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CAPE TOWN TO TEMA - WEST AFRICA EXPEDITION CRUISE

Stately Table Mountain waves us off from wonderful Cape Town to explore this dazzling continent's diverse coast. Visit Namibia's Walvis Bay, where desert dunes cascade down to the ocean and flamingos strut. Explore Angola's coastal cities while heading north for the Congo's Pointe Noire, and Bom Bom Island's pristine beaches and emerald-green forests. Finally, we reach bustling Tema - where marketplaces resound with lively chat and rhythms pulse.



ITINERARY

Day 1 Pre Cruise

Day 2 Cape Town

Sprawling across endless, staggeringly blue coastline, and watched over by the iconic plane of Table Mountain, Cape Town

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is without doubt one of the world's most beautiful cities. A blend of spectacular mountain scenery, multiculturalism and relaxed ocean charm awaits in the Mother City, where you can venture out to rolling vineyards, dine in laid back sea suburbs, or spend days exploring cool urban culture. Cape Town's natural splendour fully reveals itself as the cable car rears sharply to the top of Table Mountain. From the summit, 3,500 feet above sea level, you can let the scale of the panoramic vistas of the city rolling down towards the ocean wash over you. Another heavenly perspective waits at the top of Lion's Head's tapering peak. A sharp hike and an early start is required, but the views of the morning sun painting Table Mountain honey-gold are some of Cape Town's finest. Cape Town's glorious sunshine and inviting blue rollers can be a little deceiving - these oceans are anything but warm at times, with nothing between the peninsula's end and Antarctica's icy chill. This cool water has upsides though, bringing a colony of adorably cute African penguins to Boulders Beach. Boarded walkways offer the perfect vantage point to see the cute creatures dipping into the sea and lounging in the sun. Nearby, journey to the end of Africa at the Cape of Good Hope, where you can stand at the bottom of this mighty continent, watching out over the merging waves of the Atlantic and Indian Oceans. Cape Town's beauty is counterpointed by the ominous island form, which sits four miles offshore from the bustling restaurants and lazy seals of the lively V&A Waterfront. A living history lesson, you can sail in the ships that transported prisoners out to Robben Island, before a former prisoner tells of the traumas of life on this offshore prison. Your guide will show you the cramped cells, and render Mandela's long walk to freedom in heartbreaking, visceral clarity.

Day 3 Langebaan

Langebaan goes by many names, from the Ornithological Capital of South Africa, to the Jewel of the West Coast, so it's no surprise that visitors and bird life alike flock here to revel in the intense natural beauty. The picturesque town luxuriates in a glutinous amount of sunshine, blooming with booms of colour during the brazen beauty of the region's renowned flower season. Pristine white sand beaches roll out beside azure Langebaan Lagoon, where shallow waters simmer under plentiful sun, offering up a spa-like experience, in stark contrast to the icy currents of the open ocean. The lagoon's vast mudflats and salt marshes, fed by the rise and fall of the tides, cultivate a unique and sheltered enclave of ecological diversity. Over 300 different species of bird drop in each year. The photogenic lagoon shelters colossal plumes of roosting seabirds, and elegant long-legged wetland species like Palearctic waders, sanderlings and little egrets among its many residents. The rise of the afternoon winds promises adrenaline-seekers a thrill, with kite surfers whipping into the air and kayakers digging their way across the surface. Langebaan's shallow beaches and lagoons are never more spectacular than when gorgeous sunsets are spilling a deep-red haze over the landscape. West Coast National Park brushes up close to Langebaan, inviting you out on adventures during the park's flower season, when it explodes with burnt-orange colours, as the daisies and wildflowers unfurl to enjoy long, sunny days.

Day 4 Day at sea

Days at sea are the perfect opportunity to relax, unwind and



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catch up with what you've been meaning to do. So whether that is going to the gym, visiting the spa, whale watching, catching up on your reading or simply topping up your tan, these blue sea days are the perfect balance to busy days spent exploring shore side.

Day 5 Luderitz

The scorched desert that surrounds Luderitz means the city's collection of German art nouveau architecture couldn't look more unusually placed along the Namibian coastline. This quirkiness is what gives the destination its charm. See gangs of playful penguins skipping across the waves, pink flamingos wading by the coast, and dolphins leaping into the air near Penguin Island and Seal Island. A much more haunting location, with an incredibly dark past, is Shark Island - which witnessed the deaths of between 1,000 and 3,000 people when it was the location of a German concentration camp, between 1905 and 1907. Inland from Luderitz is Kolmanskop, the site of a famous diamond mine and ghost town.

Days 6 - 7 Walvis Bay

Home to a beautiful lagoon, washed pale pink by a colony of resident flamingos, Walvis Bay is a colourful African call, where you can meet some of the continent's most flamboyant wildlife. A small Namibian city on the Atlantic coast of southern Africa, the city takes its name from Whale Bay - which gives a clue as to the wonderful wildlife watching opportunities available here. The deep-water blossoms with rich levels of plankton, drawing curious marine mammals in large numbers to feast. As

Namibia's only deep-water harbour, Walvis Bay is an important fishing centre for the country, and its sunny shores and natural wonders make it a popular spot for holidaymakers. Walvis Bay is a bird lover's paradise, and hundreds of thousands of birds assemble here, to make the most of the tidal lagoon. Boat tours can take you out amongst the preening crowds, or you can admire the flamingos, herons and carefully treading wading bird species from afar. Meet the pelicans at nearby Pelican Point - a sandy spit, which calms the waves heading for the waterfront. With whales and dolphins frolicking offshore too, there's a wide variety of wildlife to see here. On the cusp of the sun-scorched Namib Desert beyond, Dune 7 rises up to form the highest sand dune in the country, with sands piling up 380 metres. Perfect for a picnic, or a pulse-raising desert sport, like sand skiing or sandboarding. Climb to the top for views from its heights, or you can take a flight tour to see further afield and spot some of the extraordinary land animals who roam the landscapes. See the natural drama of Sandwich Harbour, where the golden sand dunes plummet directly into the ocean's waves.

Day 8 Day at sea

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Day 9 Namibe

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Perched between the edge of the expansive Namib Desert and the cold waters of the Benguela Current lies the coastal city of Moçamedes. Formerly known as Namibe, the south western Angolan city recently changed its back to its original Portuguese name, after being known as Namibe, between 1985 and 2016. Both names are used equally. Like much of Angola, Namibe has Portuguese roots. The city was founded in the mid-19th century by 160 settlers coming from the motherland as well as refugees fleeing the unrest in Brazil. The impact of Portugal has left its legacy on the city. Roman Catholic and colonial architecture in the historic centre of Moçamedes range from Saint Ferdinand Fort and the churches of Saint Adrian and Saint Peter. Due to Namibe's proximity to the desert, it is unsurprising that the city briefly changed its name. Vast deserts and semi-desert regions cover much of the territory, joining the Skeleton Coast of Namibia. Desert vegetation is rife and includes the *Welwitschia mirabilis*, a rare plant found only in the Namibe Province of South Angola and Namibia's part of the Namib Desert. The plant, known colloquially as the "long-haired thing" is considered a living fossil, with experts believing that some specimens may be up to 5,000 years old, making Namibe's examples the oldest living things on Earth. Namibe's secrets are not just found in the desert however, the nearby (often dry) Arch Lagoon, or Lost Lagoon, is home to many bird species including water birds, raptors and weavers.

Day 10 Day at sea

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Day 11 Luanda

A study in contrasting economies, Luanda is a boisterous coastal city of haves and have-nots. As capital of Africa's second-largest oil-producing country, it has been deemed the world's most expensive city, and since independence in 2002, everyone seems to be gunning for a piece of the post-civil war economy. Its renaissance offers a range of experiences, from cushy hotels to a restaurant-lined oceanfront promenade to locals hawking handmade goods at crowded public markets.

Day 12 Day at sea

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Day 13 Pointe Noire

Day 14 Day at sea

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Day 15 Bom Bom Island

Day 16 Day at sea

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Days 17 - 18 Lomé

If polished beach resorts with identikit sun loungers and beach menus are not quite your idea of experiential travel, then you have come to the right place. Because Lome is authenticity at its very best. Tourists are few and far between, village life carries on much as it has for centuries and adventure, excitement and discovery are guaranteed. The capital of Togo, Lome enjoys a heady status as the former "jewel of West Africa" (although both Ghana and the Ivory Coast claim ownership of the title). With over 40 tribes calling the tiny city home, whether it is the jewel of West Africa or not, it is certainly the most diverse melting pot of cultures to be found on the west coast. This patchwork of population is best experienced in the capital, where the dizzying

sight of vendors strolling with huge bags balanced on their heads and motorbikes beeping and slaloming between the traffic is a tangible lesson in modern day history! A trip around the daily market will have you discovering not only a treasure trove of different tribal traditions but will also have you bargaining for anything from thirst quenching fresh fruit and beautifully made fabrics to livestock and voodoo spirit dolls. Voodoo ceremonies are still widely seen all over Togo, and visitors that are lucky enough to witness one will definitely take home a souvenir worth remembering. These are not just for tourists but an ancient, deep religious practice that merges African and Christian beliefs and is said to rid you of the devil within.

Day 19 Takoradi

Ghana's fourth-largest city plays serene beaches against a bustling commercial centre. People from around the world visit the shore, both for its beauty and to enjoy the fresh seafood served right on the sands. Frantic city life awaits a short distance inland, where an economy fuelled by Ghana's oil industry is most apparent in the maze of vendors at Market Circle. Takoradi is also the gateway to the UNESCO World Heritage sites of Elmina and Cape Coast Castle.

Days 20 - 21 Tema (Accra)

From a modest fishing port to the biggest in Ghana, Tema's industrial activity has all but tarnished the charming, postcard scenery of the region. The neighbouring white-sanded beaches remain immaculate, still serving as a testimony of the rich



variety of birds that can be found in the area. In the way Mother Nature intended it, gannets, boobies and kingfishers amongst other species fish in and around the cerulean waters of the coast. A light breeze tickles the inflamed, iron-filled soil of the mainland on which the railway linking Tema to Accra lures hundreds of visitors each day. On board one of the carriages to Accra, distinctively noticeable by their painted coats of red, yellow and green that echo Ghana's national flag, a peek out of the window will offer scenic views of the harbour and coast, as well as the fields that separate Tema from the capital.

Please Note:

Itineraries are subject to change.



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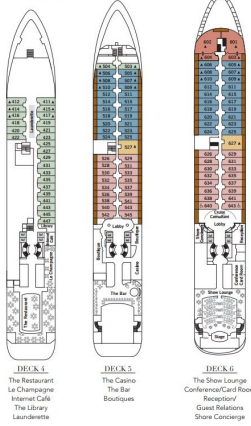
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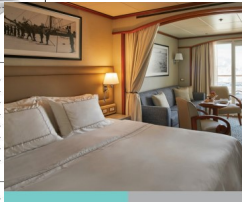


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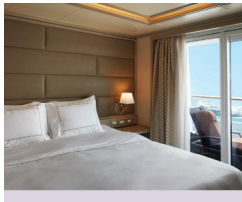
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