

20D17N

CENTRAL AFRICA

Gabon | Sao Tome & Principe | Republic of Congo

Cameroon | Central African Republic | Equatorial Guinea



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DAY 01

✈️ **Depart for Libreville, Gabon**

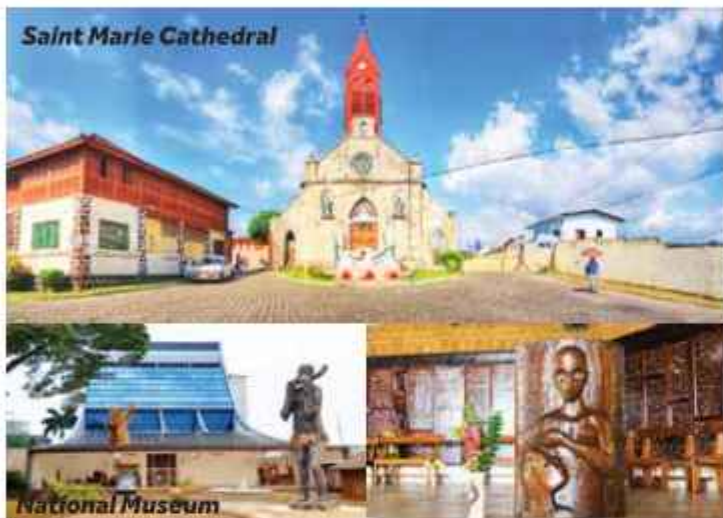
Depart for Libreville, Gabon.

DAY 02

📍 **Libreville (2N)**

🍴 - / - / Dinner

Arrival in Libreville. Visit **Saint Marie Cathedral** & the **National Museum**.



DAY 03

📍 **Libreville**

🍴 Hotel Breakfast / Lunch / Dinner

Walk in **Aboretum Raponda Walker Forest**.

Attend a **Bwiti** a ceremony dance. Bwiti is a traditional cultural path and spiritual discipline that has been practiced by many tribes indigenous to equatorial Central West Africa for thousands years. Each tribe has distinct practices. Yet, having one common thread among all of them, the sacred plant, *iboga*. For the Bwiti, it is a sacrament, medicine and teacher. Bwiti can basically be translated as "School of Life."



DAY 04

📍 **Libreville** ✈️ **Sao Tome (3N)**

🍴 Hotel Breakfast / Lunch / Dinner

Libreville City Tour. Drive through Boulevard Triomphal, The two chambers of the Parliament, embassies, etc. Visiting the iconic and well-designed Saint Michel historical church. Visit the iconic Market of Libreville & Craft market for souvenirs.

Transfer to Libreville Airport for flight to **Sao Tome and Principe**. On arrival, transfer to hotel.

Libreville City Tour



DAY 05

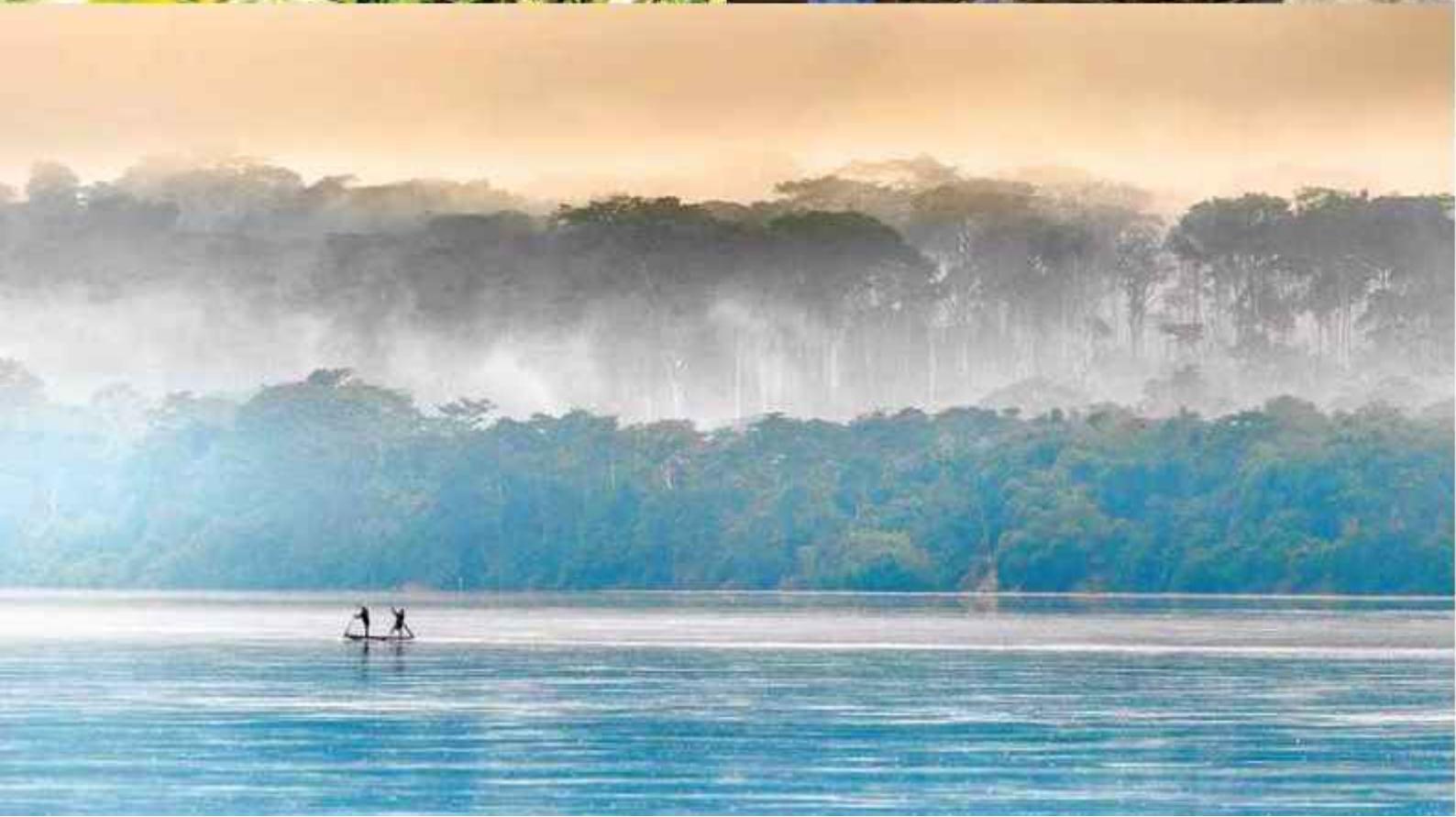
📍 **Sao Tome "Rolas Island" excursion**

🍴 Hotel Breakfast / Lunch / Dinner

Excursion to the South. Main places to visit: *Rocha Água Izé, Boca do Inferno, Praia Micondó, São João dos Angolares, Pico do Cão Grande, Maliana, Porto Alegre, Cabana, Inhame & Rolas Island.*

Rolas Island





DAY 06



Pico de Felicidade excursion



Hotel Breakfast / Lunch / Dinner

Excursion to **Pico da Felicidade**. See the unique view, which only Pico da Felicidade can offer, and also with the possibility of cooling off by taking a dip in one of the best beaches in the country, combining nature and the blue of the sea. Visit the isle of goats, Messias Aves beach.

Pico Island



DAY 07



Sao Tome 
Brazzaville, Republic of Congo (3N)



Hotel Breakfast / - / Dinner

Traveling day from Sao Tome to **Brazzaville, Republic of Congo**.

DAY 08



Brazzaville



Hotel Breakfast / Lunch / Dinner

Brazzaville, the capital of the country founded by the exploratory Savorgnan de Brazza in 1880. On a boat, sail on the mythical Congo River, which with its 4.614km (of which about 700km in the republic of Congo) is the second longest river Africa and the largest in terms of flow. Along its waters the life of the city comes alive, among fisherman, washerwomen....

Brazzaville



Congo River



DAY 09



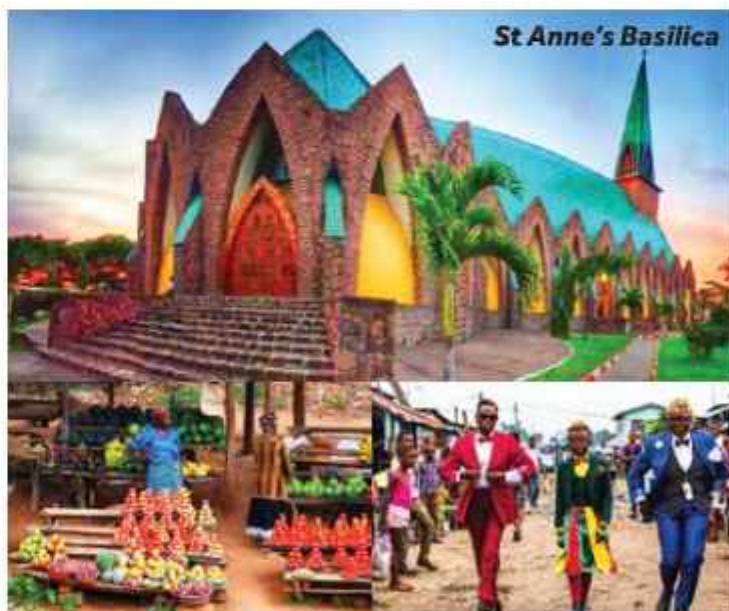
Brazzaville



Hotel Breakfast / Lunch / Dinner

Visit **St Anne's Basilica**, with its 22-meter-high vaults and emerald coloured roof. The colourful market, rich in fruit and vegetables. Meet the gentlemen of Bacongo, members of the SAPE (Societe des Ambianceurs et personnes Elegantes), a club of people who share a taste for elegance, appearance and exhibitionism, in a festive and fashionable trend that has developed between Brazza and Kinshasa, where Avenue Matsua is the catwalk where this glittering manifestation of urban and popular culture is paraded.

St Anne's Basilica



DAY 10



Brazzaville – Lesio Luna (1N)



Hotel Breakfast / Lunch / Dinner

Depart for **Lesio Luna Gorilla Sanctuary** aboard a 4 x 4 vehicle. Arrive at the base of the park, formalities and take a boat for the visit of the gorillas..





DAY 11

Lesio Luna – Brazzaville
Douala, Cameroon (2N)

Hotel Breakfast / Lunch / -

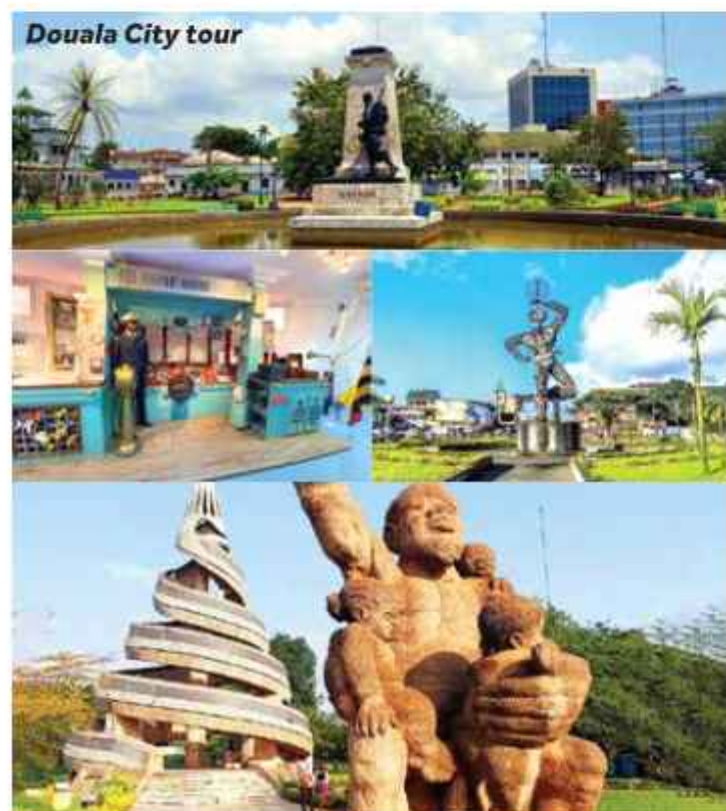
Second visit of Lesio Luna. Return to Brazzaville and take flight to **Douala, Cameroon**.

DAY 12

Douala

Hotel Breakfast / Lunch / Dinner

Douala City tour visiting Douala Marine Museum, Nachtigal monument, Monument Nouvelle Reunification.



DAY 13

Douala → Bangui, Central African Republic (2N)

Hotel Breakfast / Lunch / Dinner

Departure for **Limbe**. Visit the **wildlife Center** continue to **Buean** external visit of German Palace, Mount Cameroon. Transfer to Douala airport for flight to Bangui.

Limbe



Buean



DAY 14

Bangui

Hotel Breakfast / Lunch / Dinner

Bangui city tour by visiting Boganda Museum, handicraft museum, the 50th anniversary park, the rock of Bangui then we will be heading to the river, forest and village around.

Bangui city tour





Boganda Museum



The rock of Bangui



Bangui village



DAY 15

Bangui ✈️ **Malabo, Equatorial Guinea (4N)**

 Hotel Breakfast / - / Dinner

Transfer to Bangui Airport for flight to **Malabo, Equatorial Guinea**.

DAY 16

Malabo City Tour & Malabo National Park Visit

 Hotel Breakfast / Lunch / Dinner

Explore the iconic buildings of Malabo, the vibrant capital of Equatorial Guinea. discover the unique blend of colonial and modern architectural influences that define the city. embark on a captivating tour of the impressive Malabo National Park. see a historic mural that depicts the country's history, explore numerous historical monuments within the park, and visit the totem pole plaza to learn more about the various ethnic groups in Equatorial Guinea.



Malabo National Park



DAY 17

Batete and Luba tour

 Hotel Breakfast / Lunch / Dinner

Begin in Batete, where the Bubi people were established. explore several essential sites, including the monument dedicated to the first Claretian nun, Mother Macole, the boarding school used by the nuns, and the colonial plaza. Our adventure in this town will culminate with a visit to a remarkable Gothic-style church built in wood by the Claretian priest, Lluís Sagarra.



Next, head to Luba, to the historical monument of the arrival of the settlers. make our first stop at the old town hospital in ruins. Afterward Luba chapel and see the old town. That includes from where the Magazine River begins to where it ends. During the tour, we will talk about the history of the town, learn about the history of the Joneses and their influence on the town, see the family hotel, and visit the market and the town square.



DAY 18

Malabo

 Hotel Breakfast / Lunch / Dinner

Free at leisure and enjoy beach for the rest of the day.



DAY 19

Depart Malabo ✈️

 Hotel Breakfast / - / -

DAY 20

Arrive Home



HOTELS



Libreville, Gabon
Park Inn by Radisson Libreville 4* or similar
(2 nights) ★★★★★



Douala, Cameroon
K Hotel Douala 4* or similar
(2 nights) ★★★★★



Sao Tome
Emoyeni Gardens Hotel 4* or similar
(3 nights) ★★★★★



Bangui, Central African Republic
Hotel Ledger Palace 4* or similar
(2 nights) ★★★★★



Brazzaville, Republic of Congo
Hotel Riviera, Brazzaville 4* or similar
(3 nights) ★★★★★



Malabo, Equatorial Guinea
Hotel Bahia 4* or similar
(4 nights) ★★★★★



Lesio Luna
Eco Lodge Lesio Luna 4* or similar
(1 night) ★★★★★

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



20天17晚

中非深度旅行

加蓬 | 圣多美和普林西比 | 刚果共和国

喀麦隆 | 中非共和国 | 赤道几内亚



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第1天

✈️ 出发启程前往加蓬利伯维尔

出发飞往加蓬利伯维尔。

第2天

📍 利伯维尔 (2晚)

🍴 - / - / 晚餐

参观**圣玛丽大教堂**，这座建于1864年的教堂是加蓬最古老的天主教堂之一，具有重要的历史和文化意义。
游览**国家博物馆**，了解加蓬的历史和文化遗产。



第3天

📍 利伯维尔



前往**拉蓬达沃克植物园**，这是一个面积约28公顷的保护区，拥有丰富的热带植物和野生动物，是生态旅游的好去处。

参加**布维蒂 (Bwiti) 仪式舞蹈**，布维蒂是一种传统的精神信仰体系，广泛存在于加蓬和赤道几内亚等地，仪式中常使用伊波加 (iboga) 植物进行冥想和净化。



第4天

📍 利伯维尔 ✈️ 圣多美 (3晚)

🍴 早餐 / 午餐 / 晚餐

利伯维尔市区游览，包括凯旋大道、议会大厦、圣米歇尔教堂等地标性建筑。参观当地市场和手工艺品市场，体验当地文化和购物。

前往**利伯维尔机场**，搭乘航班飞往**圣多美和普林西比**。抵达后，送往酒店。

利伯维尔市区游览



第5天

📍 圣多美 - 罗拉斯岛一日游

🍴 早餐 / 午餐 / 晚餐

前往**圣多美岛南部**，途经阿瓜伊泽庄园、地狱之口、米孔多海滩、圣若昂多斯安哥拉雷斯等景点。参观卡昂峰，这是一座独特的火山岩柱，形状如同狗的牙齿，是圣多美的标志性景观。

抵达波尔图·阿莱格雷，乘船前往罗拉斯岛，该岛位于赤道线上，拥有赤道纪念碑和美丽的海滩。

圣多美岛





第6天

幸福峰徒步

早餐 / 午餐 / 晚餐

前往**幸福峰**进行徒步旅行，欣赏独特的自然风光。途中可在**美西亚斯阿韦斯海滩**等地放松，享受海滩时光。欣赏唯有幸福峰才能呈现的独特景致，参观**山羊岛——梅西亚斯阿韦斯海滩**。

幸福峰



第7天

圣多美 ✈️ 刚果共和国布拉柴维尔（3晚）

早餐 / - / 晚餐

启程前往从圣多美到**刚果共和国布拉柴维尔**的旅行日。

第8天

布拉柴维尔

早餐 / 午餐 / 晚餐

布拉柴维尔城，乘船游览神秘的**刚果河**，这条河全长**4614公里**（其中约**700公里**在刚果共和国境内），是非洲第二长河，也是流量最大的河流。沿着河岸，渔民、洗衣妇，城市生活充满活力。

布拉柴维尔城



刚果河



第9天

布拉柴维尔

早餐 / 午餐 / 晚餐

参观拥有**22米高拱顶**和**翠绿色屋顶**的**圣安妮大教堂**。**色彩缤纷的市场**，水果和蔬菜琳琅满目。结识巴孔戈的绅士们，他们是SAPE的成员。SAPE是一个由追求优雅、外表和炫耀癖的人组成的俱乐部。这种节日时尚潮流在布拉扎和金沙萨之间兴起，而松树大道则是这种闪耀的城市和流行文化的展示平台。

圣安妮大教堂



第10天

布拉柴维尔 - 莱西奥·卢纳（1晚）

早餐 / 午餐 / 晚餐

乘坐四驱车前往**莱西奥·卢纳大猩猩保护区**，该保护区位于布拉柴维尔以北约**150公里**，面积约**173,000公顷**，是西部低地大猩猩的栖息地。

抵达后办理相关手续，乘船参观大猩猩栖息地，近距离观察这些濒危动物的生活状态。



莱西奥·卢纳保护区



第11天

莱西奥·卢纳 - 布拉柴维尔
喀麦隆杜阿拉 (3晚)

早餐 / 午餐 / -

上午再次参观莱西奥·卢纳保护区，深入了解大猩猩的保护工作。下午返回布拉柴维尔，准备前往杜阿拉。

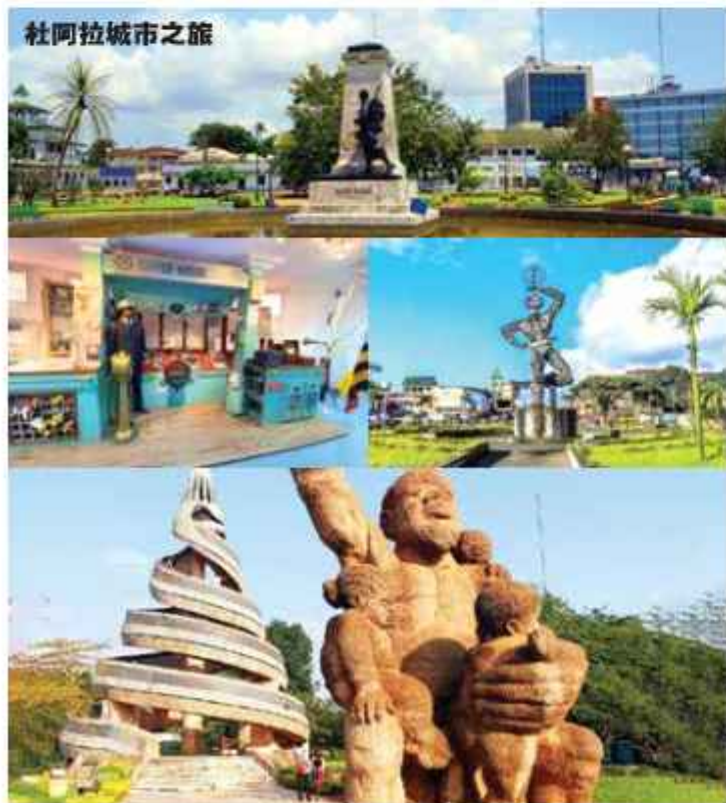
第12天

杜阿拉

早餐 / 午餐 / 晚餐

参观杜阿拉海事博物馆，了解喀麦隆的海洋历史和文化。参观纳赫蒂加尔纪念碑和新统一纪念碑了解喀麦隆的历史进程。

杜阿拉城市之旅



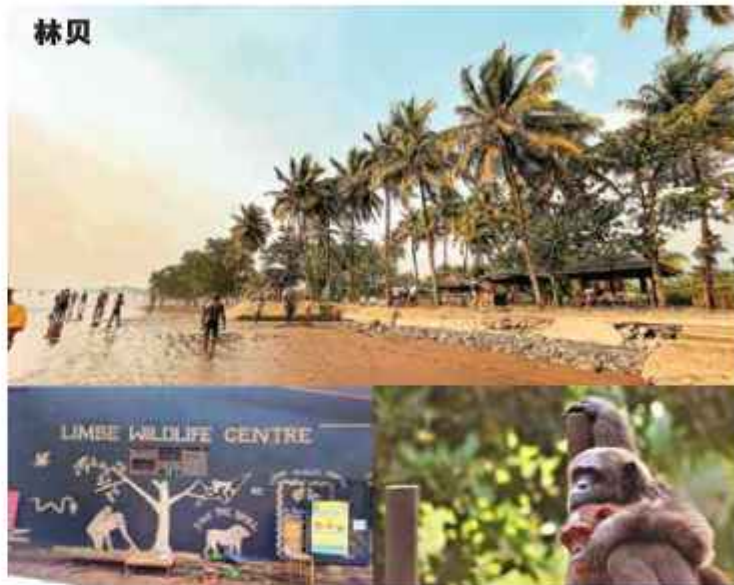
第13天

杜阿拉 中非共和国，班吉 (2晚)

早餐 / 午餐 / 晚餐

前往林贝参观野生动物中心，了解当地的野生动物保护工作。继续前往布埃亚，外观德国殖民时期的宫殿和喀麦隆山。返回杜阿拉，准备飞往班吉。

林贝



布埃亚



第14天

班吉

早餐 / 午餐 / 晚餐

参观博冈达国家博物馆，了解中非共和国的历史和文化。参观手工艺博物馆、50周年纪念公园和班吉岩石。前往附近的河流、森林和村庄，体验当地的自然风光和人文景观。

班吉







班吉岩石



班吉村



第17天

📍 巴特特和卢巴之旅

🍽️ 早餐 / 午餐 / 晚餐

从布比人定居的**巴特特**出发。探索几个重要景点，包括纪念第一位克莱雷修女马科尔修女的纪念碑、修女们使用的寄宿学校以及殖民广场。我们在这个小镇的探险之旅将以参观一座由克莱雷修女路易斯·萨加拉神父建造的**哥特式木结构教堂**而告终。



木结构教堂



布比人

前往**卢巴**，参观纪念定居者到来的历史遗迹。我们的第一站是老城区医院的废墟。我们将参观**卢巴教堂**，并游览老城区。这包括从马加奇河的源头到终点。在游览期间，我们将了解小镇的历史，了解琼斯家族的历史及其对小镇的影响，参观家庭旅馆，并参观市场和城镇广场。



卢巴



卢巴教堂

第18天

📍 马拉博

🍽️ 早餐 / 午餐 / 晚餐

自由活动并享受一天剩余的**马拉博海滩**时光。



第19天

📍 离开马拉博 ✈️

🍽️ 早餐 / - / -

第20天

📍 安全到家

第15天

📍 班吉 ✈️ 马拉博，赤道几内亚 (4晚)

🍽️ 早餐 / - / 晚餐

前往**班吉机场**，搭乘航班飞往**赤道几内亚，马拉博**。

第16天

📍 马拉博城市之旅和马拉博国家公园参观

🍽️ 早餐 / 午餐 / 晚餐

探索赤道几内亚充满活力的**首都马拉博**的标志性建筑。探索这座城市独特的殖民时期与现代建筑风格融合的魅力。探索迷人的**马拉博国家公园**之旅。欣赏描绘该国历史的历史壁画，探索公园内众多的历史古迹，并参观图腾柱广场，了解更多关于赤道几内亚各民族的信息。



马拉博



马拉博国家公园





酒店



加蓬，利伯维尔
Park Inn by Radisson Libreville 酒店或同级
(2晚) ★★★★★☆



喀麦隆，杜阿拉
K Hotel Douala 酒店或同级
(2晚) ★★★★★☆



圣多美
Emoyeni Gardens Hotel 酒店或同级
(3晚) ★★★★★☆



中非共和国，班吉
Ledger Palace 酒店或同级
(2晚) ★★★★★☆



刚果共和国，布拉柴维尔
Hotel Riviera, Brazzaville 酒店或同级
(3晚) ★★★★★☆



赤道几内亚，马拉博
Bahia 酒店或同级
(4晚) ★★★★★☆



塞西奥·卢纳
Eco Lodge Leslo Luna 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。

