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## DAY 01

### ✈️ Depart for Cotonou, Benin (2N)

Cotonou, Benin known as the birthplace of Vodun religion. On arrival, transfer to hotel.

## DAY 02

### ➔ Ouidah

🍴 Hotel Breakfast / Lunch / Dinner

Ouidah, one of the most historically significant slave trading ports in West Africa. Visit the **Python Temple**, a sacred Vodun site where dozens of royal pythons are revered as messengers believed to bring good fortune. Enter the **Sacred Forest of Kpassè**, a mystical grove and open-air museum with colorful statues and shrines representing various Vodun deities.



Walk the powerful **Route des Esclaves (Slave Road)**, a path retracing the final steps of millions of enslaved Africans. Pass the **Tree of Forgetfulness** where captives were forced to walk in circles to forget their homeland, and the **Tree of Return** symbolizing spiritual return after death. The route culminates at the **Gate of No Return on Ouidah Beach**—a deeply emotional memorial arch marking where enslaved Africans were loaded onto ships, never to return.



See the imposing **Amazon warrior statue** commemorating Dahomey's fierce female warriors, and the vibrant **graffiti wall** celebrating African culture.

## DAY 03

### ➔ Cotonou – Ganvie – Abomey (1N)

🍴 Hotel Breakfast / Lunch / Dinner

Drive to Lake Nokoué to visit **Ganvie**, the Venice of Africa. Boarding a motorized pirogue, sail toward this remarkable village of twenty to thirty thousand people living in houses built on stilts. Navigate narrow waterways witnessing children paddling canoes to school, women operating floating markets, and men tending fish traps.

## Ganvie



Witness the spectacular **Zangbeto ceremony**, where masked figures representing night spirits spin rapidly in the darkness. These conical grass costumes whirl faster and faster, performing seemingly impossible feats while drums beat hypnotically.



Continue to **Abomey**, the historical capital of the Kingdom of Dahomey, one of West Africa's most powerful pre-colonial states.

## DAY 04

### ➔ Abomey – Agbodrafo, Togo (1N)

🍴 Hotel Breakfast / Lunch / Dinner

The **Chameleon Temple**, a unique site where these color-changing reptiles are considered sacred and protected.



Enjoy **Kpodji Guegue dance**, also known as the stilt dance, a breathtaking performance that showcases extraordinary skill and cultural tradition. Dancers mounted on stilts sometimes reaching eight feet or higher perform intricate choreography, spinning, jumping, and even doing acrobatic moves while balanced on these narrow poles.

Drive east toward the coast and cross the border into **Togo**. Continue to **Agbodrafo**, a peaceful lakeside town located on a narrow strip of land between the Atlantic Ocean and Lake Togo. This serene settlement is known for its strong Vodun traditions and provides a perfect introduction to

Togo's spiritual and cultural heritage. Agbodrafo has a tranquil, almost timeless quality, with fishing boats pulled up on the shores and local life proceeding at a gentle pace.



Agbodrafo

## DAY 05

➔ Agbodrafo – Togoville  
– Gayitokondji – Lome (1N)

🏨 Hotel Breakfast / Lunch / Dinner

Take a pirogue across Lake Togo to Togoville – historically known as the center of Voodoo in Togo. Togoville gained historical significance as the place where the German colonial treaty was signed in 1884, marking the beginning of Togo as a distinct political entity. Your exploration includes visits to sacred Vodun shrines where you learn about traditional religious practices that continue to this day. Visit sites associated with Christianity, including churches that incorporate African spiritual elements into their worship. There are reports of Virgin Mary apparitions here, and the town has become a pilgrimage site for Catholics from across West Africa. As you walk through the town, observe shrines, churches, and sacred trees.



Continue to Gayitokondji to experience an authentic Voodoo trance dance ceremony. The combined effect of the relentless drumming, the hypnotic chanting, and the physical exertion of dancing creates an altered state of consciousness. One by one, dancers begin to enter trance states, believed to be possessed by the spirits or deities they serve. Their movements change, becoming either more frenzied or strangely controlled, sometimes speaking in different voices, displaying different personalities. According to Vodun belief, the deities are now present, speaking and acting through their devotees. The ceremony is deeply spiritual, and offers rare insight into African traditional religions as they are practiced by believers.



Travel to Lomé, Togo's vibrant capital.

## DAY 06

➔ Lome – Accra, Ghana (2N)

🏨 Hotel Breakfast / Lunch / Dinner

Lomé's city tour. Drive by Palais de Lomé, an elegantly restored colonial building that now serves as a vibrant cultural center. Independence Square, that commemorates Togo's independence from French colonial rule. See the Grand Marche or Big Market and the Sacred Heart Cathedral.



Sacred Heart Cathedral

Marche des Feticheurs, one of West Africa's largest and most fascinating fetish markets which sells ingredients used in traditional Vodun practices and African traditional medicine. See tables piled with dried animal heads, skins, bones, herbs, roots, seeds, and various other items used by traditional healers to prepare remedies and ritual objects. Drive to Accra, the vibrant capital of Ghana.



Marche des Feticheurs

## DAY 07

➔ Accra

🏨 Hotel Breakfast / Lunch / Dinner

Independence Square, also known as Black Star Square, one of the largest city squares in Africa. The Black Star Gate dominates the square, and the black star is a powerful symbol representing African emancipation and unity.



Independence Square

Walking tour of **Jamestown**, one of Accra's oldest and most characterful neighborhoods. Walk through its narrow streets, encounter a fascinating mix of crumbling colonial-era buildings, vibrant street art and murals, local businesses.



**Kwame Nkrumah Memorial Park**, dedicated to Ghana's first president and Africa's most influential independence leader. The park features Nkrumah's mausoleum, surrounded by fountains, and manicured gardens.

See a **fantasy coffin workshop**, a uniquely Ghanaian art form that has gained international recognition. Here, skilled craftsmen create elaborate custom coffins shaped to represent the deceased person's profession, passion, or status in life.

## DAY 08

### → Accra – Cape Coast (2N)



Hotel Breakfast / Lunch / Dinner

Scenic drive westward along Ghana's beautiful coastline toward **Cape Coast**. Stop at **Fort Amsterdam** in Abandze, a smaller but historically significant fortification.



Continuing along the coast, you will arrive at **Cape Coast Castle**, one of the most important and emotionally powerful heritage sites in all West Africa. This massive, white-washed fortress served as the headquarters of British colonial administration and as one of the largest slave-holding facilities in West Africa. Understand the history of the transatlantic slave trade.



## DAY 09

### → Kakum National Park & Elmina Fish Market



Hotel Breakfast / Lunch / Dinner

Depart for **Kakum National Park**, one of Ghana's most spectacular natural attractions. The highlight is the canopy walkway, a series of seven suspension bridges that stretch for over 300 meters, suspended approximately 40 meters above the forest floor. Walking across these swaying bridges high in the treetops is an exhilarating experience that offers a unique perspective on the rainforest.



Visit a **stingless bee project**, where local communities work with these gentle native African bees. Your guide will explain how these bees are crucial pollinators for the rainforest ecosystem and how sustainable honey harvesting provides income for local communities while encouraging forest conservation.

Explore **Elmina**, a fishing village that's both picturesque and gritty, charming and thought provoking. The **Elmina Fish Market** is a feast for the senses and a photographer's dream. **Elmina Castle**, built by the Portuguese in 1482. Experience the dark and stuffy dungeons local people were forced to endure before being sent on a long and perilous passage across the Atlantic.



## DAY 10

### → Cape Coast – Grand Bassam, Ivory Coast (1N)



Hotel Breakfast / Lunch / Dinner

Head towards the **Ivory Coast** border. Continue to **Grand Bassam**, a historic coastal town and the first colonial capital of the Ivory Coast from 1893 to 1900. The town is now a UNESCO World Heritage Site, recognized for its well-preserved colonial architecture.



Grand Bassam

**DAY 13**

⇒ **In Transit**

**DAY 14**

⇒ **Home**

**DAY 11**

⇒ **Grand Bassam – Abidjan (1N)**

Hotel Breakfast / Lunch / Dinner

**Grand Bassam**, with characteristic wide verandas and shuttered windows reflecting the complex colonial relations between France and Ivoirians. Visit the **Roman Catholic Diocese of Grand-Bassam** and the **Côte d'Ivoire National Museum of Costume**, which showcases traditional Ivorian clothing and textiles from various ethnic groups.



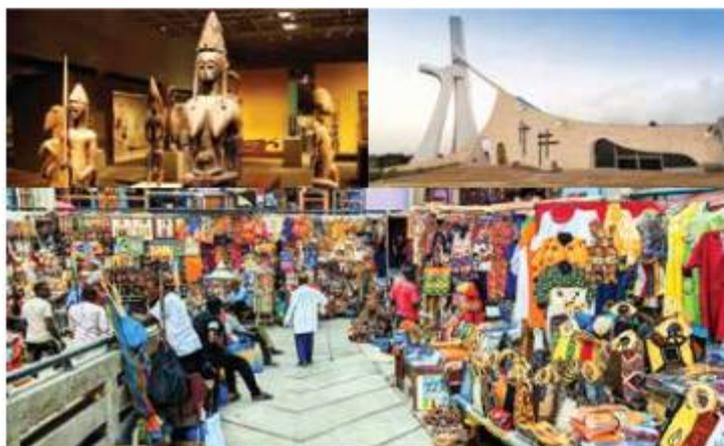
Transfer to **Abidjan**.

**DAY 12**

⇒ **Depart Abidjan**

Hotel Breakfast / Lunch / -

**Abidjan**, the vibrant economic and cultural heart of Ivory Coast. With a population of around six and a half million people, Abidjan is the second largest city in West Africa after Lagos. First stop is the **Musée National of Abidjan**, which houses an impressive collection of over twenty thousand objects that showcase the rich artistic heritage of Ivory Coast. **St Paul's Cathedral**, one of the most distinctive religious buildings in West Africa with its striking modernist design featuring sweeping curved lines. Visit **Treichville Market**, one of Abidjan's most vibrant authentic markets.



Transfer to **Abidjan Airport** for flight home.

**HOTEL**



**Cotonou, Benin**

Hotel Maison Rouge, Cotonou 4\* or similar  
(2 nights) ★★★★★☆



**Abomey**

Tennessee Hotel Abomey 4\* or similar  
(1 night) ★★★★★☆



**Agbodrafo, Togo**

Le Lac Hotel, Agbodrafo 4\* or similar  
(1 night) ★★★★★☆



**Lome**

Onomo Hotel Lome 4\* or similar  
(1 night) ★★★★★☆



**Accra, Ghana**

Labadi Beach Hotel 4\* or similar  
(2 nights) ★★★★★☆



**Cape Coast**

Ridge Royal Hotel 4\* or similar  
(2 nights) ★★★★★☆



**Grand Bassam, Ivory Coast**

Comoe Lodge 4\* or similar  
(1 night) ★★★★★☆



**Abidjan**

Onomo Hotel 4\* or similar  
(1 night) ★★★★★☆

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



## Gulf of Guinea



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# 西非之旅

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## 第01天

### ✈️ 出发前往贝宁科托努 (2晚)

**科托努**是伏都教 (Vodun) 的发源地。抵达后，专车送往酒店。

## 第02天

### ➔ 乌伊达

🍴 早餐 / 午餐 / 晚餐

**乌伊达**是西非历史上最重要的奴隶贸易港口之一。参观**蟒蛇神庙**，这是一处神圣的伏都教遗址，数十条皇家蟒蛇被尊为信使，相信它们能带来好运。探索**神圣森林**，这是一片神秘的树林和露天博物馆，林中遍布色彩斑斓的雕像和神龛，展示各种伏都教神祇。



沿着庄严肃穆的漫步**奴隶之路**，这条路重现了数百万被奴役的非洲人最后的足迹。途经归来之树 (象征死后灵魂归还)，以遗忘故土；以及象征着死后精神回归的回归之树。这条路线的终点是位于维达海滩的“**不归之门**”一座令人动容的纪念拱门，纪念那些被装上船、永不回来的非洲奴隶。从此再也无法返回故土的地方。



观赏**亚马逊女战士雕像**，纪念达荷美勇猛的女性战士。欣赏展现非洲文化的**壁画艺术**。

## 第03天

### ➔ 科托努 - 甘维 - 阿博美 (1晚)

🍴 早餐 / 午餐 / 晚餐

驱车前往**诺库湖**，探访“非洲威尼斯”——**甘维村**。登上机动独木舟，驶向这座奇特的村庄。村庄里居住着两三万居民，房屋全部建在水上高脚屋里。沿着狭窄的水道航行，可以看到孩子们划着独木舟去上学，妇女们在水上市场摆摊，男子管理鱼网。

## 甘维村



亲眼见证壮观的**桑贝托仪式**，仪式中，戴着面具的夜灵在黑暗中飞速旋转。这些圆锥形的草编服装旋转得越来越快，表演着看似不可能的绝技，伴随着催眠般的鼓声。



前往**阿博美**，参观达荷美王国 (西非最强大的前殖民国家之一) 的历史首都。是西非最强大的前殖民时期国家之一。

## 第04天

### ➔ 阿博美 - 阿格博德拉福, 多哥 (1晚)

🍴 早餐 / 午餐 / 晚餐

参观**变色龙庙**，变色龙神庙是一个独特的场所，在这里，这些会变色的爬行动物被视为神圣之物并受到保护。



欣赏**高跷舞**，这是一场令人叹为观止的表演，展现了非凡的技艺和文化传统。舞者们踩着有时高达八英尺甚至更高的高跷，表演着复杂的舞蹈编排，旋转、跳跃，甚至在细长的杆子上保持平衡，做出各种杂技动作。

向东驱车前往海岸，越过边境进入**多哥**。继续前往**阿格博德拉福**，这是一个宁静的湖畔小镇，位于大西洋和多哥湖之间的一条狭长地带。这个静谧的小镇以其浓厚的伏都教传统而闻名，是体验伏都教的绝佳起点。

多哥的精神和文化遗产。阿格博德拉福湖畔小镇宁静祥和，仿佛时间在此停滞，了解伏都教文化与精神遗产。



### 第05天

#### → 阿格博德拉福 - 多哥维尔 - 洛美 (1晚)

早餐 / 午餐 / 晚餐

乘坐独木舟横渡多哥湖，前往多哥维尔——历史上这里是多哥伏都教的中心。多哥维尔因1884年在此签署德国殖民条约而具有重要的历史意义，该条约标志着多哥作为一个独立的政治实体的开始。您的探索之旅包括参观神圣的伏都教神庙，了解至今仍在延续的传统宗教习俗。您还将参观与基督教相关的场所，包括将非洲精神元素融入礼拜仪式的教堂。据说这里曾出现过圣母玛利亚显灵的景象，因此这座小镇已成为西非各地天主教徒的朝圣地。漫步小镇，您将欣赏到神龛、教堂和神圣的树木。



继续前往盖伊托孔吉，体验一场正宗的伏都教恍惚舞蹈仪式。持续不断的鼓声、催眠般的吟唱以及舞蹈的体力消耗，共同营造出一种意识状态的改变。舞者们一个接一个地进入恍惚状态，他们被认为受到了所侍奉的神灵或神祇的附身。他们的动作发生变化，变得更加狂乱或异常地受控，有时还会用不同的声音说话，展现出不同的个性。根据伏都教的信仰，神灵此刻就在眼前，通过他们的信徒们来传达和行动。这场仪式充满灵性，让我们得以深入了解非洲传统宗教的信徒们是如何实践这些宗教的。



前往多哥充满活力的首都洛美。

### 第06天

#### → 洛美 - 阿克拉，加纳 (2晚)

早餐 / 午餐 / 晚餐

洛美市区游览。驱车经过洛美宫，这是一座经过精心修复的殖民时期建筑，如今已成为充满活力的文化中心。独立广场，纪念多哥摆脱法国殖民统治，获得独立。参观大市场或称大型市场，以及圣心大教堂。



巫术市场是西非规模最大、最引人入胜的法器市场之一，出售用于传统伏都教仪式和非洲传统医学的各种材料。这里堆满了干动物的头颅、皮毛、骨头、草药、根茎、种子以及其他各种物品，这些都是传统治疗师用来配制药物和制作祭祀用品的。驱车前往加纳充满活力的首都阿克拉。



### 第07天

#### → 阿克拉市区游

早餐 / 午餐 / 晚餐

独立广场，又称黑星广场，是非洲最大的城市广场之一。黑星门雄踞广场中心，黑星是象征非洲解放和团结的有力标志。



**詹姆斯敦徒步之旅**，詹姆斯敦是阿克拉最古老、最具特色的街区之一。漫步在狭窄的街道上，您将邂逅迷人的殖民时期建筑、充满活力的街头艺术和壁画以及当地商铺。



詹姆斯敦

**夸梅·恩克鲁玛纪念公园**，是为了纪念加纳首任总统、非洲最具影响力的独立领袖而建。公园内有恩克鲁玛的陵墓，周围环绕着喷泉和精心修剪的花园。

参观**奇幻棺材工坊**，这是一种独特的加纳艺术形式，并已获得国际认可。在这里，技艺精湛的工匠们精心制作定制棺材，其形状旨在代表逝者的职业、爱好或生前地位。

## 第08天

### → 阿克拉 - 开普海岸 (2晚)

早餐 / 午餐 / 晚餐

沿着加纳美丽的海岸线向西驱车前往海岸角。途中在阿班泽的**阿姆斯特丹堡**稍作停留，这是一座规模较小但具有重要历史意义的防御工事。



阿姆斯特丹堡

沿着海岸线继续前行，您将抵达**科斯特角城堡**，它是西非最重要、最具震撼力的历史遗迹之一。这座宏伟的白色堡垒曾是英国殖民政府的总部，也是西非最大的奴隶贸易中心之一。了解跨大西洋奴隶贸易的历史。



科斯特角城堡

## 第09天

### → 卡库姆国家公园 - 埃尔米纳鱼市

早餐 / 午餐 / 晚餐

前往**卡库姆国家公园**，这是加纳最壮观的自然景点之一。亮点是**树冠走道**，这是一系列七座悬索桥，总长超过300米，悬空于森林地面上方约40米处。漫步在这些摇曳的树冠桥上，是一种令人兴奋的体验，可以让你以独特的视角欣赏热带雨林。



树冠走道

参观一个**无刺蜜蜂项目**，当地社区在那里与这些温顺的非洲本土蜜蜂一起工作。您的导游将解释这些蜜蜂如何成为热带雨林生态系统中至关重要的授粉者，以及可持续的蜂蜜采集如何为当地社区提供收入，同时促进森林保护。

探索**埃尔米纳**，这座渔村既风景如画又充满粗犷气息，既迷人又引人深思。埃尔米纳鱼市是一场感官盛宴，也是摄影师的梦想之地。埃尔米纳城堡由葡萄牙人于1482年建造。体验当地人在被送往大西洋彼岸漫长而危险的航程之前，被迫忍受的阴暗闷热的地牢。



埃尔米纳鱼市

## 第10天

### → 开普海岸 - 大巴萨姆, 科特迪瓦 (1晚)

早餐 / 午餐 / 晚餐

前往**科特迪瓦**边境。继续前往大巴萨姆，这是一座历史悠久的沿海城镇，也是科特迪瓦的第一个殖民首都（1893年至1900年）。如今，这座城镇已被联合国教科文组织列为世界遗产，并因其保存完好的殖民时期建筑而闻名。



大巴萨姆

第13天

→ 在飞行途中 ✈️

第14天

→ 抵达家园

第11天

→ 大巴萨姆 - 阿比让 (1晚)

✂️ 早餐 / 午餐 / 晚餐

**大巴萨姆**以其宽阔的阳台和百叶窗而闻名，这些建筑反映了法国和科特迪瓦之间复杂的殖民关系。您可以参观罗马天主教大巴萨姆教区和**科特迪瓦国家服饰博物馆**，该博物馆展示了来自不同民族的科特迪瓦传统服饰和纺织品。



调往**阿比让**。

第12天

→ 阿比让 - 出发返程 ✈️

✂️ 早餐 / 午餐 / -

**阿比让**，科特迪瓦充满活力的经济和文化中心。阿比让人口约六百五十万，是西非第二大城市，仅次于拉各斯。第一站是阿比让**国家博物馆**，馆内收藏了超过两万件藏品，展现了科特迪瓦丰富的艺术遗产。**圣保罗大教堂**是西非最具特色的宗教建筑之一，其引人注目的现代主义设计以流畅的曲线为特色。之后，您可以参观特雷奇维尔市场，这是阿比让最热闹、最地道的集市之一。



前往阿比让机场，搭乘航班回家。

# 酒店



**贝宁科托努**

Hotel Maison Rouge, Cotonou 酒店或同级  
(2晚) ★★★★★☆



**阿博美**

Tennessee Hotel Abomey 酒店或同级  
(1晚) ★★★★★☆



**阿格博德拉福**

Le Lac Hotel, Agbodrafo 酒店或同级  
(1晚) ★★★★★☆



**洛美**

Onomo Hotel Lome 酒店或同级  
(1晚) ★★★★★☆



**阿克拉, 加纳**

Labadi Beach Hotel 酒店或同级  
(2晚) ★★★★★☆



**科特角海岸**

Ridge Royal Hotel 酒店或同级  
(2晚) ★★★★★☆



**大巴萨姆, 科特迪瓦**

Comoe Lodge 酒店或同级  
(1晚) ★★★★★☆



**阿比让**

Onomo Hotel 酒店或同级  
(1晚) ★★★★★☆

\*注意：酒店以最終確認為準。如果有變化，將向客戶提供與列表類似的住宿。

