

AKOSOMBO

ACCRA

ELMINA

GHANA

Where meaning replaced momentum



A 7-DAY CITY ITINERARY



Jah Collective, 2025
Travel Series

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Jah Collective Travel Itinerary

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*For the ones becoming.
For those traveling through life with open hands and open minds —
learning, releasing, and evolving along the way.*

Dedication

To my readers, my community, my people—

Thank you for joining me down this path.
For showing up, for cheering me on,
and for reminding me that my journey is worth sharing.
Your encouragement and curiosity fuels me often.

To my son, Jahmil—

My favorite passport stamp, my brightest star,
and the most fearless little travel companion I could ever dream of.
Thank you for being my rider, my joy, and my daily reminder of why healing
and legacy matters.

And to my parents—

Thank you for your unwavering love,
and your boundless support.
For always believing in me, for letting me dream big,
and for saying yes to every unforgettable adventure we've taken together.

This guide was born out of love, wanderlust, and deep intention.
May it inspire you to travel more boldly, to move with grace and curiosity,
and to always—always—follow the light.

With gratitude,

Jamielah

Itinerary Overview

This guide captures our time across Ghana, shaped by three very different experiences—each leaving its own imprint.

In Akosombo, life moved closer to the land. The countryside offered a slower vibe, deep hospitality, and a sense of grounding that made space for joy and reflection.

Accra brought contrast—vibrant, expansive, and alive with energy. City life invited curiosity, connection, and movement, offering a window into modern Ghana that felt dynamic and forward-looking, without losing its roots.

And then there was Elmina. Our visit there stirred something quieter and heavier—a calm storm that rose without warning. It was a moment that required pause, presence, and care. Not everything asks to be explained. Some places simply ask to be felt.

This itinerary is designed to honor all of that—the countryside, the city, and the subtle moments in between. It's a guide for travelers who want to move with intention, stay open to complexity, and to fully immerse themselves in the experience that each place has to offer.

Duration: 4 days

Destinations: Dubai → Nairobi → Zanzibar → Dar es Salaam (layover) → Akosombo → Accra

Travel Vibe: Restorative, cultural, kid-friendly, and joy-filled. A mix of slow travel, heritage, adventure, and a little luxury—designed for the modern family traveler.

What's Inside

Inside, you'll find a detailed day-by-day itinerary featuring key travel days and must-see stops, plus helpful notes for families traveling with young children. I've included food, culture, and soft luxe recommendations to help you experience each destination with ease and intention. Also, heads up, dropping Jah Gems throughout!

Who This Itinerary is For

Whether you're a family looking to experience the continent with ease, a solo traveler, a couple craving peace with a healthy dose of exploration, or simply someone planning an epic extended journey with your favorite people (and you want to do it right), this manual was made with you in mind.

How to Use This As a Guide

Feel free to use this manual however it suits you best. Steal the full route and recommendations as-is, or revise the itinerary to fit your travel dates, vibe, and crew. I've also included some extras, like a packing checklist, suggested lodging (and swaps), and a fill-in-your-own-details section in the back, so you can make this journey truly your own.

This guide is designed to be flexible, and easy to personalize.

Made with love from my family to yours.

PRE-DEPARTURE CHECKLIST

Vaccinations

- Yellow Fever (mandatory)
 - Add proof of vax to your passport book for easy access when you land at each destination
- Malaria Pills 💎 (recommended, but optional)

Estimated Vaccination Costs: ~\$540 per person (incl. malaria pills Rx)

Jah Gem: Consider whether to use your HSA (or equivalent) to cover vaccination and/or malaria pills RX-related costs

Travel Documents

- Electronic Travel Visas
 - (visas are required for Kenya, Tanzania, & Ghana)
- Ensure passport is valid for at least 6 months beyond travel dates
 - Estimated Costs: ~\$300 per person (including mailing and expedited service fees for Ghana visa)

Jah Gem: Ghana requires you to mail your physical passport to the U.S. Embassy for your visa, (they put it right in there, which is pretty cool) so give yourself plenty of lead-time. Ours was returned quickly, but next time we will apply well in advance to avoid the unnecessary anxiety.

Download Money Mobile Apps and Consider Other Options

- Apple Pay works in most areas
- Remitly may be helpful if you need to receive money frombo someone in the United States (works in every destination)
- Carrying cash is generally best practice in Africa
 - Tipping is expected for most services, so keep some cash
 - Also, you may be asked to pay a bribe and should keep a small amount of cash for this reason

*Disclaimer: We did not use Remitly, but may be a viable option based on research

Jah Gem: We were stopped by an officer and encouraged to pay a bribe while in Zanzibar. It was a little intimidating, but ultimately a light experience. Corruption is widespread throughout certain countries, but just be aware.

Jamielah's Packing Must-haves and Suggestions

- ❑ First-aid Kit (travel size)
- ❑ Snacks (individually wrapped and readily accessible)
- ❑ Mosquito Repellent
- ❑ Sunscreen & Hats (poncho/light jackets for rainy seasons)
- ❑ Power Adapter (Type G – used in UAE, Kenya, Tanzania, Ghana)
- ❑ Lightweight, Breathable Clothing
- ❑ Comfortable Walking Shoes
- ❑ Binoculars!
- ❑ Photography Equipment
- ❑ Charcoal Pills/ Digestion Aids
- ❑ Lightweight Shoulder Bag/ Purse
- ❑ Travel water bottle with filter
- ❑ Beach toys & Entertainment
- ❑ Travel Wi-Fi Device

Jah Gem: For the “digital nomads” or folks who work remotely, consider a portable travel wi-fi rental company device, in addition to your mobile hotspot. We used a company called TravelWifi, [linked here](#). If one of your wi-fi devices doesn't work, typically the other one does. This company was also very responsive when we had issues.

- ❑ “Party Pack” (When you land)

Jah Gem: If you're following this itinerary, just know—you'll be traveling through a few predominantly Muslim countries where access to alcohol can be limited, expensive, or both.

So, if you're the type who enjoys a good drink and doesn't want to pay hotel prices for a watered-down (but admittedly cute) cocktail—or you simply can't imagine dinner without a glass of wine—do yourself a favor and stop at duty free.

Grab a party pack or a bottle for the room. Your future self—and your leisure committee —will thank you for thinking ahead.

AKOSOMBO

Flight: Ethiopian Airlines

Route: DAR Dar Es Salaam > ADD > ACC, GHA

Arranged Transportation: Pickup from GHA Airport by Bridgeview Resort

Jah Gem: Whenever possible, arrange your transportation in advance, whether you coordinate with your hotel, resort, or host, or confirm taxi/ Bolt accessibility.

📍 Lodging 1 [June 17- June 20]

Address: Bridgeview Resort, Akosombo, Ghana

Akosombo Dam, Akosombo, Ghana

Email Address: reservations @bridgeviewgh.com

Phone: +233 24 222 0920

Excursions and Spots to Try:

- Asenema Waterfalls with transportation from Bridgeview Resort
- Quarshie Cocoa Farm with transportation from Bridgeview Resort
- Akosombo Bead Factory Tour
- Yacht tour on Volta Lake

Jah Gem: If you have children, bring your own non-wifi entertainment for the intra-continental flights. Most intra-continental flights did not have Wi-Fi (at least not for economy lol).



ACCRA

Note: On Day 4 in Ghana, our family hired a private van to take us from Bridgeview Resort to the city of Accra. The hotel/ resort can arrange this ride for you. The drive was about four hours, with plenty to take in along the way—from lush countryside and unexpected wildlife, to fresh coconuts sold roadside.

📍 Lodging 2: [June 20- June 24]

Address: Hilla Limann Hwy, Accra, Ghana

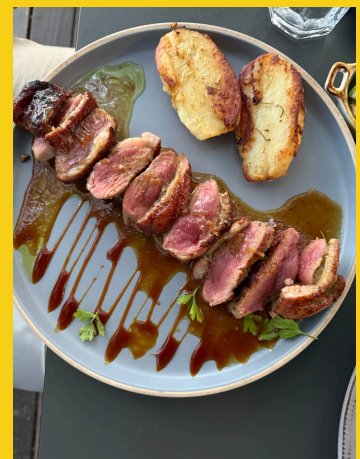
Exact Location: Lotus Court, GA-027-3273 Plot No. 11, King Tackie, West (Airbnb)

Host: Rishabh

Excursions and Spots to Try:

- Visit Cape Coast Castle (Day Trip ~4 hours each way to/from Lodging 2 in the city)
- Labadi Beach
- Kwame Nkrumah Mausoleum
- Asenema Waterfalls with transportation from Bridgeview Resort
- Quarshie Cocoa Farm with transportation from Bridgeview Resort
- Visit University of Ghana School of Law (~30min from Lodging 2, including traffic)
- Kwame Nkrumah Mausoleum

Jah Gem: Highly recommend ordering the largest van available for longer trips across different countries. Insist on one if you don't get one at first. Take account of luggage and space you'll need for a comfortable, exciting, road trip. It makes all the difference.



ELMINA

Location: Elmina, Central Region, Ghana

Duration: Full Day Excursion (Approx. 8:00 AM – 8:00 PM)

Morning Departure

7:30 AM — Depart from Airbnb in Accra

8:00 AM – 10:30 AM — Scenic coastal drive to Elmina, approximately 2.5 hours, but traffic easily makes it 3-4.

Optional stop at a roadside fruit stand for coconuts or plantain chips.

Bring water, hat, sunscreen, and light layers.



Elmina Castle Tour

11:00 AM – 12:30 PM — Guided tour of Elmina Castle, one of the oldest European buildings in sub-Saharan Africa and a UNESCO World Heritage Site.

Tour includes the dungeons, Governor's quarters, and the Door of No Return.

Photography is permitted but should be respectful.

Comfortable footwear is strongly recommended.

Private Guide: Martin Cofie provided an informative and personal perspective on the transatlantic slave trade, offering historical depth and emotional context.

Lunch and Reflection

12:45 PM – 2:00 PM — Lunch overlooking the ocean.

Recommended options:

Coconut Grove Beach Resort (seafood and quiet atmosphere)

One Africa Resort (pan-African menu and ocean view)

Optional beach walk for reflection or journaling.

Afternoon Exploration

2:15 PM – 4:00 PM — Explore the Elmina fishing village and surrounding market area.

Opportunity to purchase locally made crafts, beads, and woodwork.

Optional detour to Cape Coast Castle (approximately 30 minutes away) if time permits.

ELMINA (cntd.)

Return to Accra

4:30 PM – 6:30 PM — Drive back to Accra (or your Cape Coast BnB).

Light snacks recommended for the return journey.

Reflect on the day's experience and key takeaways.

Additional Notes:

The private guide provided an unfiltered, deeply personal account of Ghana's history of enslavement and resilience.

The tour was both educational and reflective, highlighting the enduring strength and spirit of the Ghanaian people.

Recommended items: tissue, comfortable shoes, bottled water, and journal.

Jah Gem: Stay the Night if You Can

While a day trip to Elmina is doable, it's strongly recommended to stay overnight if your schedule allows. The drive from Accra takes roughly three to four hours each way, and although our private driver handled the round-trip for about \$200 (estimated), the turnaround made the day feel long and compressed.

Spending a night in Elmina or nearby Cape Coast allows you to slow down, enjoy the beach, and explore more of the surrounding area's history and culture at an easier pace. There are several nearby attractions worth visiting, and the ocean views at sunset are an experience of their own.

Still—if a day trip is all you can manage, it's absolutely worth it.



GHANA

Lanugages & Cultural Notes

• **Primary Languages:** English (official); Twi, Ga, and other local languages are widely spoken.

Helpful Phrases:

- Akwaaba – Welcome (Twi)
- Medaase – Thank you (Twi)

Cultural Tips:

- Ghanaians are warm and polite — greetings are expected before conversation.
- Dress comfortably but respectfully.
- Left hand is considered unclean for eating or giving items — use the right hand.

Traveler Notes:

- Ghanaian Cedi (GHS) is the local currency.
- Mobile money is widely used (MTN Mobile Money is common).
- Electricity outages are possible — pack a power bank.



ACCRA

EMERGENCY & HEALTH INFO.

Emergency Contacts in Ghana

- General Emergency (Police, Fire, Ambulance): Dial 112
- Police: 191
- Fire Service: 192
- Ambulance Service: 193

Pediatric & Urgent Care Clinics in Accra

Two reputable pediatric clinics within 10–15 minutes' drive from central Accra locations:

St. Luke's Clinic – Pediatric Specialists

- Address: H Kessels Close, Off Senchi Street, Airport Residential Area, Accra
- Phone: +233 (0) 302 775 405
- Hours: Monday–Friday: 8:00 AM – 5:30 PM; Saturday: 10:00 AM – 3:30 PM
- Website: stlukesclinic.com.gh

Mission Pediatrics

- Phone: +233 24 724 1447 or +233 20 329 5292
- Hours: Daily: 8:00 AM – 8:00 PM
- Note: Appointments can be made via call or WhatsApp.



U.S. Embassy in Accra

U.S. Embassy in Accra

- **Address:** No. 24 Fourth Circular Road, Cantonments, Accra
- **Phone:** +233 (0) 30 274 1000
- **Email:** ACSAccra@state.gov
- **Website:** gh.usembassy.gov

For emergencies involving U.S. citizens, the embassy provides 24/7 assistance.

Other Helpful Info

Tips for Planning Day Tours:

- Choose a reputable tour operator:
 - Look for tour companies with good reviews and experience in organizing day trips.
- Consider your interests:
 - Choose tours that align with your interests, whether it's history, nature, or culture.
- Book in advance:
 - Primarily during peak season, it's recommended to book your tours in advance to ensure availability.
- Pack appropriately:
 - Bring comfortable shoes, sunscreen, and water for your day tours, especially if you're going to be hiking or exploring outdoors.
- Be aware of your surroundings:
 - Stay vigilant and aware of your surroundings, especially in crowded areas.
- Respect local customs:
 - Dress modestly, avoid showing excessive affection in public, and be mindful of local traditions.