall
Wednesday	Departure for Cape Coast via Kakum National Park Kakum National Park is a mostly undisturbed virgin rainforest with a Canopy Walkway Bridge suspended between trees 120 ft above the ground from which many species of birds and butterflies can be observed Drive to Cape Coast via the Coastal belt passing Kaneshi market, Kasoa and Winneba We will visit Cape Coast Castle, a UNESCO World Heritage Site, which was one of the departure points for Africans being sent to slavery in the Americas. The castle is home to the infamous "Door of No Return". Night at Cape Coast
Thursday	Departure for Kumasi On the way to Kumasi we will stop at Assin Manso, the burial site of two former slaves from the U.S. and Jamaica whose remains were re-interred in August 1998 during Ghana's first Emancipation Day Celebration. You will see the "Slave River" where captured Africans were washed before being confined in the Slave Castles In Kumasi we will visit historical sites including the Manhyia Palace Museum and the Prempeh II Jubilee Museum Visits to the arts and crafts markets – Ntonso the Adinkra cloth town where tie and die batik is made Night at Kumasi
Friday	Departure for Accra Tafo Cocoa Research Institute for a guided tour. Lunch at the Institute We will continue to the Tetteh Quarshie Cocoa farm, Ghana's first cocoa plantation Dinner at Chez Afrique, Accra – Great live band featuring Ghanaian and African music Night in Accra
Saturday	Sightseeing in Accra – tour of Accra including Kwame Nkrumah Mausoleum and W.E.B. Dubois Centre. The Arts Centre is a great place to shop for handicrafts Visit to Labadi beach Traditional dinner hosted by a Ghanaian family
Sunday	Last minute shopping and packing Flight to Toronto

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