



# Arquipélago de Cabo Verde

Reunião cultural

Atlântico / Las Palmas a Dakar

De 08/11/2025 a 19/11/2025 - 12 dias / 11 noites



## Cruzeiro Club Med 2

Bem-vindo a bordo do Club Med 2 para uma experiência única que lhe oferece uma porta de entrada para o mundo. Elegância e conforto são a essência deste magnífico navio de 5 mastros

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O seu cruzeiro

| Dias         | Etapas                    | Chegada | Partida | Salão Náutico |
|--------------|---------------------------|---------|---------|---------------|
| 1 - Sábado   | Las Palmas                |         | 20:00   | Fechado       |
| 2 - Domingo  | La Gomera                 | 08:00   | 18:00   | Fechado       |
| 3 - Segunda  | Velejar em mar aberto     |         |         | Fechado       |
| 4 - Terça    | Velejar em mar aberto     |         |         | Fechado       |
| 5 - Quarta   | Sal                       | 08:00   | 18:00   | Fechado       |
| 6 - Quinta   | Santo Antao & Sao Vicente | 08:00   |         | Fechado       |
| 7 - Sexta    | Atenas                    |         | 18:00   | Fechado       |
| 8 - Sábado   | Fogo                      | 08:00   | 18:00   | Fechado       |
| 9 - Domingo  | Maio                      | 08:00   | 18:00   | Fechado       |
| 10 - Segunda | Boa Vista                 | 08:00   | 18:00   | Fechado       |
| 11 - Terça   | Velejar em mar aberto     |         |         | Fechado       |
| 12 - Quarta  | Dakar                     | 08:00   |         | Fechado       |

Dia 1: Embarcar de 16h para 18h  
Dia 12: Desembarcar de 9h para 11h





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## Itinerário do seu cruzeiro

|                                                               |                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dia 1 - Sábado</b><br><b>LAS PALMAS</b>                    | O centro histórico, de ruas pavimentadas, bairros cheios de vida e uma longa praia de areia fazem da maior cidade das Ilhas Canárias uma paragem obrigatória. Barco no cais, sem possibilidade de desportos aquáticos. Paragem para embarque e desembarque.                                                                                                                       |
| <b>Dia 2 - Domingo</b><br><b>LA GOMERA</b>                    | 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 to 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.                                                  |
| <b>Dia 3 - Segunda</b><br><b>VELEJAR EM MAR ABERTO</b>        | Navegue em mar aberto                                                                                                                                                                                                                                                                                                                                                             |
| <b>Dia 4 - Terça</b><br><b>VELEJAR EM MAR ABERTO</b>          | Navegue em mar aberto                                                                                                                                                                                                                                                                                                                                                             |
| <b>Dia 5 - Quarta</b><br><b>SAL</b>                           | Its peaceful and authentic atmosphere, punctuated by the return of the fishermen, its traditional Cape Verdean architecture and its splendid beaches, make it a discreet jewel with warm hospitality. Ship docked, no water sports.                                                                                                                                               |
| <b>Dia 6 - Quinta</b><br><b>SANTO ANTAO &amp; SAO VICENTE</b> | 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 Vicente, whose capital Mindelo is one of the most beautiful bays in the world. Afternoon and overnight in Sao Vicente. No water sports on either island.                                   |
| <b>Dia 7 - Sexta</b><br><b>ATENAS</b>                         | A capital grega abre as páginas de sua história milenar. No coração da modernidade, a Acrópole e as ruas estreitas do distrito de Plaka revelam o seu esplendor e encanto. Navio ancorado no porto.                                                                                                                                                                               |
| <b>Dia 8 - Sábado</b><br><b>FOGO</b>                          | Esta ilha mais a sul de Cabo Verde recebe o seu nome do vulcão mais alto e maior de Cabo Verde, o Pico do Fogo. São Filipe foi colonizada pelos portugueses e está construída no flanco ocidental do vulcão dominado pela sua cratera de 9 km de largura. Barco atracado, cacifo de mergulho fechado, sem acesso directo à praia.                                                 |
| <b>Dia 9 - Domingo</b><br><b>MAIO</b>                         | Intimate and discreet, the landscapes of this small oval island oscillate between deserts, greenery and immense white sandy beaches. Ship docked, no water sports.                                                                                                                                                                                                                |
| <b>Dia 10 - Segunda</b><br><b>BOA VISTA</b>                   | A sua capital Sal Rei com casas de baixo estilo colonial português, as suas infinitas dunas de areia no interior da ilha e as suas paisagens vulcânicas lunares do deserto de Viana, fazem dela a mais bela ilha de Cabo Verde. Barco atracado, praia, cacifo de mergulho fechado.                                                                                                |
| <b>Dia 11 - Terça</b><br><b>VELEJAR EM MAR ABERTO</b>         | Navegue em mar aberto                                                                                                                                                                                                                                                                                                                                                             |
| <b>Dia 12 - Quarta</b><br><b>DAKAR</b>                        | Capital do Senegal e centro cultural e artístico do país, este antigo posto comercial colonial oferece a experiência única de uma cidade encantadora onde se deve dar um passeio pelo seu distrito tradicional, pelas suas ruelas arenosas repletas de gente e pelos seus mercados coloridos. Barco atracado, sem desportos aquáticos. Embarque e desembarque no porto de escala. |



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## Excursões do seu cruzeiro

|                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Dia 2 - Domingo</b><br>ARRECFE /CESAR<br>MANRIQUE:<br>PATRIMÔNIO<br>ARQUITECTÓNICO DE<br>LANZAROTE (1/2 dia<br>- manhã)* | Venha descobrir o património arquitetónico deixado por César Manrique, o genial arquiteto que decidiu transformar a sua ilha natal num dos lugares mais bonitos do mundo.<br>Os seus vários projetos arquitetónicos têm todos como principal característica a integração de rochas, pedras e fluxos de lava congelada para criar espaços que preservam a harmonia com o ambiente mineral da sua ilha.<br>Irá descobrir o incrível local dos "Jameos del Aqua", com os seus túneis e terraços panorâmicos, bem como os seus alicerces, assentes num fluxo de lava sobre o qual a casa do arquiteto foi construída. |
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| <b>Dia 5 - Quarta</b><br>SÃO NICOLAU /CAPITAL<br>E PANORAMAS DE SÃO<br>NICOLAU (1/2 dia)*                                   | Discover the island of Sal with your French-speaking guide on a complete and refreshing excursion.<br>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!<br>Between salt craters, lunar landscapes, desert, and turquoise ocean, prepare to be amazed.<br>A day full of discoveries, culture, and local flavors not to be missed!                                                                                                                                                                               |
| <b>Dia 5 - Quarta</b><br>SÃO NICOLAU /CAPITAL<br>E PANORAMAS DE SÃO<br>NICOLAU (1/2 dia)*                                   | 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.<br>Marvel at the impressive "Blue Eye" and float in an ancient salt-filled volcanic crater.<br>A half-day journey through lunar landscapes, desert scenery, and Cape Verdean culture.                                                                                                                                                                                                                                                        |
| <b>Dia 5 - Quarta</b><br>SÃO NICOLAU /CAPITAL<br>E PANORAMAS DE SÃO<br>NICOLAU (1/2 dia)*                                   | Discover the lush green Paul Valley, one of the most beautiful areas of Santo Antão, with your French-speaking guide.<br>Explore vibrant landscapes steeped in local traditions.<br>Visit an artisanal grogue distillery, the iconic spirit of Cape Verde.<br>Learn the secrets of its production and enjoy an authentic tasting.<br>A flavorful immersion into the heart of Cape Verdean heritage.                                                                                                                                                                                                               |
| <b>Dia 5 - Quarta</b><br>SÃO NICOLAU /CAPITAL<br>E PANORAMAS DE SÃO<br>NICOLAU (1/2 dia)*                                   | Set off to discover the legendary Corda Road, accompanied by your French-speaking guide.<br>Take in breathtaking landscapes with photo stops at Cova, an ancient volcanic crater, Aguas das Caldeiras, and the dramatic Delgadinho viewpoint.<br>Be amazed by the lush green mountains and spectacular panoramas that make Santo Antão so unique.<br>To end this unforgettable experience, enjoy a scenic return via the stunning coastal road, nestled between turquoise sea and rugged cliffs.                                                                                                                  |
| <b>Dia 6 - Quinta</b><br>SÃO NICOLAU /CAPITAL<br>E PANORAMAS DE SÃO<br>NICOLAU (1/2 dia)*                                   | Discover the island of Sal with your French-speaking guide on a complete and refreshing excursion.<br>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!<br>Between salt craters, lunar landscapes, desert, and turquoise ocean, prepare to be amazed.<br>A day full of discoveries, culture, and local flavors not to be missed!                                                                                                                                                                               |
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| <b>Dia 6 - Quinta</b><br>MINDELO / MINDELO<br>CULTURAL E<br>GASTRONÓMICO (1 dia)*                                           | 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.<br>End your experience in style with a sunset cocktail accompanied by a Carnival-inspired demonstration!<br>Savor a Caipirinha (with or without alcohol) and local appetizers in a festive and welcoming atmosphere.                                                                                                                                                               |
| <b>Dia 7 - Sexta</b><br>MINDELO - MINDELO<br>E BAÍA DAS GATAS<br>(1/2 dia)*                                                 | Localizado no sopé de dois vulcões extintos e construído em torno de um porto natural de águas profundas, o Mindelo é o centro cultural do arquipélago.<br>Descubra os lugares e monumentos mais importantes desta pequena cidade, e visite o Mercado Africano, chamado Praça Estrela, em cujas lojas encontrará belas pinturas de estilo Português, chamadas caudas azuis, bem como artesanato africano.<br>Depois de uma paragem na loja de lembranças de Capvert, tome a estrada panorâmica da ilha até Cat Bay, para desfrutar de uma vista deslumbrante da praia e dos vulcões da ilha.                      |

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| <b>Dia 8 - Sábado</b><br><b>FOGO /DESCOBRINDO O</b><br><b>VULCÃO (1 dia)*</b>                                | 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.                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Dia 8 - Sábado</b><br><b>FOGO /DESCOBRINDO O</b><br><b>VULCÃO (1 dia)*</b>                                | 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. Return to the port relaxed and enriched after this authentic island getaway.                                                                                                                                                                                                                                                                                                                 |
| <b>Dia 8 - Sábado</b><br><b>FOGO /DESCOBRINDO O</b><br><b>VULCÃO (1 dia)*</b>                                | 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.                                                                                                                                                                                                                                    |
| <b>Dia 9 - Domingo</b><br><b>FOGO /DESCOBRINDO O</b><br><b>VULCÃO (1 dia)*</b>                               | 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.                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>Dia 12 - Quarta</b><br><b>DAKAR / GORÉE, A ILHA</b><br><b>DOS ESCRAVOS (1/2 dia)*</b>                     | 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.                                                                                                                                                                                                                                                                       |
| <b>Dia 12 - Quarta</b><br><b>DAKAR /SALY DIA DE</b><br><b>RELAXAMENTO NA</b><br><b>PRAIA (1 dia)*</b>        | 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. |
| <b>Dia 12 - Quarta</b><br><b>DAKAR /SALY DIA DE</b><br><b>RELAXAMENTO NA</b><br><b>PRAIA (1 dia)*</b>        | Spend the last day of your holiday in relaxing at the Dakar Terrou Bi Hotel, a haven of peace, greenery and luxury ! Your package includes the loan of a towel, access to the beach with a lounge and parasol, access to the swimming pool, cloakrooms, and lunch included (including 1 drink). Direct transfer to the airport for evening flights.                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>Dia 12 - Quarta</b><br><b>DAKAR /MONUMENTOS</b><br><b>E MERCADOS DE DAKAR</b><br><b>(1/2 dia, manhã)*</b> | 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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## Formalidades

### FORMALIDADES DE SAÚDE

Vacinas recomendadas: difteria, poliomielite, tétano, hepatite A e B e febre tifoide.

Algumas doenças parasitárias ou virais podem ser transmitidas por mosquitos em determinadas escalas. Recomenda-se a utilização de repelentes cutâneos e de roupas.

Grávidas que não necessitem de acompanhamento médico constante podem embarcar mediante a apresentação de um atestado médico que indique a data prevista do parto e certificando que a gravidez é compatível com o cruzeiro.

O cruzeiro deve terminar antes do final da 26.ª semana de gravidez.

## Ponto de encontro para embarque

Port of Las Palmas : Muelle de Transbordadores, Las Palmas

