

Cape Verde Island Hopping

Tour Style: Worldwide walking holidays

Destination: Cape Verde

Trip code: CWWHW

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Located off the west coast of Africa and made up of 10 islands in the Atlantic Ocean, Cape Verde is blessed with stunning beaches and plenty of natural wonders. You'll get to island hop across the archipelago and learn more about its Afro-European culture, explore the green heartlands of Santiago, and discover the extinct volcanoes of Santo Antão and São Vicente. There's also challenging walks in Serra Malagueta National Park and an ascent up Pico de Antónia – the highest point of the islands.

WHAT'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- Comfortable accommodation
- 11 breakfasts, 8 packed lunches, and 10 evening meals
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Discovering Cape Verde's Portuguese influences
- Visiting Cidade Velha's historic fortress
- Spotting wildlife in Serra Malagueta Natural Park
- Ascending Pico da Antónia for breathtaking views
- Exploring bustling São Vicente
- Learning about the volcanic origins of the islands

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, Calabaceira 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 historic buildings such as the Presidential Palace, City Hall and the Church of Nossa Senhora da Graca 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 where 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.

Day 6: Santo Antão And Paul Valley

We begin our day with a ferry ride from São Vicente to the neighbouring island of Santo Antão (1 hour crossing) followed by 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). Our walk descends on a cobbled switchback track through fertile plantations into the Paul Valley, from which we'll continue to our hotel.

Distance: 6 miles (9.5km) with 800 feet (240m) of ascent and 3,600 feet (1,100m) of descent.

Day 7: 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 Ribeira 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 8: Ponta 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 9: 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 10: 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 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, São Vicente - Cape Verde

On the island of São 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. Hotel 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.

Hotel Ouril Mindelo, São Vicente - Cape Verde

This stylish boutique getaway is the latest addition to the Ouril hotel chain's collection of properties on Cape Verde. The Ouril Hotel Mindelo enjoys a prime beachfront location and is in easy reach of shops, bars, and restaurants. Inside, you'll find 107 comfortable guest rooms complete with air conditioning, Wi-Fi, TV, and balconies overlooking the beautiful harbour. Daily continental breakfasts are served in the hotel's bright and airy restaurant, while facilities include an outdoor pool, a gym, and a spa area offering a range of treatments. (27 Oct 2024 departure only)

Mamiwata Eco Village, Santo Antao - Cape Verde

Sitting on a spectacular rock setting right above the Atlantic Ocean, Mamiwata Eco Village has 20 villa-style guest rooms that all enjoy stunning sea views. Décor-wise, you'll find natural stone walls offset by simple-yet-stylish furnishings and a spacious balcony perched over the ocean waves. On the dining scene, the restaurant serves a mouthwatering range of local and international dishes using the freshest organic ingredients grown in the hotel's own garden. (2025 departures)

Hotel Pedracin Village, Santo Antao - Cape Verde

Nestled between the green mountain peaks that rise high above the Ribeira Grande, this small-and-friendly family-run hotel puts you in the perfect spot for outdoor activities. You'll find a wealth of walking opportunities direct from the doorstep and when it's time to relax, 32 simply styled en-suite rooms provide guests with all the comforts they'll need. Outside, there's a sun terrace and outdoor swimming pool with stunning views over the valley below. (2024 departures only)

Hotel Tiduca, Santo Antao - Cape Verde

The 4 star Hotel Tiduca is a comfortable, modern hotel, which first opened its doors in 2017. It is located opposite the Boca de Pistla Harbour, which means you can make the most of the incredible sea and mountain views from the hotel's spacious rooftop terrace. The hotel has 82 ensuite bedrooms, each room has air conditioning, hairdryer, TV, Telephone, wifi, safe and balcony. Other facilities include: a restaurant, 2 bars, small spa, and gym.

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)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on [+44 \(0\)20 3974 8865](tel:+44(0)2039748865) or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

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.

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Safety On Your Holiday

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 must 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 and other directions 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 (sent in your final dispatch) 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

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

Travel Insurance

Travel 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 work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote: <https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

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.

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/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

Suggested reading

- Berlitz, *Cape Verde Pocket Guide* 2015

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

Maps

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

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.

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