



GHANA CITIZENSHIP

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First Time in Ghana: A Practical Guide for Visitors and First Timers

Visiting Ghana for the first time is exciting, meaningful, and very manageable with the right preparation. Whether you are coming for [history](#), culture, [business](#), or a return to ancestral roots, Ghana is welcoming, vibrant, and easier to navigate than many first-time travelers expect.

This guide walks you through what to see, what to eat, how to get around, and how to move respectfully and confidently as a first-time visitor.

1. Historic and Cultural Experiences You Should Not Miss

Kwame Nkrumah Memorial Park (Accra)

This is one of the most important sites in the country. It honors [Ghana's first president](#) and independence leader. The grounds are calm and reflective, and the museum provides essential context on Ghana's political history and Pan-African legacy.

W.E.B. Du Bois Memorial Centre (Accra)

The final resting place of W.E.B. Du Bois, one of the most influential Pan-African thinkers of the 20th century. This site resonates deeply with members of the African diaspora and offers a quiet, reflective experience.

Gallery 1957 (Accra)

A contemporary African art gallery founded on Ghana's Independence Day. It showcases modern African artists and provides insight into Ghana's evolving creative scene.

Cape Coast and Elmina Castles

These UNESCO World Heritage Sites are emotionally powerful and historically

essential. Walking through the dungeons and the Door of No Return is a sobering experience that many visitors describe as unforgettable.

Kumasi and Asante Heritage (Ashanti Region)

Kumasi is the cultural heart of the Asante Kingdom. Highlights include:

- Manhyia Palace Museum
 - Kumasi Central Market (Kejetia)
 - Yaa Asantewaa Museum in Ejisu
 - Prempeh II Jubilee Museum
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2. Nature, Adventure, and Scenic Escapes

If you want to balance city life with nature, Ghana offers plenty of options.

- **Kwahu Mountains** for cooler air, views, and hiking
- **Akosombo Dam and Lake Volta** for boat cruises and scenery
- **Kakum National Park Canopy Walk** for rainforest views
- **Safari Valley Resort** for a nature-focused retreat near Accra
- **Coastal resorts** around Koso and the Eastern Region for quiet weekends

These destinations are accessible and suitable even for first-time travelers.

3. Ghanaian Foods You Should Try

Food is central to daily life in Ghana. Do not leave without trying:

- Jollof rice
- Waakye (rice and beans with sides)
- Banku with grilled tilapia and pepper
- Kelewele (spiced fried plantains)
- Shito (black pepper sauce)
- Fufu with soup and meat

Street food is common and generally safe when purchased from busy vendors.

4. Dining Out in Accra and Kumasi

Accra offers a wide mix of local and international dining, from upscale restaurants to casual cafés. You will find continental, Asian, Middle Eastern, and traditional Ghanaian food throughout Osu, East Legon, Airport, and Cantonments.

Kumasi has a growing restaurant scene, especially around Ahodwo, Nhyiaeso, Asokwa, and KNUST, with options ranging from local favorites to modern dining spots.

5. Nightlife and Social Scene

Ghana's nightlife starts late. Most clubs begin filling up around midnight and can go until early morning. Accra has the most active nightlife scene, especially in Osu and East Legon.

If nightlife is not your thing, lounges, live music spots, and beachside hangouts are easy alternatives.

6. Beaches and Resorts

Popular and accessible options include:

- Labadi Beach area
- Aqua Safari Resort
- Sandbox Beach Club
- Smaller coastal resorts along the Accra and Central Region coastline

Some beaches are social and lively, others are quiet and relaxed. Ask locals before choosing.

7. Daytime Activities in Accra

For daytime exploration, consider:

- Jamestown for murals, history, and coastal life
- Makola Market for fabrics, beads, and spices
- Black Star Square and the Independence Arch
- Arts Centre for National Culture for souvenirs and crafts
- Art galleries and museums around the city

Bargaining is normal in markets, but keep it respectful.

8. Safety Tips for First-Time Visitors

Ghana is widely regarded as one of the safer countries in West Africa, but common sense matters.

- Avoid flashing large amounts of cash
- Be cautious late at night in isolated areas
- Agree on prices before services are provided
- Expect traffic delays and plan accordingly

Crowded areas require awareness, just like any major city.

9. Cultural Etiquette Basics

Small gestures go a long way in Ghana.

- Always greet before asking questions
- Use your right hand when giving or receiving items
- Learn a few local phrases:
 - Medaase, thank you
 - Akwaaba, welcome
 - Ete sen, how are you

Respect and politeness are highly valued.

10. Practical Tips That Make Life Easier

- MTN offers the most reliable mobile network coverage
- Bolt and Yango are popular ride-hailing apps
- Keep small cash for transport and street food
- Tailoring is affordable and high quality, especially for traditional wear

Custom-made clothing is one of the best souvenirs you can take home.

Final Thoughts

Ghana rewards visitors who come curious, patient, and open-minded. Things may move more slowly than you are used to, but that rhythm is part of the experience. With basic preparation, your first trip to Ghana can be smooth, memorable, and deeply meaningful.