

Cultural Cruise

Atlantic / **Las Palmas to Dakar**From 11/08/2025 to 11/19/2025 - 12 days / 11 nights







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Your cruise

Days	Stages	Arrival	Departure	Nautical Hall
1 - Saturday	Las Palmas		20:00	Closed
2 - Sunday	La Gomera	08:00	18:00	Closed
3 - Monday	Sailing on the open sea			Closed
4 - Tuesday	Sailing on the open sea			Closed
5 - Wednesday	Sal	08:00	18:00	Closed
6 - Thursday	Santo Antao & Sao Vicente	08:00		Closed
7 - Friday	Sao Vicente		18:00	Closed
8 - Saturday	Fogo	08:00	18:00	Closed
9 - Sunday	Maio	08:00	18:00	Closed
10 - Monday	Boa Vista	08:00	18:00	Closed
11 - Tuesday	Sailing on the open sea			Closed
12 - Wednesday	Dakar	08:00		Closed

Day 1: Boarding from 16h to 18h Day 12: Landing from 9h to 11h









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Itinerary of your cruise

Day 1 - Saturday LAS PALMAS	The historic centre with its cobbled streets, the many lively neighbourhoods and the long beach of fine sand make the biggest city in the Canary Islands an unmissable stopover. Ship docked, no water sports. Boarding and disembarkation port of call.		
Day 2 - Sunday LA GOMERA	Preserved from mass tourism, this small island that was once used as a stopover by explorers on their way to the New World is captivating thanks t its lush vegetation and relief. Its legendary primary forest, landscapes, ravines and black sand beaches make it a unique island. Boats alongside the quay, no water sports.		
Day 3 - Monday SAILING ON THE OPEN SEA	A restorative day at sea. Choose from the range of inviting possibilities on our remarkable sailing ship. Lounge on chaise longues, cool off in one of two swimming pools, work out with a sea view in our Espace Fitness, find instant calm at the spa and enjoy the attentive company of our G.0® team of crew members.		
Day 4 - Tuesday SAILING ON THE OPEN SEA	A restorative day at sea and hoose from the range of inviting possibilities on our remarkable sailing ship.		
Day 5 - Wednesday SAL	Its peaceful and authentic atmosphere, punctuated by the return of the fishermen, its traditional Cape Verdean architecture and its splendid beache make it a discreet jewel with warm hospitality. Ship docked, no water sports.		
Day 6 - Thursday SANTO ANTAO & SAO VICENTE	Morning stopover on the naturally beautiful island of Santo Antao, with its fertile valleys dotted with picturesque villages and terraced plantations. Short sail to the island of Sao Vincente, whose capital Mindelo is one of the most beautiful bays in the world. Afternoon and overnight in Sao Vincento No water sports on either island.		
Day 7 - Friday SAO VICENTE	Mindelo, the cultural capital of Cape Verde, is one of the most beautiful bays in the world. Around the wooden halls of the fruit and vegetable marke the houses form a delightful pastel district. Ship docked, no water sports.		
Day 8 - Saturday FOGO	The southernmost island of Cape Verde owes its name to the Pico do Fogo volcano, the highest and largest in Cape Verde. Colonised by the Portuguese, Sao Filipe, the island's main town, is built on the western flank of the volcano, dominated by its 9km-wide caldera. Ship alongside, no water sports.		
Day 9 - Sunday MAIO	Intimate and discreet, the landscapes of this small oval island oscillate between deserts, greenery and immense white sandy beaches. Ship docked, no water sports.		
Day 10 - Monday BOA VISTA	Its capital, Sal Rei, with its low Portuguese colonial-style houses, the endless sand dunes in the island's interior and the lunar volcanic landscapes the Viana desert, make it the most beautiful island in Cape Verde. Ship docked, no water sports.		
Day 11 - Tuesday SAILING ON THE OPEN SEA	A restorative day at sea and hoose from the range of inviting possibilities on our remarkable sailing ship.		
Day 12 - Wednesday DAKAR	Capital of Senegal and cultural and artistic centre of the country, this former colonial trading post offers the unique experience of a bewitching city where you should take a stroll through its traditional district, its sandy alleys teeming with people and its colourful markets. Boat docked, no water sports. Boarding and disembarkation port of call.		





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Excursions of your cruise

Day 2 - Sunday
GOMERA/SAN
SEBASTIÁN DE LA
GOMERA*

Set off to discover San Sebastián de La Gomera, the charming island capital with a rich historical heritage. Accompanied by your French-speaking guide, stroll through its picturesque streets, admire its landmark monuments, and take in the beauty of the surrounding landscapes. This excursion is the perfect way to experience the authenticity and unspoiled charm of La Gomera.

Day 5 - Wednesday SAL/ISLAND TOUR FD*

Discover the island of Sal with your French-speaking guide on a complete and refreshing excursion.

On the itinerary: Buracona, Terra Boa, Espargos, the Pedra de Lume Salt Mines, Murdeira, and Santa Maria—where you'll enjoy a delicious local lunch! Between salt craters, lunar landscapes, desert, and turquoise ocean, prepare to be amazed. A day full of discoveries, culture, and local flavors not to be missed!

Day 5 - Wednesday SAL/ISLAND TOUR HD*

Discover the must-see sights of Sal Island with your French-speaking guide as you visit Buracona, Terra Boa, Espargos, and the spectacular Pedra de Lume Salt Mines.

Marvel at the impressive "Blue Eye" and float in an ancient salt-filled volcanic crater.

A half-day journey through lunar landscapes, desert scenery, and Cape Verdean culture.

Day 6 - Thursday SANTO ANTAO / ALONG THE CORDA ROUTE*

Set off to discover the legendary Corda Road, accompanied by your French-speaking guide.

Take in breathtaking landscapes with photo stops at Cova, an ancient volcanic crater, Aguas das Caldeiras, and the dramatic Delgadinho viewpoint. Be amazed by the lush green mountains and spectacular panoramas that make Santo Antão so unique

To end this unforgettable experience, enjoy a scenic return via the stunning coastal road, nestled between turquoise sea and rugged cliffs.

Day 6 - Thursday SANTO ANTÃO GROGUE AND GREEN VALLEY

Discover the lush green Paul Valley, one of the most beautiful areas of Santo Antão, with your French-speaking guide. Explore vibrant landscapes steeped in local traditions.

Visit an artisanal grogue distillery, the iconic spirit of Cape Verde.

Learn the secrets of its production and enjoy an authentic tasting. A flavorful immersion into the heart of Cape Verdean heritage

Day 6 - Thursday

MINDELO / MINDELO CULTURELLE ET GASTRONOMIQUE EN FIN DE JOURNÉE*

Discover the vibrant soul of Mindelo during a late afternoon escape with your French-speaking guide. After a bus transfer from the cruise terminal, enjoy a short city tour through colorful streets filled with lively music.

End your experience in style with a sunset cocktail accompanied by a Carnival-inspired demonstration! Savor a Caipirinha (with or without alcohol) and local appetizers in a festive and welcoming atmosphere.

Day 7 - Friday SAO VICENTE MINDELO_BEACH & **VULCAINS***

Discover the natural wonders of São Vicente with your French-speaking local guide.

Start with Monte Verde, the island's highest point, offering a breathtaking panoramic view.

Continue to the famous Baía das Gatas for a refreshing swim break, then explore the volcanic landscapes of Praia Grande and Ribeira de Calhau. From wild beaches to majestic mountains and arid volcanic plains, marvel at the island's incredible diversity.

An unforgettable excursion blending unspoiled nature, relaxation, and spectacular scenery

Day 8 - Saturday FOGO/DISCOVERING THE VOLCANO (1 day)

Come visit the volcano Fogo, a huge cone with steep sides rising to 2,829 m above sea level and which occupies almost the entire surface of the island, with a 10 kilometre diameter caldera in its centre. Walk through this black basin dotted with volcanic points, fumaroles and fields of tortured lava among which a few vines and fields flourish, along with the tiny villages buried by the 2014 flow. Lunch at a local restaurant and tasting of the traditional Chã das Caldeiras wine, known as "manecon". Limited spaces.

Day 9 - Sunday MAIO / DÉCOUVERTE DE LA VILLE DE PORTO INGLÊS'

Set off to discover Vila do Maio (Porto Inglês) with your French-speaking guide.

Stroll through the authentic streets of this charming island town, where local culture meets a laid-back way of life. Enjoy a tasting of local specialties, including fresh fruit juice, coffee, tea, and savory bites. A warm and friendly moment to experience the true flavours of Maio.

Spend the last day of your holiday in relaxing at the Dakar Terrou Bi Hotel, a haven of peace, greenery and luxury!

Return to the port relaxed and enriched after this authentic island getaway.

Day 10 - Monday BOA VISTA / VISITE DE LA VILLE DE SAL REI*

Set off to discover Sal Rei, the peaceful capital of Boa Vista, accompanied by your French-speaking guide.

Stroll through its colorful streets and soak up the authentic local atmosphere

Enjoy a tasting experience in a traditional restaurant, featuring fresh fruit juice, coffee, tea, and typical Cape Verdean snacks. A delicious and friendly moment at the heart of local culture.

Day 12 - Wednesday DAKAR / GORÉE ISLAND (1/2 day)3

Follow the history of Africa's painful past by visiting Gorée, a small island off Dakar that was the largest slave trade centre on the African coast between the 15th and 19th centuries. Visit the House of Slaves and delve into this terrible past. You will learn about the conditions of detention, sale and transport of slaves during this emotional and memorable visit. Gorée is therefore listed as a UNESCO World Heritage Site for the exceptional witness it bears to the slave trade.

Day 12 - Wednesday AKAR / DAY PASS TERROU BI (1 day)*

Your package includes the loan of a towel, access to the beach with a lounger and parasol, access to the swimming pool, cloakrooms, and lunch included (including 1 drink). Direct transfer to the airport for evening flights.

Day 12 - Wednesday DAKAR/RESERVE DE **BANDIA***

The Bandia private reserve constitutes a small jewel of ecological success through the surprising regeneration of its flora and the reintroduction of large African mammals, sometimes extinct for centuries, due to demographic pressure and poaching.

Reduction, from the Tanzanian Ngorongoro or the Kenyan Masai Mara, the Bandia reserve invites you to pleasant photographic safaris. It puts the mythical African fauna within everyone's reach. Indeed, in its 3,500 ha, we surprise with a pang in the heart, the hordes of large antelopes and gazelles in a grandiose environment of giant baobabs, thorny bushes and capricious lianas. Bus journey of approximately one hour to reach the Reserve and photographic safari aboard local all-terrain vehicles.

^{*} Excursion available at a preferential rate when booking your cruise. Subject to a minimum number of participants.





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Day 12 - Wednesday DAKAR/TOUR PANORAMIQUE ET MARCHÉ*

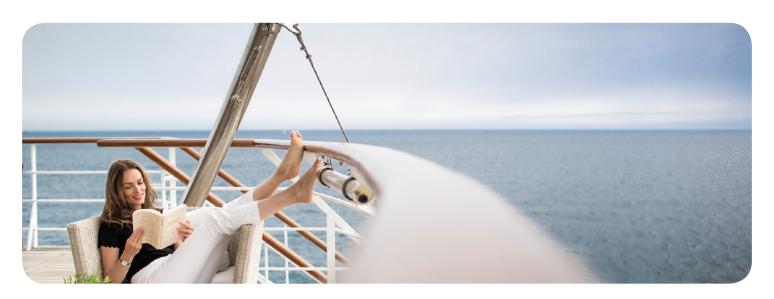
Start with a panoramic bus tour of Dakar to discover its Independence Square, its presidential palace, the National Assembly, its cathedral, its large cornice. Your French-speaking guide will take you on a tour of the Mamelles lighthouse and its museum, as well as the African renaissance monument and will finish with the Soumbédioune craft market.

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Formalities

HEALTH FORMALITIES

Recommended vaccinations: diphtheria, polio, tetanus, hepatitis A and B and typhoid. Some parasitic or viral diseases may be carried by mosquitoes during certain stopovers. Vaccination against yellow fever is essential, even if there is no administrative obligation to do so (at an approved center). Malaria risk: prophylactic treatment is recommended, and a doctor must be consulted for prescriptions. The use of skin and clothing repellents is recommended. Pregnant women, who do not require constant medical attention, may come on board on presentation of a medical certificate stating their due date and certifying that their pregnancy is compatible with the cruise. The cruise must end before the end of the 26th week of pregnancy. Nurse and doctor on board.

Meeting place for boarding

Port of Las Palmas : Muelle de Transbordadores, Las Palmas





