



KPL No 10758

GLOBAL WORLD

TOUR & TRAVEL SDN. BHD.

环球旅游有限公司

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20 DAYS 17 NIGHTS WEST OF AFRICA

Senegal, Gambia, Guinea-Bissau, Guinea, Sierra Leone, Liberia



Day 01 Kuala Lumpur → Dakar

Assemble at KLIA 1 for check-in for your flight to Dakar, Senegal.

Day 02 Arrival in Dakar, Senegal

(D)

Today we arrive in Dakar. Dakar immediately embraces us with its colorful markets, animated conversations, and perpetual motion. What initially appears chaotic, reveals itself as an intricate dance of daily life. The passionate people who call this city home have created something extraordinary - a place where tradition and modernity coexist in perfect, if sometimes frenetic, harmony. Tonight, we settle into our accommodations and prepare for the extraordinary journey ahead. **Overnight in Dakar.**

Day 03 Dakar: Goree Island Exploration & Dakar City Tour

(B,L,D)

A short ferry ride transports us to **Gorée Island**, where centuries of human history unfold in stark, powerful contrast. This **UNESCO World Heritage Site** served as one of **Africa's largest slave-trading centres** from the 15th to 19th centuries, ruled successively by Portuguese, Dutch, English, and French colonizers. The island's architecture tells its haunting story - elegant traders' houses standing in sobering juxtaposition to the grim slave quarters below. Today, Gorée serves as both a sanctuary for reconciliation and an unflinching reminder of human exploitation. We explore the **Ethnographic Museum**, where artifacts and exhibits help us understand this complex legacy. Returning to Dakar, we discover the city's colonial grandeur at Place de L'Indépendance, symmetrically designed around majestic buildings including the former French governor's residence and Chamber of Commerce. Our tour continues **past the Presidential Palace** and through the picturesque **Medina District**, before visiting the Musée des Civilisations Noires, celebrating Africa's rich cultural heritage. The Corniche drive offers spectacular coastal views as we absorb our first full day in this fascinating nation. **Overnight in Dakar.**



Day 04 Dakar - Touba - Kaolack

(B,L,D)

We begin with a climb up the **African Renaissance Monument**, a towering 52-metre bronze statue symbolizing Africa's hopeful future. Built atop the twin Collines des Mamelles, it offers panoramic views of the city we're leaving behind. Our journey inland introduces us to rural Senegal as we stop at a traditional **Wolof Village**, learning about customs and daily life that have endured for generations. The contrast between urban Dakar and village rhythms reveals Senegal's remarkable diversity. Touba awaits - the holy city of Mouridism, West Africa's largest Sufi order. At its heart stands the **Great Mosque**, one of Africa's most magnificent religious structures. Since its 1963 completion, continuous enlargements and embellishments have created an architectural masterpiece that reflects the deep spiritual devotion of Senegal's Muslim community. By late afternoon, we reach Kaolack, strategically positioned on the Saloum River. This important port town, 150 kilometers southeast of Dakar, thrives on peanut and salt exports, representing Senegal's agricultural heartland. **Overnight in Kaolack.**

Day 05 Kaolack - Senegambia Stone Circles, Senegal - Banjul, Gambia

(B,L,D)

We venture to **Sine Ngayène**, home to one of West Africa's most extraordinary archaeological treasures. The Senegambia stone circles represent a remarkable achievement of pre-historic civilization - over 1,000 monuments scattered across a 100-kilometre band along 350 kilometres of the Gambia River. These four groups - Sine Ngayène, Wanar, Wassu, and Kerbatch - encompass 93 stone circles and numerous burial mounds dating from the 3rd century BC to 16th century AD. The laterite pillars and associated tumuli create a vast sacred landscape, evidence of a prosperous, highly organized society that flourished for over 1,500 years. Crossing into Gambia, we encounter Africa's smallest mainland nation, surrounded by Senegal on three sides with the Atlantic forming its western border.* Arab traders first documented this region in the 9th and 10th centuries, establishing trade routes that connected inland kingdoms with coastal commerce. We conclude our day in **Banjul**, the capital city that serves as our gateway to Gambian culture and history. * The last part of our day's journey involves a ferry river crossing which can involve a bit of a wait and a rather slow boat once we are able to embark. **Overnight in The Gambia.**



Day 06 Banjul City Tour

(B,L,D)

Banjul reveals itself as a compact capital brimming with West African authenticity. We begin at the **National Museum**, where exhibits introduce us to Gambian culture and the complex history of this river nation. The **Albert Market**, established in the mid-19th century, creates a sensory explosion of sights, sounds, and aromas. This frenzied hub of buying, bartering, and bargaining showcases everything from colorful textiles to fresh produce, representing the beating heart of Banjul's commercial life. Our visit to the **Kachikally Museum** includes the famous crocodile pool - an extraordinary opportunity for close encounters with these ancient reptiles. Local tradition considers these crocodiles sacred, and visitors can safely interact with them in ways impossible elsewhere. In nearby Serrekunda, Gambia's most densely populated urban area, we explore the bustling **Abuko Cattle Market**, witnessing traditional livestock trading that connects rural producers with urban consumers. The day concludes at **Tanji Fishing Village**, where Atlantic fishing boats arrive with their daily catch. We observe the traditional fish-smoking process used for export, experiencing the vibrant energy of this crucial coastal industry. **Overnight in The Gambia.**

Day 07 Banjul, Gambia - Ziguinchor, Senegal

(B,L,D)

Crossing back into Senegal, we enter the Casamance region—the portion of Senegal lying south of Gambia along the Casamance River. This area takes its name from Portuguese adaptation of "Kasa mansa," meaning "king of Kasa," reflecting the historical kingdom that once dominated this fertile region. We visit a traditional **Jola Village**, learning about customs and beliefs of this ancient ethnic group. According to Senegambian oral history, the Jola have inhabited this region longer than any other group, maintaining cultural traditions that predate colonial influence by centuries. Ziguinchor serves as our base - a melting pot where all of Senegal's ethnic groups coexist harmoniously. The Jola have formed the majority here since at least 1500, sharing cultural connections with neighboring Guinea-Bissau. As evening approaches, we embark on a **Sunset Cruise along the Casamance River** aboard a motorized pirogue. The mangrove-lined waterways provide habitat for endangered manatees and bottlenose dolphins. While wildlife sightings require patience, we're likely to observe pelicans, flamingos, ibises, herons, and various stork species painting the sky in the golden hour.

Overnight in Ziguinchor



Day 08 Ziguinchor, Senegal - Bissau, Guinea-Bissau (B,L,D)

Our journey continues into one of Africa's least-visited nations as we cross into Guinea-Bissau. Passing through settlements including São Domingos, Ingoré, and Bula, we witness rural life in this remote, untouched country. Guinea-Bissau represents resilience incarnate. Once Portuguese Guinea, this nation fought a protracted independence war ending in 1974, followed by civil conflict in the late 1990s. Today, despite being among the world's poorest countries, Guinea-Bissau is rebuilding with cashew nut exports providing crucial foreign exchange. Bissau, the capital, appears suspended in time with its crumbling colonial architecture and pastel colored buildings. Narrow alleyways wind through neighborhoods where history lives in every weathered facade and sun-bleached wall. Time permitting, our city tour explores old Bissau (Bissau Velho), the Palácio da República, and Porto de Pindjiguiti, the historic port where independence movements once gathered. Each location tells stories of struggle, hope, and the indomitable spirit of a people determined to forge their own destiny.

Overnight in Bissau

Day 09 Bissau - Orango National Park (B,L,D)

Adventure beckons as we board our private motorboat for the journey to the **Bijagós Archipelago** - 88 palm-fringed islands scattered across the Atlantic, with only 23 inhabited. This **UNESCO Biosphere Reserve** remains one of West Africa's best-kept secrets. Our four-hour voyage to Orango Island passes small islands and sandbanks, revealing the pristine beauty of waters few travelers ever experience. **The Orango National Park**, established in 1998, protects over 150,000 hectares of extraordinary biodiversity. This marine paradise holds special significance as home to the world's most westerly population of common hippopotamus - salt-water hippos that have adapted to this unique coastal environment. The park's creation marked Guinea-Bissau's first protected area designation, recognizing its exceptional ecological importance. As we approach Orango Island, the third largest in the archipelago, we enter a world where Bijagó culture has flourished for centuries, largely unchanged by outside influences. Tonight, we rest in simple accommodations, surrounded by sounds of the Atlantic and anticipating tomorrow's wildlife encounters. **Overnight at Orango.**

Day 10 Orango National Park: Ambuduco Village (B,L,D)

Morning tides and sea conditions determine our destination - **Ambuduco, Menek, or Uno village** - each offering unique perspectives on Bijagó island life. Our **boat journey** winds through peaceful mangrove channels where traditional fishing methods have sustained communities for centuries. Arriving at a small beach, we walk to whichever village conditions favor, discovering how isolation has preserved cultural practices that vanished elsewhere. The Bijagó people maintain matriarchal social structures and animist beliefs alongside practical skills honed by generations of island living. Village exploration reveals traditional architecture, local crafts, and daily rhythms synchronized with tidal cycles and seasonal patterns. Children's laughter mingles with adult conversations as we observe a way of life that prioritizes community harmony and environmental balance. The afternoon returns us to our accommodation, where we have time to absorb the morning's experiences. The pristine surroundings invite reflection on cultural resilience and humanity's relationship with isolated natural environments. This free time allows for personal exploration, perhaps walking coastal paths or simply enjoying the tranquility of a place where modern pressures feel impossibly distant. **Overnight at Orango.**



Day 11 Orango National Park – Bissau (B,L,D)

Our island sojourn concludes as we board the boat returning to mainland Guinea-Bissau. The journey offers final views of the archipelago's scattered islands and pristine waters, carrying memories of **salt-water hippos and village encounters** that few travelers ever experience. We disembark in Quinhámel, where our bus awaits for the short drive back to Bissau. The transition from island tranquility to capital city energy provides striking contrast, highlighting Guinea-Bissau's remarkable diversity within its small borders. Bissau's arts and crafts market offer opportunities to acquire unique souvenirs - handwoven textiles, carved wooden sculptures, and traditional jewelry that reflect local artistic traditions. These markets also provide final interactions with local artisans who maintain skills passed down through generations. The evening in Bissau allows time to process our archipelago adventure while preparing for tomorrow's journey. The city's relaxed atmosphere and friendly people create the perfect setting for reflecting on Guinea-Bissau's unexpected treasures. **Overnight in Bissau.**

Day 12 Bissau, Guinea-Bissau → Fly to Dakar, Senegal - Bandia Wildlife Reserve, Saly (B,L,D)

An early morning flight returns us to Senegal, where our West African odyssey takes a different direction. From Dakar, we drive to **Bandia Reserve**, a remarkable conservation success story that has reintroduced native species that had disappeared due to demographic pressure and poaching. Bandia's 3,500 hectares showcase Senegal's diverse ecosystems among ancient baobab trees and thorny scrub vegetation. Our morning safari offers encounters with reintroduced wildlife including Burchell's zebra, giraffes, roan antelope, Cape buffalo, eland, oryx, greater kudu, and Somali ostriches. Over 120 bird species call Bandia home, creating a birdwatcher's paradise where African fish eagles soar above antelope grazing beneath acacia trees. This ecological jewel demonstrates how dedicated conservation efforts can restore damaged ecosystems. The reserve's success story parallels broader West African conservation initiatives, showing how local communities and international support can collaborate to preserve natural heritage. Photography opportunities abound as wildlife moves naturally through landscapes that mirror historical Senegal. We conclude our day in Saly, where ocean breezes and coastal accommodation provide respite after wildlife viewing. **Overnight in Saly.**



Day 13 Saly – Joal Fadiouth – Dakar, Senegal → Fly to Conakry, Guinea (B,L,D)

After breakfast we head for the **Village of Joal Fadiouth**. Joal Fadiouth is a sleepy 'twin village': Joal lies on the mainland while our morning destination is the remarkable twin village of Joal Fadiouth, where mainland Joal connects via a narrow 400-metre wooden bridge to Fadiouth - an island built entirely from seashells accumulated over centuries. This traditional Serer village represents religious harmony in action. The famous cemetery accommodates Muslims, Christians, and Animists side by side, reflecting Senegal's tradition of peaceful coexistence. **The cathedral and Marketplace** showcase architecture adapted to this unique shell-based foundation. Walking across the bridge between villages provides an extraordinary experience - every step echoes on shells deposited by generations of tidal action. Local artisans have learned to work with this unusual building material, creating structures that blend seamlessly with their remarkable environment. After our village exploration, we transfer to Dakar airport for our flight to Conakry, Guinea's capital. Guinea, often confused with Guinea-Bissau, is commonly called Guinea Conakry to distinguish it from its northern neighbor. Despite possessing significant mineral wealth that could make Guinea among Africa's richest nations, most citizens remain among West Africa's poorest. Limited tourism infrastructure means few visitors discover Guinea's natural beauty and cultural richness. **Overnight in Conakry.**

Day 14 Conakry Touring & Kassa Island Boat (B,L,D)

Journey from Boulbinet port, we cruise to the Loos Islands (Îles de Los) in motorized canoes, reaching fishing villages where traditional methods sustain island communities. These islands gained historical prominence during the Atlantic slave trade, when Miles Barber established a Liverpool Company factory on Kassa Island in 1755. Kassa became known as "Factory Island," supporting ship repairs and providing pilots for local rivers. Today, fishing camps demonstrate how island communities have adapted traditional livelihoods to changing economic conditions. Returning to Conakry, we explore the **National Museum's** remarkable collection of artifacts, statues, masks, and ancient musical instruments. Though compact, the museum's contents richly represent Guinean cultural heritage spanning centuries of artistic achievement. The **Niger Market** creates a sensory overload of colours, aromas, and constant activity. As Conakry's most important trading centre, this chaotic marketplace reveals the economic rhythms that sustain Guinea's capital. Our tour includes the **Grand Mosque**, built by Guinea's first president Ahmed Sékou Touré in 1982. One of sub-Saharan Africa's largest mosques, it demonstrates the architectural ambitions of newly independent Guinea. **Overnight in Conakry.**



Day 15 Conakry, Guinea – Freetown, Sierra Leone (B,L,D)

Our overland journey to Sierra Leone passes numerous villages where rural life continues according to traditional patterns. *Despite challenging road conditions, this route provides authentic insights into West African rural landscapes and communities. Sierra Leone emerges as one of West Africa's most inspiring success stories. Having survived significant challenges, this English-speaking nation has rebounded to become a regional leader in resilience and recovery. Today's Sierra Leone welcomes visitors to experience its natural beauty and cultural richness. The country's name, meaning "**Lion Mountains**," comes from Portuguese explorer Pedro da Sintra's 1462 description of the mountainous Freetown Peninsula. These dramatic hills create microclimates supporting diverse ecosystems and providing stunning backdrops to coastal communities. Sierra Leone's story encompasses indigenous kingdoms, colonial influences, and the unique experience of Freetown -founded by freed slaves from Nova Scotia and the Caribbean. This complex history created a distinctive Creole culture that influences Sierra Leonean identity today. As we approach Freetown, anticipation builds for exploring a capital city that represents African resilience and cultural fusion in extraordinary ways. * NOTE: this is a long and sometimes difficult drive, owing to poor road conditions. Our transit can also be made more difficult if it has rained recently. **Overnight in Freetown.**

Day 16 Freetown: City Tour & Chimpanzee Sanctuary (B,L,D)

Freetown bubbles with energy, colour, and charm as we explore a city founded in 1792 by Lieutenant John Clarkson and Nova Scotian Settlers - African American ex-slaves transported by the Sierra Leone Company. This makes Freetown the oldest capital founded by African Americans, predating Monrovia by thirty years. The city's unique Creole architecture reflects American and Caribbean influences, creating distinctive building styles found nowhere else in Africa. Ethnically, culturally, and religiously diverse, Freetown hosts virtually all of Sierra Leone's ethnic groups without any single group forming a majority. The 500-year-old Cotton Tree stands as Freetown's principal landmark, where freed slaves supposedly first gave thanks for their freedom. **The Sierra Leone National Museum** sits in its shadow, housing thought-provoking collections of historical artifacts. St. John's Maroon Church, built in 1820, represents architectural simplicity with its large windows and clean lines, serving communities descended from freed slaves who built new lives in Sierra Leone. Our afternoon visit to **Tacugama Chimpanzee Sanctuary** supports conservation efforts for orphaned and confiscated chimpanzees. Established in 1995, the sanctuary cares for about 75 chimpanzees in forested enclosures, timing our visit with feeding for optimal observation opportunities. **Overnight in Freetown.**

Day 17 Bunce Island Excursion, Sierra Leone → Monrovia, Liberia (B,L,D)

Twenty miles upriver from Freetown, tiny **Bunce Island** holds enormous historical significance. This 18th-century British slave castle occupied a strategic position in Africa's largest natural harbor, making it ideal for European slave merchants. Founded around 1670, Bunce Island exported tens of thousands of African captives to North America and the West Indies until British Parliament closed it in 1808. As one of about 40 slave castles along West Africa's coast, it served as a "warehouse of humanity" where European merchants imprisoned captives before the infamous Middle Passage. The island measures only 500 metres long and 100 metres wide, yet its position at the limit of navigation made it crucial to the Atlantic slave trade. Today, the ruins provide sobering testimony to one of history's darkest chapters. Our water taxi journey back to Freetown airport sets the stage for our flight to Monrovia, capital of Africa's first independent state. Founded by freed American slaves, Liberia represents another chapter in the complex story of African diaspora and return. After complicated recent history, Liberia has regained stability and looks toward a promising future. As one of the world's lesser-travelled destinations, Monrovia offers rich historical sites and fascinating cultural encounters.

Overnight in Monrovia.

Day 18 Monrovia: Village Visit & City Touring (B,L,D)

Monrovia tells the unique story of Africa's first independent republic, founded by freed American slaves in 1847. Our city exploration includes the **Provident Baptist Church, Liberia's oldest Church**, representing continuity between American and African religious traditions. **The Centennial Pavilion and National Museum** house collections depleted during war years but gradually restored through ongoing renovations. Photo and art exhibitions complement ethnic and historical displays representing Liberian tribal cultures and the complex fusion of American and indigenous traditions. From atop the ruins of the **Ducor Hotel**, panoramic city views reveal Monrovia's dramatic setting. Once operated by Intercontinental Hotels as Liberia's first international-class accommodation, the Ducor hosted politicians, diplomats, and business leaders across Africa before closing in 1989 ahead of the civil war. Our afternoon visit to **Wolakor Cultural Village** offers immersion in rural Liberian life within the rainforest outside Monrovia. This authentic community provides insights into traditional customs through cultural dance and drum performances that celebrate Liberian heritage. The village experience balances historical Monrovia exploration with contemporary rural culture, showing how traditional practices adapt and survive alongside urban development in this resilient West African nation.

Overnight in Monrovia.

Day 19 Monrovia → Kuala Lumpur (B)

Morning transfer to the airport for your flight back home.

Day 20 Arrive Kuala Lumpur

Home sweet home.

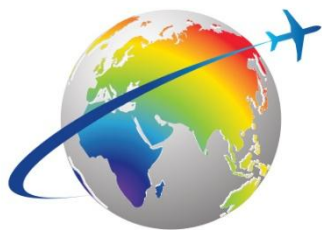
Departure Date: 04 – 22 Oct 2026

Airlines: Ethiopian Airlines

Tour Fare: RM46888.00 per pax (Excluded Visa RM4500 estimate, Travel Insurance, Yellow Fever vaccination) **Tax is subject to change.

Remarks:

If a place to visit is closed to visitors, it cannot be replaced. During major events, accommodations may not be in the city mentioned. The sequence of the itinerary is subject to change without prior notice.



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20天17晚 西非之旅

内加尔、冈比亚、几内亚比绍、几内亚、塞拉利昂、利比里亚



第一天 吉隆坡 ➔ 达喀尔

在吉隆坡国际机场 1 航站楼集合，办理飞往塞内加尔达喀尔的登机手续。

第二天 抵达达喀尔，塞内加尔

(晚餐)

今天抵达达喀尔。这座城市立刻以其色彩斑斓的市场、生动的交流和不息的节奏迎接我们。最初看似混乱的景象，实际上呈现日常生活的精妙舞蹈。这里充满热情的人们创造了一个非凡的地方 - 传统与现代在此完美共存，虽有时显得忙碌而喧嚣。今晚，我们入住酒店，为即将展开的精彩旅程做好准备。住宿：达喀尔。

第三天 达喀尔：戈雷岛探索 & 达喀尔城市游

(早，午，晚餐)

乘坐短途渡轮前往戈雷岛，这里的人类历史以强烈的对比呈现。作为联合国教科文组织世界遗产，戈雷岛曾是非洲最大奴隶贸易中心之一（15至19世纪），先后由葡萄牙、荷兰、英国和法国殖民统治。岛上的建筑讲述着令人震撼的历史。优雅的商人住宅与阴暗的奴隶居所形成鲜明对比。如今，戈雷岛既是和解的圣地，也是人类剥削的无情提醒。我们参观民族志博物馆，通过文物和展览深入理解这段复杂历史。返回达喀尔后，我们游览殖民风格的独立广场，周围环绕着前法国总督官邸、商会等雄伟建筑。随后途经总统府和风景如画的梅迪纳区，并参观庆祝非洲丰富文化遗产的“黑人文明博物馆”。沿着海滨大道驱车，欣赏壮观的海岸风光，开启在这个迷人国家的第一天完整探索。住宿：达喀尔。

第四天 达喀尔 - 图巴 - 考拉克 (早, 午, 晚餐)

早上, 我们登上非洲复兴纪念碑 - 一座52米高的青铜雕像, 象征非洲充满希望的未来。纪念碑建在双子丘 (Collines des Mamelles) 之上, 可俯瞰达喀尔全景。内陆行程带我们走进塞内加尔乡村, 停靠在传统沃洛夫村落, 了解世代相传的风俗与日常生活。城市的喧嚣与村落的节奏形成鲜明对比, 展现塞内加尔多样化的面貌。随后前往图巴 - 穆里德教派的圣城, 也是西非最大的苏非教团。城中心的“大清真寺”是非洲最宏伟的宗教建筑之一, 自 1963 年建成以来不断扩建与装饰, 体现了塞内加尔穆斯林社区深厚的精神信仰。傍晚抵达考拉克, 这座位于萨卢姆河畔的重要港口城市距离达喀尔约 150 公里, 以花生和盐的口闻名, 是塞内加尔的农业重镇。住宿: 考拉克。

第五天 考拉克 - 塞内冈比亚石圈, 塞内加尔 - 班珠尔, 冈比亚 (早, 午, 晚餐)

我们前往 Sine Ngay è ne, 这里是西非最非凡的考古遗址之一。塞内冈比亚石圈展示了史前文明的卓越成就超过 1,000 个遗迹分布在冈比亚河沿线约 100 公里宽、350 公里长的区域。四个主要石圈群 Sine Ngay è ne、Wanar、Wassu 和 Kerbatch 共有 93 个石圈及大量古坟, 年代从公元前 3 世纪至公元 16 世纪。红土石柱和相关古坟营造广阔的神圣景观, 显示一个繁荣且高度组织化的社会, 曾延续超过 1,500 年。随后进入冈比亚, 这是非洲最小的大陆国家, 三面环塞内加尔, 西侧濒临大西洋。早在 9 至 10 世纪, 阿拉伯商人首次记录该地区, 并开辟了连接内陆王国与沿海贸易的路线。我们当天的行程以班珠尔结束, 这座首都将带领我们深入了解冈比亚的文化与历史。当日行程的最后阶段需乘渡轮过河, 可能需要等待, 并且渡河船速较慢。住宿: 冈比亚。

第六天 班珠尔城市游 (早, 午, 晚餐)

班珠尔是一座紧凑却充满西非风情的首都。我们从国家博物馆开始参观, 展览向我们介绍冈比亚的文化及这个河流国家复杂的历史。随后游览阿尔伯特市场, 该市场建于 19 世纪中期, 是一个视觉听觉和嗅觉的盛宴。这里的交易、讨价还价和商品繁多, 从五彩斑斓的纺织品到新鲜农产品, 展现了班珠尔商业生活的核心地带。接着参观 Kachikally 博物馆, 其中包括著名的鳄鱼池。一次难得的机会, 近距离观察这些古老爬行动物。当地传统认为鳄鱼是神圣的, 可以安全地与它们互动, 这是其他地方无法体验的独特经历。随后前往塞雷昆达, 冈比亚人口最密集的城市区, 探索热闹的阿布科牲畜市场, 目睹传统牲畜交易, 将农村生产者与城市消费者联系起来。坦吉渔村, 观察大西洋渔船每日捕捞的渔获, 并了解用于口的传统熏鱼工艺, 体验海产业的活力与热情。住宿: 冈比亚。



第七天 班珠尔，冈比亚 - 齐古恩乔尔，塞内加尔 (早，午，晚餐)

返回塞内加尔，我们进入 **卡萨芒斯地区**。位于冈比亚以南、沿卡萨芒斯河的塞内加尔部分。该地区名称源自葡萄牙语“Kasa mansa”，意为“Kasa 之王”，反映了曾统治这片肥沃地区的历史王国。我们参观 **传统乔拉族村落**，了解这个古老民族的风俗与信仰。根据塞内冈比亚口述历史，乔拉族在该地区居住的时间比任何其他群体都久远，他们的文化传统早于殖民影响已有数百年。齐古恩乔尔作为我们的基地，是塞内加尔各民族共存的熔炉。乔拉族自至少 1500 年起在此占多数，并与邻国几内亚比绍保持文化联系。傍晚，我们乘坐**机动独木舟沿卡萨芒斯河进行日落巡游**。两岸的红树林为濒危海牛和宽吻海豚提供栖息地。虽然观察野生动物需要耐心，但我们很可能看到鸬鹚、火烈鸟、朱鹭、苍鹭及各类鸻类在金色晚霞中翱翔，营造绝美景致。住宿：齐古恩乔尔。

第八天 齐古恩乔尔，塞内加尔 - 比绍，几内亚比绍：城市游 (早，午，晚餐)

我们跨入非洲最少游客访问的国家之一，**几内亚比绍**。沿途经过**圣多明戈、英戈雷和布拉**等乡镇，领略这个偏远、未被过度开发国家的乡村生活。几内亚比绍展现了坚韧不拔的精神。前称葡萄牙几内亚，这个国家经历了长期的独立战争，直到 1974 年取得独立，随后在 1990 年代末又经历内战。如今，尽管是世界上最贫穷的国家之一，几内亚比绍正在重建，以腰果口提供关键的外汇收入。首都**比绍**仿佛时间停滞，破旧的殖民建筑和淡彩色房屋散发历史感。狭窄的街巷穿行于社区之间，每一面风化的墙壁和阳光晒白的外墙都诉说着历史。如果时间允许，我们的城市游将探索**老比绍、共和国宫以及品吉吉提港口** - 独立运动曾在此集结。每一处地点都讲述着奋斗、希望以及人们为开创自己命运所展现的不屈精神。住宿：比绍。

第九天 比绍 - 奥兰戈国家公园 (早，午，晚餐)

冒险之旅开始，我们乘坐私人快艇前往**比亚戈斯群岛** - 大西洋上散布的 88 个棕榈环绕的小岛，其中仅 23 个有人居住。这个联合国教科文组织生物圈保护区是西非最隐秘的自然宝藏之一。四小时的航程通向奥兰戈岛，途中穿过小岛和沙洲，展现鲜为旅人体验的原始海域之美。**奥兰戈国家公园**建立于 1998 年，保护超过 150,000 公顷的非凡生物多样性。这片海洋天堂尤其重要，因为这里栖息着世界上最西部的普通河马群适应独特海岸环境的盐水河马。公园的设立是几内亚比绍首个受保护区，体现其卓越的生态价值。当我们靠近比亚戈斯群岛中第三大岛奥兰戈岛时，进入一个比亚戈文化世代延续的世界，几乎未受外来影响。今晚，我们入住简朴的住宿，环绕大西洋的涛声，期待明日的野生动物探险。住宿：奥兰戈。

第十天 奥兰戈国家公园 - 安布杜科村 (早，午，晚餐)

早晨的潮汐和海况决定我们的目的地 - **安布杜科、梅内克或乌诺村**，每个村落都能提供独特的比亚戈岛生活视角。我们的船行穿过宁静的红树林水道，这里传统捕鱼方式已维系社区数百年。抵达一片小海滩后，我们步行前往适宜的村落，发现孤立环境如何保护了其他地方已消失的文化习俗。比亚戈族保留**母系社会结构**和**泛灵信仰 (Animism)**，同时掌握经过世代磨练的实用生活技能。村落探索展示传统建筑、手工艺品以及与潮汐和季节变化同步的日常生活节奏。孩子们的的笑声与成年人的交谈交织在一起，我们得以观察一种强调**社区和谐与环境平衡**的生活方式。下午返回住宿地，有时间消化上午的体验。原始环境让人反思文化韧性，以及人类与孤立自然环境的关系。自由活动时间可自行探索，比如沿海步道漫步，或静享这个远离现代压力的宁静之地。住宿：奥兰戈。



第十一天 奥兰戈国家公园 - 比绍

(早, 午, 晚餐)

我们的 **岛屿之旅** 在今天画下句点, 乘船返回几内亚比绍大陆。航程中可尽览群岛散布的小岛与纯净海域, 带着与盐水河马和村庄居民互动的难忘记忆, 这些体验少有旅人能亲历。我们在 **Quinhámel** 下船, 乘坐巴士短途返回比绍。从**岛屿宁静到首都活力的转换**形成鲜明对比, 展示几内亚比绍在有限国土内的丰富多样性。比绍的**工艺品市场**是购买独特纪念品的好机会, 包括手工纺织品、雕刻木制品和传统珠宝, 体现当地艺术传统。市场中也可与手艺人互动, 了解他们世代传承的技艺。晚上在比绍, 可回味群岛冒险经历, 同时为明日行程做准备。城市的悠闲氛围和友善的人们, 为反思几内亚比绍意想不到的宝藏提供了完美环境。住宿: 比绍

第十二天 比绍, 几内亚比绍 → 达喀尔, 塞内加尔 - 班迪亚野生动物保护区, 萨利

(早, 午, 晚餐)

清晨搭乘航班返回塞内加尔, 我们的西非旅程将开启新的篇章。从达喀尔发驱车前往**班迪亚野生动物保护区**, 这是一个令人瞩目的保护成功案例, 重新引入了因人口压力和偷猎而消失的本地物种。保护区占地 3,500 公顷, 拥有古老的猴面包树和多刺灌木植被, 展现塞内加尔丰富的生态系统。上午的野生动物探险中, 我们将有机会观赏重新引入的动物, 包括布歇尔斑马、长颈鹿、羚羊、开普水牛、羚羊精灵、大角羚、大库杜鹿以及索马里鸵鸟。保护区拥有超过 120 种鸟类, 是观鸟者的天堂, 非洲鱼鹰在金合欢树下放牧的羚羊上空翱翔。这一生态宝地展示了专注的保护工作如何恢复受损生态系统。保护区的成功也反映了西非更广泛的生态保护行动, 显示当地社区与国际支持如何合作, 守护自然遗产。野生动物在与历史塞内加尔相似的景观中自由活动, 为摄影爱好者提供丰富素材。当天行程结束于萨利, 海风拂面, 沿海住宿为观赏野生动物后的疲惫提供完美休憩之所。住宿: 萨利。

第十三天 萨利 - 乔阿尔·法迪乌 - 达喀尔, 塞内加尔 → 飞往科纳克里, 几内亚

(早, 午, 晚餐)

早餐后我们前往**乔阿尔·法迪乌**。这是一个宁静的“双村落”: 乔阿尔位于大陆, 而法迪乌则是一个完全由贝壳堆积而成的岛屿, 通过一座狭长 400 米的木桥与大陆连接, 贝壳的堆积跨越数个世纪。这个传统塞雷族村落展示了宗教和谐的实际体现。著名的墓地同时安葬穆斯林、基督徒和泛灵信仰者, 反映塞内加尔和平共处的传统。**大教堂和市场的建筑**也顺应了这一独特的贝壳地基。漫步在两村之间的木桥上, 每一步都踩在潮汐长期沉积的贝壳上, 带来非凡体验。当地工匠学会利用这种特殊建材, 建造与环境完美融合的建筑。参观完村落, 我们前往达喀尔机场, 搭乘航班飞往几内亚首都科纳克里。几内亚常与几内亚比绍混淆, 因此又称几内亚科纳克里以作区分。尽管几内亚拥有丰富矿产资源, 本可成为非洲最富裕的国家之一, 但大部分民众仍是西非最贫困的人群之一。有限的旅游基础设施意味着很少游客能发现几内亚的自然美景与文化魅力。住宿: 科纳克里。



第十四天 科纳克里游览 & 卡萨岛船游 (早, 午, 晚)
我们从**布尔比内港**发, 乘坐机动独木舟前往**卢斯群岛**, 抵达传统渔村, 这里岛民依靠世代延续的捕鱼方式维持生活。这些岛屿在大西洋奴隶贸易时期具有历史意义: 1755年, **迈尔斯·巴伯**在卡萨岛建立了利物浦公司的工厂。卡萨岛因此被称为“**工厂岛**”, 为船只维修提供支持, 并为当地河流提供航海向导。如今的渔村展示了岛民如何将传统生计方式适应不断变化的经济环境。返回科纳克里后, 我们参观**国家博物馆**, 欣赏其丰富的文物、雕像、面具和古老乐器。尽管博物馆规模不大, 但其藏品全面呈现了几内亚数百年来文化遗产和艺术成就。随后前往**尼日尔市场**, 这里色彩斑斓、香气四溢, 喧嚣热闹, 体现了科纳克里最重要贸易中心的经济脉动, 揭示首都的生活节奏。行程还包括参观**大清真寺**, 建于1982年, 由几内亚首任总统**艾哈迈德塞库杜雷**建造。这座撒哈拉以南非洲最大的清真寺之一, 展示了新独立几内亚的建筑雄心。住宿: 科纳克里。

第十五天 科纳克里, 几内亚 - 弗里敦, 塞拉利昂 (早, 午, 晚餐)
我们陆路前往塞拉利昂, 沿途经过众多乡村, 感受当地依旧遵循传统方式的乡村生活。尽管路况挑战重重, 这条路线却提供了对西非农村景观与社区的真正洞察。塞拉利昂是西非最令人鼓舞的成功故事之一。经历重大挑战后, 这个讲英语的国家已经复苏, 并成为区域内坚韧与恢复力的典范。今日的塞拉利昂欢迎游客, 体验其自然美景与丰富文化。“塞拉利昂”一名意为“**狮子山**”, 源自1462年葡萄牙探险家**佩德罗达辛特拉**对弗里敦半岛山地的描述。这里的起伏丘陵形成了微气候, 支持多样生态系统, 同时为沿海社区提供壮丽背景。塞拉利昂的历史包括原住民王国、殖民影响, 以及弗里敦独特经历-由来自新斯科舍和加勒比地区的解放奴隶建立。这段复杂历史孕育了独特的**克里奥尔文化**, 至今深刻影响塞拉利昂人的身份认同。当我们接近弗里敦时, 这座首都的期待愈发浓厚。这里展现了非洲的坚韧与文化融合。注意: 此路程较长且有时颇为艰难, 路况欠佳, 若近期降雨, 道路通行可能更加困难。住宿: 弗里敦。

第十六天 弗里敦 - 城市游览 & 猩猩保护区 (早, 午, 晚餐)
弗里敦充满活力、色彩与魅力。我们将探索这座1792年由**约翰·克拉克森中尉**和**新斯科舍定居者**-由塞拉利昂公司运送的非裔美籍解放奴隶建立的城市。这使弗里敦成为最早由非裔美籍建立的首都, 比利比亚的**蒙罗维亚**早三十年。城市独特的**克里奥尔建筑**反映了美洲和加勒比的影响, 形成非洲其他地区找不到的独特风格。弗里敦在民族、文化和宗教上高度多样化, 几乎涵盖塞拉利昂的所有民族群体, 没有单一群体占据多数。500年历史的**棉树**是弗里敦的标志性地标, 据说解放奴隶曾在此首次感谢自由。棉树阴影下的塞拉利昂国家博物馆收藏了引人深思的历史文物。1820年建造的**圣约翰马龙教堂**以其宽敞窗户和简洁线条体现建筑简约风格, 为了解放奴隶后裔组成的社区服务。前往**Tacugama 猩猩保护区**, 支持孤儿及被没收的猩猩保护工作。保护区成立于1995年, 管理约75只猩猩, 生活在林区围栏中。我们将安排在喂食时间参观, 提供最佳观察机会, 近距离感受这些珍稀灵长类动物的生活状态。住宿: 弗里敦



第十七天 班斯岛游览，塞拉利昂→蒙罗维亚，利比里亚 (早，午，晚餐)

从弗里敦沿河逆流约 20 英里，抵达微小却极具历史意义的**班斯岛**。这座 18 世纪的英国奴隶堡垒位于非洲最大天然港口的战略要地，使其成为欧洲奴隶商人的理想据点。班斯岛约建于 1670 年，西非沿海约 40 座奴隶堡垒之一，它曾是欧洲商人囚禁被俘者的“人类仓库”，为臭名昭著的中途航程做准备。岛屿面积仅 500 米长、100 米宽，但其位于航运极限的位置，使其在大西洋奴隶贸易中扮演关键角色。如今的废墟为历史上最黑暗篇章之一提供了令人深思的见证。随后，**乘水上租返回弗里敦机场，搭乘航班前往蒙罗维亚**，非洲首个独立国家利比里亚的首都。利比里亚由获释的美籍奴隶建立是非洲侨民历史与归返故事的另一篇章。经历复杂的近代历史后，利比里亚已重获稳定，迈向光明的未来。作为全球少有人涉足的目的地之一，蒙罗维亚拥有丰富的历史遗迹和迷人的文化体验。住宿：蒙罗维亚。

第十八天 蒙罗维亚 - 村落访问 & 城市游览 (早，午，晚餐)

蒙罗维亚讲述了非洲首个独立共和国的独特故事，该国于 1847 年由获释美籍奴隶建立。我们的城市探索包括访问**普罗维登特浸信会教堂** - 利比里亚最古老的教堂，象征美洲与非洲宗教传统之间的延续性。**百年纪念亭和国家博物馆**收藏了战争时期被破坏的文物，并通过持续修复逐步恢复。馆内的摄影与艺术展览补充了展示利比里亚部落文化及美洲与本土传统复杂融合的民族与历史展品。登上杜科酒店废墟俯瞰全景，可欣赏**蒙罗维亚**壮丽的城市景观。**杜科酒店**曾由洲际酒店集团经营，是利比里亚首家国际级酒店，接待过非洲各地的政治家、外交官与商业领袖。酒店于 1989 年内战前关闭。下午，我们前往**沃拉科文化村**，深入体验蒙罗维亚郊区雨林中的利比里亚乡村生活。这里的真实社区通过文化舞蹈和鼓乐表演展现传统习俗，庆祝利比里亚丰富的文化遗产。此次村落体验将历史城市探索与当代乡村文化结合，展示传统习俗如何在城市发展中得以适应与延续，体现这个西非坚韧国家的文化韧性。住宿：蒙罗维亚

第十九天 蒙罗维亚 → 吉隆坡 (早餐)

早晨，送往机场搭乘航班返回温暖的家。

第二十天 抵达吉隆坡

抵达吉隆坡，温馨的家。

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