



Rediscover the
meaning of travel

Tour Notes

Atlantic Islands Explorer

Tour Duration – 25 Days



Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●●● | Culture ●●●●○ | History ●●●●○ | Wildlife ●●●○○

Tour Pace

Busy

Tour Highlights

- ✓ The ultimate island adventure taking in a bucket list of stunning destinations, starting with the British overseas territory of Saint Helena – one of the remotest places on earth and now reached via a weekly flight from South Africa.
- ✓ Trace the paths of Saint Helena's famous figures like Darwin and Napoleon, explore rugged terrain and diverse wildlife, including rare bird species, and meet the famed Jonathan, a 190-year-old giant tortoise.
- ✓ Discover São Tomé and Príncipe, a remote archipelago off the coast of central Africa that few people have even heard of, let alone been to. Uncover a largely undiscovered, uniquely rewarding, exciting blend of African and Portuguese cultures.
- ✓ Stopover in Dakar, Senegal's bustling capital where you will have time to immerse yourself in the slave history at Goree Island.
- ✓ Relax and unwind in the Cape Verde Islands and spend a few new nights on the island of São Vicente, home to some of the country's greatest musicians, writers, and thinkers.





Rediscover the
meaning of travel

Tour Map



Tour Essentials

- Accommodation:** A mix of comfortable 4 to 5 hotels and resorts
- Included Meals:** Daily breakfast (B), plus lunches (L) as shown in the itinerary
- Group Size:** Maximum 12
- Start Point:** Johannesburg, South Africa – you can arrive any time on day 1
- End Point:** São Vicente, Cape Verde – you can depart any time on day 25
- Transport:** International and domestic flights, minibus, or similar vehicle for guided excursions and tours
- Country Visited:** South Africa (Johannesburg only), Saint Helena Island, Angola (overnight transit stop only), São Tomé and Príncipe, Senegal, Cape Verde



Rediscover the
meaning of travel

Atlantic Islands Explorer

For those travellers who enjoy getting off the beaten track, this is the ultimate island adventure taking in a bucket list of stunning destinations, starting with the British overseas territory of Saint Helena – one of the remotest places on earth and now reached via a weekly flight from South Africa.

The tropical island of Saint Helena, secluded in the Atlantic Ocean, offers a pristine paradise steeped in history. Despite its remote location, recent accessibility has opened it to tourism. Visitors can trace the paths of famous figures like Darwin and Napoleon, explore its rugged terrain and diverse wildlife, including rare bird species and the famed Jonathan, a 190-year-old giant tortoise. Saint Helena's rich history, from Boer prisoners to Napoleon's exile, adds depth to its allure. During our week on the island, we will uncover Saint Helena's extraordinary sights and natural wonders, and we will experience the genuine hospitality of the local people as we embark on a journey filled with intrigue and wonder

The next leg of our trip takes us back to South Africa, from where we fly north to the Angolan capital, Luanda. On this occasion our stop will be short – just overnight to make a connection, but now that the country has relaxed its visa requirements, you may be tempted to return. We continue via a short flight to our next destination, São Tomé and Príncipe, a remote archipelago off the coast of central Africa that few people have even heard of, let alone been to. On our tour we explore the Portuguese colonial heritage of the islands by staying in a restored plantation house, walk through unspoiled forests in the interior and relax on pristine beaches. Explore a truly undiscovered destination.

We return to mainland Africa, and continue to Dakar, Senegal's bustling capital where we will have time to immerse ourselves in the slave history at Goree Island before the final part of our trip takes us to another former Portuguese colony, the Cape Verde Islands. After a couple of nights on the island of Santiago and a chance to explore UNESCO-listed Cidade Velha, the country's oldest settlement, we end our Atlantic adventure with a few days on São Vicente, home to some of Cape Verde's greatest musicians, writers, and thinkers.

Join your fellow intrepid travellers as we discover some of the least visited destinations on the planet.

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as shown below, we have built in a degree of flexibility. However, overnight stops may still vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

The itinerary as described below is very dependent on current flight schedules, and in some cases, these may only be fully confirmed within a few months of travel. On some routes flights may only operate a few times a week. Should the days of operation change then this will have an impact on the overall itinerary and inadvertently the programme will need to be revised. We will do our best to visit each island named below, but the length of stay may need to change. Should a particular route be withdrawn, or it no longer works with the overall programme, we reserve the right to substitute some of the destinations, with one or more other islands. It is only on this basis that we can accept your booking and we thank you for your understanding.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not routinely send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Please refer to the important information given below.



Rediscover the
meaning of travel

Group Size up to and including 4 Travellers

It should be noted that a different guide will be allocated for each island. The group will not be accompanied throughout and will fly between each island and country without a guide. On arrival at each destination the group will be met and transferred to the hotel. As part of your joining information, you will receive a series of tour vouchers for the applicable services, and these will include contact details for our local supplier as well as start times and joining information for each tour.

In the event of any flight delays or cancellations, you will be asked to contact our office directly for assistance. However, in practice it may be difficult for us to provide an immediate solution. Therefore, should the tour operate with less than 5 clients it is a trip that is best suited to the more experienced traveller and one who is comfortable travelling unescorted. For group sizes of 5 clients or more please see below for details of the arrangements. Please contact our office if you would like to check on the current booking status and size of the group.

Group Size 5 to 12 Travellers

For a group size of at least 5 travellers the tour will be fully escorted throughout, including when travelling between each island and country. A tour leader from Undiscovered Destinations in the UK or our representative will accompany the group, principally to facilitate the practicalities such as dealing with any delays or disruption to the programme. Local knowledge of each destination and all guiding will remain the responsibility of our experienced local suppliers.

It should be noted that a change of tour leader maybe required during the trip. Therefore, we reserve the right to use more than one member of our team or a different tour leader for each leg of the trip.

Itinerary

Day 1: Arrival in Johannesburg

As we get ready to embark on our unique adventure, we will meet as a group in Johannesburg, South Africa, from where the next morning we will take the weekly flight to our first stop, Saint Helena Island, an incredible destination few people can boast that they have visited. Our accommodation for the night will be at an airport hotel conveniently located just 500m from the terminal and with a free shuttle for the short journey. Meet your Undiscovered Destinations' tour leader for a briefing, welcome drinks, and dinner at the hotel. Overnight Southern Sun O.R. Tambo International Airport. (D)

Day 2: Johannesburg to Saint Helena

After an early breakfast we will take the hotel's shuttle to the terminal in time for check-in of our Airlink flight to Saint Helena, which enroute includes a refuelling stop in Walvis Bay, Namibia. Including the stop the flight will take about 6.5hrs and we will land at Saint Helena's airport which opened in 2017 at around 1.30pm local time. We will be met on arrival and transferred the 10 miles from the airport located on the eastern side of the island to our hotel in Jamestown on the northern and leeward side of the island. Check-in at our centrally located hotel and our home for the next 7 nights. This afternoon, if time allows, we will meet our local guide and enjoy a walk through the island's capital, Jamestown and discover the stories that this historically rich Georgian styled town has to offer. Visit the Castle with its tropical gardens, St James Church (the oldest Anglican Church in the Southern Hemisphere), the famous Jacob's ladder which ascends 699 steps above the town and the Court House. Overnight Mantis St Helena. (B)





Rediscover the
meaning of travel

Saint Helena

Saint Helena Island, a British Overseas Territory in the South Atlantic Ocean, holds a storied history that stretches back centuries. Discovered in 1502 by Portuguese navigator João da Nova, it later became a vital outpost for ships traveling between Europe and the East Indies. Renowned for being the remote exile site of Napoleon Bonaparte from 1815 until his death in 1821, the island played a crucial role in shaping world history. Its rugged terrain and isolated location posed challenges for settlers, yet its fertile valleys supported agriculture and sustenance for inhabitants. Over time, Saint Helena developed a unique culture blending European, African, and Asian influences. Despite its small size and isolation, it became strategically important during the British Empire's expansion, serving as a key naval base and provisioning station. Today, Saint Helena remains an intriguing destination, offering visitors a glimpse into its rich history, vibrant culture, and stunning natural landscapes beyond its renowned beaches.

The Mantis Hotel, Jamestown

Mantis St Helena is a 30-bedroom boutique hotel set in the original East India Company's officers' barracks built in 1774. The hotel boasts a large restaurant, cocktail bar, guest lounge and two spacious outdoor terraces. Offering newly built contemporary rooms, the Mantis has set a new accommodation standard on the island. Situated in the capital Jamestown, a few minutes' walk from the sea front, museum, archives, shops, bars, restaurants, and transport links, the Mantis is the perfect choice for our week's stay on the island.

Please note that the hotel does not have any lifts (elevators). However, a small number of rooms can be accessed without the need to use stairs. Please contact us at the time of booking if you have any accessibility needs so these can be discussed in advance with the hotel.

It should be noted that contrary to some reports that you may read online the hotel does accept Visa and Mastercard debit and credit cards. However, American Express is not accepted.

Day 3: Saint Helena – Boat Cruise

After breakfast we will take a boat cruise off the island, where we expect to see large schools of Bottlenose and Rough-Toothed dolphins as well as turtles and Devil Rays. From the boat we will have a scenic view of the Island's coastline and we can see some of the old fortifications and outposts that are still standing. Return to port for lunch at a local seafront coffee shop before heading back to our hotel. Enjoy the remainder of the day at leisure. Overnight Mantis St Helena. (BL)

Day 4: Saint Helena – Island Tour

After breakfast we will be collected for a full day tour including a packed lunch. Discover the island by 4x4 vehicle or depending on group size, by minibus. Stop at Deadwood Plain which was the campsite of Boer prisoners of war during the Anglo Boer War of 1900-1902, then to Flagg Staff which gives us wonderful panoramic views across the island. Later we visit Levelwood, home to the Bell Stone – a rock which when struck rings like a bell. We wind our way to the southwest point of the island for incredible views over the Atlantic Ocean, which stretches unbroken for 2,700 kilometers in every direction. Learn about and see the island's natural and historical attractions along the way. Overnight Mantis St Helena. (BL)

Day 5: Saint Helena – Plantation House

This morning a private tour of the Governor's residence, Plantation House, awaits. Built in 1792, it has been the home to the island's governors. Perhaps an even more famous inhabitant though is Jonathan, a giant tortoise who approaching 200 years old, lives in the grounds and is said to be the world's oldest living land animal. After a packed lunch we visit St Paul's Cathedral, High Knoll Fort, and the Boer War cemetery before returning to the hotel. Overnight Mantis St Helena. (BL)



Rediscover the
meaning of travel

Day 6: Saint Helena – Free Day

Today is at leisure to explore at your own pace. Highly recommended is the very well curated Museum of Saint Helena which not only traces the varied history of the island, but also has artefacts from the number of wrecks that dot the coastline over the last 500 years. You may also like to book another optional boat cruise, or swim in the Atlantic – or in the large public swimming pool that sits near the harbour and is a great place to meet local islanders. Overnight Mantis St Helena. (B)

Day 7: Saint Helena – Hike to Blue Point

After breakfast we will set off for a hike to Blue Point which offers coastal views over Sandy Bay beach and Lots Wife ponds area as well as the rolling countryside of Blue Hill. Enjoy a packed lunch whilst out hiking. In the afternoon visit one of the island's coffee plantations to view how one of the world's rarest coffees is grown and processed, before returning to the hotel. Overnight Mantis St Helena. (BL)

Notes

The hike to Blue Point will normally take around two hours from the start point and return. There are some relatively minor up and down sections involved, but compared to other hikes on the island it is less strenuous and can comfortably be completed by most travellers of moderate fitness. If you have any concerns these can be discussed locally.

Day 8: Saint Helena – Longwood House

This morning, we will visit Longwood House, which is one of the best Napoleonic museums in the world. Napoleon Bonaparte was exiled to Saint Helena in 1815 and died on the island 6 years later. After a packed lunch we will visit the Millennium Forest where we can contribute to restoring the island's endemic forest by planting an endemic tree. Return to our hotel for our final night on Saint Helena. Overnight Mantis St Helena. (BL)

Day 9: Saint Helena to Johannesburg

Enjoy a leisurely breakfast before we are transferred back to the island's airport for our return Airlink flight to Johannesburg. Unlike our flight over, the return journey does not require a refuelling stop, so is non-stop and takes just under 5 hours. Our accommodation for the night will be at the same airport which we will reach using the shuttle service. Overnight Southern Sun O.R. Tambo International Airport. (B)

Day 10: Johannesburg to Luanda, Angola

Enjoy a relaxing morning before we head back to the airport and check-in for our afternoon flight to the Angolan capital, Luanda. Although Angola is well worth a visit in its own right, on this occasion we will make just an overnight stop, in order to continue the next day to our next destination São Tomé and Príncipe. On arrival in Luanda, we will clear immigration and customs before taking a transfer to our centrally located hotel. Overnight InterContinental Luanda Miramar or similar. (B)

Day 11: Luanda to São Tomé and Príncipe

After an early breakfast we will go back to the airport and check-in for our morning flight to São Tomé. Upon arrival we will be met at the airport and transferred to our centrally located hotel. After check-in and time to freshen up we will join our local guide for a tour of the capital, often referred to as São Tomé town. Later we will enjoy a welcome dinner and presentation about our 6 night stay in the country. Overnight Omali Lodge. (BD)



Rediscover the
meaning of travel

São Tomé and Príncipe

São Tomé and Príncipe, an island nation in the Gulf of Guinea off the coast of Central Africa, is a tropical paradise steeped in history and natural beauty. Discovered by Portuguese explorers in the 15th century, it became a hub for sugarcane and cocoa production during the colonial era, leaving behind a legacy of plantation architecture and diverse cultural influences. The islands' lush rainforests offer opportunities for trekking, where adventurers can explore hidden waterfalls, endemic flora, and diverse wildlife, including rare bird species. São Tomé, the larger island, is home to bustling markets, colonial-era buildings, and vibrant Afro-Portuguese culture. Príncipe, its smaller counterpart, boasts pristine beaches, volcanic peaks, and sleepy fishing villages, providing a tranquil escape from the modern world. Today, São Tomé and Príncipe charm visitors with their laid-back atmosphere, rich biodiversity, and the warmth of their welcoming people.

Day 12: São Tomé North Road Excursion

After breakfast we will meet our guide and set off to discover the northern part of São Tomé Island on a full day excursion including lunch. Stops will include the Francisco Cabral Plantation where we learn about the process of making chocolate from cocoa beans. We continue our excursion with a visit to the Roça Agostinho Neto plantation, known for its hospital building and historic train tracks. Later we will have the chance to take a refreshing swim at Tamarindos beach before we stop for a traditional lunch at Roça Monte Forte for an authentic experience and where the speciality is giant crab. After lunch we then drive the scenic "infinity road" to Santa Catarina tunnel, where a hidden Indian figure awaits, before making our final stop in time for sunset at Blue Lagoon. Return to the hotel in the late afternoon. Overnight Omali Lodge. (BL)

Day 13: Roça Monte Café and flight to Príncipe

After breakfast we will check out of our hotel and visit Jardim Botânico or botanical garden, where we can see various species of plants, many with medicinal uses. Then we head to Monte Café, the most pleasant roça to visit. A hillside village of plantation houses, it offers a small museum and formal tour of the coffee production process (the arabica variety grows well at this 600m altitude). Later we have lunch in town before a transfer to the airport for our short flight to the island of Príncipe. Upon arrival we will be met at the airport and transferred to our hotel for a two night stay. Overnight Roça Sundry. (BLD)

Day 14: Príncipe

Enjoy a full day on the island where we will enjoy an excursion arranged by the roça. In the evening, we will take dinner at the roça. (BD)

Please note that lunch is not included on this day.

Day 15: Príncipe to São Tomé

We enjoy a morning activity arranged by the roça and later we take the short flight back to São Tomé where we are met on arrival and transferred to our hotel for a two night stay. Overnight Omali Lodge. (B)

Day 16: São Tomé East Coast

After breakfast we will leave the hotel for a full day excursion of the eastern coast of the island. Our first stops will be the Boca do Inferno (also known as Hell's Mouth) - a natural blowhole, followed by Roça Água Ize – a former hospital built in 1928. Then we will have a fine lunch at Roça São João dos Angolares, prepared by the well-known chef João Carlos Silva. After lunch we will visit the Pico Cão Grande (or big dog peak), a needle-shaped volcanic plug peak, before time permitting, making our final stop of the day at Micondo Beach. Return to the hotel by late afternoon. Overnight Omali Lodge. (BL)



Rediscover the
meaning of travel

Day 17: São Tomé and Príncipe to Dakar, Senegal

To reach our next and final island destination, Cape Verde, will require a return to the African continent, and travel through Dakar, Senegal. We start our day with an early breakfast, then a transfer to the airport for a flight to the Togolese capital, Lome, which is becoming an increasingly important hub for flight connections across Africa. After a couple of hours in transit and without the need to clear Togolese immigration or to reclaim our luggage, we continue to Dakar, arriving in the late afternoon. We have scheduled a three night stay in the Senegalese capital which will give us time to appreciate the country's history and its connection to the slave trade. It also allows for an important buffer should unforeseen changes to flight schedules have an impact on our planned itinerary. Upon arrival in Dakar, we will be transferred to our centrally located hotel where we will have dinner. Overnight Pullman Dakar Teranga or similar (BD)

Day 18: Excursion to Lac Rose

After a relaxing morning, we will meet our local guide and head to Lac Rose, or Pink Lake, about a one hour drive from Dakar and famous for the pink colour of its waters. Separated from the Atlantic Ocean by sand dunes, we visit the lake by off-road vehicles, and see the manual extraction of salt, before stopping at one of the local Fulani villages. During the tour we will have the option to swim in the lake where everything floats thanks to its high salinity. Return to Dakar by late afternoon and in time for dinner at our hotel. Overnight Pullman Dakar Teranga or similar (BD)

**If you wish to swim in the lake, please bring your swimwear and a towel.*

Day 19: Dakar City Tour including Gorée Island

After breakfast we meet our local guide and set off for a full day tour of Dakar including lunch. We visit the city's key places of interest including the Marche Kermel, a buzzing local market selling a range of fish and vegetables, the Cathedrale du Souvenir Africain de Dakar, the Mosque of the Divinity and the Monument de la Renaissance Africaine – a 52m high bronze station and a symbol of a family union. Our last visit of the day, and the most poignant, is to Gorée Island and the La Maison des Esclaves, a museum where we will learn about the transatlantic slavery trade. Dinner at our hotel. Overnight Pullman Dakar Teranga or similar (BLD)

Day 20: Dakar to Praia, Cape Verde

Most of today will be at leisure until mid-afternoon when we are transferred to the airport, for a flight to our final destination, the Cape Verde Islands. Our arrival point is Praia, the capital and located on the island of Santiago. We expect to arrive at around 9pm and will be met and transferred to our hotel for a two night stay. Overnight Hotel Pestana Tropico or similar. (B)

Cape Verde

The Cape Verde Islands, including Santiago and São Vicente, boast a rich tapestry of history, culture, and music. Santiago, the largest island, showcases remnants of Portuguese colonial influence alongside vibrant Creole traditions. Its capital, Praia, is a hub of cultural exchange. Meanwhile, São Vicente, with its capital Mindelo, is renowned for its music scene, particularly the captivating rhythms of morna and coladeira. These islands are steeped in the legacy of African, Portuguese, and Caribbean heritage, evident in their cuisine, festivals, and architecture, making them a fascinating destination for those seeking a blend of diverse cultures and musical experiences.



Rediscover the
meaning of travel

Day 21: Santiago Island

After breakfast we meet our local guide and set off on a full day tour to see the highlights of the largest island of the archipelago. Visits will include Cidade Velha, the first settlement of Cabo Verde, and nowadays a UNESCO world heritage site. We continue through the inland with stops for photos to Assomada, the country's second biggest city. After having crossed the Serra Malagueta mountain range we will reach the fishing town of Tarrafal, where we will stop for lunch. After lunch we visit the Tarrafal concentration camp which was used between 1938 and 1974 to capture Portuguese revolutionaries and independence fighters of the then colony. Afterwards we drive back to Praia via the east coast. In the evening, we will enjoy dinner with live music. Overnight Hotel Pestana Tropico or similar. (BLD)

Day 22: Praia to São Vicente

After breakfast (subject to serving times) we are transferred to the airport for an early morning flight to São Vicente, followed by a transfer to our hotel in the musical capital of Cape Verde – Mindelo. After check-in and time to freshen up, we visit an indigenous guitar manufacturer and learn how the instruments are made, followed by an impromptu musical performance. In the evening, we will enjoy dinner at a local restaurant with live music. Overnight Hotel Ouril Mindelo or similar. (BD)

Day 23: São Vicente Island Tour

After breakfast we meet our local guide and set off for a 5 to 6 hour tour to explore the highlights of the island. Along the way we will stop for lunch in the village of Calhau before heading back to Mindelo, in time to freshen-up before taking dinner in our hotel. Overnight Hotel Ouril Mindelo or similar. (BLD)

Day 24: São Vicente Free Day

Our last day of the tour has been set-aside to unwind and to relax. Or if you prefer, then there is the option to make a day trip to the neighbouring island of Santo Antão, a good destination for walking. Contact us for further details including prices for a guided tour which we would recommend booking in advance. Overnight Hotel Ouril Mindelo or similar. (B)

Day 25: São Vicente Departure

Today the tour ends after check-out from the hotel. A transfer to the airport will be provided to coincide with your international departure. For those returning to the UK or Europe, TAP Air Portugal offers a daily direct flight to Lisbon leaving in the afternoon, which connects the same day for London. (B)

Please note that the hotel's check-out time is 12pm. A later check-out can be requested locally although charges may apply. After check-out the hotel will be happy to store your luggage and with their agreement, you can continue to use the pool and changing facilities.



Rediscover the
meaning of travel

Inclusions/Exclusions

Inclusions:

Arrival and departure airport transfers

All international and domestic flights as shown in the itinerary, including a checked-in luggage allowance of 20k.

All accommodation

Meals as shown (B – Breakfast, L – Lunch, D - Dinner)

Guided tours and excursions shown in the itinerary with an English-speaking guide

Except where indicated, entrance fees for sites listed as part of the itinerary

Excluded:

International flights to Johannesburg and from São Vicente

Airport taxes – except for those flights included as part of the itinerary

Travel Insurance

Visas – when applicable

Drinks

Tips (Discretionary)

Important Information

Foreign Office Travel Warnings

We constantly monitor the advice posted by the British Foreign, Commonwealth and Development Office (FCDO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to any of the places that we visit on this itinerary.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore, please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at various times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis, please contact us.



Rediscover the
meaning of travel

Accommodation Rating

At Undiscovered Destinations we know our travellers prefer to stay in comfortable, mid to higher range accommodation, preferably with local character. Where possible this tour is based on using smaller centrally located hotels but given the need for us to block book a number of rooms this is not always possible. Some of the hotels will be resort style, which is common for some of the places visited on this tour.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

Food & Drinks

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunches when provided maybe a picnic. Unless stated drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements, you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.

Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs, and items of a personal nature such as laundry.

Food

The costs for meals vary depending upon location, type of restaurant and number of courses eaten. We would suggest you budget an average, minimum per day, of £50.00 per person to include meals and drinks not included within the itinerary. But again, costs will vary. For a better understanding many of the hotels publish a menu with prices on their websites which can help with budgeting.

Tipping – Guide and Drivers

Tipping is common practise in the places we visit. If your local guide has been helpful, then you could think about tipping. For a one day tour or excursion we would suggest a minimum of \$10 or the equivalent in local currency for your guide but of course, do tip more or less as you wish. It is at your discretion.

Foreign Exchange

ATM Availability: Available in most of the places visited on this tour, except in Saint Helena, although the local bank can advance cash against credit or debit cards. Also, you are unlikely to find an ATM on the island of Príncipe.

Credit Card Acceptance: Credit and debit cards are reasonably well accepted, with the exception of Saint Helena (but accepted in the hotel used on this tour) and on the island of Príncipe (but accepted in the hotel used on this tour).

Recommended Currency for Exchange: US Dollar or Euros. On Saint Helena British Pounds Sterling is accepted in shops and restaurants but change will often be given in Saint Helena Pounds.

Where to Exchange: Your local guide will advise, but very often money can be exchanged in the airport upon arrival or at the hotel.



Rediscover the
meaning of travel

Joining your Tour

Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Your Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on arrival and departure. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time, and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

At the time of writing British, US and Australian nationals do not require a visa for a short term tourism visit to South Africa.

At the time of writing British, US and Australian nationals require an entry permit to visit Saint Helena. Please follow this link for further details and to make an application - <https://evisa.sainthelena.gov.sh/>.

At the time of writing British, and US nationals do not require a visa for a short term tourism visit to Angola, Senegal, São Tomé and Príncipe and Cape Verde. Australian nationals will require a visa for each of these countries with the exception on Angola.

As it is the travellers' responsibility to ensure that they meet all entry requirements it is essential that you check the rules and any other conditions at the time of booking and again when making your balance payment. In addition, we would strongly advise that you make a final check around two weeks before your arrival. This is important as requirements can change at short notice. Undiscovered Destinations, when possible, will provide guidance about entry rules, but in the first instance please contact the relevant authorities, including the applicable embassy or consulate for assistance. Contact details can be found by visiting the following websites.

British Nationals - www.gov.uk/foreign-travel-advice

US Nationals - <https://travel.state.gov/content/travel/en/international-travel.html>

Australian Nationals - www.smartraveller.gov.au/

Other nationals should check the latest requirements with the authorities in their home country, or with the destinations nearest embassy or consulate



Rediscover the
meaning of travel

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country.

We strongly advise that your passport contains a minimum of two blank pages, as this may be a requirement of the local immigration authorities. In addition, certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively, UK citizens can visit www.gov.uk/foreign-travel-advice

Vaccinations & Protection

As with travel to most of our destinations we strongly recommend that you contact your doctor's surgery or a specialist travel clinic for up-to-date information, advice, and the necessary vaccinations. For a visit of less than one month, you may be advised to have immunisations against the following: Diphtheria and Tetanus, Hepatitis A, Typhoid, Meningitis. The use of a DEET-containing insect repellent is highly recommended, and we recommend that you take professional advice about malaria prophylactics.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you are travelling with prescription or over-the-counter medicine, read this guidance from National Travel Health Network & Centre (NaTHNaC) on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you will need to contact the embassy, high commission or consulate of the country or territory you are travelling to.

Preparing for your tour

Climate

As this tour takes in a large swathe of the Atlantic Ocean the climate can vary between the different countries and islands visited. But in general, a good time to travel is from November to March when any rainfall will be fairly minimal, and temperatures will be warm.

Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof clothing for any days that the weather may be wet or windy.

Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared and to be adequately immunized with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have.

Footwear

Footwear is a main priority on this tour. Comfortable walking shoes/boots are recommended. Lighter shoes or sandals are fine for travelling between destinations.



Rediscover the
meaning of travel

Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

Excursion Times and Duration

Please note that the approximate departure times and tour durations when shown in the itinerary are given in good faith but should only be used as a guide. The information provided may vary depending on the interests of the group, road traffic conditions, comfort breaks and photo opportunities.

Electric Supply and Plugs

Most countries use two-pronged Type A or three-pronged UK style plug on a standard 110V network. We recommend that you bring a multi-adapter.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour, but small changes may just be added to these tour notes. These tour notes were updated on 6 March 2024.