



DAKAR TO LISBON - ATLANTIC OCEAN EXPEDITION CRUISE

From gazing in awe at Fogo, the Island of Fire, to haggling for bargains in Morocco's bazaars to visiting the Canary Island UNESCO Biosphere, and a European capital like no other, this is a voyage rich in experiences. Departing from Senegal, sail to the little-visited islands of Cape Verde. From there, sail north to Spain's Canary Islands, and then back to Africa - this time to Morocco to explore Agadir and Safi. Disembark in lovely Lisbon.



ITINERARY

Day 1 Pre Cruise

Day 2 Dakar

Capital of Senegal, and a major gateway to Western Africa, the former colonial trading post of Dakar stamps the Cap-Vert



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peninsular with glorious surf-fringed beaches. Enjoy the thrum of markets - where colourful textiles are exchanged - and wander streets where jazz, sambar and mbalax spill from every ajar door. Offering tropical island-style beaches in an incongruous urban setting, Dakar is a wild and urgent experience for the senses. Watch on as surfers revel in consistent rollers on this, the most westerly peninsula of continental Africa. Scuba divers can explore worlds below the surface in Dakar's diving areas, or you can head to sandy beaches like Plage des Mamelles' cove, which provide endless options for cooling off. Looking for a little more activity, loosen up and play on golf courses that unroll along the sun-kissed Senegalese coastline, or visit startling natural sites like the vivid pink water of the salty pink Lake Retba. Cultural relevance abounds in Dakar - those wanting to delve a little deeper into the dark history of Senegal should visit the House of Slaves on the UNESCO World Heritage Site listed Goree Island, or duck into the Theodore Monod Museum to pour over an incredible collection of masks, artefacts, and treasures. Sandaga Market is a full-on experience of choreographed chaos, sound and flavours. Tear into fish fresh off the boat, and don't be afraid to get your hands a little greasy while handling Dibi - the national street food - soft mutton, simmered with onions and zesty orange spice.

Day 3 Day at sea

Days at sea are the perfect opportunity to relax, unwind and 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 4 Fogo

Fogo and neighboring Ilha Brava are the southernmost islands of Cape Verde and at the western end of the Sotavento group. Unlike some of the other islands in the archipelago which were named after saints, Fogo's name goes back to the volcanic activity of its dominant feature Pico do Fogo, at 2,829 meters the highest elevation of Cape Verde and also its largest volcano. The third Cape Verde island to be settled by Portuguese -there is no indication of human activity before the Portuguese voyages of exploration - the discovery of Fogo is celebrated with horse races and the "Festas do Sao Filipe" on May 1. Sao Filipe is Fogo's largest city with 20,000 inhabitants and the fourth-largest of Cape Verde. Sao Filipe lies on the western flank of a giant volcano which in his 9 kilometer wide caldera has the Pico do Fogo, an active stratovolcano which last erupted in 2014-15 and still today emits sulphur vapor through its fumaroles.

Day 5 Boa Vista

Let out a deep exhale, and let the languid calm of an island of flowing sand dunes, gentle waters and generous sunshine wash over you. Waiting 300 miles out to sea from the shore of Western Africa, Boa Vista is the third biggest of Cape Verde's islands, which are celebrated for their gorgeous year-round temperatures. Boasting dozens of miles of untouched, world-class beaches, Boa Vista is a soothing balm for the soul. The island's name literally translates to 'Beautiful View' and it's not too much of a stretch to see where the etymological inspiration came from. Marvel at the majesty of Boa Vista's



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finest panoramas - like endless banana arcs of golden beaches, and turquoise seascapes dotted with rusting shipwrecks. If you're feeling adventurous, soar and skim across the waves, while trying out your pick of watersports. Or bounce into the desert interior, roaming across rolling dunes on undulating 4X4 adventures. You'll discover a sandy desert playground, punctuated by explosions of date palms. The island's immaculate beaches are highly sought after, and not just by humans. Boa Vista is an important nature hub and home to the third biggest common turtle reserve in the world. Humpback whales also drop in, watch out for their mighty tails, flicking out of the water early in the year. Be sure to visit the island's small capital, Sal Rei, where pops of colourful paint light up quaint streets, and donkeys mooch around enjoying afternoon shade.

[Day 6 Sao Nicolau](#)

Transcend the typical Cape Verde itinerary to discover the bashful beauty of Sao Nicolau - an under-the-radar island of rugged beaches and natural rock sculptures. Cape Verde's Atlantic idylls all serve up a healthy helping of tranquil escape - but Sao Nicolau is a veritable banquet of sleepy island scenery and sea visions. Surprisingly overlooked, it can feel as though you've slipped off the map while in this isolated realm of spiky, cloud-wisped mountains, pine-forested volcano slopes and colourful colonial architecture. Watch your ankles on the main town Ribeira Brava's rustic cobbled streets, as you wander among lemon and pink facades gleaming in the sunshine and soak in the sleepy charms. Stop off for a Portuguese-inspired pastry or sit to try some freshly scooped fish. Sao Nicolau is the real deal, a place to discover the Cape Verde islands beyond the

holiday crowds. Adventurous visitors are rewarded with a raw and ravishing island of mountain hikes between iconic dragon trees, isolated beaches and lush trails that beg to be hiked - all without having to share any of the spoils. There are coastal sights that would shock the surrealists - like the Carbeirinho rock formation, a flowing natural rampart of undulating layered limestone, carefully polished by the forces of the wind and sea. Be sure to visit Sao Nicolau while you can - momentum is building and, with natural assets like these, the island is unlikely to cling on to its low profile for long.

[Day 7 Porto Novo](#)

Porto Novo is found on Sao Antonio, the northwesternmost of the Cape Verde Islands, and is the island's largest town with approximately 17,400 inhabitants. Located on Sao Antonio's southeastern and arid side, Porto Novo began as a fishing village and only in 2005 it was recognized as a city. Since the island has no airport and Porto Novo faces the town of Mindelo on the island of Sao Vicente, this harbor is the main link to the other islands in Cape Verde and the outside world. A monument above the port shows a woman waving goodbye to those emigrating from the Cape Verde Islands. Roads leading out of Porto Novo have to either go along the impressive northeast coast or cross the island's mountains through a rugged and even more spectacular landscape. The third highest peak of the Cape Verde islands at 1,979 meters is the Tope de Coroa to the west of Porto Novo.

[Days 8 - 9 Day at sea](#)

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Day 10 Las Palmas, Canary Islands

Watch the stars glittering at night, climb jungled volcano calderas, and explore the historical allure of this entry point to the sun-gorged island of Gran Canaria. The sprawling capital of the Canaries is Spain's ninth biggest city, stretched out along the sparkling coastline. Visitors and locals alike blow off steam on the city's urban beaches, before filling out bustling, authentic tapas bars. An offshore barrier of lava strips waves of their power, making Las Canteras's urban beach expanse one of the best and calmest in the Canaries. Strap on your snorkel to explore the seabed, which blooms with colourful fish and tropical reefs. Or, settle back to soak in the warm glow of one of the best climates in the world, while reclining on the soft sand, which arcs along the capital's fringe. At the other end of town, La Vegueta old town is a charming stroll along cobbled streets, wandering past decorative doorways and balconies that beg to be photographed. The narrow 15th-century streets take on an extra romantic air in the evenings, as lanterns cast a soft glow over them. Calle Colon offers a hint of the street's history - and it's here where the handsome colonial house - turned museum - of Christopher Columbus stands. Columbus stayed here to recuperate, between his boundary-redefining voyages. Out of

Las Palmas, diverse and exciting volcanic landscapes await, including the spectacular Caldera de Bandama, which plunges 200 metres into the earth. From the summit, views stretch out to the looming island of Fuerteventura unravel. You can also discover pretty white-wash fishing villages, dazzling gardens, and the sun-bathed vineyards that produce Gran Canaria's crispest wines.

Day 11 San Sebastian (La Gomera)

Unspoiled, green and lush, this UNESCO Biosphere Reserve has many secrets to reveal. A Canary Island capital like no other, life is lived at a refreshingly lackadaisical pace here. Wander between San Sebastian's faded pastel hues, which spill across the coastline, and bathe in this seaside city's warm sunshine, as waves splash onto sunny beaches. A sleepy capital city, travellers have been resting, relaxing and rejuvenating here for centuries - including Christopher Columbus, whose presence remains in museums dedicated to his visit. He called in to restock water supplies while voyaging to discover the new world. Silbo, an extraordinary whistling language, used to communicate over great distances, adds even more cultural fascination to this luscious island's mountain scenery, crafts and traditions. Head to beaches like Playa de San Sebastian to revel in the black volcanic sand that the Canaries are known for, and Playa de la Cueva, where you can look across to Tenerife's soaring cone. Or explore this island's own natural wonders, at the verdant terraced landscapes of La Gomera's UNESCO World Heritage Site, Garajonay National Park. Trek through the trails of Laurisilva forests, laurel plants and heather trees. La Laguna Grande is another elegant location of colourful natural beauty,

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where island legends of witchcraft swirl. Discover ceramic traditions - handed down through generations - at El Cercado, where glazed jugs used to store chestnuts are moulded by hand. Squeeze more local charms into your bulging suitcase along San Sebastian's pretty Calle Real street - where everything from palm honey to woven baskets and local snacks are up for grabs. Or settle into city squares, where life plays out in palm tree shade and cafe gatherings.

Day 12 Day at sea

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Day 13 Agadir

Boasting an impressive 300 days of sun per year, there is a reason why Agadir is Morocco's premier holiday resort. Nicknamed the "Miami of Morocco", the resort has sea and sand in abundance, along with a dreamy 10 km beach - perfect for travellers who want sheltered swimming or enjoy water-based fun in the sun. By contrast to the rest of the country, Agadir is thoroughly modern. An earthquake destroyed the city in 1960, killing 15,00 in 13 seconds and leaving another 35,000 homeless. In its place, and under the direction of Le Corbusier, a new city with a new direction was built. Instead of souks and medinas, think modern architecture, wide, tree-lined avenues,

open squares and pedestrian precincts. Low rise hotels, boutiques and apartment blocks line the splendid waterfront. While all the original landmarks were destroyed (many not once, but twice, in the 1960 earthquake but also in the 1755 Lisbon earthquake), Agadir strove to rebuild as much as it could. Thus the fabled 1540 Oufia Fort, originally built in the mid-16th century by Saadian Sultan Mohammed ech Cheikh was painstakingly recreated with as much authenticity as possible. The ancient kasbah sits at an amazing vantage point (Oufia being the Amazigh word for 'above'). The inscription "God, King, Country" over the entrance in both Dutch and Arabic is one of the few original elements and dates back to the middle of the 18th century, when the kasbah was initially restored. The Kasbah offer by far the best views of the city.

Day 14 Safi

Lying in a natural harbour to the west of Morocco, Safi (formerly Asafi) carries the weight of legend. As one of the oldest cities in Morocco, it is thought to have been founded by Hanno the Navigator in the 5th or 6th century BC. The etymology of the city's name allegedly comes from a sailor who got lost and sighed as he passed Safi's coastline (Safi meaning "oh my regret"). However, there could be another, more literal translation. In Berber, the word Asafi means to spill or flood, undoubtedly referring to the rich sea that makes Safi one of the biggest and safest seaports in the country. The city has been - and still is - a major player in Morocco's trading industry. Its port has seen everything from gold in the 11th century to today's principal export, sardines. Portuguese rule in the 1500s saw the Castelo do Mar be built, an imposing fortress that still presides



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over the city today. Under Portuguese rule, other Europeans came and by the mid-16th century, Safi was Morocco's principal trading hub. This would all cease however under Sultan Mohammed ben Abdallah in the mid-18th century, who would order that all foreign trade must take place in his newly built city of Mogador (Essaouira). Famous for its pottery of all shapes and sizes, Safi is one destination where you will want to support the local economy. The potter's quarter, just out of the city walls, boasts the country's oldest kilns and is a mecca for all those who love both ceramics and tradition.

Day 15 Day at sea

Days at sea are the perfect opportunity to relax, unwind and 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 16 Lisbon

A glorious mosaic of beauty, freedom and authenticity, Portugal's capital is a stirring artwork of a city. Known for the seven hills it spreads across, and its stirring fado music, Lisbon is a pastel-coloured blend of houses and beautiful tile artworks - and this creative city strikes a perfect harmony between natural and manmade beauty. Stroll along Alfama's steep, cobbled streets as you explore one of the city's oldest neighbourhoods - where each house and door could be its own photograph. Look for the decorative tiles, with the distinctive blues and whites of

Azulejo ceramics, and visit the dedicated museum to learn more. Afterwards, wind up to Sao Jorge Castle, where views out across Lisbon's red rooftops unravel. Just one of many majestic viewpoints, you can also seek out Miradouro da Graça for perhaps Lisbon's finest panorama, with the copper-coloured suspension bridge stretching over sparkling water beyond the sea of buildings. The elegant Tower of Belem rises in the Tagus estuary and is a historic defender of these shores. The grand, carved cloisters of Jeronimos Monastery spread out close by, and there's another UNESCO recognised location close by at Sintra, where a colourful town is set amid thick gardens and towering mountains - capped by the royal Pena Palace. Later, relax and take a quick break to drink Ginjinha, a cherry liqueur made from chocolate cups instead of coffee. Lisboetas have a sweet tooth, and the famous Pastel de Nata's crumbling pastry and caramelised-custard topping is the essential accompaniment to any coffee stop.

Day 17 Post Cruise

Please Note:

Itineraries are subject to change.



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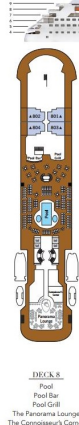
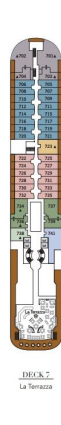
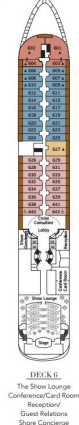
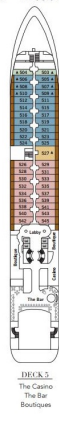
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Royal Suite
Silver Suite
Midship Suite
Midship Veranda Suite
Veranda Suite
Vista Suite

SPECIFICATIONS

Crew	222
Officers	European
Guests	296
Tonnage	17,400
Length	514.14 feet/158.7 metres
Width	32.62 feet/10.0 metres
Speed	18 knots
Passenger Decks	4
Connecting Suites	4
3rd Guest Capacity	440, 643
Handicap Suites	1905
Built	2008
Refurbished	2008
Registry	Bahamas

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