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ITINERARY FOR MANSTRAVEL GHANA/ SENEGAL/GAMBIA TOUR

DAY 1: 2025: ARRIVAL IN DAKAR

Breakfast and hotel check out

Transfer to airport for departure to Dakar.

Arrival at airport.

Welcome assistance and transfer to your hotel Radisson Blu.

Dinner

Overnight: Radisson Blu in Dakar (5*)

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DAY 2: 2025: DAKAR / GOREE



Breakfast in hotel

Departure for Goree Island situated at four Kilometres from Dakar. The Island ranks today among the classified monuments of the World Patrimony. You will visit the Slave House. Visit of the auction block, the ethnographic Museum, the fort and interact with the inhabitants The Saint Charles Boromee church. Lunch at the restaurant of the Island.

Afternoon return to Dakar for a guided city tour. Visit its main places of interest. Dakar is a peninsular and is the most western located point of the African continent. It is a picturesque and colourful city with its marketplaces, its typical livelihood areas and its residential areas constructed in a Soudano- Sahelian architecture style.

Visit the independence square heart of the city. Then, we continue to “Soweto Square to see the National Assembly, drive to the Cathedral of Dakar, the National Theater. Passing through SANDAGA market, we continue to the Great Mosque and proceed to the imposing Monument of “African Renaissance”. Then drive to the new Museum of Black Civilizations which is said to be the second most important and richest museum of Africa after the Museum of Cairo. This Museum retraces the prehistory, the history and the present of Africa and its Diaspora. It features as well, an Africa, deeply rooted in its cultural values and open to the enriching other cultures of the world

Dinner in a local restaurant
Overnight: Radisson Blu in Dakar (5*).

B/L/D

DAY 3: 2025: DAKAR/PINK LAKE /KEUR MOUSSA (ONLY ON SATURDAY SUNDAY)/DAKAR



Early breakfast in hotel

Depart for the pink lake. Visit the lake one of the rarest phenomena of the world: it takes its pink colour from some micro-organisms and shows a high concentration of salt, as a mirror it sparkles in the middle of sand dunes.

By 4x4 drives tour the lake taking the path or Paris Dakar Rally. Meet the salt harvesters” with their colourful tackle. (If Saturday or Sunday), proceed to Keur Moussa to assist the Mass in a monastery built in the early 1900, benedictine monks celebrate the Sunday mass with the accompaniment of traditional African music instruments.

You will pray and meditate at the sound of the Koras, balafons, soft drums. A profound moment of communion. Return to Dakar and have lunch in a typical restaurant

Dinner

Overnight: Radisson Blu in Dakar

B/L/D

DAY 4: 2025: DAKAR/TOUBACOUTA / JUFFUREH/BANJUL



Early morning departure to Toubacouta pass through Juffureh ancestors’ village of Alex Haley, author of roots).

Then continuation to Banjul by crossing the Barra ferry.

Lunch by the way.

Dinner

Overnight: Ocean Bay Hotel in Banjul

B/L/D

DAY 5: 2025: BANJUL AND SURROUNDINGS



After breakfast at your hotel, you will take a sightseeing tour of BANJUL (capital city of the Gambia, former British colony). Visit the historical museum, the huge Albert market, the new BANJUL ARCH, SERREKUNDA (the most populated city). Last but not least discover KATCHICALY sacred crocodile's pool.

Lunch

Dinner

Overnight: Ocean Bay Hotel in Banjul

B/L/D

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DAY 6: 2025: BANJUL/AIBD INTERNATIONAL - ACCRA

Very early cross the ferry of Banjul and transfer to AIBD International airport at due time for your departure.

Arrive in Accra airport

Meet, assist and transfer to your hotel.

Rest and recuperate

Evening: Welcome Dinner

Overnight: Labadi Beach Hotel or Movenpick Hotel

B/D

DAY 7: 2025: ACCRA CITY TOUR

Breakfast

Depart after breakfast on a city tour of Accra. Our first visit is the W.E.B. Du Bois Centre for Pan Africanism; this is the final burial place and home of the prominent American Pan-Africanist Dr. W.E.B. Du Bois, who led the Pan-African congress between 1919 and 1927. It is currently a Pan African Center for culture and it also has a research library and gallery full of manuscripts. Visit the National Museum of History and Ethnography. This Museum houses a varied collection of Ghanaian artifacts. Objects in the archeology section range from the Stone Age period to the recent historical past. Those on permanent exhibition at the ethnography gallery include chief's regalia, indigenous Ghanaian musical instruments, gold weights, beads, traditional textiles, stools and pottery.

Lunch at a local restaurant

Visit Kwame Nkrumah Memorial Park, burial place of the first President of Ghana. This Mausoleum has been visited by many world dignitaries. Drive past the Independence Arch and the Black Star Square, Accra's ceremonial grounds, to visit the Arts and Crafts market. View from the distance, Christiansburg Castle, former office and residence of the President of Ghana.

Your last stop for the tour will be at the Arts and Crafts market where you may try out your bargaining skills on the local vendors and to “shop till you drop”.

Evening: *Meet Tailors and dressmakers featuring casual wear and formal garments made from local fabric and textile will visit your hotel. You may purchase ready-made clothes or place an order for a custom-made outfit. Rest of day at leisure*

Dinner

Overnight: Labadi Beach Hotel or Movenpick Hotel

B/L/D

DAY 8: 2025 : ACCRA – KUMASI WITH VILLAGE VISIT

Manhyia Palace



Breakfast and hotel check out

Depart Accra to Kumasi in the Ashanti Region, the Kingdom of Gold, History and Culture. Drive past several scenic villages and charming towns and through the evergreen forests. En route stop to visit a cocoa farming village. Interact with the chief and his people.

Arrive in Kumasi and have lunch at a local restaurant.

After lunch go on a city tour of Kumasi visiting the Manhyia Palace and Palace Museum, National Cultural Centre, Prempeh II Jubilee Museum and Okomfo Anokye Sword site. Continue to the Kumasi Central Market the largest open-air market in West Africa and University of Science and Technology School of Art and Sculpture.

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Check in to your hotel

Dinner at hotel

Overnight: Oak Plaza Suites or Lancaster Hotel (4*)

B/L/D

DAY 9: 2023: KUMASI CRAFT VILLAGE TOUR – ELMINA VIA ASSIN MANSO

Craft Villages



Breakfast and hotel check out

Depart to visit a few Ashanti craft villages to observe craftsmen at work using ancient techniques. Your first stop would be at the woodcarver’s village of Ahwiaa, famous for its fertility dolls and Ashanti Stools. Observe the woodcarvers turn pieces of wood into a beautiful Ashanti stool or fertility doll. The next stop is at the village of Ntonso, which produces the hand-printed fabric called the Adinkra Cloth. Ntonso is noted for its indigenous artisans whose expertise lies in the Adinkra textiles printing using traditional symbols that express the spiritual,

moral, political and socio-cultural philosophies of the Akan people. You will receive lessons on how to make your own Adinkra symbols and how to print them on your fabric. The last stop for this tour would be at the historic Kente Weaving Village of Bonfires where the colourful, world-famous Kente cloth is woven on traditional Ashanti looms. Try your hands at weaving and interact with the craftsmen. Lunch at a local restaurant

Depart Kumasi to Elmina. Stop en route at Assin Manso to visit the burial site of the remains of the two ancestors exhumed from New York's Wall Street and Jamaica

Kingston and re-interred on the Emancipation Day 1998. Visit the "Enslaved Africa.

Continue to Elmina

Arrive and check in to your hotel. Dinner

Overnight: Coconut Grove Beach Resort (3*) or similar

B/L/D

DAY 10: 2023: CASTLES TOUR - ACCRA

Elmina Castle



Cape Coast Castle



Breakfast and hotel check out

Depart to visit the Elmina Castle, the first and oldest European structure built of any substance on African soil. This was built by the Portuguese in 1482 and later used as an auction market for a comprehensive guided tour. See the slave dungeons and condemned cells where slave who attempted to escape were incarcerated. View its distinct architecture

Continue to visit Cape Coast Castle and the West African Historical Museum. The guide will conduct you to the slave quarters and Negotiation Hall where our ancestors were bargained for and sold. Pay a solemn Homage to our ancestors and witness the Re-enactment of the Slave Trade by One Africa in the Cape Coast Castle.

Lunch at a local restaurant

Depart to Accra. Drive along the coast past several fishing villages and coconut lined beaches.

Arrive in Accra and check in to your hotel

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Farewell dinner at hotel

Overnight: Labadi Beach Hotel or Movenpick Hotel

B/L/D

DAY 11: 2025 : ACCRA - DEPARTURE

Breakfast and hotel check out

Check out is at 12.00noon

Transfer to the airport for departure

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Package Rate for Quoted for Manstravel Ghana/Senegal Gambia 2025 Group

Min. 10Pax

Double Occupancy : \$4,885.00/pax

Min. 20Pax

Double Occupancy : \$4,721.00/pax

Single Rate Supplement : \$1,590.00/pax

Package Rate Includes the Following

- * 3 Nights at Radisson Blu Hotel or similar in Dakar on Bed & Breakfast basis.
- * 2 Nights at Ocean Bay Hotel or similar in Banjul on Bed & Breakfast basis.
- * 3 Nights at Labadi Beach Hotel or Movenpick Hotel 5* in Accra on Bed & Breakfast basis.
- * 1 Night at Oak Plaza Suites or Lancaster Hotel (4*) in Kumasi on Bed & Breakfast basis
- * 1 Night at Coconut Grove Beach Resort or similar in Elmina or Cape Coast on Bed & Breakfast basis.
- * Overland transportation with air-conditioned vehicle
- * Meals as Outlined in itinerary. B=Breakfast; L=Lunch; D=Dinner (Beverage Extra)
- * Tours and Entrance Fees to Tour Sites as Outlined in Itinerary.
- * English Speaking Professional Tour Guide
- * Hotel taxes

Not Included

- * All Personal Expenses e.g. telephone bills, laundry etc.
- * Items or Events not listed above as Included.
- * Plane Ticket
- * Visa
- * Travel Insurance

THINGS TO BRING WITH YOU

- Travel with US currency notes that are 2013-year series and beyond. We advise that you carry \$100 and \$50 bills as they have higher exchange rates than the lower bills
- Washcloth because most hotels don't give guest washcloth
- European electrical systems are used in Ghana, so please bring adapters (220v) for phones and other electronics.
- Bring snacks with you because you might not always find food during long rides between destinations.

HEALTH ADVISORIES

- Before you leave your home country, please get the required Yellow Fever vaccinations. You should also see your doctor to get malaria tablets.
- Bring plenty of insect repellent and sun tanning lotion. Bring all your must-have medicine needed during the trip. You will be walking a lot in very hot weather, so bring a hat and comfortable walking shoes.
- Sanitary conditions in most places (bathrooms, restaurants etc.) and not always up to Western standards or what you are accustomed to, so please bring handy-wipes and bacteria hand wash.

Extra Cost: One way Banjul – Accra

Asky Airline

BJL ACC 0610 1020
TICKET COST: **\$820.00/pax**

DELTA AIRWAYS

JFK/DAKAR

ACCRA/JFK

TICKET COST: 2,000.00

Fare quoted is current fare and therefore subject to change at the day of purchasing ticket and availability of seats.