

Ghana

By Tom Kirvan

A COUNTRY OF CONTRASTS AND CONNECTIONS

Ghana, a country in West Africa, is a land of diverse cultures, stunning landscapes, and warm hospitality, often referred to as “Akwaaba” in the local Twi language.

Home to a population of approximately 34 million people, Ghana is one of the most populous countries in West Africa. It is bordered by the Atlantic Ocean and the Gulf of Guinea to the south, the Ivory Coast to the west, Burkina Faso to the north, and Togo to the east. The geography of Ghana is varied, ranging from coastal savannahs and tropical rainforests to the rolling hills of the Volta Region.

Accra, the capital city of Ghana, is a metropolis that serves as the political, economic, and cultural hub of the country. With a population of more than 2 million people, Accra is a city that never sleeps, offering a blend of modernity and tradition. Visitors to Accra can explore the bustling markets of Makola, relax on the sandy beaches of Labadi, or immerse themselves in the colorful nightlife. The city's cultural offerings are reflected in its numerous museums, colonial architecture, and historic landmarks, such as the Independence Arch and the Kwame Nkrumah Memorial Park.

Mount Afadja, also known as Afadjato, is the highest point in Ghana, standing at an elevation of 2,904 feet above sea level. Located in the Volta Region, near the border with Togo, Mount Afadja offers breathtaking views of the surrounding landscape. The hike to the summit is a popular activity for adventure seekers and nature enthusiasts, providing an opportunity to experience the region's rich biodiversity, including unique plant species and birdlife.

Top 5 Must-See Tourist Destinations

- **Cape Coast Castle:** A UNESCO World Heritage Site, Cape Coast Castle is one of the most significant historical landmarks in Ghana. Built by the Swedish in the 17th century, the castle played a central role in the transatlantic slave trade. Visitors can tour the dungeons, learn about the harrowing history, and pay their respects at the “Door of No Return.”
- **Kakum National Park:** Located in the Central Region, Kakum National Park is a haven for nature lovers. The park is famous for its canopy walkway, a series of suspension bridges offering a unique perspective of the rainforest. The park is home to elephants, antelopes, over 250 species of birds, and more.
- **Mole National Park:** Ghana's largest wildlife refuge, Mole National Park, is in the northern part of the country. Visitors can embark on safari tours to see elephants, buffaloes, antelopes, and warthogs in



Fast Facts

Capital: Accra
Population: 34.6 million
Highest point: Mount Afadja (2,904 feet)
Official Language: English
Religions: Christianity, Islam

Primerus Member: Legalstone Solicitors

Legalstone Solicitors is a boutique business law firm located in Accra.

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their natural habitat. The park also offers guided walking tours and birdwatching opportunities.

- **Wli Waterfalls:** The highest waterfall in West Africa, Wli Waterfalls, is located in the Volta Region near the town of Hohoe. The falls are surrounded by lush greenery and offer a refreshing escape for visitors. The hike to the upper falls is moderately challenging but rewards trekkers with stunning views and a chance to cool off in the natural pools.
- **Lake Volta:** One of the largest artificial lakes in the world, Lake Volta spans several regions in Ghana. Visitors can enjoy various recreational activities, including boating, fishing, and birdwatching. The Akosombo Dam, which creates the lake, is an engineering marvel and a significant source of hydroelectric power for the country.

Ghana's history is rich and varied, with evidence of human habitation dating back to the Paleolithic era. The country was home to several powerful empires, including the Ashanti Empire, known for its wealth, advanced governance, and military prowess. The Portuguese were the first Europeans to arrive there in the late 15th century, followed by the Dutch, British, and other colonial powers. Ghana became the first African country to gain independence from colonial rule in 1957, under the leadership of Dr. Kwame Nkrumah.

