

Cape Verde Guided Walking Holiday

Tour Style: Worldwide Multi-Centre
Destination: Cape Verde
Trip code: CWWHW
Trip Walking Grade: 3



HOLIDAY OVERVIEW

A range of scenery awaits on this vibrant archipelago, from the verdant terraces and plantations of the agricultural heartland of Santiago to the rugged mountains and extinct volcanoes of Santo Antão and São Vicente. Challenge yourself on walks in the Serra Malagueta National Park and an ascent up Pico da Antónia. Observe the bright, shimmering kingfisher, spot turtles from the spectacular coastal path and revel in the laid-back blend of African and European cultures.

WHAT'S INCLUDED

- A full holiday programme led by Local Guides, accompanied by an experienced HF Holidays' Leader
- 'With flight' holidays include return flights from the UK and hotel transfers
- Full Board with ensuite accommodation - 11 breakfasts, 8 lunches, 10 evening meals
- All transport, internal flights and tips

HOLIDAYS HIGHLIGHTS

- Santiago - Discover the charm of Cidade Velha fortress, one of the seven wonders of Portuguese Origin.
- Serra Malagueta National Park - Look out for grey headed kingfishers as you wander through sleepy villages, tropical fruit orchards and the odd 'grogue' distillery.
- Pico da Antónia - Enjoy the breathtaking scenery as you ascend the summit
- São Vicente - Explore Mindelo, the 'beating heart' of Cape Verde. Soak up the cosmopolitan atmosphere and the strong Portuguese influences which are still visible today.

TRIP SUITABILITY

This trip is graded Activity Level 3.

Walks are full and part day with some sightseeing, between 3 and 10 miles (5-16km) with up to 2,150 feet (650m) of ascent. Two of the walks have significant descent of up to 3,600 feet (1,100m). There is the option to ascend Pico Antonio, the highest peak on the island of Santiago at 4,560 feet (1,392m). Terrain can occasionally be steep and rough underfoot. The walks are at the very top end of our level 3 holidays.



ITINERARY

Day 1: Arrival Day

After an early morning flight via Lisbon we arrive in Praia on the island of Santiago, and a short transfer will take us to our hotel.

Day 2: Praia, Salineiro To Cidade Velha

This morning we explore Praia, the largest city in Cape Verde and capital, on a guided walking tour. We'll see the old colonial-style buildings such as the Presidential Palace, City Hall and the Church of Nossa Senhora da Graça in an area of the city known as the Plato. The statue of Diogo Gomes stares out to sea, reminding us of the European explorer who first made mention of these islands in 1460.

Following a drive through pleasant countryside, we start our afternoon walk. We start above the Salineiro Valley where we descend a rocky sandstone path to the valley floor. Once in the valley we follow paths which run along the river bed, through small villages and fertile terraces where we'll see tropical fruits growing and small sugar cane plantations. The sugar cane is used to make 'grogue', a local drink which offers more punch than taste, which some distillers mix with honey or fruit syrup.

Lunch is at a seafront restaurant in Cidade Velha, after which we visit the old fortress. Cidade Velha stands on the site of the oldest settlement in Cape Verde, Ribeira Grande. It was classified as one of the Seven Wonders of Portuguese Origin. Distance: 3 miles (5km) with 650 feet (198m) of descent.

Day 3: Serra Malagueta National Park

We start the day with a visit to Assomada and its lively West African style market with its smells, noise and mesmerising colours. We may do this visit later in the day, depending on local conditions.

We continue to the entrance of the Serra Malagueta National Park, where we walk through recently planted reforestation projects and down into the Gon Gon valley to the village of Hortelão. The path is easy to follow, though there are a few steeper sandy sections. The trail takes us through small villages, tropical fruit orchards and the odd 'grogue' distillery. Look out for grey headed kingfishers on this walk. Distance: 6½ miles (10½km) with 700 feet (213m) of ascent and 3,300 feet (1,000m) of descent.

Day 4: Pico Antonio & Sao Jorge

After a journey of about an hour we start our walk to ascend to the summit of Pico Antonio, the highest mountain on Santiago at 4,560ft (1,392m). There are several routes which reach the top, but we usually take the same route up and down.

This is an optional walk; it can be challenging for some and the ascent to the summit is quite steep. Distance: 6 miles (9½km) with 2,300 feet (700m) of ascent. Please note, this walk is just outside the holiday's general level 3 parameter and is a low level 4.

An extra local guide will offer an alternative easier walk which descends on forest trails through native bush and reforestation projects to the village of São Jorge. The village has several cafés and bars where you can purchase refreshments. Distance: 5 miles (8km) with 1,300 feet (396m) of descent.

Day 5: São Vicente

Today we fly to São Vicente. After checking in to the hotel, we'll discover Mindelo on a guided walking tour. Mindelo is the jewel of this island, with a cosmopolitan atmosphere and a vibrant cultural scene. With its sheltered deep port, the British installed a coal station in 1838 which supplied ships from all around the world, leading to the town's prosperity. On our tour we'll see influences from the British and the Portuguese in the Governor's Palace, the City Hall and the replica of the Belem Tower in Lisbon. The remainder of the day is at leisure.

Day 6: Santo Antão And Paul Valley

We take the ferry from São Vicente to the neighbouring island of Santo Antão (1-hour crossing). As you approach across the water, the scenery will take your breath away: a cross between Morocco and the Himalaya with volcanic walls, seemingly inaccessible ravines and perfectly farmed terraced valleys.

We'll be met at Porto Novo and taken on a scenic drive to the start of our walk overlooking the Cova da Paul, a volcano whose caldera is situated at the centre of steep cliffs at over 4,600 feet (1,400m). Starting at this high point, our walk descends on a cobbled switchback track through fertile plantations into the Paul Valley. From here, we'll continue to our hotel. Distance: 6 miles (9½km) with 800 feet (240m) of ascent and 3,600 feet (1,100m) of descent.

Day 7: Lomba Branco

Today we fully appreciate our surroundings as we walk from the valley of Pinhao to Lomba Branco. We'll traverse through several valleys and pass a deserted village before the final short steep ascent to Lomba Branco. Distance: 5 miles (8km) with 1,050 feet (320m) of ascent.

This walk is quite challenging, so an easier option with a second local guide will be available. We'll walk from the valley of Cha de Pedras to the village of Coculi. We traverse between valleys on relatively easy cobbled paths through sugar cane plantations, farms and villages. We pass a grogue distillery and have the opportunity to sample and purchase locally made preserves. We finish our walk by descending on a small cobbled road to the main valley. It's also possible for the walk to be extended by walking back up the valley to the hotel. Distance: 5½ miles (9km) with 985 feet (300m) of ascent and 1,640 feet (500m) of descent.

Day 8: Alto Mira III To Cha Da Morte

Today we walk the lesser known northwest part of Santo Antão. The walk takes us from the remote village of Alto Mira III to Cha da Morte and is interesting because of its impressive and varied rock formations and micro-climatic variations which affect certain parts of Santo Antão. Distance: 4 miles (6½km) with 1,200 feet (370m) of ascent and 1,650 feet (500m) of descent.

Day 9: Cha De Igreja

Today we walk from our hotel to the beautiful village of Cha de Igreja in the next valley. We walk along a road on the left-hand side of the Riberia Grande for about half an hour and cross the dry river bed to a small path up the right (north) side of the valley. The path is steep, and zig zags its way up the saddle at 830m. You might spot Egyptian vultures.

From here it's a hard descent on a cobbled path to the edge of the remote village of Selada do Mocho. We continue until we reach the dry river bed of Ribeira Garca, where we can see the small village of Cha de Igreja on a promontory of land above us. A short but steep path leads to the village. Distance: 7½ miles (12km) with 2,000 feet (620m) of ascent and 2,200 feet (700m) of descent.

A more relaxed option is also possible: walking from the hotel, ascend through maize and sugar cane fields to the ridge visible from the hotel's terrace before descending on cobbled tracks to the village of Cha de Pedras, seen earlier in the week.

Day 10: Ponto Do Sol

A spectacular coastal walk today as we start from the fishing village of Cruzinha. We follow a dramatic coastal path which contours around to the village of Fontainhas and the former capital of Santo Antão, Ponta do Sol.

This is an undulating walk, with one sustained uphill stretch just before reaching Fontainhas. There is an option to finish here if you don't want to continue all the way to Ponta do Sol. Distance: 9½ miles (15km) with 2,150 feet (655m) of ascent.

Day 11: Mindelo

Today we take the ferry back to São Vicente and to Mindelo where we have an optional last walk and the rest of the day at leisure to relax or explore this vibrant cultural centre of the islands.

Day 12: Departure Day

Transfer to the airport for the return flight from Sao Vicente via Lisbon back to London.

ACCOMMODATION

Hotel Praia Mar, Santiago - Cape Verde

The Praia Mar is a low-rise hotel occupying a headland in Prainha, the capital city's embassy district. It is part of a Portuguese hotel chain and as such it enjoys good standards and a decent range of facilities. The hotel is located only five minutes' drive from Praia International Airport, the 'Plateau' with its shops and market, and the administrative and financial centre. The Praia Mar has 123 rooms in total, including four suites. All rooms have air conditioning, satellite TV, telephone, room safe, mini-bar and hairdryer.

Hotel Porto Grande, Sao Vicente - Cape Verde

On the island of Sao Vicente, we stay at the Hotel Porto Grande in Mindelo. The Porto Grande sits elegantly on Mindelo's main square, a few hundred metres from the seafront and five minutes' walk to most of the principal restaurants, bars and nightspots. The town beach, known as Laginha, is a pleasant, 10 minute stroll to the east. As well a swimming pool and children's pool, there is 24 hour reception, a gym, evening entertainment, laundry, room service, WiFi (extra charge) and currency exchange. Porto Grande has 48 rooms and 2 suites, each equipped with air conditioning, satellite TV, hairdryer, phone, mini-bar and room safe. Each room has a balcony with views of either the main square or the swimming pool. Our final night is spent back on the island of Sao Vicente at the Porto Grande.

Pedracin Village, Santo Antao - Cape Verde

For a taste of splendid isolation without foregoing all 'mod-cons', Pedracin Village holds a lot of appeal. The elevated position allows guests views up and down the ribeira and the chance to marvel at the mountainous crags beyond. The structure is made with traditional materials, with use of stone walls and thatch. Pedracin has 32 rooms, which take the form of stone chalets spread on different levels across the attractive landscaped hotel grounds. Rooms are simply furnished, but retain some style. Each has a private bathroom, though hot water can be intermittent - not usually much of an inconvenience, given the warm daytime temperatures. Rooms have air conditioning and heating. Pedracin has a swimming pool, which although fairly small, is nevertheless a huge bonus after a day's walking. The views from the pool, as from the surrounding terrace, are truly stunning. WiFi is available in the reception area.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Cape Verde's climate is pleasantly tropical with year-round average temperatures between 26° and 30°C and the islands generally enjoy uninterrupted sunshine from November to May. Due to its location in the Atlantic Ocean, some of the islands can be windier than others, and all experience some level of humidity.

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and

place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

What To Bring

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum.

These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in) with good ankle support and spare bootlaces
- Lightweight waterproof trousers and jacket
- Comfortable outdoor/walking clothing e.g. Long trousers and long-sleeved light-coloured shirts with collars to protect from the sun
- Lightweight fleece
- Shorts

We recommend wearing walking boots on all our walks, as these provide the best ankle support and grip. Modern 'approach shoes' offer appropriate levels of grip and may be worn on some low-level walks, but users should be aware that they offer less ankle support. Lightweight trainers are not recommended for any walks.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sunglasses, high factor sunscreen and sun hat
- Water bottle – at least 2 litre capacity
- Small/medium rucksack (30 litre) – a bin liner will keep contents dry if it rains
- Insect repellent
- Lightweight survival bag
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential: Passport (and copies); booking confirmation; insurance cover note; HF Holidays' registration form.

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional: walking sandals, trekking poles, camera, umbrella, binoculars, swimming costume, towel.

Please note that your HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety.

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary. Generally, this should include cover for walking at altitudes over 2,000m, which will cover you for a wide range of our holidays.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.
- Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number and let us know there is a problem.

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

Vaccinations & Health Information

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus, polio vaccines. Requirements can change, and we recommend you check in good time ahead of your holiday.

It is recommended for most travellers to have:

- Hepatitis A
- Tetanus
- Typhoid

Polio vaccinations should be up to date. Cape Verde is a third world destination but has good levels of hygiene and reasonable healthcare.

Stomach upsets do happen but if you ensure you wash your hands before food, drink bottled or filtered water and use plenty of sunscreen, and wear a sunhat, this should make a difference. There is a low risk of Zika virus and malaria: you should take steps to avoid being bitten by mosquitos. You will see large spiders, but they are not dangerous.

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

For further information on country specific advice, visit

www.fitfortravel.nhs.uk
or www.traveldoctor.co.uk

Passports & Visas

Passports

We recommend that passports are valid for a minimum of 6 months beyond the end date of your holiday.

Visas

From 1st January 2019, if you have a British Citizen passport you can enter Cape Verde as a visitor for stays of up to 30 days without a visa. In place of a visa, before travelling you should register with the Cape Verde authorities on the EASE website and, if arriving by air, pay a new Airport Security Tax (TSA) of 3,400 escudos or approximately £30. To register and pay your TSA please visit www.ease.gov.cv It is important that you complete this process before you depart.

Useful Information

Both Portuguese and Crioulo (Creole) are spoken, but French is also generally widely understood. Crioulo is an African-inflected version of medieval Portuguese.

Luggage

Baggage Allowance

1 piece checked-in luggage (max 20kg).

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost Or Damaged Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

Cape Verde Escudo (CVE). Currency cannot be obtained in advance; take cash in Euros or Sterling. Euros can be changed in all hotels and banks. Only large bank branches will accept Sterling.

Most goods are imported so whilst prices are lower than the UK this is not a budget destination. Visa is accepted at major hotels and restaurants, but not in rural areas. If you are staying additional nights outside of the group tour, the hotels will charge hotel tax, which is the equivalent of €2 per person per night.

Two lunches are not included on the holiday, for which we suggest you budget approx. €20 pp per meal. You will also need to take money for any drinks and souvenirs which you may wish to purchase.

Local Time

GMT/UTC -1 hour

Electricity

220V, round European two-pin sockets. Adapters are needed for UK plugs

ATM Availability

ATMS are available in most towns

Suggested Reading & Maps

Berlitz, *Cape Verde Pocket Guide* 2015
Bradt, *Guide Cape Verde Islands* 2014
Sampson Jerry, *History & Culture, Republic of Cape Verde* 2015

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips have been included in your holiday price for key services such as local guides, drivers and restaurants. Any additional tips are at your own discretion.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £10 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the

itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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