



HURTIGRUTEN
EXPEDITIONS

Your expedition cruise to

WEST AFRICA & CAPE VERDE

Dear guest

Thank you for choosing to travel with us. We are as excited as you are about your expedition - you will be one of the few to experience this exotic biodiverse part of the West African coast.

In this document, you will find important information about things you need to do before you go, what we recommend you pack, the experience when on board, and what to expect with wildlife and landings.

Clicking on the underlined links in the document will take you to our website, where you can find further details. Please make sure that you have an internet connection to do this.

You will receive one more mail from us approximately 2-4 weeks before your departure. This will contain your tickets for your itinerary and flights.

We very much look forward to welcoming you on board. Please feel free to contact us if you have any questions:

Reservations: 020 8846 2666
Email: uk.sales@hurtigruten.com
Web: hurtigruten.co.uk/expeditions/

Kind regards
Your Hurtigruten team

Contents

Before you go	2
Practical information	3
Your haven to the horizon/ loving local food	4
Your active adventure	5
Expect the unexpected	6
Explore West Africa and Cape Verde	7
Discover wildlife	8
Sustainability/ Hurtigruten Foundation	9

Frequently asked questions »

FOLLOW US



BEFORE YOU GO

There are a few mandatory steps to complete before your expedition cruise in West Africa and Cape Verde.

1 Fill in and return the Ship Manifest Information Form to Hurtigruten

2 Check your passport
Please ensure your passport has a minimum of 6 months remaining validity at the end of your cruise.*

3 Entry requirements (visa)
Please make sure that you have the correct visa travel documents. For Guinea-Bissau and Gambia the guests will be issued tourist visas on board the ship.

4 Check your travel insurance
A comprehensive travel/health insurance policy that also covers medical evacuation is obligatory.

5 Mandatory vaccinations
At the time of publishing, yellow fever vaccination is mandatory for our expeditions in West Africa. Please consult your physician for more recommendations.

For your convenience, we have gathered all required forms and important information about entry requirements on one web page.

[Entry requirements »](#)

Weather and packing

Checking the weather forecast for your destination before you leave is essential to ensuring you are packing appropriate clothes. Make sure you pack suitable clothes for the weather you're returning home to as well.

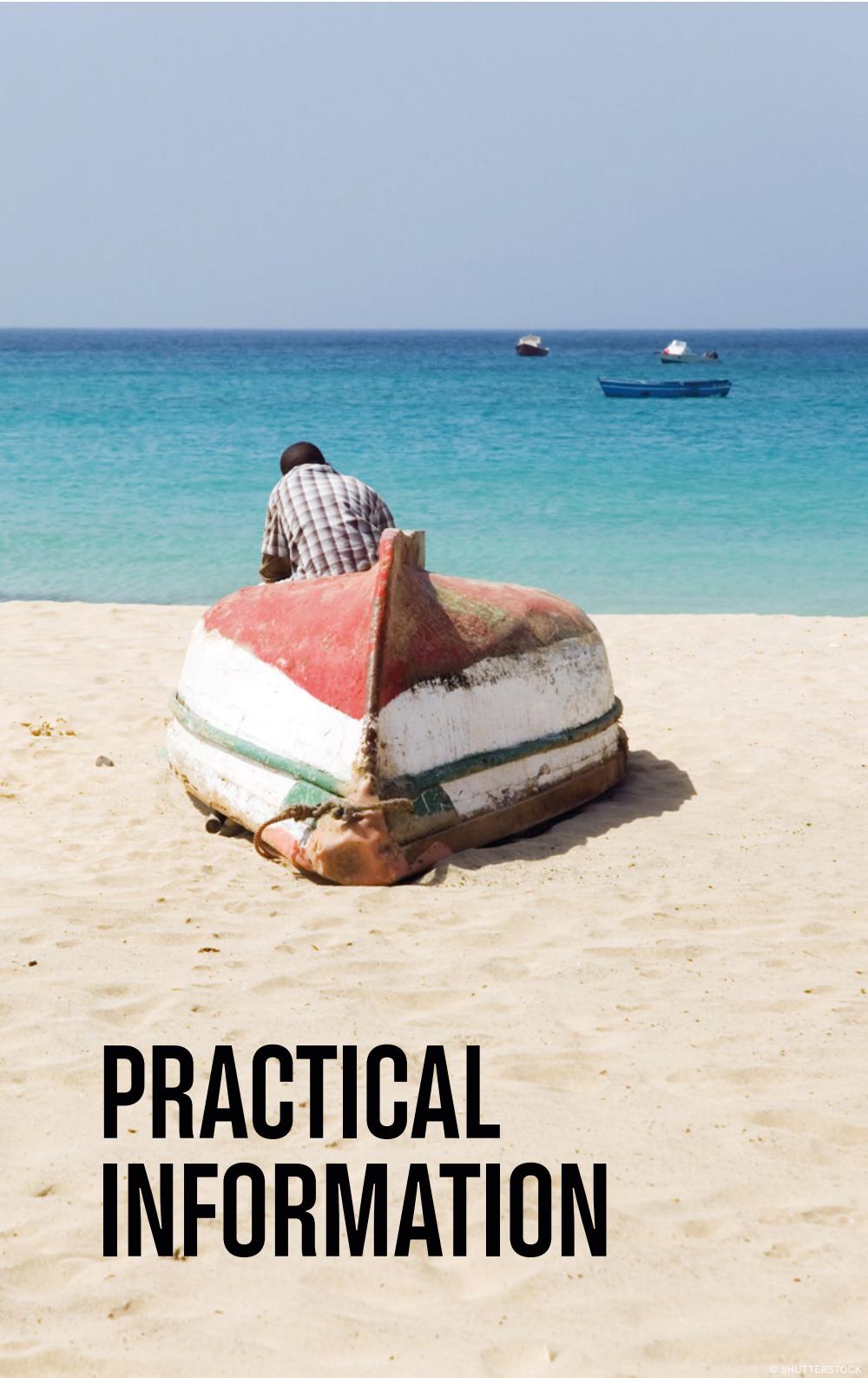
We recommend you pack:

- Fast-drying clothes that can be layered
- Inexpensive rain poncho
- Comfortable shoes with closed toes you don't mind getting wet
- Wide-brimmed sun hat
- Swimwear, and closed shoes for swimming in your destination
- Polarized sunglasses and sunscreen
- Shorts for warm days
- Insect repellent (a very strong mosquito spray)
- Anti-itch cream for insect bites
- Short- and long-sleeved T-shirts with UV filter
- Long trousers for exploring ashore

[What to bring on your trip »](#)

You will receive
a complimentary Helly Hansen expedition jacket and a re-usable aluminum water bottle, to use at water refill stations on board.





PRACTICAL INFORMATION

Wish to be more prepared?

From laundry and onboard Wi-Fi to prohibited items not allowed on board - here's everything you need to know before your expedition with us.

[Practical information »](#)

Hurtigruten ships have been a fixture on the Norwegian coast since 1893. Today, our ships sail to the Arctic and Antarctica, and many destinations in between. On each ship you will find modern facilities carefully blended with true character.

[Discover our fleet »](#)



© GETTY IMAGES

Get closer

Cape Verde, with its 15 different islands, nine of them inhabited, and the Bissagos, with over 88 islands and islets, are both fascinating archipelagos best visited by sea. Our small expedition ship allows you to really get close to their inaccessible coastlines and hard-to-reach isles.

Whether it's enjoying the unique musical heritage of Cape Verde or taking in the fascinating social structures of the Bissagos islanders, you'll be in for an experience like no other.

[Get closer to West Africa »](#)

Your adventure is safe with us



© KRISTIAN DALE

We care deeply about your safety, health and wellbeing. This is as true now as it has always been ever since we first began sailing in 1893, perhaps even more so. We've introduced several new procedures throughout all our ships, designed to keep you safe.

[Our safety policy »](#)

YOUR HAVEN TO THE HORIZON

Your expedition ship is your home away from home; casual, comfortable, and complete with everything you need for your adventure and more.

If you pictured an expedition as being on a rusty old frigate with faded décor, prepare to have your expectations blown away. From the get-go, you'll see that life on the ship is relaxed and the atmosphere calm and informal. Each public area of the ship has been designed with your viewing pleasure in mind. As you set foot on exotic shores together, you'll naturally grow closer with your fellow explorers. Enjoy swapping stories in the various seating areas dotted around the ship which usually have great views.



© AGURTXANE CONCELLON

LOVING LOCAL FOOD

Prepare your tastebuds for mouth-watering meals on board.

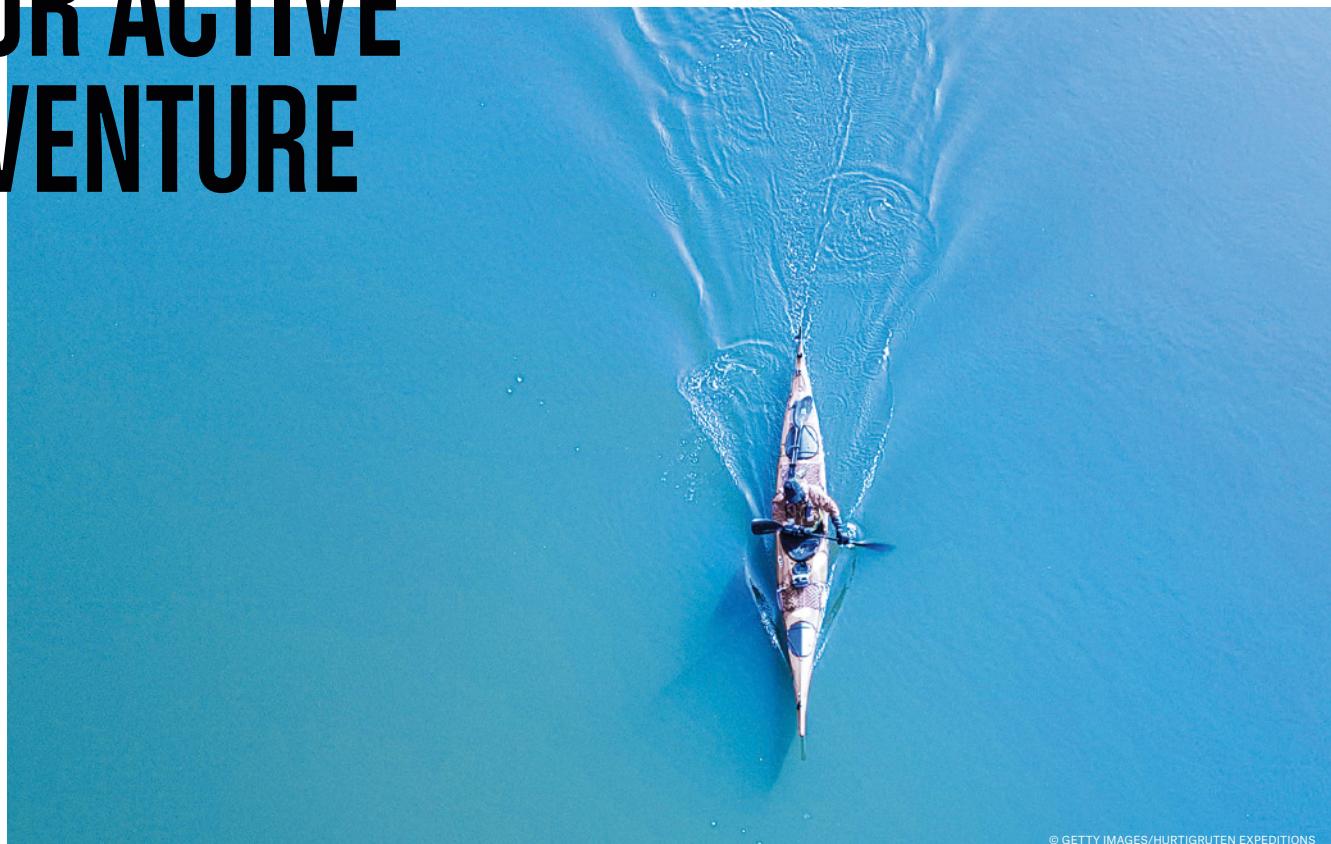
These will often be inspired by the region's unique flavours and cooking styles. Then add in Signature Seafood Evenings and tastings that really showcase specialties of the local cuisine. Wherever possible, ingredients are sourced at local businesses in the ports we visit, reducing food miles and supporting coastal communities.

You'll also be spoilt for choice with sophisticated plant-based menus of gorgeous 'green' food, potentially healthier for you and for the planet too.



© ANDREAS KALVIG ANDERSON

YOUR ACTIVE ADVENTURE



© GETTY IMAGES/HURTIGRUTEN EXPEDITIONS

Landings with expedition boats

Our small expedition boats allow you to set foot on beaches and terrain that would otherwise be off limits due to a lack of infrastructure and facilities. They're great for wildlife watching, so we'll be on the lookout for marine creatures as we head to and from the ship.

Safaris

Exploring the various islands on foot turns an experience into an adventure. You'll be heading ashore a lot and walking on trails that lead through a range of distinct ecosystems.

Kayaking*

Some places are ideally suited to exploration aboard a kayak. We have a number of sea kayaks onboard for such a purpose, and they're perfect for paddling the waters around the shore and along the coasts.

Visiting local communities

In the Bissagos Islands you'll get the opportunity to meet the local Bijagos people under the guidance of our team and with a local translator. The Bijagos people still live a traditional way of life - theirs is a matriarchal society and they follow an animist belief system. A visit to their communities is a once-in-a-lifetime experience, and the Expedition Team will lead you on foot to meet them.

Town and city tours

From mainland African cities to smaller villages and towns on the islands, our Expedition Team will point you in the direction of the most interesting sights and inform you about the culture and history of the place. Whether it be an included activity, an optional extra or just an informal look at some of their favourite places, the team will enthuse and inspire you.

Lectures and talks

Your Expedition Team are experts with a lot of knowledge of exploring remote areas. They'll give in-depth lectures on a variety of topics to enhance your learning. The subjects chosen are specific to where you are on your cruise.

Experts in exploration

Your Expedition Team are your passionate and knowledgeable hosts. They'll ensure you enjoy exciting and informative experiences safely and sustainably. Experts in their fields and adventurers in their own right, they deliver engaging lectures and talks, organise a variety of onboard activities, accompany you on landings, and take the lead on handpicked hikes.

The Expedition Team »

EXPECT THE UNEXPECTED



An adventure can be summed up into two things: journeying somewhere exciting and being adaptable to whatever comes our way. Both apply on your expedition cruise with us.

© GETTY IMAGES/HURTIGRUTEN EXPEDITIONS

When you embark on an expedition with us, you'll be travelling to some of the most remote and pristine places on our planet. It's an adventure to beautiful coastal areas where nature is at its most raw, wildlife roam free, and where the elements rule. And we wouldn't have it any other way.

Open exploration

Itineraries on our expedition cruises are therefore not completely set in stone. This gives us the flexibility of responding to challenging elements and to grasp new opportunities for exploration as they arise. Whether wind or waves block our way or we see whales we want to observe for a while, the option to divert from our

course is an essential and exciting aspect of expedition cruises.

Our plans may sometimes need to be altered slightly or even changed completely, bringing us to places and surprises not originally on our route, but which will still be just as impressive. Certain days on several of our itineraries even have multiple possible sites we can visit. You can trust the ship Captain together with the Expedition Team to pick the best option, based on the conditions on the day.

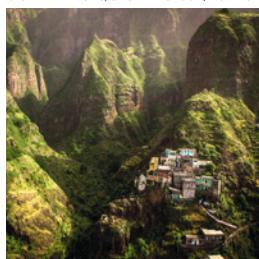
It is this unpredictability and adaptability that are at the core of any expedition, and what makes it an adventure so different from

a standard cruise. Embark on a journey with us; a journey where you'll embrace pure adventure, become real explorers, and expect the unexpected. Together, we'll create unique and unforgettable experiences, working with nature, never against it.

EXPLORE WEST AFRICA & CAPE VERDE

Discover some of the highlights and possible sites you might see on your expedition cruise in West Africa and Cape Verde.*

© GETTY IMAGES/SHUTTERSTOCK/HURTIGRUTEN



Santo Antão Island

The most spectacular of the Cape Verde islands! The rugged peaks, deep canyons, and vertical cliffs of Santo Antão are amongst the world's great landscape dramas.

Dakar

The vibrant capital of Senegal, built at the tip of Cape Verde Peninsula, is the most influential city of Western Africa and a great place to learn about the modern history of the continent.

Fogo Island

At 2.829m high, Fogo is the roof of Cape Verde islands and the most active volcano in the country. With no big harbours, landing at Fogo with exploration boats is always a challenge.

Bissagos Islands

The Bissagos Islands, a labyrinthic maze of islands and channels, are home of the Bijagos people, a matriarchal society of 30.000 souls scattered on 20 islands.

Boa Vista Island

A taste of the mighty Sahara in a small oceanic island! Drifting dunes, desert oases, long and beautiful beaches, crystal-clear waters, iconic shipwrecks and endemic wildlife await.

Did you know?

Dakar's Renaissance Monument is the highest statue in Africa. At about **49 meters**, Dakar's hilltop monument is taller than New York's Statue of Liberty.

Gambia is Africa's smallest nonisland country. It's incredibly narrow, measuring about **50 km** wide at its widest.

According to the World Heritage Center, **five** of the world's eight species of tortoise are found in the Bissagos Islands.

In Guinea-Bissau, about **54%** of the population speak Guinea-Bissau Creole as a first language, and about **2%** speaks the official language, Portuguese, as a first language.

The Cape Verde archipelago is divided into **2 groups**: the Barlavento (Windward) group to the north and the Sotavento (Leeward) group to the south.

DISCOVER WILDLIFE



© GETTY IMAGES

The rocky volcanic promontories of isolated Cape Verde, the seas around them, and the skies above, teem with life, while the lush green tropical archipelago of the Bissagos Islands is a treasure trove of biodiversity.

Fauna of the Cape Verde and Bissagos islands

From the rocky volcanic promontories of isolated Cape Verde to the lush tropical saltwater habitat of the Bissagos Islands, these two ecologically diverse archipelagos provide havens for some rare and fascinating creatures.

Marine paradise

The waters around Cape Verde teem with a globally significant level of biodiversity due to both their location and geological history. Formed by volcanic activity, giant coral mountains rise up from the seabed and these provide rare oceanic habitats at a wide range of depths. Hundreds of different types of fish have been catalogued in these waters, along with at least 17 species of cetacean.

Eyes on the sky

Cape Verde is undoubtedly a bird-watchers paradise. As we cruise the waters of the archipelago, you'll be able to spot many of the fascinating species of seabirds that are either temporary visitors migrating to distant climes, such as sandpipers and spoonbills, or those which live there year-round, such as the Madeiran Storm Petrel, known locally as the jaba-jaba.

Saltwater seclusion

In 1996 the Bissagos Islands were declared a UNESCO Biosphere Reserve and as you cruise around them, you'll see why. A relative lack of human development and a wide range of diverse ecosystems, such as mangroves swamps and coastal savanna, have created a fragile but

rich habitat just off the coast of West Africa.

The islands are home to many species of sea turtle, in particular the endangered green sea turtle, as well as crocodiles and a plethora of stingrays and sharks, including grey reefs and hammerheads. Also present are dolphins, West African manatees, and of course the famed but rare saltwater hippos.

Remember that these are natural habitats, so we can't guarantee that certain animals will appear during your trip. Mother Nature will do as she pleases, and no sightings can be set in stone.

SUSTAINABILITY



© OLE MARTIN WOLD

Exploring our blue planet for more than a century has taught us the importance of being green.

Over decades, our Captains and crew, Expedition Teams and returning guests have witnessed the impact of climate change on vulnerable polar areas with their own eyes. We want the Arctic, Antarctica, and everywhere in between to remain places of pristine nature, pure water and clean air.

Sustainability is therefore at the heart of who we are and what we do. From the beautiful natural world to remote communities, we want to ensure our expedition cruises protect them both. In line with the UN's Sustainable Development Goals, we're able to offer you greener and more sustainable expedition cruises on and for the planet.

Want to know more?

Visit [our sustainability web page »](#)

HURTIGRUTEN FOUNDATION

**Collaborating for change:
Creating a footprint we can be proud of.**

Hurtigruten Foundation is a platform for taking a stance and volunteering in worthwhile causes – together. Working closely with guests, partners and organizations, Hurtigruten believes we make a genuine difference, by minimizing our operational impact and maximizing the positive contribution we make to local communities. Since the Hurtigruten Foundation was established at the end of 2015, a total of 3,200 000 NOK has been donated to date for 34 projects in eight countries.

Hurtigruten Foundation is funded by direct donations and several onboard initiatives, including auctions, fund-raisers, and primarily the "Green stay" programme, where a donation is made for every day you ask us not to clean your cabin, thereby saving energy, detergents and water. We invite you to join us and leave a footprint we can be proud of!

Visit [the Hurtigruten Foundation web page »](#)

