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# #GHANA

Second edition, an official publication of



#### **GHANA TOURISM AUTHORITY**

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This is Ghana is published by:

#### land&MARINE

#### Land & Marine Publications Ltd

1 Kings Court, Newcomen Way Severalls Business Park, Colchester Essex, CO4 9RA, UK Tel: +44 (0)1206 752902 Fax: +44 (0)1206 842958 E-mail: publishing@landmarine.com www.landmarine.com

Printed by: Buxton Press

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ISSN 2056-4325 ©2016 Land & Marine Publications Ltd 3 FOREWORD

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# For that true African experience, it has to be Ghana

enowned 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 marvellous 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 colourful pageantry of its many festivals, by the variety of its handicrafts – and, above all, by its legendary hospitality.



its vibrant cultural identity, Ghana







## NATIONAL SUCCESS STORY

It was on 6 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.









THE PARTY OF THE P

is able to offer the visitor a microcosmic taste of Africa.

The Atlantic 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 country, immerse yourself in our traditions and lifestyles – and, above all, receive and enjoy our hospitality.



# 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.





ne of the hallmarks of Ghana is its great cultural diversity. While the country as a whole is characterised 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 within 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 ancestors 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 fishermen 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.

**FESTIVALS** 

Watching a Ghanaian festival is a must experience for visitors.

Many festivals include thrilling 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 to this day use 'talking drums' to communicate.

#### 

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 fired 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 eaten without cutlery using the right hand. A range of food and drink items are sold on the street, such as goat's meat, sugar cane, sweetcorn, coconut, oranges and plantain chips. Local beers such as Star, Club, Stone, Castle and milk stout are readily available.

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 have experienced the relaxed and joyful atmosphere of Ghana, they will want to return.



#### 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 in 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 a 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 eyecatching 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 Gurbranch 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.



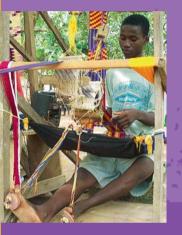
#### **SWEET TEMPTATION**

Cocoa is one of Ghana's principal exports. It is one of the world's largest producers of cocoa, along with its neighbour, Côte 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 accounted for two-thirds of the country's foreign exchange, although this has now declined to around 40 per cent. Today, the industry produces over 4 million tonnes of cocoa each year and employs some 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 National Chocolate Day by the Ghana Tourism Authority in a bid to encourage the consumption of cocoabased products.



#### **PHRASES IN THE TWI LANGUAGE:**

The state of the s

Wo begye sen – How much?

Ete sen – How are you?

Me da wo ase – Thank you

Te so – Reduce it

Maakye – Good morning

Maa ha – Good afternoon

Maadwo – Good evening



# 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.

hana 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 preserved 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 and opulent history before that. According to the archaeological evidence, people may have being living in what is now Ghana since as long ago 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 a legacy of the several centuries when European masters and native African servants lived and worked here. The warehouses on these sites would have 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 recognised 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 for 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 are Saharan-style Islamic mosques, another reminder of the country's rich heritage.

Another remarkable relic in the Northern Region is the 16th century Nalerigu Defence 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 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 neighbourhoods and fishing communities of Jamestown and Ushertown.





# Leading the way in ecotourism

hana is a nature lover's delight. Its sunny equatorial climate and fertile soils sustain an enchanting selection of wildlife, ranging from elephants to monkeys and from marine turtles to crocodiles, as well as hundreds of colourful bird and butterfly species.

More than five per cent of the country's surface area has been accorded official protection in 16 national parks or lowerprofile conservation areas, of which the most popular tourist destinations

are the vast Mole National Park in the northern savannah and the forested Kakum National Park near the coast.

> In recent years Ghana has emerged as a pioneer

in the field of community-based ecotourism, which aims to create a mutually beneficial three-way relationship between conservationists, tourists and local communities.

The Boabeng-Fiem Monkey Sanctuary, home to sacred troops of mona and black-and-white colobus monkeys, led the way in 1995 and remains the flagship for more than two dozen other community-based tourism projects across the country. These range from the award-winning Wechiau Hippo Sanctuary in the Upper West and Amansuri Wetland Sanctuary in the Western Region to cultural sites such as the Domana Rock Shrine, set in the forests near Kakum National Park, and the painted houses and pottery of Sirigu in the Upper East.

The Volta Region, the most topographically varied part of Ghana, also hosts the country's largest concentration of community-based ecotourism sites and offers outdoor enthusiasts some superb opportunities for hiking, rambling and mountain biking. Popular attractions include the sacred monkeys of Tafi Atome, the magnificent forests and waterfalls around Amedzofe, the country's highest peak, Mount Afadjato, and the impressive forest-fringed Wli Falls, the tallest cascade in West Africa.

Ghana is highly alluring to birdwatchers, with 725 species recorded in an area the size of Great Britain. For casual visitors, it is colourful savannah birds



Ecotourism (a term coined in 1983) plays a crucial role in conservation and communities. It has created a value for natural areas, attracting paying tourists and also allowing them to remain pristine and unaltered.

The concept of ecotourism has changed the way travellers

appreciate our beautiful landscapes and has positively encouraged a conservation culture within local communities.

We encourage visitors to travel to natural areas and experience the diverse cultures and wildlife while participating in ecotourism.







such as gonoleks, rollers, parrots and weavers that tend to catch the eye, as well as the eagles and other raptors that inhabit the drier north. Serious birdwatchers, however, will want to seek out the more elusive residents of the shadowy rainforest interiors of Kakum, Bui and Ankasa as well as the exceptional variety and volume of marine species that congregate in coastal lagoons such as Keta, Songor and Muni-Pomadze.



Not least among Ghana's natural attractions are the superb palm-lined beaches that line its 500 km Atlantic coast. One of the most beautiful is Ada Foah, on the Volta Estuary, an important nesting site for endangered marine turtles. The beaches flanking Elmina and Cape Coast are ideal for visitors looking to combine their sunbathing with some historical sightseeing, while their less developed counterparts further west around Busua, Axim and Beyin offer a true getaway in idyllic surrounds. And for those with limited time, there is always Coco Beach, lively sun-drenched expanses of white sand situated on the outskirts of Accra.



### Ecotourism sites:

ASHANTI REGION: Adanwomase kente village, Bobiri Forest Reserve, Ntonso adinkra cloth village.

**BRONG-AHAFO REGION:** Asumura Rockfowl Sanctuary, Fiema Monkey Sanctuary, Tanoboase Sacred Grove and rock formations.

**CENTRAL REGION:** Kakum National Park.

**EASTERN REGION:** Adjeikrom cocoa tours, Bunso Arboretum.

GREATER ACCRA REGION: Shai Hills wildlife area.

NORTHERN REGION: Daboya Fugu weaving village, Mole National Park.

**UPPER EAST REGION:** Paga slave camp and sacred crocodile pool, Sirigu traditional pottery art and architecture, Tengzug Tongo hills and shrines, Wechiau Community Hippo Sanctuary and river safari.

**VOLTA REGION:** Amedzofe waterfall and mountains, Liati Wote mountains and waterfall, Kyabobo National Park, Tafi Atome Monkey Sanctuary, Wli waterfalls.

WESTERN REGION: Ankasa National Park, Nzulezu stilt village and sea turtle conservation.

# Doing business in Ghana

Ghana has a long history of exploiting its excellent natural resources. In sub-Saharan Africa it has always been one of the leaders in key sectors such as agriculture, cocoa beans, gold, mining and metalwork. Today, more than ever, Ghana has the potential to be a major player in the African business sector.

hana has a track record for enterprise and progress that goes back to British colonial times, when the country was known as the Gold Coast. In 1951 it became the first British colony in Africa to achieve self-government. The country changed its name to Ghana when it attained political independence in 1957.

In recent years, Ghana has been able to attract high levels of foreign investment because of its rich natural resources in combination with its growing economy and democratic political system. From both internal and external investors there has been a dramatic rise in the desire to be part of Ghana's success story as a good place to do business.

#### **INFRASTRUCTURE**

Ghana has taken steps to build on its significant natural resources by improving its internal infrastructure. Various government organisations have focused their efforts on fostering intra-regional trade, opening up rural areas for investment, enhancing

productivity and creating job opportunities. This strategy also includes greater business competition and the creation of an environment that allows the private sector to lead the way nationally in developing sectors like ICT, energy, transport, accommodation, education, health and tourism.

#### **DEMOCRACY**

Over the past two decades, Ghana has made significant progress towards ensuring a sustainable foundation for democratic growth. In contrast to some of its neighbours, Ghana has enjoyed years of stable democracy, with free and open elections, comparatively low levels of corruption and a general atmosphere of social stability. Many international companies have been persuaded to invest in Ghana's business sector because of its conducive social. political and economic environment that allows companies to grow and succeed.

Its political stability has also allowed Ghana to establish strong international ties with the United Kingdom, the United States and the European Union as well as with emerging powers such as China, India and South Africa.

#### WORKFORCE

The nation's workforce is another key benefit for those looking to start up a business in Ghana. The population is better educated than ever. Ghana can now lay claim to some 18,530 primary schools, 8,850 junior secondary schools, 900 senior secondary schools, 28 training colleges, 20 technical institutions, four diploma-awarding institutions, six public universities and over 40 private universities. Most Ghanaians now have ready access to both primary and secondary education.

#### **BUSINESS TOURISM**

Ghana's hospitality and tourism sector is long established and recognised around the world. Today, however, Ghana is emerging as a key destination for business tourism and for corporate events in the MICE sector (meetings, incentives, conferences and exhibitions).







The steady increase in demand has led to a proliferation of hotels able to cater for the ever-growing needs of business tourism. Today, there is a wide choice of middle to luxury level accommodation available for business visitors and MICE guests. Accra, in particular, in its present-day role as a business hub, has seen a big expansion in hotels catering mainly for business guests.

#### **SUCCESS**

While the country as a whole is involved in efforts to improve the investment climate for both local and international investors, the Ghana Investment Promotion Centre (GIPC) has been notably successful in its mission to move the country forward. For example, in 2010 Ghana was upgraded to the status of a lower middle income economy, while in 2014 it was recognised by the World Bank's 'Doing Business' report

as the best place for business in the ECOWAS region.

Ghana is said to have one of the fastest economic growth rates in Africa, with twice the output per capita of other countries in West Africa.

As standards continue to improve in such key areas as transport, living standards, education and public services, it's easy to see why so many large corporations are looking to Ghana for their next investment. Not only that, but Ghana's natural beauty and famous welcoming hospitality are an added incentive for companies to invest their time and money. For anyone visiting this wonderful country, it will be obvious why Ghana has such a special appeal for so many investors.

With thanks to the Ghana Investment Promotion Centre (www.gipcghana.com) for assisting with text and industry information.







# An undiscovered safari destination

hana is not particularly known
as a safari destination – but it
certainly deserves to be. From
the savannah of the coastal plains
to the dense tropical forests of the
north, visitors are spoilt for choice by a
spectacular range of wildlife in a land of
mountains, forests and breathtaking
waterfalls.

The country is home to dozens of vulnerable and endangered species including primates such as chimpanzee and red colobus monkey; big cats such as lion and leopard; bush elephant; and a range of waterbirds. From elephant and crocodile in the north to hippo in the Black Volta River, Ghana has almost every animal a safari-goer could wish for, while its spec-

A key advantage for visitors is that Ghana, as a lesser-known safari

with over 750 species.

tacular birdlife is unrivalled in Africa,

destination, is able to offer a more personal and memorable safari experience.

Another major draw is the beautiful landscapes of Ghana. Whether it's a panoramic view from the summit of Mount Afadja or Mount Gemi, a refreshing shower under the Tagbo, Wli or Ote waterfalls or a hike in the shade of giant baobab trees in the rocky landscape around Bongo, Ghana has something for everyone.

Alternatively, you could make an entertaining visit to a monkey sanctuary at Tafi Atome or Boabeng-Fiema, take a canoe trip on the Black Volta River to look for hippo, visit the sacred caves of Tano, or go on a foot safari in Mole National Park to view elephant, crocodile and antelope. There's much more to do in Ghana than you could ever imagine.

Conservation programmes are in place to protect the country's natural areas, allowing visitors (and future generations of Ghanaians) to go on enjoying this wonderful country and its wildlife.



#### **NATIONAL PARKS**

Ghana's wildlife areas are national treasures. Its 16 national parks, reserves and wildlife sanctuaries are home to a rich diversity of mammals, reptiles, insects and marine species. Some of the wildlife parks are within easy reach of Accra, while others involve a long drive.











# DID YOU KNOW?

Ghana is home to an estimated 1,000 species of butterflies – as many as North America and Europe combined.

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#### **MOLE NATIONAL PARK**

The 4,840 sq km Mole National Park, in north-west Ghana, is the country's largest, oldest and best game park. Served by forest rangers, the park is home to a small population of African elephant, some of which are accustomed to humans, so that visitors have an opportunity for a rare close

encounter on foot. Mole National Park also contains large numbers of other animals including elephant, buffalo, wild pig and antelope as well as apes and a variety of birds. The park is located on grassland savannah and its entrance is near the town of Larabanga. The ephemeral rivers Lovi and Mole flow through the park, leaving behind drinking holes in the long dry season.

#### WILDLIFE & SAFARIS



Bia National Park is a resource and biosphere reserve that contains some of Ghana's last remnants of untouched forest and diverse wildlife. Located near the Ivorian border, the national park was created in 1935 and named after the Bia River that drains the area. In 1985 the park was designated a World Heritage Site by Unesco. Some of the tallest trees in West Africa can be found in Bia. The park is home to over 60 species of mammals including 10 primate species and over 160 species of birds. Protected communities of forest antelope live in Bia National Park, which is also the only known location of the newly discovered Agama sylvanus lizard.

**DIGYA NATIONAL PARK** 

The 3,743 sq km Digya National Park is the second-largest national park and the oldest protected area in Ghana. It was created in 1900 as Ghana's first protected area and given national park status in 1971.
The park is located in the BrongAhafo Region and is the only wildlife
territory in Ghana to border Lake
Volta, where manatees and clawless
otters can be found. Digya National
Park is also home to at least six
varieties of primate and over 230 bird
species and has the second-largest
elephant population in Ghana.

#### KAKUM NATIONAL PARK

Kakum National Park is the most accessible and foremost nature reserve in southern Ghana. It consists of a 375 sq km area of tropical rainforest in the Central Region, 30 km north of Cape Coast. A unique feature of the park is that it was established on the initiative of local people and not by the Department of Wildlife. Virgin rainforest has been preserved as a habitat for birds, butterflies and rare animals. The most notable endangered species are the Diana monkey, giant bongo antelope, yellow-backed duiker and elephant.

#### **KYABOBO NATIONAL PARK**

The newly created Kyabobo National Park is in the Nkwanta district of the northern Volta Region, 400 km from Accra. The 359 sq km park contains both forest and savannah species of plants and animals. Animals in the park include aardvark, baboon, buffalo, kob and warthog. Threatened species include bongo, elephant, lion, hartebeest and reedbuck. With its scenic beauty and rich fauna, Kyabobo National Park is set to boost the tourism potential of the Volta Region once fully developed.

#### **NINI SUHIEN NATIONAL PARK**

The 160 sq km Nini Suhien National Park has been coupled with Ankasa Resource Reserve to make one conservation area covering 500 sq km. Despite its relatively small size, the area contains a range of animals, from the endangered Diana monkey to African elephant and over 260 bird species. The park also offers river views and waterfalls.

#### **WATERFALLS**

Ghana has many spectacular waterfalls just waiting to be explored. They include:

- > Boti Falls, Eastern Region
- > Akaa Falls, Eastern Region
- Kintampo Falls, Brong-Ahafo Region

- > Fuller Falls, Brong-Ahafo Region
- > Wli Falls, Volta Region
- > Tagbo Falls, Volta Region
- Tsenku Falls, Greater Accra Region.







# **Beauty and the beach**

The Ghana coast is perfect for beach lovers. Whether it's a spot of sunbathing, an exotic day trip or a well deserved break, Ghana has the ideal beach for you.

hana is blessed with an abundance of beautiful beaches stretching along 540 km of spectacular coast. Most of the shore is undeveloped and many of the beaches are a perfect paradise just waiting to be explored.

**ANKOBRA / AWANGAZULE** 

Ankobra Beach and its neighbour Awangazule Beach in the Western Region are perfectly placed for those looking to relax on a clean, deserted, palm-lined beach. These spectacular beaches are just an hour's drive west of Takoradi near the coastal town of Axim. Here, visitors can discover and enjoy the hidden beauty of Ghana's coast as well as getting to know

more about contemporary African life outside the big cities.

#### WHITE SANDS

White Sands Beach is in the town of Gomoa Fetteh just an hour's drive west of Accra. This pristine white beach on the Atlantic Ocean offers a fine choice of water sports, fishing, bars and restaurants. Visitors can rest assure that White Sands Beach is a protected area and one of the safest in Ghana. For many holidaymakers, the star attraction is the White Sands Beach Club. Meanwhile, the peaceful community around the beach attracts little publicity and is virtually untouched.



#### **BUSUA**

Busua Beach is 45 km west of the port city of Takoradi in the Western Region. With its miles of natural sandy shore, dotted with coconut trees, this wide, golden beach is regarded as one of the most beautiful in West Africa. Each year, large numbers of Ghanaians and tourists head for Busua to enjoy its agreeable atmosphere, serene water and cool evening breezes. While they relax by the ocean, visitors have an opportunity to enjoy the local lobster.

#### **PRINCESS TOWN**

Princess Town, a little further along key feature of Princess Town is its clean beach is perfect for couples or groups. Although it has won national acclaim, it remains largely undisturbed.

#### **ELMINA**

Elmina is the place to go for some of the most picturesque beaches in West Africa. The beaches are run on a basis of no litter, no entrance fees and no loud music, so visitors can simply enjoy the tranquil atmosphere. Sitting in the shade of the palm trees, you can absorb the fine view of St George's Castle. The ocean at Elmina is not ideal for swimming because of the strong waves, but there are sandy areas protected by rocky reefs where visitors can take a dip.

#### **FETE**

Fete, just an hour's drive west of Accra, is a historical beach town with a difference. What makes it a magnet for visitors is its distinctive situation, perched on a hillside overlooking two beautiful sandy beaches. Fete Beach is the closest beach to the capital for surfing; while the Fort of Good Hope, one of Ghana's less visited small forts, is in the nearby fishing village of Senya Beraku.

#### COCOLOCO

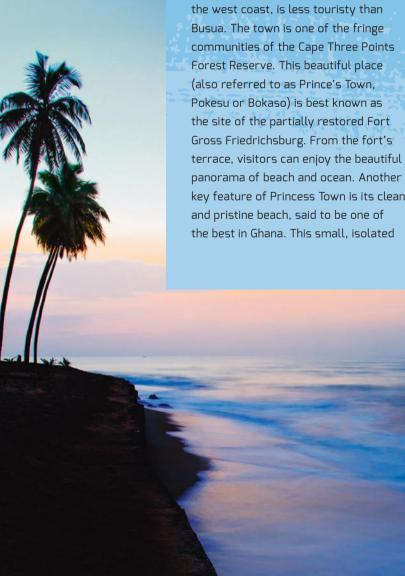
Cocoloco Beach is close to Ada. where the Volta River meets the Atlantic Ocean. It features a large expanse of sandy shores, new resorts and camping facilities. The area is a breeding ground for sea turtles, making it a perfect destination for nature lovers as well as beach enthusiasts. Other features include scores of fishing canoes and a sanctuary for estuarine birds. The beach in Nungua is said to be the second-most popular in the Accra area.

#### **ADA FOAH**

Ada Foah Beach lies in an area of scenic beauty at the estuary of the Volta River. Nature lovers can admire the seabirds and endangered species of marine turtles that use the sand bars as their nesting grounds. The beaches east of Accra are less visited by tourists, so that visitors have a chance to meet the local people and learn about their way of life. This beach town is a centre for skiing, fishing and other water sports, while the nearby marina is available for yachting.

#### **SWIM IN SAFETY**

To enjoy your Ghanaian beach vacation in total safety, it's advisable to seek out a place that is sheltered from undercurrents. In contrast with the Indian Ocean, the Atlantic is rough and can be dangerous to those unfamiliar with its strength.



# Key things to know before you visit

**PASSPORT:** A valid passport is mandatory.

VISAS: Required of most nonresidents. Ecowas nationals are exempt. For more details consult the Ghana Mission or Consular Office near you or the Ghana Immigration Service.

**HEALTH:** Yellow fever vaccination required by all. Infants under one year are exempt.

**CURRENCY:** The unit of currency in Ghana is the cedi (pronounced 'CD'). There are 100 pesewas to a cedi.

**CLOTHING:** Loose, cool clothing is recommended all year round. Even in coolest times, a long-sleeved shirt or light sweater is generally sufficient. Dress is conservative in Ghana and long trousers are generally worn. Shorts are acceptable only if they are at least knee-length. Revealing clothing or items with suggestive slogans are considered inappropriate. Rainwear is useful from April to September.

**USEFUL ITEMS:** A torch (flashlight) is useful in case of power outages or lack of street lights. Mosquito repellent is a good precaution and you may wish to take medication for malaria prevention. Birdwatchers should bring their own binoculars. If staying

at an ecotourism site, bring a top sheet and towels. A spare toilet roll is a good

**BUSINESSES HOURS:** General: 08.00 to 12.00 and 13.00 to 17.00. Banks: 08.30 to 15.00 Mondays to

**LOCAL TIME:** Greenwich Mean Time

ELECTRICITY: 220 / 240 volts.

**NATIONAL DIALLING CODE:** 

**DRIVING:** Ghanaians drive on the right. Visitors require an international driving licence and insurance. Vehicles driven across the borders require a special permit. Night driving is not recommended because of poor road conditions outside cities.

MEDICAL AID: Modern private and public hospitals and clinics are available in all cities and big towns. Health insurance is advised.

**DRINKING WATER:** Bottled mineral water recommended.









**CREDIT CARD AND CURRENCY FACILITIES:** The most widely accepted credit cards are American Express, Diners and Visa. You can pay with your card at leading hotels, airlines and supermarkets. Foreign currency can be exchanged at forex facilities and

**TIPPING:** The quality of service should dictate your generosity to

**HOTELS:** Ghana's hotels are classified according to the international star system, from one to five. There are also budget hotels with minimum standards of sanitation and comfort. The grade of a hotel is shown on the licence issued by the Ghana Tourism Authority (GTA) and displayed at reception.



**RESTAURANTS:** There is a wide choice of international restaurants, particularly in Accra and Kumasi. Visitors can also sample delicious spicy Ghanaian dishes at local restaurants (chop bars).

**TOURS:** The GTA has details of licensed tour operators.

**ENTERTAINMENT:** Urban Ghana comes alive in the evenings with everything from cultural entertainment to theatres, cinemas, discotheques, pubs and casinos. Ask your hotel reception for details or log on to www. ghana.travel.

**SHOPPING:** There are ample opportunities to shop for souvenirs at craft shops, art galleries, open markets, malls, jewellery shops and craft villages.

**PHOTOGRAPHY:** Visitors are encouraged to take photographs, but avoid taking pictures of Osu Castle (the seat of government), military installations and the airport.

**SAFETY AND SECURITY:** Ghana is considered a peaceful and safe country, but visitors are advised to be wary of strangers and to avoid secluded and quiet places. Personal effects and important documents must be kept secure.

#### A WELCOMING CLIMATE

Ghana is an 'any time' destination thanks to its consistent climate, with only a slight variation in temperature throughout the year.

Lying just above the equator, Ghana has a tropical climate - typically hot and humid with seasonal rains.

The weather is generally warm and comparatively dry along the south-east coast, hot and humid in the south-west and hot and dry in the north. In most areas, temperatures are highest in March and lowest in August.

Ghana's high season for tourism is from June to August, while the country receives fewer visitors from September to December.

The coolest time of year is the wet season, with clear skies, lush growth and temperatures of 23 to 31°C.

In the southern coastal region, the rainy seasons occur from April to June and from September to mid November. The dry months – and also the easiest times for travelling within Ghana – are from November to March and during July and August.

In the Central Region, the rains are heavier and last longer.

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In the hotter and drier north, there is one rainy season lasting from April to October.

#### FOHANA TRAVELLING IN GHANA

# Your mobile adventure starts here

ravelling in Ghana provides visitors with a great opportunity to experience everyday life across the country. Each region is distinct and has its own unique appeal. Tourists are recommended to visit as many places and sights of special interest as they can in order to appreciate the true scale of what Ghana has to offer.

DOMESTIC TRAVEL

**TAXI:** Short trips can be made by taxi. Easily recognised by their bright-yellow sides, taxis operate from most city centres and can also be hired for longer trips or shared with other passengers at cheaper rates. Tourists should always ask for a price up-front and can

even barter with multiple taxi drivers to get the best rates.

TRO TRO: Another way of getting around cities and towns is in a tro tro minibus – not only less expensive than a taxi but also more fun. Operated by a driver and a conductor (who collects the fares and calls the destinations), the tro tros are decorated with slogans and sayings and are sure to add adventure to any trip. These minibuses are the most popular mode of transport with Ghanaians. As well as being pocket-friendly, they offer an ideal way to mix with the local people.

**BUS:** Other forms of transport include reliable inner-city and cross-border bus services run by state-owned and private bus companies.

**CAR HIRE:** Licensed car rental services provide chauffeur-driven and self-drive cars as well as air conditioned coaches at reasonable rates. Most urban roads are paved and well maintained, but roads outside the major towns are in poor condition. Travelling at night, particularly outside cities and large towns, is not recommended.

AIR: For longer journeys, many airlines operate domestic flights within Ghana. Strong competition between local airlines allows tourists to find the very best rates. Airlines with scheduled domestic flights include Starbow, African World Airlines, Antrak Air, Eagle Atlantic Airlines and Arik Air.

#### INTERNATIONAL TRAVEL

Ghana has seen a growth in interest from international airlines over the past few years, with many more carriers now offering direct flights to Ghana. Among the major international airlines that fly to Ghana are British Airways, Emirates, Ethiopian Airlines, KLM, South African Airways, Turkish Airlines and Qantas.





# Vibrant, colourful, cheerful... **Greater Accra is full of delights**

hat Greater Accra lacks in terms of land size, it certainly makes up for with its wide range of food, fashion, music and the arts. The region may be Ghana's smallest, but it is also its second most densely populated, with 3 million inhabitants. The vibrant everyday life of its people makes Greater Accra one of the country's most exciting and distinctive regions.

The region is made up of two metropolitan areas, Tema and Accra. The lively capital of Ghana should not be missed off any travel list. Accra offers a huge variety of entertainment and culture that has captured the heart and affection of so many visitors. Spread along the Atlantic coast and the Gulf of Guinea, the capital city offers some of Ghana's most attractive beaches and holiday resorts.

#### **CULTURE**

It has never been easier to experience Ghana's culture than within Accra. one of the safest cities in Africa. It's a place brimming with interest and easy to get around. Accra is the perfect starting point to explore Ghana, with its impressive buildings that reflect the city's history, its luxury hotels, modern commercial areas and shops

as well as excellent restaurants, bars and nightclubs. In addition, there are fascinating museums, notable public monuments and busy markets to be explored in old Accra. Wherever you go in this energetic city, there is always something to see and do.

The Accra Arts Centre gives travellers an opportunity to see traditional Ghanaian arts and crafts stalls and to leave the textile market a few cedis lighter but with good-quality handicrafts from all over the country. Another of the city's highlights is the National Museum on Barnes Road, with its fascinating collection of treasures and exhibits reflecting Ghana's prehistoric heritage.

For bargain hunters, the Makola Market on Kojo Thompson Road is among the most famous in Ghana, while the unique Osu Night Market is lit by hundreds of lanterns and candles. For those who prefer a modern and peaceful atmosphere, the distinctive National Theatre is an important centre for the performing arts. No trip would be complete without sampling Accra's street food such as kelewele (spiced and chopped fried plantain) or stopping off at a 'chop bar' (Ghanaian eatery). As a cosmopolitan city, Accra also offers a wide range of international cuisine,

but be warned: these dishes often come with a Ghanaian twist.

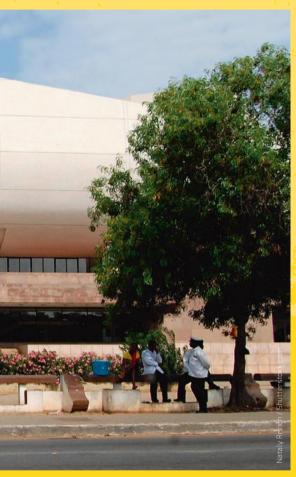
#### **TOURIST SPOTS**

Independence Square, the secondlargest city square in the world and a venue for national festivals and celebrations including Independence Day, is another must see in old Accra. The site is dominated by Independence Arch and the Black Star Monument, a memorial to those who lost their lives fighting for Ghanaian independence. Visitors interested in Ghana's history should also head to the Kwame Nkrumah Memorial Park and Mausoleum, dedicated to the nation's first president.















#### **SOMETHING A LITTLE DIFFERENT**

The Accra suburb of Teshie-Nungua is a culture hot spot for visitors. Here, local artists have made coffins in the shape of cars, aeroplanes and even animals that are now regarded as works of art. Historically, a local fisherman would be transported to the next world in a fish-shaped coffin. Something that began as a special tribute to an uncle has turned into a lucrative business for traditional coffin-makers in the area as the coffins have become collector's items.

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For animal lovers, Accra Zoo has a small but fascinating collection of indigenous birds and animals including lions, elephants and monkeys. The zoo is now part of an ongoing conservation programme.

#### **TEMA**

Situated 25 km east of Accra and built on the site of a fishing village, Tema is a bustling new city. Known locally as Harbour Town, it is home to Ghana's top commercial seaport, a large fishing fleet, a modern industrial zone and many commercial hubs. Architecture spanning several centuries can be found in the city's older quarters, Ushertown and Jamestown, where landmarks such as the 17th-century Osu Castle, the Jamestown Lighthouse and the lively fish market are well worth a visit.

The beaches of the sparkling Atlantic coast are popular with both tourists and Ghanaians and many can be found in and around Accra and Tema. West of Accra, the beaches of La Pleasure, Bojo, Kokrobite and Sankofa, offering an array of restaurants and bars, are particularly popular at weekends. Kokrobite is also home to the Academy of African Music and Arts.

There are several beaches between Accra and Tema including Prampran, which has a range of resorts and villas. For the true beach fanatic, however, travelling a little further to the coastal town of Ada is recommended. The Ada Foah and Paradise beaches can be found 120 km from Accra, where the Volta River meets the ocean. Here, the fine beaches of both the river estuary and the Atlantic provide exceptional resort areas. With water

sports and river trips, this is an ideal place to relax, while the coastal waters are teeming with game fish.

Greater Accra is perfect for tourists looking to experience the sights and sounds of Ghana. The region offers the opportunity to experience the bustle of Ghanaian life in the country's very own version of the city that never sleeps.



### Shai Hills Reserve

It is hard to believe that this 51 sq km natural gem is less than an hour from Accra. Shai Hills Resource Reserve is the nearest wildlife area to Accra and home to 31 species of mammal, 175 species of birds and hundreds of butterfly species. Among the mammals in the reserve are western kob, grey duiker, bushbuck, olive baboon, green monkey and the spot-nosed monkey.

Close to the reserve are the Se Yo and Obonu Tem caves, located in a range of spectacular rocky hills. Water harbour crocodiles and tomb bats inhabit some of the caves. In parts of the reserve visitors can see stone defence walls created by the former Shai community, whose people were forced out by rulers over a century ago. The conservation area also offers a baboon trail, a waterhole and the Adwuku Hill hike.



# A rich heritage

he Western Region presents a striking contrast between ancient and modern Ghana. The area contains a variety of significant forts, numerous mines and traditional villages as well as a long coast that is perfect for relaxing breaks.

The area has a rich heritage, as shown by the number of historical castles and European trading forts that are open to visitors. These castles and forts are a magnet for tourists, reflecting the diversity of building styles employed by colonial traders. The Western Region is home to a remarkable cluster of colonial forts including Fort Friedrichsburg at Princes Town, Fort Antonio at Axim, Fort Apollonia at Beyin and Fort Metal Cross at Dixcove.

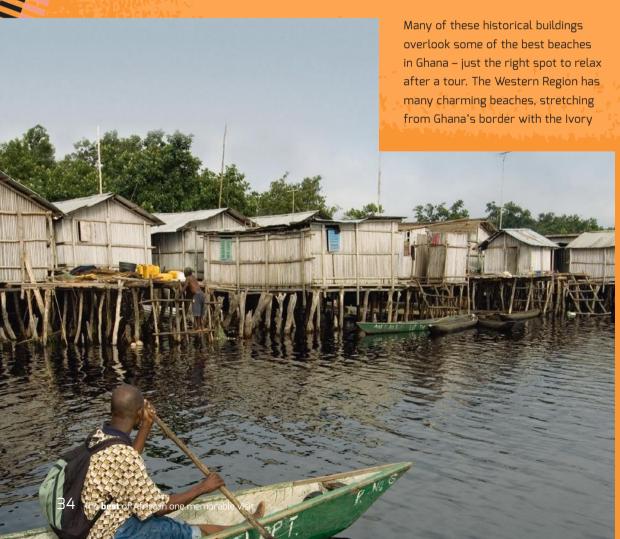
#### **CHARMING**

Coast to the Western Region's boundary with the Central Region. A visit to Ghana's southernmost location, Cape Three Points, is strongly advised. Here, tourists can climb the 84-year-old lighthouse for a superb view of Ghana's only coastal rainforest reserve and rolling hills.

Gold mines and offshore oil platforms dominate the economy of the Western Region. This was one of the first areas to be mined for gold and other minerals and many mines, large and small, can be found here. Tarkwa is the centre of the region's mining industry. Several of the mines welcome visitors, including Nsuta Manganese, Prestea and Tarkwa.

Sekondi-Takoradi, the region's capital, is also on the coast. Comprising the twin cities of Sekondi and Takoradi, the capital has a population of 450,000. Visitors will find plenty of elegant beaches and contemporary resorts including Fanta's Folly, The Hideout, Green Turtle Lodge, Princess Town Beach, Sports Club Beach and Busua Beach.

Takoradi is the location of Ghana's first deepwater seaport, built in 1928, and is the country's second-largest industrial







area. It is also now a centre for the offshore oil industry. The so-called Oil City has seen a dramatic increase in investment and wealth as a result of the latest find. Large numbers of international companies and hotels have sprung up in the area.

#### **SEKONDI**

Sekondi, the older and larger of the twin cities, was the site of the 17th-century Dutch Fort Orange and English Fort Sekondi. A railway was constructed in 1903 to carry minerals and timber.

For a blend of contemporary cities with ancient picturesque villages, the Western Region offers a unique holiday with plenty to do and see.



**ECOTOURISM SITE:** 

# Nzulezu stilted village

One of Ghana's most famous tourist spots in the Western Region is the ancient village of Nzulezu. This unique village rests entirely on stilts and platforms. It was founded over 500 years ago and overlooks the jungle-bound Lake Tadane. Located 90 km west of Takoradi, the village is home to hundreds of people and includes a school, church and main street. According to local legend, the community-based wetland reserve was created by a group from Oualata, a city of the ancient Ghana Empire, after a snail led them to the area.

Nzulezu is one of the few ancient settlements on stilts left in the world and in 2000 it was declared a World Heritage Site by Unesco. Visitors can go on a dugout canoe trip, passing through a series of marshes, swamp forest and open pools rich with wildlife including crocodile, egret, heron and kingfisher. Tourists can also take a guided evening tour of the local beach, which has become a conservation area for sea turtles, to see this endangered nesting or its hatchlings emerging and making their way to the sea.



ECOTOURISM SITE:

### Ankasa Conservation Area

Located in the south-west corner of Ghana, the Ankasa Conservation Area is an extraordinary bioreserve. The 500 sq km area includes the Nini Suhien National Park and Ankasa Resource Reserve. This is the only wet evergreen high forest ecosystem remaining in Ghana and it has the highest plant diversity known in the country (600 plant species have been recorded in a single hectare) as well as the nation's highest rainfall (1,700 to 2,000 mm per year).

Those willing to rough it can experience a wild and rugged place. Mammals include forest elephant, forest buffalo, leopard, bongo and nine species of primates. More than 600 butterfly species have been identified, as well as over 190 bird species. Take a walking tour or a guided birdwatching hike.

# From white sand beaches to canopy tours

he Central Region in southern
Ghana is a major tourism centre
featuring some of the most
beautiful coasts and national parks in
the country. The area is famous for its
palm-fringed beaches, fascinating fishing
villages, historical towns and rich natural
attractions.

The seaside, with its tranquil atmosphere and delightful views of the Gulf of Guinea, is a perfect place for visitors to relax. Winneba beach, 45 minutes west of Accra, and Brenu beach, close to Sekondi-Takoradi, are two of the best kept beaches in Ghana.

This coast is also famous for its ancient forts and castles, built by early European traders. Three of them – Cape Coast Castle, Elmina Castle and Fort St Jago – are Unesco World Heritage Sites. Other forts that serve as a reminder of Ghana's strong heritage are Fort Good Hope, Fort Patience, Fort Amsterdam and Fort William.

The Central Region is a focus for much of Ghana's history, formed by the slave trade, and modern-day culture. Some powerful reminders of earlier times can be found in this region, including the slave-route sites at Assin Praso and Assin Manso. Other historical towns worth a visit are Winneba (traditionally known as Simpa), Kromantse/Abanze,

Duakwa and Mensa Krom, home to some of the region's best wood carvers. A favourite destination for tourists is the craft village of Ajumako, where carvers specialise in royal regalia, stools, linguist staffs and clan totems.

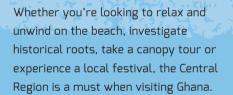
#### **EDUCATION**

While the area's economy is dominated by fishing, the Central Region is renowned as the heart of education in Ghana. The area has many elite educational institutions and some of the best schools in the country.

This part of Ghana also has much to offer in the way of regional culture.

Various festivals are held throughout the year, including the Bakatue Festival,

marking the start of the fishing season, and the Edina, a local version of Christmas celebrated by the people of Elmina on the first Thursday of the new year. The Aboakyer Festival is held by the chiefs and people of Winneba on the first Saturday in May, while the Fetu Festival, featuring a durbar of chiefs, is held by the people of Cape Coast on the first Saturday of September. Another renowned festival is Odambea, in Saltpond, on the last Saturday in August, reflecting the migration of local people centuries ago.

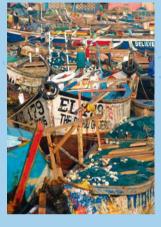














## Kakum National Park

The 360 sq km Kakum National Park offers visitors spectacular scenery and a fascinating wildlife experience along with modern camping facilities. The visitor centre has all kinds of exhibits, plus an open-air restaurant and a gift shop operated by Aid to Artisans Ghana.

The park's best known feature is undoubtedly its 333 metre long canopy walkway, suspended up to 27 metres above the forest floor from trees that are over 300 years old. The walkway can become crowded around midday, when large numbers of tourists want to enjoy the breathtaking view, so visitors are advised to go in the early morning or late afternoon.

The canopy walk is only one of Kakum's many delights. There are a variety of trails and guided walks that allow visitors to experience solitude of the rainforest. It's also a premier site for birders, with 269 confirmed species including eights species of global conservation concern. Mammals include forest elephant, leopard, bongo, bushbuck and many primates, but game viewing is difficult. More than 400 butterfly species have been recorded.

#### THINGS TO DO:

- > The canopy walk
- > Go on a guided forest walk and learn about the medicinal uses of forest plants
- > Go on a night hike with a park guide to experience the sights and sounds of the forest during the transition from day to night
- > Experience evening drumming and dancing by a local cultural group
- > Listen to an evening concert by the local Nyamebekyere Kukyekukyeku Orchestra, which performs with bamboo wind instruments

# Effortless beauty in an ancient atmosphere

rom historical villages and cocoa
farms to dramatic landscapes, the
Eastern Region is one of Ghana's
most scenic areas and the ultimate
retreat for relaxation.

This region is dominated by Lake Volta, one of the world's largest man-made lakes. It offers splendid opportunities for cruising and excursions, while a weekend trip to Dodi Island is strongly recommended. Fishermen can enjoy sport fishing for tilapia, perch and other varieties in the lake.

Another natural attraction is the breathtaking Kwahu scarp, home to the kwahus. A number of picturesque communities with beautiful homes can be found on top of the scarp. In the Afram plains, north of the scarp, is a traditional zone of wooded savannah land. The River Volta is at its broadest here, providing opportunities for boating and angling. Trips to Digya National Park are also possible.

Overlooking a beautiful stretch of countryside, the Krobo Mountains and the Akwapim Ridge both provide opportunities for long walks and hikes. Just an hour's drive from Accra, the botanical gardens at Aburi also draw many visitors. The gardens, which opened in 1890, contain a rich collection of tropical flora that attract large

numbers of birds and butterflies. This venture site with its tranquil paths has always been a popular excursion for Ghana's city dwellers. Also worth visiting is the forest of Atewa-Atwirebu, 10 km north of Kibi, which is home to hundreds of birds and butterflies.

#### SPECTACULAR

The Eastern Region is famous for its tropical forests and cascading waterfalls. The spectacular Boti Falls in the forest reserve at Huhunya are best visited between June and August. The Begoro Waterfalls, surrounded by attractive woodland and forest, are the ideal place for a picturesque picnic.





# Adjeikrom cocoa tours

Ghana's cocoa is known as the world's premium cocoa because of its unique characteristics resulting from careful handling by farmers through the pod breaking, fermentation and drying processes. Visitors to Adjeikrom can tour rural cocoa farms and learn how cocoa is grown, maintained, harvested, fermented and dried.

Historically, the village is of political significance as it is the birthplace of one of Ghana's freedom fighters, a member of the Big Six called Ako Adjei. Ghana's first president went to this village with Dr Ako Adjei and others to plan the fight for independence. Why not hike to the top of the Kwahu Escarpment, which hangs over the village, and enjoy the wonderful views? Be sure to take binoculars and rain gear, though.

The Eastern Region is the birthplace of Ghana's famous cocoa industry.

The country's first cocoa farm was established by Tetteh Quarshie in Mampong-Akwapim using seeds originally brought from Fernando Po Island. From this small beginning grew one of the country's main industries.

Travellers should see at least one cocoa farm before they leave and perhaps even try some. The Cocoa Research Institute and its arboretums at New Tafo are open to visitors.

For sightseers interested in the region's rich culture and history, the old villages and towns in the east of Ghana make for a wonderful day out. The original Presbyterian school buildings in Akropong and the house of Tetteh Quarshie in Mampong should not be missed.



#### **ECOTOURISM SITE:**

### Bunso Arboretum

Bunso, just two hours from Accra, offers visitors a combination of semi-deciduous native forest and species introduced to Ghana by the Plant Genetic Resources Centre of Bunso, which uses the facility for research. The site contains over 110 species of birds, 30 species of butterflies and a herb garden with over 40 species.

Tour the arboretum with a guide to learn about the native and exotic plants, including their medicinal properties for traditional healing, or go on an indigenous foods tour to learn the many ways in which local people harvest food from local plants. Guests can also experience village life and cocoa farming on a tour of the nearby village.

# A cultural legacy

he Ashanti Region of southern Ghana is blessed with rich cultural and historical landmarks. Known as the 'kingdom of gold', the area is famous for gold, cocoa and cloth production and has a legacy of fine craftsmanship and cultural traditions. Occupying a central position in modern Ghana, Ashanti is the hub of the ancient territory of the Asante and is still the heartland for all Asante people today.

#### **SCENIC CITY**

A visit to Kumasi, the region's ancient capital and Ghana's second-largest city, is a must. Founded in 1695 by the Asantehene (Osei Tutu), this scenic city has ancient palaces, museums, forts, harbours and churches that provide a historical backdrop to the colourful festivals and ceremonies that continue to this day. Visitors can tour the city's cultural treasures and sites of interest, including the Kumasi Fort, the Military Museum, the beautiful 300-year old shrine at Besease and the Manhyia Palace, where the Asante king sits in session every sixth Sunday









heralded by a procession of dignitaries with exuberant drumming and horn blowing.

Kumasi is ringed by villages famous for their handicrafts, including wood carving and kente cloth weaving. Referred to by the Akans as 'nwentoma' (meaning 'woven cloth'), the kente cloth originated in the Ashanti kingdom and is still one of the region's greatest exports. Many Ashanti tribesmen are involved in weaving the traditional cloth on a daily basis. The Ashanti are known for their dazzling patterns, geometric shapes and bold designs interwoven in silk and cotton. Local people choose the sacred cloth for their names as much as their colours and patterns.





# Adanwomase kente village

They have been making kente cloth since the 17th century in Adanwomase, the royal weaving village for the Asante king. Around half the population of Adanwomase is involved in the making of kente, with weavers showing great pride in their work and often creating personal designs. Visitors are welcome in Adanwomase, which offers guided tours and a chance to buy your very own piece of kente cloth.

The weaving tour includes a visit to the community kente workshop, where guests can try their hand at thread spinning, warping and weaving, as well as a trip to the village shops to buy kente products and other crafts. The tour continues to the chief's palace, the tradition healer's shrine, the oldest house in the area (over 300 years old) and a cocoa farm and finishes up at a forest shrine. Visitors can also choose to go on a culinary tour of local farms, take part in palm wine tapping or learn to cook traditional Ghanaian dishes. An evening of dancing, drumming and storytelling by a cultural troupe can also be arranged.



# Bobiri Forest Reserve and Butterfly Sanctuary

The Bobiri Forest Reserve and Butterfly Sanctuary is a 54 sq km area of semi-deciduous tropical rainforest offering natural delights and one of the most luxurious ecotourism visitor centres and guesthouses in Ghana. Visitors can enjoy close-up views of Bobiri's huge trees, its variety of birds, its landscaped butterfly garden (showcasing the sanctuary's 400-plus species) and its arboretum. Each room of the guesthouse and visitor centre features a mural by a local artist. The visitor centre has comfortable chairs and a shaded porch when you can plan your hike before meeting your guide. The centre also provides Ghanaian board games for relaxation and local drums to try out.



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#### **TOUR OPERATORS UNION OF GHANA**

The Tour Operators Union of Ghana (TOUGHA) is a member-driven union that offers inbound and outbound tourism services of the highest level of quality in the tourism industry. We seek to come together and with our collective effort promote the development of the tourism industry in Ghana. Our members observe our strict code of conduct in dealing with our clients. We offer our clients the best hospitality and value for money. For more information visit: www.touroperatorsghana.com

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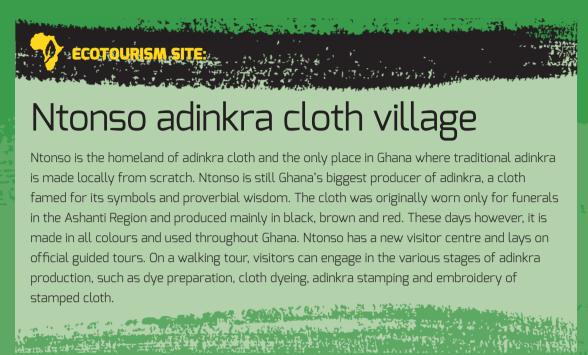
Visits to Adanwomase kente village, Ntonso Adinkra cloth village and the royal kente weaving village of Bonwire are all recommended.

Ghana's leading gold mines are in the Ashanti Region, known as 'the land of the golden stool'. Visits can be arranged to the town of Obuasi, 50 km southwest of Kumasi, which still has an air of the 1890s gold rush. The region also contains West Africa's largest open-air market, at Kejetia, giving tourists a perfect opportunity to do some haggling – an accepted part of trading in Ghana.

The Ashanti Region is one of the most beautiful parts of the country, lying in a tropical rainforest belt dominated by impressive forests, large cocoa farms and picturesque settlements. For birdwatchers and butterfly enthusiasts, the Owabi Wildlife Sanctuary and the crater lake of Bosumtwi are well worth a visit. Walkers will love the Bobiri Forest Reserve and its arboretum, the seasonal waterfall at Bomfobiri Wildlife Sanctuary and the hills around Lake Bosumtwi. Forest wildlife, including monkeys, buck and clouds of butterflies, can be seen all over the region.

#### **FESTIVALS**

This area of Ghana is a cultural hub, with various festivals taking place throughout the year. Among the best known are the Akwasidae, Papa, Kente, Nkyidwo and Adae Kese festivals, which commemorate past leaders and heroes of the Akan. The religious events are a good way for tourists to gain insight into the Ghanaian way of life. Visitors



can also participate in other traditional events such as funerals and naming Saturdays, are spectacular events in Ashanti, with displays of drumming, dancing and pageantry, often with thousands of mourners in traditional red and black.

From top hotels, entertainment and restaurants to fishing on lakes and rivers, enjoying the wildlife and seeing how the famous kente cloth is made, visitors to the Ashanti Region will be



### FGHANA VOLTA REGION

# Mountains, wildlife and waterfalls

he Volta Region's
landscape of rolling
hills and valleys, with
lagoons, rivers and waterfalls,
makes for one of Ghana's most
attractive natural tourist spots.

The region is dominated by the River Volta and Lake Volta. Both are popular recreational areas where visitors can enjoy a music cruise along the lake or ride a canoe along the river with a local fisherman. The beaches of the Volta estuary are among the best in Ghana.

Ho, the region's capital, is an ideal place to learn about Ghana's heritage. The ruins of European forts and other structures can still be seen, with unmistakable vestiges of the German colonial era.

There are many resorts along the

coast that offer the opportunity to see

crocodiles and marine turtles, indulge

in water sports or try deepsea fishing.

Tourism hotspots include the amazing

nearby Tsatsadu Falls at Alavanyo and

Wli Falls in the tropical forest near

Hohoe. Equally spectacular are the

the Tagbo Falls at Liate Wote.

Known for its bright festivals and loud ceremonies, the Volta Region is a cultural haven. The people of Wli hold a unique festival to give thanks for the gift of water, while the Anlos people put on the illustrious Hogbetsotso festival.

Traditionally woven by members of the Ewe and Ashanti tribes, kente cloth is one of Ghana's most famous exports. More than 90 per cent of the population of the Northern Region are Ewe. The Ewe migrated from the north and their weaving villages can be found along the path of migration. Ewe kente



### Wli Waterfall

Wli falls is a popular and dramatic tourist site near the village of Wli. Most tourists make the easy walk to the lower falls, which is mostly a flat trail but is made more dramatic by the presence of thousands of fruit bats nesting on the nearby cliffs.

The more isolated upper falls are a special treat for those with the stamina for a challenging hike. Both routes take visitors through the Agumatse Wildlife Sanctuary, which has over 200 bird and 400 butterfly species. There are inviting pools at the base of the falls where the brave can take a chilly dip.

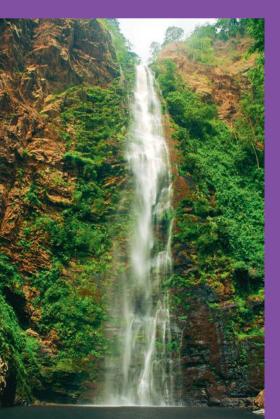
cloth is distinguished by bold animal,

human and symbolic patterns skilfully woven into bright cloth.

#### **LUSH HIGHLANDS**

The Volta Region gives visitors a chance to truly appreciate the magnificence of Ghana. The region is a lush, highland area full of spectacular natural attractions, scarcely visited coasts and beaches, clear rivers, botanical gardens and beautiful waterfalls.







# Amedzofe village

Amedzofe, one of the highest villages in Ghana, is perched at the foot of Mount Gemi. Visitors can hike up the mountain and reach a lovely waterfall in the valley. The large cross, church and bell tower, all at the top of Mount Gemi, were put up by a German missionary in the 1930s. Both the mountain and church site offer dramatic views in every direction. In clear weather, villagers and tourists can see all the way to Lake Volta.



# Tafi-Atome Monkey Sanctuary

For the past 200 years, the Mona monkeys inhabiting the tropical forest surrounding the small village of Tafi-Atome have been protected as it was believed they were messengers of the gods. In 1996 the village began broader efforts to protect their forest and monkeys as well as to offer tours for visitors. As a result, the monkey population has grown to about 200 and the forest has been preserved. The playful monkeys are wild, but often come down very close to visitors.



**ECOTOURISM SITE: 97%** 

## Kyabobo National Park

One of Ghana's newest tourism sites, Kyabobo National Park is in the Nkwanta district of the northern Volta Region. The park contains both forest and savannah species of plants and animals. Animals in the park include buffalo, kob, warthog, aardvark and baboon. Threatened species include lion, elephant, bongo, reedbuck and hartebeest. The park offers multi-day hikes, mountain biking, game viewing hides, shrines and sacred groves.



**ECOTOURISM SITE:** 

### Liati Wote

As you enter Liati Wote, your view of the village is dominated by the mass of Mount Afadjato, Ghana's highest free-standing mountain. In addition to the mountain's sweeping views, Liati Wote features the beautiful Tagbo Falls. The falls can be reached by a rewarding hike that showcases an abundance of butterflies (over 300 species recorded), coffee and cocoa farms as well as the beautiful semi-deciduous forest. When you reach the falls, take a refreshing plunge in the chilly waters of the pool at its base.

# **Unspoilt natural beauty**

ess known to tourists, Brong Ahafo is the country's greatest agricultural region, with a large acreage of food crops and cocoa plantations. However, the area also has various extensive forest reserves and wildlife attractions. Unspoilt by industrial development, the Brong Ahafo Region was created in 1958 and is one of the most attractive in Ghana, with many beautiful tourist sites.

Named after the dominant Akan ethnic groups, the Brongs and the Ahafos, the area's rivers feature some of the most spectacular of the region's visitor sites. The Pumpum River falls 70 metres among rocky steps to form the beautiful Kintampo Falls, hidden in woods close to the Kumasi to Kintampo highway. The views of the Kintampo Falls really are worth the drive.

Festivals are a huge part of Ghanaian society and Brong Ahafo is no different. In November, the week-long Apoo Festival is held in Techiman and Wenchi. It is a period for family reunions and unity among the people. Between November and December – a time when the descendants of original Dormaas come home to a grand reunion - the people of Dormaa Ahenkro, Berekum and Nsuatre put on the Kwafie Festival. Highlights include a large bonfire (symbolic

of the Dormaas first bringing fire to Ghana) and a pageant with drumming, dancing and a display of paraphernalia.

No visit to the Brong Ahafo Region is complete without a trip to the towns of Sunvani and Techiman. The regional capital, Sunyani, only 90 minutes by road from Kumasi, is a well planned city with an idyllic environment – a pleasant change from the bustle of Accra and Kumasi.



# Boabeng Fiema Monkey Sanctuary

For generations the village people of Boabeng and Fiema have believed that the local monkeys are sacred and have prohibited harm to them. The two adjacent communities have created a forest sanctuary to protect the black silky colobus and brown mona monkeys, both of which are an enchanting sight.

A visit to the Monkey Sanctuary at Fiema, 22 km north of Nkoranza, makes a great day out. The monkeys have access to all parts of the village and local people plant fruit trees for them. When a monkey dies, it is buried in a coffin and special funeral rites are performed.







Techiman, 60 km north-east of Sunyani, is believed to be the birthplace of the Akan people. Prehistoric relics, found in the area, are now preserved in the chief's palace. The town comes alive on market days as local people arrive to sell their wares. In the Tano River, which flows through Techiman, visitors may catch a glimpse of the sacred fish, said to have golden crowns.

#### **CRAFT MARKETS**

Tourists can visit busy markets in small towns and villages where farm produce, pottery, weaving and other crafts are displayed. The ancient village of Nsuta, 20 km from Techiman, is famous for Kyenkyen cloth, made from the bark of a tree. It is fascinating to watch the making of this coarse fabric that was worn in ancient times.



# Asumura Rockfowl Sanctuary

The Asumura area is home to one of Ghana's last remaining populations of the white-necked rockfowl. This species was commonly found in Ghana in the early 1960s but there had been no reports of the bird for almost 40 years. Efforts to locate it were unsuccessful until 2003, when researchers rediscovered the species in the Asumura area.

The white-necked rockfowl is considered an endangered and threatened species but can be seen in the Asumura Sanctuary, just 45 minutes from Goaso. Stop at the visitor centre to find out more about the bird, enjoy a beverage in the open-air summer house, see the rockfowl for yourself on a guided forest walk and challenge yourself to the Bonsam Bepo (Devil's Hill) climb.



## Tanoboase Sacred Grove and **Rock Formations**

The striking sandstone rock formations within the Tano Sacred Grove, along with the interesting history and culture of the grove, make this a highly enjoyable site to visit. Taakora, the highest of the Akan gods on earth, is believed to dwell at the source of the Tano River within the grove, making it a sacred place. Take a guided tour of the grove, learn its fascinating history and be rewarded with a wonderful panoramic view.

# **Ghanaian hospitality at its best**

hanaian hospitality is legendary and the Northern Region is no exception. Covering the largest area of Ghana, the region is renowned for its scenic beauty and peaceful atmosphere. With fewer than 2 million inhabitants across 26 districts, the Northern Region is much less crowded than areas such as Accra. Visitors are invited to enjoy spectacular natural features, exotic culture and historical legacies.

The region is bordered on the north by the Upper East and Upper West Regions, on the east by Togo, on the south by the Black Volta River and on the west by the Ivory Coast, giving tourists easy access to many other parts of this wonderful country. The region is a place of wonderful landscapes that include the Gambaga escarpment and the Nakpanduri cliffs.

Tamale, the commercial centre of northern Ghana, is an intriguing mixture of ancient and modern. Its traditional architecture of round huts with conical thatched roofs is in stark contrast to the city's modern role as a hub for technology.

The Northern Region is teeming with history. The Sacred Grove, a traditional nature reserve that has been created around shrines, is a 'must see'. Most notable is the Jaagbo Shrine, 30 km from Tamale, with 25 acres of preserved vegetation, medicinal herbs and rare plants. The grove contains the 'mystery tree' with the hoof marks of a horse. Another landmark is the mythical stone at Larabanga. A road under construction had to be diverted because the stone could not be moved. The archaeological sites at Yikpa Bonso, with relics of the Koma people, are worth a visit.

#### HISTORICAL SITES

Other historical places of interest include the remains of a 15th-century defence wall, built by a Mamprusi chief using a mortar of mud, blood and honey, which can be found at Nalerigu, while the 13th-century Larabanga Mosque, near the entrance to Mole National Park, features a curvaceous style of adobe architecture. A mass grave of fallen Dagomba warriors can be seen at Adibo, where the Dagombas fought the Germans. The grave of Naa Attabian, a Mamprusi king, is at

The Northern Region was an important source and route for slaves. Yendi is an archive of the slave trade, including the grave of Babato and the relics of his army. At Salaga visitors can see the wells that provided the bathing water for slaves about to be sold, as well as the residences of slave traders.

With an abundance of historical sites and landmarks as well as beautiful landscapes, the Northern Region has plenty to offer its visitors.













# Daboya Fugu weaving village

Daboya is the most famous of Ghana's fugu weaving communities. Like kente, the fabric is hand-woven but the strips are narrower and have stripes, in contrast to the geometric patterns found in kente.

Nearly all of the thousands of residents of Daboya are involved in the production of fugu. The village has developed into a fascinating site and residents are eager to share their heritage. Tour the village with a guide to see the production of fugu, from making dyes, dyeing cloth, creating designs, weaving and joining strips to finally sewing.

Daboya also offers boat tours and cruises on the White Volta River, which flows beside the village. See some of the area's birdlife, enjoy a fishing demonstration with a hand-thrown net and visit a beach where salt is harvested, all from a hand-made boat, paddled by villagers.



ECOTOURISM SITE:

## Mole National Park

我就是我们的一个人,我们就是一个人的人,我们就是我们的人,我们就是我们的人。

Mole National Park, in the north-west of the country, is Ghana's largest wildlife refuge, measuring 4,849 sq km. It is best known for its elephants (a population of about 600) as well as buffalo, antelope, lion, leopard, hippo and five species of primates. There are also more than 300 bird species and 33 identified reptile species within the national park.

The park is located on grassland savannah and its entrance is near the town of Larabanga. The ephemeral rivers Lovi and Mole flow through the park, leaving behind drinking holes in the long dry season. The park is also Ghana's most developed tourism site in terms of tourist amenities. The reserve has an eco lodge with 25 chalets, a 33-room motel with a restaurant and swimming pool and a small museum.

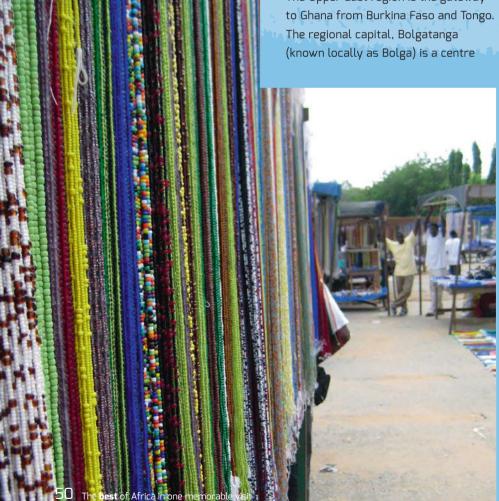
# From crocodiles to handicrafts

espite having a population of just 1 million, the Upper East Region hosts a number of exciting tourist attractions and offers visitors an excellent introduction to Ghana.

The area is home to various cultural and historical tourist hotspots, such as the archaeological treasures of the River Sissili Basin, the ghostly whistling and drumming Tongo Rocks at Pwalugu and Chiana, the Awologo-Tango at

Bongo, the wall decoration at Tilli and the Naa Gbewaa Shrine. Other 'must see' places include the Paga Crocodile Pond, the Bolgatanga Museum and the Kulungugu Bomb Site, where an attempt was made on the life of Ghana's first president, Dr Kwame Nkrumah. Also worth seeing are the three point elevation at Pusiga, the Tongo Hills and the mud-built Navrongo Church, with its beautiful decorative designs by local artisans.

The Upper East region is the gateway





# Paga slave camp and crocodile pool

The area of Paga gives tourists an opportunity to see a remarkably well preserved slave camp, as well as a sacred pool where protected crocodiles can be seen, touched and fed. Visitors can also enjoy a village tour and an evening of drumming and dancing by a local cultural troop.

The Pikworo Slave Camp in Paga was created as a holding place for slaves travelling from the north, until they continued the 150 km journey to the slave market at Salaga. Tour the fascinating, but chilling, camp to see rock carvings, the punishment rock, the lookout post and the slave graveyard.

How the crocodiles came to make their home in a large pond in a landlocked area has always been a mystery. Yet the crocodiles within the sacred Chief's Pond are supposedly as safe as any household pet and the Paga people certainly treat them as such. Young children swim in the pond and local people wash their clothes next to the lethal jaws of the crocodiles without fear. Astonishingly, no one has ever been harmed by any of the 110 crocodiles in the sanctuary.

for farmers, livestock and handicrafts including straw hats, baskets, cloth and jewellery. The twice-weekly market is the perfect place to grab a bargain in basketware, leather goods and traditional clothing. A speciality of Bolgatanga is hand-spun fugu cloth, which visitors can buy in the markets.

#### **BUILSA WARRIORS**

Also worth a visit is the Sandema in Builsa, where Builsa warriors captured and killed the slave raiders Samori and Babatu to mark the end of the slave trade in northern Ghana.

Visitors can also see the Paga-Nania slave camp, the mystery dam of Kayoro called Kukula, the Gbele Game Reserve, the Sombo Bat Sanctuary and the Nasaga Game Reserve, just 8 km from Burkina Faso and Paga.





# Sirigu traditional pottery, art and architecture

The village of Sirigu is a fascinating example of local women taking action to preserve their art and culture. This village is home to beautiful pottery and basketry, interesting architecture and decorative wall paintings.

Faced with the loss of these traditional skills as many young women left the village to find jobs, seven women from Sirigu created SWOPA (Sirigu Women's Organisation for Pottery and Art), which began training local women in making traditional crafts and marketing their products.

SWOPA has now grown to include over 350 women and has opened a visitor centre, gallery, workshop and guesthouse complex where visitors can see and buy functional pottery and baskets.



# Tengzug Tongo Hills and shrines

The rock formations, caves and sweeping landscape of the Tongo Hills at Tengzug are reason enough to visit, but the village is also home to multiple shrines. The shrines draw people from across Ghana and neighbouring countries who believe they have a sacred power to provide guidance and resolution of problems. Tengzug's combination of natural beauty and cultural richness has resulted in it being short-listed for future consideration as a World Heritage Site by Unesco. 在我们的特别是自由这种,这种是这个一种,这个人的人,这个人的一种的人。

#### #GH&NA **UPPER WEST REGION**

# Small in size, mighty in attractions

teeped in history, the Upper West Region is one of the best places to discover Ghana's historical slave routes and trade sites. Despite being one of the country's smallest regions covering just three per cent of Ghana's total land area and with a population of 600,000 – the Upper West Region contains some of the country's greatest tourist attractions.

Travellers can see the remnants of a Slave Defence Wall for themselves in the border town of Gwollu. Located 70 km north of the regional capital, Wa, the Slave Defence Wall is one of many relics of the 300-year-long slave trade.

The wall was built by Gwollu Koro Limann to defend local people against slave traders.

Another feature of the Upper West Region are the many ancient caves. The caves in Bulenga, Dahili and Sankana were places of refuge for people fleeing the slave raiders. Actual slave camps can be found at Pizaga and Dolbizon and a slave market at Kassana.

#### **ARCHITECTURE**

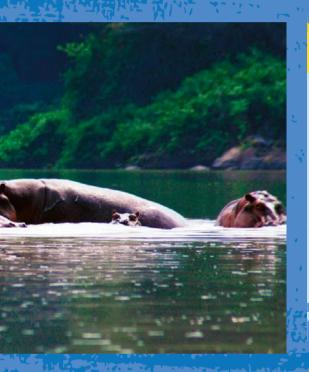
The influence of Islam is obvious in the towns throughout the region, as the major routes of the trans-Sahara trade converged in the area. The town of Wa is dotted with mosques including the ancient Sudanese mosques at Nakore and Dondoli. The striking 16th-century Waa Naa's Palace, an example of Sudanese architecture, can also be found in Wa. By contrast, local architecture is exemplified by Jirapa Naa's Palace, the first multi-storey mud building in Ghana.

As in the rest of Ghana, festivals are a way of life in the Upper West Region. Local people and their chiefs dress in



the course of the celebrations. One of the biggest is the Paragbiele Festival, held by the Tumu people in the last week of January until the first day of February. There is a show of farm produce, together with music and dance, as a way of thanking God and the ancestors for their guidance over the farming season. Other festivals include the Willa, Zumbenti, Kakube and Kobine.

The Dumba Festival, by contrast, is held by the Wala people to usher in the new year. There is a ritual to assess the physical fitness of the chief and whether he can continue to rule. During the event, the chief must jump over a



# Hippo Sanctuary and river safari

Stretching along 40 km of the eastern bank of the Black Volta River, the Wechiau Hippopotamus Sanctuary is a protected area for hippos and associated species. It is home to one of only two remaining groups of hippopotamus in Ghana. Birdlife is also spectacular, with over 200 species on record. The river has had marked success in providing tourists with a unique and unusual eco-travel experience. Experience a river safari in a dugout canoe and see the resident hippo group, birds and mammals as well as fishermen plying their nets.

tethered cow without any part of his body or his clothes touching it. If the chief fails, it is a bad omen that he is weak and should no longer rule.

Visitors can also make the most of the region's abundant nature and wildlife. The Wechiau Hippopotamus Sanctuary is a unique community-based project and a haven for hippos, reptiles and birds. The sanctuary, located in the north-west corner of the Upper West Region, protects and preserves the wildlife and the environment. Southwest of Wa, visitors can spend the night in the Hippo Hide Tree House and hear one of the finest dawn choruses in Africa.



## Gbele Game Reserve

The lesser-known Gbele Game Reserve and bird sanctuary, 17 km south of Tumu, is an important sanctuary for endangered species of wildlife within Ghana.

The reserve is also home to buffalo, hippo, elephant, buck and the country's largest herds of roan antelope, although many species are rarely seen. Birdwatchers consider this an important habitat for indigenous and migratory species of birds.

# Mission to fulfil Ghana's tourism potential

#### **ORGANISATION**

The Ghana Tourism Authority (GTA) has regional offices in each of the 10 regional capitals to carry out its mandate at regional level.

#### **FUNCTIONS**

The GTA's core functions are to promote pro-poor tourism and sustainable and responsible tourism. It is also responsible for taking appropriate measures for the safety and security of consumers of Ghana's tourism products. The authority is to set up a tourism development fund and levy one per cent on all tourism products.

#### **GHANA TOURISM ACT**

The former Ghana Tourist Board was replaced by the Ghana Tourism Authority under the Ghana Tourism Act 817 of 2011. The GTA has a mission to regulate the tourism industry and operate the tourism development fund as well as provide funding for tourism projects nationwide.

#### **TOURIST ATTRACTIONS**

Ghana has a wide variety of tourism products. Above all, its people have a reputation for friendliness that is worth its weight in gold in attracting international tourism.

In line with its policy of using tourism to conserve its ecological, historical and cultural heritage, Ghana's tourist attractions have been organised into four categories:

- > Natural environmental heritage
- > Historical heritage
- > Cultural heritage
- > Other attractions.

#### **INVESTMENT OPPORTUNITIES**

Ghana's tourism potential is poised to take off. The platform has been put in place for increased tourism and investment in hotels and leisure resorts throughout the country. Thanks to its tropical climate, Ghana is a year-round destination. The presence in Ghana of reputable hotel chains such as Hilton Hotels, Holiday Inn, Novotel and Mövenpick is testimony to the giant strides it has made as a tourism destination of choice.

#### INVESTMENT INCENTIVES

Governmental policy is geared towards increased tourism. To achieve its goals, the GTA has put in place a land banking programme of sites suitable for tourism development.

Legislative Instrument 1817 of 2006 is aimed at developing tourism infrastructure and providing attractive benefits, incentives and guarantees for tourism investors. It provides for relief from customs import duties and VAT on a variety of goods.

There are also tax holidays of four to 10 years depending on the star rating or location of the tourism investment.

#### **INVESTMENT OPPORTUNITIES**

There is a growing need for food chains to serve the growing American, European and Asian tourist population. There is also a high demand for entertainment and recreational facilities such as casino parks, villages, African theme parks, community-based ecotourism projects, etc.

#### **INCENTIVES AND BENEFITS**

There is a wide range of investment incentives to enhance the viability of new as well as existing tourism investments.

### INTERNATIONAL INVESTORS

The GTA extends a warm welcome to all visitors and investors in the potentially lucrative and burgeoning tourism market that Ghana offers. The authority is ready to partner with local and foreign investors to put Ghana firmly on the tourism radar of the world.

#### **CONTACT US**

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#### **MISSION STATEMENT**

To conserve and preserve the natural and cultural heritage as well as provide socio-economic benefits in partnership with the private sector through the creation of uniquely Ghanaian tourism facilities and services with a highly qualified, well trained, motivated and dedicated staff to make the tourism industry the leading sector of the economy.





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