



**URBAN**  
**ADVENTURES**  
BEST. DAY. EVER.

## Tour Name

---

West African Markets and Cuisine

## Tour City

---

Accra

## Tour Snapshot

---

Africa's markets are a blessing and a curse for travellers. Filled with cool things to buy, eat and photograph, they are also confusing to get through alone. Join this Accra tour to navigate the market minefield and learn some local cooking tricks to take home with you.

### Highlights

- Visit Accra's atmospheric markets
- Find out how to bargain for goods just like a local
- Experience a ride on Ghana's 'shared taxi' transport system
- Get acquainted with regional ingredients, spices, produce, and flavours
- Learn how to prepare tasty traditional dishes from a local master

Inclusions: Local English speaking guide, entrance fees, dinner.

Exclusions: Cost of shared taxi or taxi, items of a personal nature, tips / gratuities for your guide.

### **Schedule details**

- Duration: 2 hours
- Meeting point:  
Palladium Arena Accra.
- Find the exact meeting point with what3words: [///tricycle.stumble.putter](https://tricycle.stumble.putter)
- Starting time: 5.00 PM
- Ending point:  
Pink Hostel

### **Full Itinerary**

---

Want to see the markets of Accra, be exposed to regional foods and flavours, and learn how to whip up a West African feast? Then join this fun-filled tour of Accra's markets and food outlets!

Start by meeting up with a local guide then hit the streets to discover the variety of fresh food on offer to the public. Eating from market stalls and roadside carts is commonplace throughout all of Africa and is an experience not to be missed when travelling in this part of the world.

Witness a wide range of foods being prepared, from large cauldrons of bubbling stew to grilled vegetables and fresh fruit juices and shakes. Here, the dishes and styles of cooking have evolved over centuries and have often been handed down from generation to generation. Perusing food stalls and chatting to locals is a great way to learn about traditions and customs of Ghana so don't be afraid to ask questions and most importantly – try a few local delicacies.

Next on your Accra food tour, hop in a shared taxi and head to the Pink Hostel to meet up with a local chef, where you'll learn how to prepare a few dishes yourself. Perhaps learn how to make kenkey (fisherman's soup) or other dishes typical of this region. Finish your Urban Adventures tour with newfound knowledge of West African cuisine, ready to use in your own kitchen when you get home. Now that's what we call an awesome souvenir!

### **Additional information**

Inclusions: Local English speaking guide, entrance fees, dinner.

Exclusions: Cost of shared taxi or taxi, items of a personal nature, tips / gratuities for your guide.

Dress standard: Since this is predominately a walking tour, we recommend dressing in light clothes that will make you feel comfortable in warmer weather conditions.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Child Policy: This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.

### **Local contact**

Office phone number: Fix line: +233 (0) 302 773 498 Mobile line: +233 (0) 244156309

Email address: [info@accraurbanadventures.com](mailto:info@accraurbanadventures.com)