

This is Ghana





Akwaaba

A **KWAABA**” - is a term that will greet you everywhere you go in Ghana. Ghana is known for the hospitality and friendliness of its people.

Ghana offers a fascinating cultural experience that links the past to the present in a colourful way. The centuries – old monuments along shores attest to Europe’s trading links with Africa and the Trans-Atlantic Slave Trade.

Nature lovers will be amazed at the richness of the wildlife, which includes elephants, monkeys, birds and butterflies and breathtaking views of varied landscape and unspoilt sandy beaches.

‘AKWAABA to the golden experience. Explore Ghana, immerse yourself in our traditions and lifestyles. Have fun.

visit**Ghana**



GHANA WARMTH, CULTURE AND RHYTHM

Ghana is endowed with a wide range of natural historical and cultural attractions, all of which provide the basis for conservation and preservation, allowing the country to promote a range of diverse tourism products.

Ghana has a unique cultural heritage, featuring a calendar of regular festivals, ancient traditions, artisans, excellent goldsmiths, wonderful wood carvings and herbal medicine. The ecological systems and beautiful landscapes of Ghana feature botanical gardens, tropical rainforests, natural parks, inland lakes and rivers – a true wonder for any visitor.

Among the natural attractions of Ghana are its many pristine tropical beaches. Located along the country's

540 km of Atlantic coast, Ghana is able to cater for niche, offering both beach and golf activities.

The coast of Ghana is dotted with historical monuments such as the forts and castles built during the 14th to 18th centuries by eight different European empires. Visitors can see the dungeons at that were used to accommodate millions of Africans for the famous transatlantic slave trade. They are still standing today, preserved as Unesco World Heritage Sites. These heritage sites and monuments are key to Ghana's special market tourism, attracting many students of history and culture as well as other visitors.





A TOURISM DESTINATION



FOR THAT TRUE AFRICAN EXPERIENCE, IT HAS TO BE GHANA

Renowned for its friendly people and warm hospitality, Ghana is the ideal destination for travellers of all kinds. Whether you're a first time visitor to Africa looking for an ideal introduction to the continent or a seasoned traveller in search of a refreshing alternative to the safari circuit, Ghana has the answer.

There is something for everyone in Ghana. For nature lovers there's a marvelous array of Ghanaian wildlife- everything from elephants to butterflies – while the scenery is breathtaking in its variety. From tropical forests to majestic waterfalls to perfect beaches. And for visitors who like to immerse themselves in the history and culture of a destination, Ghana offers a rich and satisfying experience. This is a land where the past is linked to the present in all kinds of fascinating ways by the institution of chieftaincy with its rich regalia, by the colorful pageantry of its many festivals by the variety of its handicrafts- and above all, by its legendary hospitality.

Ghana stands out as a preferred tourist destination in

West Africa because of its unique offering combination of beautiful scenery, a fascinating history and the nation's time honoured traditions in the fields of art and culture. In fact, with its diversity of natural attractions and its vibrant cultural identity Ghana is able to offer the visitor a micro cosmic taste of Africa.

The atlantics coast of Ghana is dotted with centuries-old forts and monuments that bear testimony to Africa's trading links with Europe and its key role in the transatlantic slave trade. The Ghanaian word for "Welcome" is "Akwaaba" and visitors will undoubtedly hear the expression used several times a day as they travel across this land of warm and friendly people. The smile of welcome is very much a Ghanaian trademark – one that leaves many visitors yearning to return to this friendly country.

So Ghana's message to visitors is "Akwaaba to the golden experience" come and explore our beautiful county immerse yourself in our traditions and lifestyles – and above all, receive and enjoy our hospitality.

NATIONAL SUCCESS STORY

It was on 6th March, 1957 that the former British colony of the Gold Coast became the newly independent nation of Ghana. And its subsequent progress has been a success story of African democracy and stability and development. Ghana has played a pioneering role in Pan-Africanism, helping to open the way for other African countries to gain independence from colonial rule.

Rich in history and culture, Ghana is a nation made up of people who are as warm and welcoming as the Ghanaian climate is balmy.

Here, visitors will find a holiday haven that combines the charms of a tropical beach idyll with a rich heritage of history and culture – plus an amazing variety of wildlife.





Culture



A CORNUCOPIA OF CULTURAL DELIGHTS

From spectacular tribal festivals and vibrant music to unique architecture, dress and local cuisine, Ghana has a rich legacy of culture that is just waiting to be discovered and enjoyed.

One of the hallmarks of Ghana is its great cultural diversity whole the country as a whole is characterized by a unique. African daily rhythm, visitors can expect to find a big contrast in lifestyles, from the downtown bustle of Accra, to the quiet simplicity of the adobe villages in northern Ghana.

Visitors can experience the cultural variety with Ghana by visiting the different regions here they will discover the fascinating legacy of distinct ethnic groups and their centuries old traditions the customs of their ancestor are still an important part of day-to-day life for the people of Ghana.

One of the most obvious dividing lines in Ghanaian culture is between south and north. Along the south coast, life is ruled by the winds and tides of the Atlantic Ocean. Here lies the Fante kingdom where local fisherman still ply their trade in bright coloured pirogues. By contrast the north of Ghana has strong cultural ties with the sandy region of Sahel going back to mediaeval times. This Islamic influence can be seen in the local style of dress and in the distinctive mud- built villages.





— CULTURE —





FESTIVALS

Watching a Ghanaian festival is a must experience for visitors. Many festivals include trilling durbars (assemblies) at which the tribal leaders process in decorated palanquins. Shaded by traditional umbrellas and supported by drummers and warriors. Few events can measure up to the spectacular sight of Ghanaians dressed in their finest attire as they parade in time to the drums alongside their traditional chiefs.

Festivals are a big feature of Ghana. Hardly a week goes by without a town or village holding its annual celebration, while personal events such as childbirth, name giving ceremonies, weddings and funerals all tend to have a carnival atmosphere.





RHYTHMS

In a continent that is renowned for its vigorous music and dancing, Ghana is home to some of Africa's most talented musicians and dancers. The authentic rhythms, drumming and dancing of west Africa can be best appreciated here in Ghana, while visitors also have an opportunity to learn how villages still use talking drums to communicate.







FOOD

Food is a key part of the Ghana experience for visitors. Most dishes consist of a starchy element, a sauce or soup and a meat. A thick porridge or puree forms the basis of many Ghanaian recipes.

The type of food varies from region to region. In the south and west of Ghana people enjoy plantains (similar to bananas), cassava and cocoyam (a root vegetable) while millet, yams and corn are popular in the north.

Fufu, made from cooked cassava and plantain, is the most popular type of puree in the south, while tuo-zafi, made from millet flour, is popular in the north. Pureed rice is the basis of a popular dish called omo tuo.

Other dishes well worth trying include groundnut soup, red-red (a fried plantain with beans), jollof rice (a risotto), bean

leaf forowe (a fishy tomato stew), palava sauce (a spinach stew with fish or chicken and grilled tilapia (a freshwater fish)).

Local food is mostly eaten without cutlery using the right hand. A range of food and drink items are sold on the street such as charcoal grilled meat (khebab), sugar cane, sweet corn, coconut, oranges plantain chips etc. Beers such as Star, Club, Stone, Castle and milk stout are readily available.

If you fancy something a little stronger, there is a choice of locally prepared drinks such as akpeteshie (dry gin), distilled palm wine (best when fresh) pito and schnapps (favoured at local ceremonies and presented to chiefs).

The Ghanaian way of life is unique and the country is alive with inimitable cultures and traditions. Once visitors experience the relaxed and joyful atmosphere of Ghana, they will want to return.

Taste our food GHANA ON A PLATE



Jollof Rice

This rice dish cooked with tomato gravy is one of the most enjoyed meals by locals and foreigners alike. Served with some salad/cole slaw, chicken thighs, meat and/or eggs, your taste buds are about to go on a pleasure ride!



THE CLOTH OF KINGS

Kente cloth, the legendary fabric worn by African kings down the centuries, is still being made in the traditional way in Ghana.

The silk and cotton fabric woven by men of the Ewe and Ashanti tribes, is said to have originated from the Ashanti kingdom in the 17th century.

According to legend, two friends from the town of Bonwire – now the leading centre of kente weaving in Ashanti – learned the art of weaving by observing a spider spinning its web. The resulting fabric was later adopted as royal cloth and symbol of prestige.

As production increased, the cloth became more affordable but its special status has remained. At festivals and other celebrations, local people proudly don their best kente cloths to reflect the spirit of the occasion.

Kente is worn not only for its eye-catching designs but also for its symbolic significance. There are over 300 patterns, each with its own name and meaning derived from proverbs, historical events, important chiefs and valuable plants.





CONVERSING WITH CULTURE

Ghana has over 100 distinctive ethnic dialects and languages. This, of course is in addition to the country's official language. English used in government and business.

Fante, twi, Ga and Ewe are the most prevalent kwa languages spoken in the south, while two subdivisions of the Gur branch dominate the north.

Ghana is renowned for the friendliness of its people, who will often help tourists find their way around and assist with local customs. Visitors are encouraged to connect with the culture by learning a few phrases in the local language. Bartering is part of everyday Ghanaian life. Once taxi drivers or market sellers hear visitors speaking the local language, they will be more likely to charge a fair price.



SWEET TEMPTATION

Cocoa is one of Ghana's world's largest producers of cocoa, along with its neighbour, Cote d' Ivoire.

In times gone by the production and export of cocoa beans was the principal source of income for Ghana and its people. At its peak it is accounted for two thirds of the country's foreign exchange, also although this has now declined to around 40 percent. Today the industry produces over 4 million tonnes of cocoa each year and employs about 1.6 million Ghanaians.

The Tema based Cocoa Processing Company has two chocolate factories and factory visits can be arranged for tourists.

Valentine's Day (14 February) has been designated as National Chocolate Day by the Ghana Tourism Authority in a bid to encourage the consumption cocoa based products.



HISTORY & HERITAGE



HERITAGE SITES BRING PAST TO LIFE

It's clear, from the moment you arrive, that Ghana is a land with a rich history and heritage, every region has a fascinating story to tell of momentous events, while local people take pride in recounting their ancestry and cultural roots,

Ghana is an ideal destination for history buffs – especially those fascinated by the early history of West Africa – because of the wealth of significant sites and ancient structures that have been reserved to this day.

The history of Ghana goes back much further than its interaction with Europe and the dramatic story of the slave trade, in fact, there was a long pre-colonial history before that, According to the archaeological evidence, people may have been living in what is now called Ghana as long as 1500 BC: but the accepted wisdom is that many of the country's present day ethnic groups arrived in the 13th century AD.

There is no question; however, that the slave trade made a huge impact on the nation's history the coast of Ghana is dotted with castles and forts built by British, Dutch, Danish, German, Portuguese and Swedish traders.

Visitors can see outstanding examples at Cape Coast and Elmina, where the two castles offer a vivid picture of the 15th century slave trade. These sites are legacy of the several centuries

when European masters and native African servants lived and worked here, the warehouses on these sites contained not only gold and ivory for export but also African slaves destined for auction in the New world.

Many of the forts and castles have been recognized by UNESCO as world heritage sites. The extraordinary history of Ghana includes the legend of an Asante king held prisoner in Elmina castle at the start of his brutal exile from Ghana, little wonder that these uniquely preserved buildings are a magnet of visitors – many of them from across the world, of course, but also Ghanaians looking into their own history.

Ghana's historical landmarks are open to tourists all year round, giving an insight into the culture and lifestyle of the people.

A significant remnant is the mud-built Larabanga mosque in the northern region, one of the oldest mosques in West Africa dating back to the 15th century. This rare structure is renovated every year because of the damage caused to its vulnerable walls by heavy rain. Also located in northern Ghana, another reminder of the country's rich heritage. Among the remarkable relics in the northern region is the 16th century Nalerigu Defense Wall. Originally built by Chief Naa Jaringan to protect the village of Nalerigu from slave raiders. Now partly in ruins, the wall is said to have been built from stones, mud, honey and milk.

MUSEUMS AND PARKS

In the capital, Accra, visitors can learn about colonial times at the national Museum, opened in 1957 as part of Ghana's independence celebration.

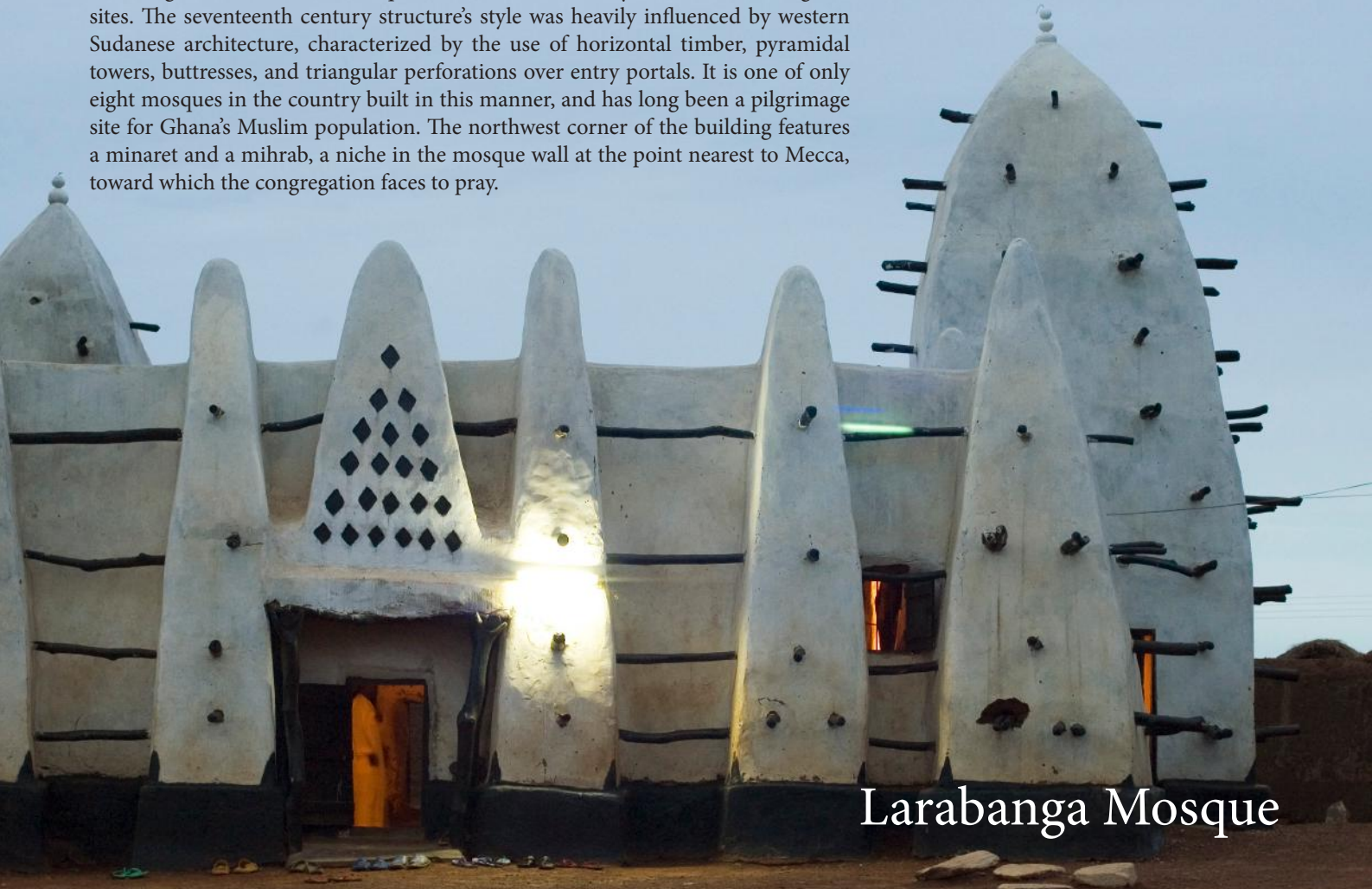
Also in Accra is the Kwame Nkrumah Mausoleum and Memorial Park, dedicated to the nation's first prime minister and first president. The memorial park is a favorite with local people, while the mausoleum is a testament to the progress that Ghana has made since independence. For the perfect end to a legacy-filled day in the capital, visitors can stroll through the colonial neighborhoods and fishing communities of Jamestown and Usher town.



Kwame Nkrumah Mausoleum



Larabanga is Ghana's oldest mosque, and one of the country's most revered religious sites. The seventeenth century structure's style was heavily influenced by western Sudanese architecture, characterized by the use of horizontal timber, pyramidal towers, buttresses, and triangular perforations over entry portals. It is one of only eight mosques in the country built in this manner, and has long been a pilgrimage site for Ghana's Muslim population. The northwest corner of the building features a minaret and a mihrab, a niche in the mosque wall at the point nearest to Mecca, toward which the congregation faces to pray.



Larabanga Mosque