TOUR CODE

AF6

ADVENTURESABROAD

PORTUGUESE AFRICA

Mozambique, Angola, Sao Tome-Principe & Cape Verde

19 days

Updated 14/06/2013

Day 1 ***Arrival in Johannesburg, South Africa***

Arrive in Johannesburg and transfer to our airport area hotel.

NOTE: If you would like to extend your time in South Africa and vicinity (ie, Victoria Falls, Botswana, etc), we are able to book and quote flights and extra services on a custom basis.

Overnight in Johannesburg. Meal plan: Dinner, if required.

Day 2 ***Johannesburg, South Africa - Maputo, Mozambique***

Early this morning we transfer back to the airport and fly to Maputo, Mozambique.

Maputo (previously called Lourenzo Marques) is the sprawling capital of Mozambique with a population of about two million people and a large harbour. Under Portuguese influence, Lourenzo Marques became one of Africa's most beautiful and fashionable cities with an impressive skyline of tall buildings and a cosmopolitan Portuguese/African atmosphere attracting many visitors.

Upon arrival we'll embark upon our Maputo city tour. We will visit the Praca, the star-shaped structure in the centre of the plaza that holds the remains of Mozambique's revolutionary and post-independence heroes. The most important landmark is the Fort of Nossa Senhora da Conceiao (Our Lady of Conception), which was the nucleus of the original settlement. Another imposing building is the Central Railway Station, an enormous structure looking more like a palace for kings than a siding for commuters. We also visit the Central Market and Museum of Natural History.

An interesting and instructive aspect of Maputo is its public art, largely focused on revolutionary themes and often expressed as a mural. Many of the city's murals were painted following independence from Portugal. This new period was marked by spontaneity, and many colourful and complex murals were painted, the most famous of which is the 95m (285 ft) long mural opposite the Praca dos Herois Mocambicanos, commemorating The Revolution.

Overnight in Maputo. Meal plan: Breakfast and dinner.

Day 3 ***Maputo - Beira - Gorongosa National Park***

This morning we fly from Maputo north to Beira from where we transfer by road to Gorongosa National Park.

The rehabilitation of Gorongosa National Park in Central Mozambique represents one of the great conservation opportunities in the world today. Gorongosa is a region of high species diversity and ecological features found nowhere else. The 4067 square kilometer Park is located at the southern end of the Great East African Rift Valley. The park includes the valley floor and parts of surrounding plateaus. Rivers originating on nearby 1862-meter Mount Gorongosa water the plain.

Gorongosa National Park offers something for everyone interested in African wildlife and spectacular scenery. There is lion, elephant, buffalo, and many kinds of antelope, with frequent sightings of sable, impala, oribi, bushbuck, reedbuck, kudu, nyala, waterbuck, and (less frequently) zebra, hartebeest and eland. Lake Urema and its waterways support healthy populations of crocodiles and hippos.

We stay at the Girassol Gorongosa Lodge, constructed in 1941 and host to thousands of visitors from all over the world until 1981, when Mozambique's civil war shut it down. It was mostly destroyed during the war but re-opened in 1995.

Trained guides take us on game-viewing drives, traversing various ecosystems, including floodplains, forest, and lowland savanna.

Overnight at Gorongosa National Park. Meal plan: Breakfast, lunch and dinner.

Day 4 *Gorongosa National Park*

We have an early morning game drive followed by a walk and boat ride to the community of Vinho. It is a 30-45 minutes walk to the Pungue River, with some birding along the way. At the Pungue River there will be a short trip in a small boat and along the way we will greet many of the park's employees. We will also visit the new school and hospital that has been recently built in the community.

Overnight at Gorongosa National Park. Meal plan: Breakfast, lunch and dinner.

Day 5 *Gorongosa - Beira - Nampula - Mozambique Island*

An early drive back to Beira to connect with our flight to the central Mozambique city of Nampula. From there we travel by road +/- three hours east to Mozambique Island, a World Heritage site. Prior to 1898, this was the capital of colonial Portuguese East Africa. With its rich history and sandy beaches, the island is one of Mozambique's fastest growing tourist destinations.

The island was a major Arab port and boat building in the years before Vasco da Gama visited in 1498. The name of the island is derived from Musa Al Big, an Arab trader who first visited the island and later lived there. This name was subsequently taken to the mainland country which is modern-day Mozambique, and the island was renamed Ilha de Mocambique (Island of Mozambique). The Portuguese established a port and naval base in 1507 and built the Chapel of Nossa Senhora de Baluarte in 1522. During the sixteenth century, the Fort São Sebastião was built, and the Portuguese settlement (known as Stone Town) became the capital of Portuguese East Africa as well as an important missionary centre. It withstood Dutch attacks in 1607 and 1608 and remained a major post for the Portuguese on their trips to India.

Time permitting we will begin our sightseeing program upon arrival (at the discretion of your Tour Leader).

Overnight in the vicinity of Mozambique Island. Meal plan: Breakfast and dinner.

Day 6 *Mozambique Island*

Today we tour the island.

The island in itself is not very big, about 3 km long and between 200 and 500 metre wide. Most historical buildings are

at the island's northern end. The majority of the residents live in reed houses in Makuti Town at the southern end of the island. We have the full day here to explore this tiny island on foot with its collection of historic buildings. The Palace and Chapel of São Paulo, built in 1610 as a Jesuit College and subsequently used as the Governor's Residence, is now a museum. The Museum of Sacred Art, housed in the Church of the Misericórdia run by the House of Mercy, displays an excellent Makonde crucifix. Other historic buildings include the Church of Santo António, the Church of the Misericórdia, and the Chapel of Nossa Senhora de Baluarte. The island, now entirely urbanised, is also home to several mosques and a Hindu temple.

During our time here, we will also board the Arab style dhow boats to explore one of the neighbouring islands and spend time in the local town.

Overnight in the vicinity of Mozambique Island. Meal plan: Breakfast and dinner.

Day 7 *Mozambique Island - Nampula, Mozambique - Windhoek, Namibia*

This morning we transfer by road back to Nampula and fly to Windhoek, Namibia (via Maputo and Johannesburg, South Africa). Due to the lack of air connections in this region, we regret that this full day of travel is somewhat convoluted. We expect to arrive in Windhoek around 8 pm.

The charm of the City of Windhoek lies in its harmonious blend of African and European cultures and the friendliness of its people. Since Independence came to the country on 21 March 1990, it has been characterised by a vitality born of a sense of freedom and pride in self.

Overnight in Windhoek. Meal plan: Breakfast and dinner.

Day 8 *Windhoek: City Tour*

Windhoek is situated at an altitude of about 1740m (5,700 ft), in the centre of Namibia, with the Auas Mountains to the south, the Eros Mountain to the northeast and the Khomas Hochland (Highlands) to the west. It is known for its blend of German colonial buildings, and during the course of our sightseeing tour, we will see the old railway station, National Assembly, Christuskirche, Raider's Memorial, Alte Feste (Old Fort), three Castles of Windhoek, and the Katutura township.

The Christuskirche Lutheran church in Windhoek's historic centre was built in 1907 at the end of the the wars between the German colonialists and the local Khoikhoi, Owambo, and Herero tribes. The 24 metre spire and its location make it one of Windhoek's landmarks. The Old Fortress, or Alte Feste, was built by the Germans in 1890 to accommodate the Schutztruppe. In the centre of colonial Windhoek is the National Museum with a good selection of exhibits and facts on Namibia's history and culture. The Tintenpalast, erected by the Germans between 1912 and 1913 as their main administrative building, has remained in this function up to present times. The German name Tintenpalast translates into 'Ink Palace', indicating all the paper work that was done behind these walls. The adjacent Parliament Gardens are a favourite with the locals and home to the Hosea Kutako monument. This first post-independence monument honours the Herero leader who fought for Namibia's independence during South African rule.

During the day the city centre has a European cafe culture; German cuisine dominates, but Namibian influence can be found in the quantity and quality of meat products on offer. This is one of Africa's most attractive cities, with streets filled with people of all ages and cultures, all bearing a wonderful sense of pride, hope and ambition.

Overnight in Windhoek. Meal plan: Breakfast and dinner.

Day 9 *Windhoek, Namibia - Lubango, Angola*

After a leisurely morning in Windhoek, we fly north to Lubango, Angola.

In 1882 one thousand of Portuguese settlers came from the island of Madeira to the area of current-day Lubango, Angola. These Portuguese farmers successfully developed the whole region and founded the settlement. The city, originally established in 1885 to serve colonists from the Madeira Islands, lies at an elevation of 1760m (5,775 ft) in a valley of the Huila Plateau and is surrounded by a scenic park spreading up the mountain slopes.

On arrival, we will visit the iconic statue of Christ, which towers over the city. This statue is only one of three in the world and a replica of the one in Rio de Janeiro. During our time in Lubango, we can also travel to the Tunda-Vala volcanic fissure viewpoint from where we can enjoy sweeping views of the surrounding countryside.

Overnight in Lubango. Meal plan: Breakfast and dinner.

Day 10 *Lubango - Namibe - Lubango*

Following breakfast we will head down the now famous "Serra de Leba" pass (descending some 1700m over 120 bends in about 22km) and on into the coastal town of Namibe (formerly Mocamedes). Legend has it that the Serra da Leba pass is named after a Portuguese woman who designed and built the road, who died after she viewed it on the very day the project was finished.

Here we experience yet another major climate change as we move into the northern extremes of the Namib Desert. Amongst the sights here is the enormous "Welwitschia Mirabilis" plant unique to these sands. We will also have time to explore the seaside town of Namibe. We are likely to come into direct contact with some of different tribes indigenous to these areas, such as Mumuila, Himbe and Mucubal.

Return to Lubango.

Overnight in Lubango. Meal plan: Breakfast, lunch and dinner.

Day 11 *Lubango - Benguela*

We start our journey towards the central coast, passing through some spectacular scenery in Chongoroi and Quilengues as we climb down from the Central Plain to the coastal belt. We will have a snack lunch on the way.

São Felipe de Benguela (formerly spelled Benguella), is the capital of Benguela Province and lies on a bay of the same name. Benguela is one of Angola's most populous cities. A Portuguese fort from 1587, Benguela was founded in 1617 by the Portuguese under Manuel Cerveira Pereira, 8th Governor of Angola. It was long the centre of an important trade, especially in slaves to Brazil and Cuba.

Overnight in Benguela. Meal plan: Breakfast, lunch and dinner.

Day 12 *Benguela - Kissama National Park*

We will have a quick City Tour of Benguela and Lobito and then immediately turn north continuing through beautiful countryside, passing through the coastal town of Sumbe (where we stop for a picnic lunch) to reach the very pretty

Cachoeiras Falls (also known as "Binga Falls") on the River Cuvo (also spelt Kueve).

Our destination is Kissama (Quiçama) National Park, formed as a game reserve in 1938. The park covers 3 million acres (12,000 km²), more than twice the size of the U.S. state of Rhode Island. In 1957, it was proclaimed a national park by the Portuguese administration and was home to an abundance of large game animals such as elephants and Giant Sable. After wide-scale poaching during 25 years of civil war, the animal population was virtually eliminated.

Overnight at Kissama National Park. Meal plan: Breakfast, lunch and dinner.

Day 13 *Kissama National Park - Kwanza*

In 2001, the Kissama Foundation, a group of Angolans and South Africans, initiated 'Operation Noah's Ark' to transport animals, especially elephants, from neighbouring Botswana and South Africa. These animals, transported from overpopulated parks in their home countries, adapted well to the move. Noah's Ark was the largest animal transplant of its kind in history and has given the park momentum to be restored to its natural state. It is possible to see up to 60 or more elephant at one time, the original number of just ten Eland arriving with the relocation program has now swollen to over 200 Eland as they enjoy the lush grazing that Kissama offers. Expect to see Ostrich, Blue Wildebeeste, Zebra, Giraffe, Kudu, Bushbuck, Grey Duiker and Dik Dik.

We will have an early morning game drive followed by a 60 km drive to the Kwanza River Lodge, built on stilts on the bank of the Kwanza River close to the mouth of the mighty river. We will have a river cruise to explore the banks of the Kwanza River, spotting rare birds, crocodiles, game animals and just enjoying the river.

Overnight at Kwanza. Meal plan: Breakfast, lunch and dinner.

Day 14 *Kwanza - Luanda: City Tour*

Following breakfast we head north, following the Atlantic coastline before we stop at the viewpoint of "Miradouro de Lua." Upon arrival in Luanda, we will have a city sightseeing tour before checking into our hotel.

Formerly named Sao Paulo da Assuncao de Loanda, Luanda is the capital and largest city of Angola. Luanda is both Angola's chief seaport and its administrative center with a metropolitan population of over 5 million. It is also the capital city of Luanda Province, and the world's third most populous Portuguese-speaking city, behind only Sao Paulo and Rio de Janeiro, both in Brazil.

Overnight in Luanda. Meal plan: Breakfast, lunch and dinner.

Day 15 *Luanda, Angola - Sao Tome & Principe*

This morning we transfer to Luanda International Airport for our 2-hour long flight to Sao Tome and Principe*, one of the world's smaller independent countries located 140 km off the coast of Gabon in West Africa. Both the islands of Sao Tome and the island of Principe are part of an extinct volcanic mountain range. Sao Tome, the larger southern island, is situated just north of the equator and was named in honour of Saint Thomas by Portuguese explorers who arrived at the island on his feast day.

Of Sao Tome and Principe's total population estimated at about 165,000 about 159,000 live on Sao Tome and 6,000 on Príncipe. All are descended from various ethnic groups that migrated or were forcibly brought to the islands by the Portuguese rulers since 1485.

Our Sao Tome sightseeing tour starts with a visit to the Fortress of Saint Sebastian for an introduction to the colonial history of Sao Tome and Principe. Later we'll drive to the Cathedral, an important landmark in the history of Catholicism in Africa; Independence Square, where independence from Portugal was declared in 1975; the Municipal Market and a few other important buildings reflecting the architecture of the colonial times.

* Though our touring does not actually touch the relatively inaccessible island of Principe, this itinerary makes reference to the country by its full official name.

Overnight in Sao Tome. Meal plan: Breakfast and dinner.

Day 16 *Sao Tome: East Coast*

We explore the east coast of Sao Tome today driving past Santana where we will be able to see the islet of Santana. In Agua Ize, we will stop at the viewpoint. Later we visit the plantation house of Agua Ize to see cocoa processing. We continue to the famous natural blowhole of Boca do Inferno, and then stop at the village of Ribeira Afonso before taking a break at the Beach of 7 Ondas. At the plantation house of Sao Joao, we will have time to explore a typical colonial plantation and also see an art gallery and processing centres for making different products like jams and liquors from the local produce.

Overnight at Sao Tome. Meal plan: Breakfast and dinner.

Day 17 *Sao Tome: Northern Plantations - Praia, Cape Verde*

This morning we drive up into the mountains to an elevation of 800m (2,600 feet) above sea level where the air is fresher. At Pousada de Boa Vista, we will have a panoramic view of the city of Sao Tome, weather permitting. We have the option of walking about 45 minutes to the scenic waterfall of Saint Nicolas through the secondary rainforest. We will descend to the coffee plantation of Monte Cafe, where we see the colonial buildings of what was once the biggest and most prosperous coffee plantation of Sao Tome. Coffee of high quality was exported to the whole world from here. Finally, we will see the processing of coffee by traditional and modern means before returning to Sao Tome in time to connect with our flight north to Cape Verde (Cabo Verde), an isolated archipelago located off the coast of West Africa.

Overnight in Praia. Meal plan: Breakfast and dinner.

Day 18 *Santiago Island (Cape Verde) Tour*

With the nation's capital of Cidade de Praia (Praia for short), Santiago Island, the largest of the Cape Verde islands, has had a strong influence on the history of the entire archipelago. More than half of the Cape Verdeans now live on Santiago. With an area of 990 sq. kilometres, Santiago is probably the most diverse island in terms of its landscape, where one can find fine sand beaches, craggy mountains, dry steppe grasslands, as well as fertile valleys and plateaus. Cape Verde has been very strongly influenced by West Africa in terms of its culture. It was the centre for the international slave trade with the neighbouring continent for many years. Music styles, such as funana and batuco, which one hears everywhere, are a potent reminder of this fact.

Today's tour takes us north to see Cidade da Ribeira Grande de Santiago, the former capital of Santiago (previously called Cidade Velha), which was designated a World Heritage Site by UNESCO in 2009. The city is overlooked by a fortress, Fortaleza Real de Sao Felipe, which serves as a reminder of Portuguese colonial rule. The romantic little houses of Rua Banana also display architecture typical of Portugal, were rebuilt true to the original within the scope of a

UNESCO project. The fact that the Cidade de Santiago was the centre of the international slave trade during its heyday when it was still called Ribeira Grande, is attested to by the pillory (Pelourinho), an obelisk close to the city centre.

The Nossa Senhora do Rosario church, whose construction began in 1495, is located above the northern part of Rua Banana. With its baptismal of alabaster, it's the oldest colonial church in the world. The floral motifs in stone in the latticework vault of the chapel are evidence of Moorish influences, as are the numerous azulejos (painted tiles).

Finally, we drive to Tarrafal, a small fishing village in the north of Santiago Island with its own pretty little bay lined with palms. More infamously, Tarrafal was the site of the Campo da Morte Lenta -- "Camp of the Slow Death" -- a prison camp in the Portuguese colony of Cape Verde, set up by the dictator Antonio de Oliveira Salazar after the outbreak of the Spanish Civil War (1936), where opponents of his right-wing authoritarian regime were sent.

Overnight in Praia. Meal plan: Breakfast and dinner.

Day 19 *Praia City Tour - Departure*

This morning we'll have a half-day tour of Praia.

With its roughly 100,000 inhabitants, the capital of Praia is the government and economic centre of the country. The core of the old town, built on a plateau, has magnificent houses from the colonial era. The Praca Alexandra de Albuquerque, the Nossa Senhora da Graca church, the food market, Palace of Justice, Museo Ethnografico, Presidential Palace, Parliament building in the Achada de Santo Antonio section of the city, and the old town fortress of Bateira, are some of the sights that we will see on our tour.

Departure from Praia, Cape Verde.

NOTE: If you are booking your own air, you can depart any time today, though if you choose a morning departure you will miss today's sightseeing tour. If you book your air with Adventures Abroad, we will be aiming for a late afternoon / early evening departure.

VIAGEM BOA!! Meal plan: Breakfast.