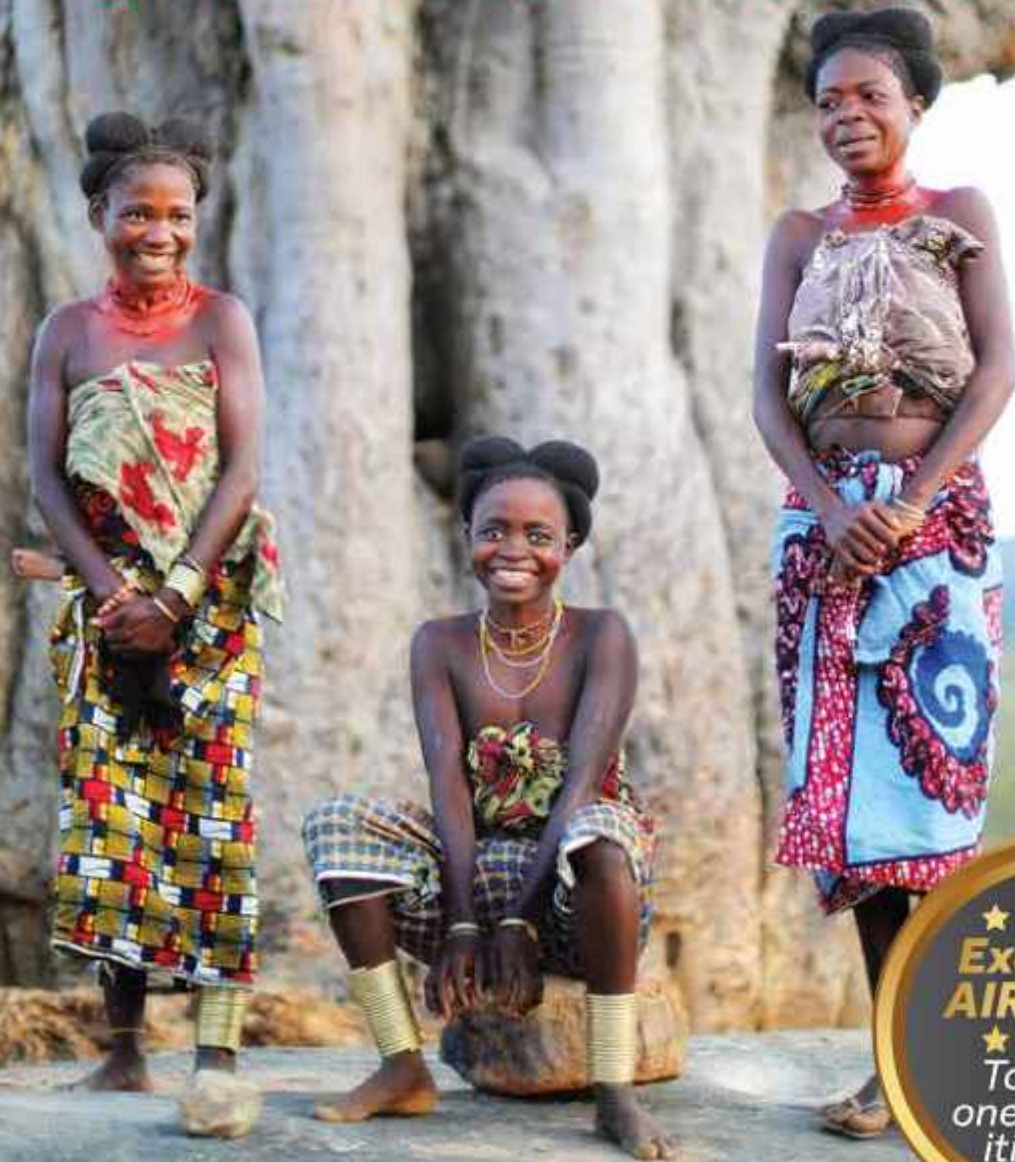


13D10N

ANGOLA



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DAY 01

✈️ Outward Flight / Luanda

Overnight flight to Luanda.

DAY 02

➡️ Arrive Luanda

✂️ - / - / Dinner

On arrival, visit the **historic centre of LUANDA**. Stroll from Cuban Heroes Square to the Grand Hotel, passing the colonial hospital and a former slave traders' house (now converted into the Museum of Anthropology). From there continue to Luanda's oldest alleyway, Merchant Street, dating back to the early 17th century and characterised by beautiful murals and decadent colonial houses, and reach the baroque-style Nossa Senhora dos Remedios Cathedral and end the city tour at the Palacio de Ferro, designed by Gustave Eiffel.



DAY 03

➡️ Luanda ✈️ Lubango (2N)

✂️ Hotel Breakfast / Lunch / Dinner

Flight to **Lubango**. Depending on the scheduled time, city tour of Lubango.



DAY 04

➡️ Lubango - Chibia - Lubango

✂️ Hotel Breakfast / Lunch / Dinner

Discover one of Angola's most **iconic tribes, the Muila**. Visit the **community of Kamuviu**, where we greet the Soba (local chief) and his many wives. Mainly farmers, the older generations continue to worship the bull god, although cattle breeding is no longer a key element in their economy.



Continue to the small colonial town of **Chibia** where we head to the Mukuma area to meet the more conservative **'Mountain Muila'**. Stroll through the market where we will meet fully decorated women.

Mountain Muila





DAY 05 to 07

➔ Lubango – Oncocua – Lubango

 Hotel Breakfast / Lunch / Dinner

Departure for **Oncocua**, ideally located to meet the country's most traditional tribal groups. Here we will explore the 6 ethnic groups that populate the area:

Oncocua



TUA

semi-nomadic hunter-gatherers of San origin, now sheep breeders, influenced by the arrival of the Bantu (the women no longer use the skins of prey as skirts, but follow the 'Himba fashion')



HAKAONA

(or 'Black Himba'), renowned healers and craftsmen, the women have solid hairstyles made by mixing animal dung, fat and plants:



MUHIMBA

semi-nomadic herders living near the Cunene river between Angola and Namibia, are the most respected group because of their large herds:



CUIS

a small minority of hunter-gatherers, who lived mainly in caves dug into the rock and produced cave paintings:



GAMBUE

farmers who migrated some 80 years ago from the Huila plateau to work the fields for the Portuguese settlers who settled in the area:



DIMBA

dedicated to cattle breeding and speaking the Herero language, characterised by their complex female hairstyles:





DAY 08

→ Lubango – Mungongo – Oasis – Namibe (3N)

🍴 Hotel Breakfast / Lunch / Dinner

Descent from the plateau to the famous **Serra De Leba pass**, the most iconic panoramic view in Angola. **Mangueiras market**, where we can meet the **Cubal or Mucubal people**, whose women wear headscarves called *ompotas* and use belts to tighten their breasts, called *oyonduthi*. Proceed to **Mungongo Oasis**, inside the Namib Desert. Visit the local community, formed by the Umbundu people who settled in this fertile oasis in the middle of Africa's oldest desert. Continuation to **Namibe**, remarkable for its colonial architecture.

Serra De Leba pass



DAY 09

→ Namibe – Curoca – Arco – Namibe

🍴 Hotel Breakfast / Lunch / Dinner

Curoca Oasis located between spectacular red canyons, where it is possible to walk in this lunar landscape. Picnic lunch followed by a visit to **Arco**, an oasis with a lake rich in avifauna. Admire specimens of *welwitschia mirabilis*, a plant that only grows in the desert areas between Angola and Namibia.

Curoca Oasis



DAY 10

→ Namibe – Lona National Park – Tombwa – Namibe

🍴 Hotel Breakfast / Lunch / Dinner

Depart towards the south where we will admire the abandoned church of Diogo Cao and the magnificent view of the ocean and the fishing village below. Enter **Lona National Park**, to see the wreck *Vanessa*. Proceeding along the shoreline, if the tide allows, we can admire the majestic dunes of the Lona desert which plunge into the Atlantic Ocean, creating a veritable wall of sand. The streaks of ochre sand and the yellow of the sand are reminiscent of a tiger's coat, hence the exotic name of the area, known as **Baia Dos Tigres**. Picnic lunch and on to **Tombwa**, a fishing town that preserves some interesting colonial buildings.

Lona National Park



Baia Dos Tigres



DAY 11

➔ **Namibe – Lubango** ✈ **Luanda**

🍴 Hotel Breakfast / Lunch / Dinner

Garganta, an ancient Portuguese settlement with a railway station. Here, we will have the opportunity to meet the Nguendelengo tribe, a small group of semi-nomadic hunters and subsistence farmers, recognizable by their prominent, rounded locks of hair, both female and male. Continue towards Lubango to admire the spectacular landscapes of **Tunda Vala**.



Tunda Vala



Transfer to the airport in time for flight to Luanda.

DAY 12

➔ **Depart Luanda** ✈

DAY 13

➔ **Arrive Home**

HOTEL



Luanda

Hotel Ilha Mar 4* or similar
(2 nights) ★★★★★☆



Lubango

Kimbo do Soba Lodge 4* or similar
(3 nights) ★★★★★☆



Oncocua

Igloo tents
(2 nights)



Namibe

Infotour Hotel 4* or similar
(3 nights) ★★★★★☆

*Note: Hotel subject to final confirmation. Should there be changes, customers will be offered similar accommodation to the list.



DELICACIES

Meal Plan - 10 Breakfasts, 9 Lunches, 10 Dinners



The 'unforgettable' of the trip:

- ★ The encounters with the **Muila, Tua, Hakaona, Muhimba, Cuis, Gambue, Dimba, Mucubal** tribes
- ★ The **oasis of Curoca** and **Arco**, admire the *welwitschia mirabilis*
- ★ **Iona National Park** with the mysterious *Vanessa*
- ★ wreck The majestic dunes jutting into the ocean at **Baia dos Tigres**
- ★ The Portuguese colonial architecture of **Namibe** and **Tombwa**
- ★ **Luanda**, with its metropolitan street-art



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第1天

✈️ 出境航班 / 罗安达

乘坐夜航飞往**安哥拉罗安达** (Luanda)，在飞机上休息，为接下来的旅程做好准备。

第2天

➡️ 抵达罗安达

🍴 - / - / 晚餐

抵达后，参观**罗安达的历史中心**。从古巴英雄广场步行至大酒店，途经殖民时期的医院和一座曾是奴隶贩子住所的建筑（现已改建为人类学博物馆）。然后继续前往罗安达最古老的小巷——商人街，该街道可追溯到17世纪初，街道两旁有美丽的壁画和衰败的殖民时代建筑。接着参观巴洛克风格的圣母玛利亚大教堂，最后参观由古斯塔夫·埃菲尔设计的铁宫，结束城市游览。



第3天

➡️ 罗安达 ✈️ 卢班戈 (2晚)

🍴 早餐 / 中餐 / 晚餐

飞往**卢班戈**。根据航班时间，进行卢班戈市区游览。



卢班戈

第4天

➡️ 卢班戈 - 奇比亚 - 卢班戈

🍴 早餐 / 中餐 / 晚餐

探索安哥拉最具代表性的部落之一——**穆伊拉族**。参观**卡穆维乌社区**，拜访**索巴**（当地酋长）及他的众多妻子。穆伊拉族主要以农业为生，尽管牛养殖不再是他们经济中的核心，但老一代人仍然崇拜牛神。



穆伊拉族

随后前往小型殖民城市**奇比亚**，前往**穆库马地区**，拜访更为保守的“**山地穆伊拉**”。在市场上漫步，我们将见到全身装饰的女性。

山地穆伊拉





第五至第七天

➔ 卢班戈 - 恩科库阿 - 卢班戈

🍴 早餐 / 中餐 / 晚餐

前往**恩科库阿**，那里是接触安哥拉最传统部落群体的理想地点。我们将探索该地区的六个民族群体：

恩科库阿



图阿 (TUA)

源自**桑人 (San)** 的半游牧猎人-采集者，现在是养羊者，受班图人到来影响（女性不再使用猎物皮毛做裙子，而是追随“希姆巴时尚”）。



哈考纳 (HAKAONA)

（或“黑希姆巴”），著名的治愈者和工匠，女性的发型由动物粪便、脂肪和植物混合而成。



穆欣巴 (MUHIMBA)

半游牧牧民，居住在安哥拉与纳米比亚之间的库内内河附近，是最受尊敬的群体，因为他们拥有大量的牛群。



库伊斯 (CUIS)

一个小型的猎人-采集者少数民族，主要居住在岩石中挖掘的洞穴里，并创作洞穴画。



甘布 (GAMBUE)

农民，约80年前从惠拉高原迁移至该地区，为定居在这里的葡萄牙殖民者耕作。



丁巴 (DIMBA)

专注于养牛，讲赫雷罗语，女性的发型复杂，是该群体的特点。





第8天

➔ 卢班戈 - 蒙贡戈 - 绿洲 - 纳米贝 (3晚)

🍴 早餐 / 中餐 / 晚餐

从高原下到著名的**莱巴山口**，这是安哥拉最具标志性的全景观景点。参观曼圭拉市场，在这里我们可以见到**库巴尔**或**穆库巴尔**族人，他们的女性戴着叫做翁波塔的头巾，并用腰带系紧胸部，称为奥永杜蒂。继续前往位于纳米布沙漠内的**蒙贡戈绿洲**，参观当地社区，社区由定居在这片非洲最古老沙漠中间的乌姆本杜族人组成。继续前往**纳米贝**，这里以其殖民时期的建筑而著名。

莱巴山口



第9天

➔ 纳米贝 - 库罗卡 - 阿尔科 - 纳米贝

🍴 早餐 / 中餐 / 晚餐

库罗卡绿洲位于壮观的红色峡谷之间，可以在这片月球般的景观中徒步行走。享用野餐午餐后，参观阿尔科，这是一个拥有丰富鸟类的湖泊绿洲。欣赏韦尔维奇亚植物 (*Welwitschia mirabilis*) 的标本，这种植物仅生长在安哥拉与纳米比亚之间的沙漠地区。

库罗卡绿洲



Arco

第10天

➔ 纳米贝 - 伊奥纳国家公园 - 托姆瓦 - 纳米贝

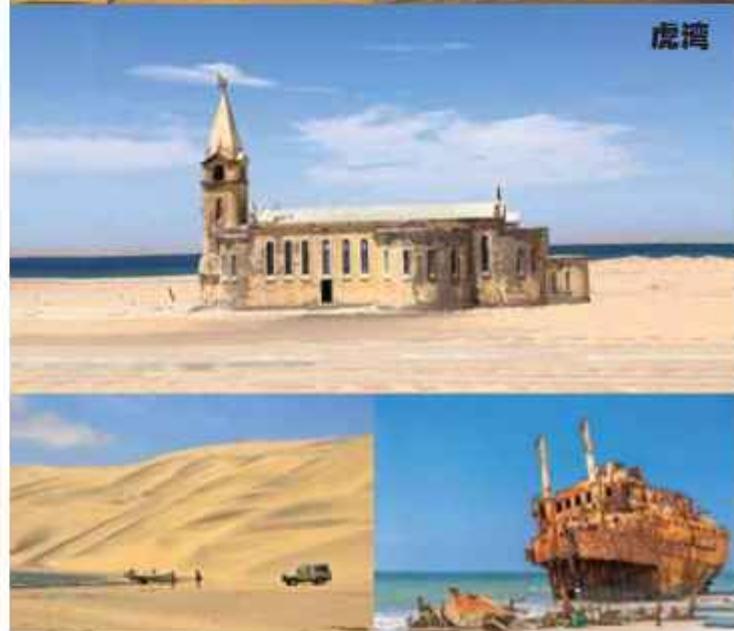
🍴 早餐 / 中餐 / 晚餐

前往南方，参观**迭戈·卡奥的废弃教堂**，并欣赏海洋及下方渔村的壮丽景色。进入**伊奥纳国家公园**，参观**瓦内萨号残骸**。沿海岸线前进，如果潮汐允许，我们可以欣赏到伊奥纳沙漠的雄伟沙丘，这些沙丘直入大西洋，形成了一道真正的沙墙。沙丘上黄褐色的沙纹和黄色沙粒让人联想到老虎的皮毛，因此该地区被称为**虎湾**。享受野餐午餐后前往托姆瓦，一个保留了一些有趣殖民建筑的渔村。

伊奥纳国家公园



虎湾



第11天

➔ 纳米贝 - 卢班戈 ✈️ 罗安达

🍴 早餐 / 中餐 / 晚餐

参观**加尔甘塔**，这是一个古老的葡萄牙殖民地，有一座火车站。在这里，我们将有机会见到**恩奎德伦戈部落**，这是一个小型的半游牧猎人和自给自足的农民群体，他们的女性和男性都可以通过突出、圆形的头发辨认出来。

继续前往**卢班戈**，欣赏壮丽的通达瓦拉景观。



Tunda Vala



按时前往机场，飞往罗安达。

第12天

➔ 离开罗安达 ✈️

前往罗安达机场，搭乘航班返回家园。

第13天

➔ 抵达家园

抵达家园，结束13天10夜安哥拉之旅。

酒店



罗安达

Hotel Ilha Mar 酒店或同级
(2晚) ★★★★★☆



卢班戈

Kimba do Soba Lodge 酒店或同级
(3晚) ★★★★★☆



恩科库阿

Igloo tents
(2晚)



纳米贝

Infotour Hotel 酒店或同级
(3晚) ★★★★★☆

*注意：酒店以最终确认为准。如果有变化，将向客户提供与列表相似的住宿。



餐飲數量

- 10 顿早餐 / 09 顿午餐 / 10 顿晚餐



以下是此次旅行中令人难忘的亮点:

与部落的邂逅:接触姆伊拉族、图瓦族、哈考纳族、穆欣巴族、库伊斯族、甘布埃族、丁巴族和穆库巴尔族,感受独特的文化和传统。

自然奇观:

- ★ 库罗卡和阿尔科的绿洲美景。
- ★ 探索尤纳国家公园 (Iona National Park) 及其神秘的 *Vanessa* 沉船。
- ★ 欣赏古老而稀有的千岁兰。
- ★ 老虎湾 (Baía dos Tigres) 壮观的沙丘延伸至大海。

建筑与城市风情:

- ★ 纳米贝和通布瓦的葡萄牙殖民时期建筑。
- ★ 罗安达 (Luanda) 多彩的都市街头艺术。
- ★ 这些体验结合了文化交流、自然探索和城市魅力,造就了一次难忘的旅行!

