


# CULTURES & TRADITIONS OF CENTRAL AFRICA: A JOURNEY FROM LUANDA

The "Cultures & Traditions of Central Africa: A Journey from Luanda to Accra" luxury cruise offers an unparalleled journey, beginning in Angola and concluding in Ghana. This experience reveals a lesser-known Africa, spotlighting its biodiverse coastal landscapes and intriguing cultural depths. During this cruise, travelers will discover Luanda, a city that blends colonial charm with modern flair, and explore the captivating Diosso Gorge near Pointe-Noire. Principe whispers tales of serenity with its pastel hues, while Benin and Togo present vibrant markets and voodoo traditions. Accra, Ghana, wraps up the journey with its historic and cultural treasures. The activities planned for this journey are as enticing as the destinations themselves. Days at sea offer relaxation and onboard enrichment, such as photography workshops and expert lectures. Guests can embrace land excursions, such as discovering Sao Tome's historic sites or engaging in voodoo ceremonies in Togo. This luxury cruise embodies exploration and cultural immersion at its finest.




## ITINERARY

Days 0 - 2 - Pre Cruise & Luanda

As Angola emerges from colonial rule and a long Civil War, its capital, Luanda, is evolving into a forward-looking city with a rich heritage. Landmarks include Gustave Eiffel's Iron Palace and the 16th-century Sao Miguel Fortress. Luanda's historic upper town, Cidade Alta, features pink colonial buildings, the Presidential Palace and ministerial houses. Ilha do Cabo shows Luanda's modern side with trendy seaside restaurants and bars.

Days 3-5 - Pointe-Noire




The Republic of Congo's second city, Pointe-Noire, unfolds as a piece of French Africa with distinct European and African quarters. Strolling through the lively La Cite reveals traditional Congolese cuisine and the vibrant Grand Marche, providing a glimpse into local life. Waterfront restaurants line Cote Sauvage, a laid-back city beach. Beyond the city limits is the stunning Diosso Gorge, a natural canyon in hues of pink, red and orange.

### Days 6-8 - Expedition in Gabon

Gabon, on Central Africa's west coast, is rich in rainforests, wildlife and culture. Over 70 percent of the country is lush rainforest, which plays a vital role in the Congo Basin ecosystem. Its coastline features sandy beaches and tranquil lagoons, while the east transitions to savannas and plateaus. Gabon's rich cultural heritage includes the Fang people, the largest ethnic group, with music and dance deeply woven into traditions.

### Day 9 - San Tome

Sao Tome, the Gulf of Guinea's largest volcanic isle, is a tropical idyll with rainforests, beaches and waterfalls. Sao Tome city features 15th-century Portuguese architecture and a slave trade history. Rainforests blanket two-thirds of the island, sheltering wildlife like monkeys, birds and reptiles and Sao Tome Peak, reaching 2,024 m, provides refuge for island bird species like the dwarf ibis and grosbeak.

### Day 10 - Santo Antonio, Principe

This laid-back, compact capital has less than 3,000 inhabitants and is the smallest city in the world (according to the Guinness Book of Records). Time seems to move more slowly in this dream-like place with its pastel-coloured buildings and salty sea air. The Nossa Senhora da Conceicao church contains a beautiful stone carving of St Anthony, the city's namesake saint.

### Day 10 - Macaco Beach, Principe

Located on the northwest coast of Principe, Macaco Beach is a secluded paradise with pristine golden sands, lush vegetation and clear turquoise waters ideal for swimming and snorkeling

### Day 11 - Day at sea

Sea days are rarely dull. Take the time to sit back and let the world go by. The ship's observation decks provide stunning views of the passing ocean. A day at sea gives you the opportunity to mingle with other passengers and share your experiences of this incredible trip or head to our library which is stocked full of reference books. Get an expert's view in one of our on-board lectures or perhaps perfect your photography skills with invaluable advice from our onboard professional photographers.

### Day 12 - Cotonou

Benin's vibrant port city is defined by voodoo (the state religion) and its colonial legacy. As a former French colony, Cotonou retains a certain European flair in its cuisine and architecture. The sprawling Dantokpa market, with local crafts and an entire section of sacred voodoo items, offers insights into local culture. Ganvie, a lakeshore village, is the world's only town on stilts with bamboo houses, where residents get around in canoes.

### Day 13 - Lome

Voodoo traditions, colonial history and beautiful beaches: Togo's capital city, Lome, is awash with history and culture. The National Museum's exhibits - pottery, masks and art - reflect Togo's rich heritage. Akodessewa Fetish Market is filled with voodoo talismans and animal skins, offering insights into




traditional customs. Colonial relics include the German-built Sacred Heart Cathedral and the 1960 Independence Monument.

### Day 14 - Tema (Accra)

ema is a short drive from Ghana's fast-paced capital, Accra, a city that's culturally rich, modern and historic all at once. European-built forts and Black Star Independence Square's public monuments offer a glimpse at the past. The neighbourhood of Jamestown, a 17th-century fishing community with old colonial buildings, is its pulse with an art scene and local bites like waakye - rice and beans with sides - at a low-key 'chop bar'.

### Please Note:

Itineraries are subject to change.




# YOUR SHIP: DIANA

**YOUR SHIP:** **Diana**

**VESSEL TYPE:**

**LENGTH:**

**PASSENGER CAPACITY:**

**BUILT/REFURBISHED:**

Launched in 2023, SH Diana provides elegant and spacious 5-star accommodation for 192 guests in 96 spacious staterooms and suites, the vast majority with large balconies. Operated by an onboard team of 140 she provides a high level of personal service, exploring the Mediterranean and its famous sites of antiquity. Now sit back, relax and take a moment to get to know this amazing new ship, purpose-designed for our unique cultural expedition cruises. Named after the Ancient Roman goddess of light, the moon, hunting and the wilderness, SH Diana been specially designed for worldwide cruising to explore the most inspiring and inaccessible places on earth. Building on the outstanding amenities of her sister ships, she adds a dedicated Multifunctional Room next to the Observation Lounge, a Private Dining Room for special occasions, and two tenders which bring guests a comfortable alternative to Zodiacs for expedition landings. A Polar Class 6 ice-strengthened hull combines with extra-large stabilisers to make your journey as comfortable as possible. SH Diana has been designed for immersive experiences, with extensive outside deck areas, multiple observation points and bright, open and relaxing public spaces with unobstructed views. The pleasure and safety of our guests is paramount at all times, cared for by our attentive crew and seasoned expedition leaders. Cutting edge hygiene technology protects the health of all on board to the highest standards and includes air conditioning with UV sanitisation systems. SH Diana's 96 staterooms , including 11 suites, are each a superbly comfortable home from home and all feature panoramic sea views, a flame-effect fireplace, original works of art, plush couches, premium pocket sprung mattresses, en-suite bathrooms with glass-enclosed rain showers, and Egyptian cotton towels, bathrobes and sheets. A pillow menu offers customised head and neck comfort during rest, while a large flat screen TV, espresso machine with Illy premium coffee, tea making facilities with the finest Kusmi teas, and a minibar with refreshments enhance relaxation at any time. In-room dining is of course available at all hours. Wheelchair access Guests who use wheelchairs must bring their own, as we have only a small number of wheelchairs stored onboard for emergencies. To ensure ease of movement on the ship, wheelchairs and mobility aids must be no wider than 65cm. All mobility or medical equipment brought on board must be capable of being carried safely and must be declared before sailing. To ensure that all guests can safely evacuate during an emergency, guests requiring a wheelchair can only be accommodated in our ADA-accessible cabins. We offer an Oceanview and a Balcony stateroom on Diana. These staterooms are specifically designed to be completely ADA compliant and have a fully operable wheelchair-access wet unit. Diana has two lifts, serving every passenger deck apart from the Stargazing top deck, which is, therefore, more difficult to access, as are the Aft Marina and

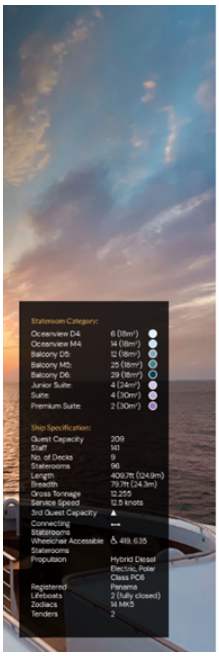
Swan's Nest forward observation platform. Also, we don't have special equipment to access the swimming pool, jacuzzi, or sauna. Otherwise, the ship is entirely at your disposal. Many of the expeditions ashore in remote places are by Zodiac. Boarding these boats and returning aboard can present challenges for wheelchair users, as can navigating uneven terrain. These challenges are by no means always insurmountable, though, and our highly experienced crew is trained to provide reliable advice and assistance. They will make every effort to ensure wheelchair-using guests enjoy a memorable experience at each destination. Our general guidance, however, is to recommend wheelchair users travel with a companion for their ease and enjoyment. If you prefer to remain aboard, our panoramic interiors and ample open decks ensure an immersive, intimate experience of your inspiring

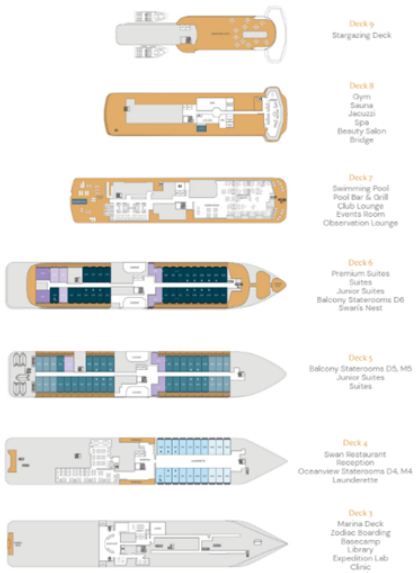


surroundings.




# INSIDE YOUR SHIP





Balcony D5



Balcony D6



Balcony M5



Junior Suite



Oceanview D4



Oceanview M4



Premium Suite



Suite






# PRICING

**08-Apr-2027 to 22-Apr-2027**

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|---|---|
| **Balcony D6** | **£12850 GBP pp** |
| **Junior Suite** | **£16100 GBP pp** |
| **Suite** | **£18725 GBP pp** |
| **Oceanview M4** | **£11225 GBP pp** |
| **Premium Suite** | **£21400 GBP pp** |
| **Balcony D5** | **£11775 GBP pp** |
| **Balcony M5** | **£12300 GBP pp** |
| **Oceanview D4** | **£10700 GBP pp** |