

WHERE TO EAT (cont.)



Image Source: TripAdvisor

LA CHAUMIERE

LA CHAUMIERE

215 Liberation Road, Opposite Woolworths

PH: 0302 772 408

M-F 12:30-2:30pm and 6:30-10pm, Sat 6:30-10pm

Reservations Recommended

Accra's swankiest dining establishment offers French fusion cuisine amidst soft lighting, polished wooden floors and classical music. Steaks are renowned, but there are several wonderful seafood options as well. Wine selection is healthy. While prices might be higher than you'd typically pay for Accra fare, the sophisticated menu meets the budget for a business lunch or dinner.



Image Source: TripAdvisor

LE TANDEM
RESTAURANT

LE TANDEM RESTAURANT

6 Mankralo Street, East Cantonments

PH: 0302 762 959

M-F Noon-2pm and 7pm-1am, Sat 7pm-1am

Another restaurant offering French fare, Le Tandem is among Accra's top restaurants year after year because of its appetizing food, solid wine selection and amiable owner.



Image Source: TripAdvisor

REPUBLIC BAR
& GRILL

Republic Bar & Grill

3rd Lane Kuku Hill (off Oxford Street)

PH: 024 631 4044

www.facebook.com/RepublicBarGH

M-Sat Noon-2am, Sun 4pm-2am

Located next to Osu Mall, the Republic is growing in popularity as the best bar in Accra. The atmosphere varies from a quaint after-work chill-out spot, to a bustling local cocktail bar on weekends. Dishes including chicken schwarma, cassava chips — plus caipirinhas and mojitos — are tasty as well as amazingly affordable. Live music on Wednesdays; a DJ spins tunes on Fridays and Saturdays.

Because it is located on the Gulf of Guinea only a few degrees north of the Equator, Ghana faces little variation in weather throughout the year.

Average temperatures in March range from 78-90 degrees F. Relative humidity varies from 65 percent in the mid-afternoon to 95 percent at night.

The chief rainy season begins in April and ends in July.



GHANA

WELCOME TO ACCRA!



Image Source: John and Clare via Flickr/Creative Commons



Image Source: erikpruneyk via Flickr/Creative Commons

With a reputation as the friendliest nation in Africa, Ghana is attractive to travelers as well as to residents seeking an urban lifestyle.

The Greater Accra Region is the smallest but most densely populated region in Ghana. The capital city of Accra alone has an estimated 2.3 million people, with 56% under age 24.

In part due to its youthful culture, Accra is not only a center for manufacturing, marketing, finance, insurance and transportation, but it also features a range of restaurants and nightlife activities. Take in the beach scenery, explore the historical sites, and don't be surprised to hear *akwaaba* (welcome) several times during your stay.

THINGS TO DO

KWAME NKRUMAH MEMORIAL PARK

High Street

PH: 0302 671 610

Open 10am-6pm

This serene park built on a former British polo field is the point where Dr. Kwame Nkrumah, Ghana's first president, declared the country's independence in 1957. The park consists of 5 acres and includes a small museum detailing Nkrumah's life.



Image Source: TripAdvisor

HEAD TO THE BEACH

Accra has an Atlantic beachfront that is popular with locals and tourists alike. Kokrobite Beach is about 25km west of Accra. However,

TripAdvisor travelers suggest Bojo Beach, about 20km west of Accra. Access is provided by a short boat ride and 10 Cedis entry fee.

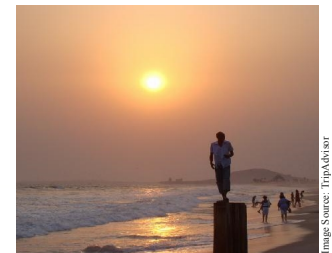


Image Source: TripAdvisor



Image Source: TripAdvisor

ABURI BOTANIC GARDEN



Image Source: TripAdvisor

DUBOIS MEMORIAL CENTRE



Image Source: nikkonappervia Flickr/ Creative Commons

NATIONAL THEATRE



Image Source: TripAdvisor

HOLY TRINITY

THINGS TO DO (cont.)

ABURI BOTANICAL GARDENS

Aburi, Akwapiim

PH: 233 2176 4337

Closed on Sundays

Opened in March 1890, the Aburi Botanic Garden north of Accra covers 64.8 hectares with a mixture of indigenous and exotic trees, and plants with aesthetic and medicinal properties. The park overlooks the Accra coastal plain from an elevation of about 400 meters above sea level. Highlights of the park include the Bush House, Helicopter and Ficus tree. For those seeking souvenirs, wood carvings and masks can be found at prices cheaper than in Accra.

W.E.B. DUBOIS MEMORIAL CENTRE

Off 2nd Circular Road, Cantonments

PH: 0302 776 502

M-F 9am-4pm, Sat 10am-3pm

African-American born scholar and civil rights activist William Edward Burghardt DuBois is known as the "father of Pan Africanism" and became a citizen of Ghana in the 1960s. The center houses a research library, gallery of manuscripts, and the graves of DuBois and his wife, Shirley Graham DuBois.

NATIONAL THEATRE OF GHANA

South Liberia Road & Independence Avenue

0302 663 449

Opened in 1992, the National Theatre features distinctive Chinese architecture and is home to a variety of entertainment, including the National Symphony Orchestra, the National Theatre Players and National Dance Company.

CATHEDRAL CHURCH OF THE MOST HOLY TRINITY

28th February Road (High Street)

www.holytrinitycath.org

The headquarters of the Anglican Church of Ghana, Holy Trinity Cathedral was initially funded by the colonial British government and was completed in 1894. TripAdvisor travelers note it is "one of the finest architectural buildings in Accra."

WHERE TO EAT (cont.)

With wood-fired pizzas and an attractive patio, Mamma Mia has been a popular place among expats for a decade. The Italian menu offerings and helpful wait staff are inviting, making the restaurant a pleasant place for friends and families.

VEDA AUTHENTIC INDIAN RESTAURANT

42 Spintex Road (between Papaye and GT Bank)

PH: 233 30 248 5955

www.vedaghana.com

Generous portions of authentic Indian food served in plush surroundings make Veda an attractive dining option. Dishes like the Potato Basket, Peshwari and Kebab Platter, plus a host of vegetarian options, are likely to satisfy any palate. Past patrons recommend saving room for dessert, too.

HONEY'S DRIVE RESTAURANT & BAR

Opposite the New WAEC Building, Oyarifa

PH: 233 54 116 0425

For a taste of authentic Ghanaian cuisine, travelers recommend the fresh flavors and perfect blend of spices served up at Honey's Drive. Soups, stews and the special of the day are equally delicious. Can't decide what to order? Auntie Fausti will be happy to help you navigate the menu.



Image Source: www.vedaghana.com

VEDA AUTHENTIC INDIAN



Image Source: TripAdvisor

HONEY'S DRIVE RESTAURANT

SAFETY

"Pick-pocketing, purse-snatching and various types of scams are the most common forms of crime confronting visitors" to Ghana, the U.S. State Department says. "Travelers have reported these types of theft at crowded markets, beaches, parks and tourist attractions ... Violent crime, such as armed robbery, is on the rise ... in expatriate residential and shopping areas, some beaches (including Kokrobite), and, specifically, Osu and Ablekuma/Dzorwulu neighborhoods after 10 p.m."

Additionally, there have been reports of luggage and travel document theft at Kotoka International Airport and in hotels. Keep documents secure (including when leaving the airport) and never leave baggage unattended. Travelers should be wary of all offers of unsolicited assistance at the airport unless from uniformed porters or officials. Be wary of overly friendly locals offering tours or other services that seem too good to be true.

Travelers should avoid communal taxis. Accra has an extensive taxi network, but most taxis lack a meter system, so price negotiation is required.

Lower construction standards "have contributed to building collapses, fires and reports of electrical shock, including the death of a Westerner from electrocution at the Stellar Lodge in Takoradi," the State Department warns.

Chieftaincy disputes in Ghana have led to violence and unrest, most notably in Yendi in the Northern region and Bawku in the Upper East region. Exercise caution in these areas.

For more about safety, visit <http://travel.state.gov/content/passports/english/>



WHERE TO EAT (cont.)



Image Source: Trip Advisor

+233 JAZZ BAR & GRILL

+233 JAZZ BAR & GRILL

Dr. Isert Road (8th Avenue) at Ring Road, North Ridge
PH: 024 427 6027

M-Th 5pm-2:33am, F 5pm-4am, Sat-Sun 2:33pm-4am

Named after the Ghanaian dialing code, +233 is the best place to head for blues and jazz with live bands playing six days a week. Travelers say it's a casual place to grab a beer, and the grilled offerings (kebabs, chicken, burgers, pork chops) are decent. Ample seating is available indoors and outdoors.



Image Source: Trip Advisor

TORO TAPAS BAR

TORO TAPAS BAR

Afrikiko Leisure Complex, Liberation Road, Ridge
PH: 024 288 0163

Noon-11pm Daily

www.torotapas.com

Accra's first tapas bar fills a niche for those craving Spanish flavors. The menu includes typical fare, such as croquetas, meatballs, chorizo and spicy garlic prawns. Past diners recommend the beef in blue cheese.



Image Source: Trip Advisor

SANTOKU

SANTOKU

North Airport Road, Ground Flore, Azure, Villagio Vista
PH: 233 54 431 1511

M-Sat Noon-12:30pm and 6:30-11pm, Sun Noon-2:45pm

<http://santoku-restaurant.com>

Reservations Recommended

Santoku offers contemporary Japanese dining a cut above other restaurants in Accra, thanks to a menu created with the help of Nobu London. A solid wine selection and expertly mixed cocktails also make it one of the best bars in the city. Service and ambiance are excellent. A private dining room seats 18.



Image Source: Trip Advisor

MAMMA MIA ITALIAN

MAMMA MIA ITALIAN

8th Lane, Behind SNIT Trust Hospital, Osu
PH: 024 435 5000

T-Th 6-10:30pm, Fri-Sun Noon-10:30pm

www.mammamia-accra.com/new/

THINGS TO DO (cont.)



Image Source: Trip Advisor

NATIONAL MUSEUM

NATIONAL MUSEUM OF GHANA

Barnes Road, Adabraka

0302 221 633

Tues-Sun 9am-5pm

Established in 1957, the National Museum in Accra is one of the oldest museums in Ghana. The museum was officially opened by the Duchess of Kent, Britain, on the eve of Ghana's independence. Highlights include prehistoric archaeological discoveries, colonial antiquities, details about the slave trade and exhibits of contemporary African art. The permanent exhibition in the ethnography gallery contains objects such as indigenous musical instruments, stools, pottery and famous Ashanti gold weights used to determine the value of goods.



Image Source: Sorbus sapiens via Flickr/
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JAMESTOWN

JAMESTOWN

Accra's famous and historical Jamestown contains the Ussher Fort, James Fort and Osu Castle (also known as Christiansborg). The latter was the first substantial fort built by the Danish in the 1660s. While the castle has changed hands between Denmark, Portugal and the Akwamu, today it houses the government seat of Ghana, which employs 2,100 workers. Many international dignitaries have visited the castle, including several U.S. presidents. Additional rooms were built to accommodate Queen Elizabeth II's visit in 1961. For a great view of the city, climb to the top of the lighthouse.



Image Source: boeworks via Flickr/
Creative Commons

MAKOLA MARKET

MAKOLA MARKET

Kojo Thompson Road & Independence Avenue

Accra's most popular market spans several blocks and includes stores, informal stalls and walking vendors. Shoppers can find everything including kitchenware, shoes, textiles and produce. With the crowds, it might be best to keep the camera out of sight.



Image Source: Ben Sutherland via Flickr/
Creative Commons

**INDEPENDENCE
ARCH & SQUARE**

INDEPENDENCE ARCH & BLACK STAR SQUARE

High Street & Labadi Road

Smack in the middle of a busy roundabout, Independence Arch, also known as Black Star Square, was erected as an inspiration to other African countries seeking independence. The area around the square is designed for large events, with seats for up to 30,000 people. Photos of the area, while not against the law, are not recommended.

THINGS TO DO (cont.)

CENTRE FOR NATIONAL CULTURE

28th February Road, near Kwame Nkrumah Monument
M-F 8:30am-5pm, Sat-Sun 9am-3pm

The Centre for National Culture, also known as the Arts Centre, presents traditional handicrafts from all over Ghana and West Africa. In addition to the art galleries, it is a popular place to pickup textiles and souvenirs crafted from clay, wood, leather and metal. Head to the outdoor market for more interesting finds.

UNIVERSITY OF GHANA

Legon

PH: 302 500 381

www.ug.edu.gh

Founded in 1948, the University of Ghana about 20 minutes north of Accra is the largest and oldest of six public universities in the country. Because of its distinctive buildings and tree-lined gardens, the University is popular among its 29,754 students, as well as among visitors.

MOLE NATIONAL PARK

Damongo, 146 km southeast of Tamale
24 4316 777

Located in the northern region of Ghana, Mole National Park is worth a trip if you're especially eager to see African wildlife. The park encompasses 4,840 square kilometers, houses 90 species of mammals and 3,000 species of birds, and provides what is said to be the country's largest and best wildlife viewing.

MONEY MATTERS

Cash is king in Ghana. The U.S. State Department warns credit card fraud is problematic and should not be used even in large hotels.

Travelers can withdraw money at bank ATMs. Forex money exchanges prefer crisp, new bills. About 2.53 Ghanaian Cedis equal \$1 USD.

If you're happy with service, a gratuity of 10% is appreciated, although it's not necessary to tip taxi drivers.



CENTER FOR NATIONAL CULTURE



UNIVERSITY OF GHANA



MOLE NATIONAL PARK

WHERE TO EAT

The U.S. State Department cautions that eating at restaurants in Accra can be "hit or miss."

Fresh produce is plentiful, but avoid eating anything fresh that isn't cooked or peeled in front of you. The Department suggests travelers order bottled water and avoid ice drinks.

For a taste of local cuisine, *fufu* is a light tomato-based soup typically served with meat or fish. *Okro* stew is similar to American gumbo. As an alternative to soups, diners can try *red-red* (fried sweet plantains with red beans in palm oil), or *palava* sauce (egg and spinach) and yam chips. Other traditional foods include: *kenkey* (fermented corn

dough) with fried fish; *shito* (hot pepper, ginger and dried shrimp fried in tomato paste with additional spices); and *keta* (small fried fish).

If local food isn't to your liking, there are several continental restaurants to choose from. Following are TripAdvisor favorites.



Image Source: iazak via Flickr/Creative Commons



Image Source: TripAdvisor

THE VENUE

THE VENUE RESTAURANT

East Legon, Adjiringanor,
From American HSE Toward 3rd Street Left
PH: 024 332 3425

M-F 5pm-Midnight, Sat-Sun 12pm-Midnight

Although somewhat difficult to find, this popular restaurant/pub/bar offers a broad menu and big portions. The vegetarian pizza is especially popular.



Image Source: TripAdvisor

THE LUNCHBOX GH

THE LUNCH BOX GH

2 Doctor Tagoe Street, East Legon, Accra 233
Close to Ideal Finance or Ghana Link
PH: 233 50 686 5905

9am-5pm

www.facebook.com/thelunchboxgh

This dine in/take out restaurant is said to offer the closest thing to authentic American lunch fare. Favorites include burgers, the BBQ sandwich and red velvet milkshake.