Cape Verde Island Hopping



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Cape Verde	5	1932kg CO2

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 YOU'LL LOVE

- 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

WHAT'S INCLUDED

- Local Tour Manager who leads walks (& second leader as required)
- 11 nights' touring accommodation across Cape Verde

- 11 breakfasts, 8 lunches & 10 dinners
- All sightseeing and entrance fees (as per itinerary)
- Outbound flights from London Heathrow including baggage and transfers
- Return flights from São Vicente including baggage and transfers

ITINERARY - ITINERARY

Day 1 **Arrival Day**

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

Day 2 **Praia, Calabaceira to Cidade Velha**

Distance: 3 miles (5km)

Descent: 650 feet (198m)

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.

Day 3 **Pico Antonio & Sao Jorge**

Today we drive to Pico Antonio the highest mountain on Santiago at 4,560ft (1,392m). There are two walk options.

Option 1 - São Jorge

Distance: 5 miles (8km)
Descent: 1,300 feet (396m)

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. This small, quiet village offers a glimpse into rural life. This area is known for its lush vegetation, agricultural landscape, and is home to the National Botanical Garden Grandvaux Barbosa. The village has several cafés and bars where you can enjoy the relaxing atmosphere with a locally grown organic coffee.

Option 2 - Ascend Pico Antonio

Distance: 6 miles (9.5km)
Ascent: 2,300 feet (700m)

We hike through dramatic volcanic typology and the higher you go the more vegetation likepine trees, eucalyptus, and some coffee cultivation will be seen. The trails we follow are generally well defined but the last section to the summit can be tricky, featuring narrow ledges and loose scree. The views from various points along the way and at the summit are well worth the effort with panoramic views of the whole island at the top. As this is a challenging walk it is optional and we offer an alternative easier experience. You also don't have to go to the top to still see stunning views.

Day 4 **Serra Malagueta National Park**

Distance: 6½ miles (10.5km)

Ascent: 700 feet (213m)

Descent: 3,300 feet (1,000m)

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.

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**

Distance: 6 miles (9.5km)
Ascent: 800 feet (240m)
Descent: 3,600 feet (1,100m)

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). It is an important hiking destination known for its lush green scenery, agricultural terraces, and stunning views. After taking in the peaceful surroundings (the caldera is extinct) we head down a cobbled switchback through fertile plantations into the Paul Valley which is one of the most stunning hikes on Santo Antão. From the valley we continue on to our hotel.

Day 7 **Cha De Igreja**

Distance: 7.5 miles (12km)
Ascent: 2000 feet (620m)
Descent: 2200 feet (700m)

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 there's a steep 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.

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**

Ponta do Sol is a vibrant fishing village in the north of Santo Antão island. It is set in a landscape of dramatic cliffs, and is known for colourful boats bobbing in the harbour, colonial architecture and scenic coastal trails. The routes both walk options take end in the picturesque village of Fontainhas. This stunning remote village is often cited as having one of the world's best views. Its colourful houses perch precariously on steep; lush volcanic cliffs and its' slow-paced tranquil atmosphere is sure to captivate.

Option 1 - Circular walk Ponta do Sol

Distance: 5 miles (8km)
Ascent: 650 feet (200m)

For those who would prefer to take an easier walk today, there is an option to walk from Ponta do Sol to Fontainhas village and back to Ponta do Sol.

Option 2 - Coastal Walk

Distance: 9½ miles (15km)
Ascent: 2,150 feet (655m)

This walk starts from the adjacent 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.

Day 9 **Lomba Branco**

Lomba Branco is a small, scenic settlement located in the northeastern part of the island. It is known for its dramatic landscapes, rugged mountains, and lush, green valleys.

Option 1 - Pinhao Valley to Lomba Branco

Distance: 5 miles (8km)
Ascent: 1,050 feet (320m)

On this option 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. This walk offers breathtaking views of the coastline, lush valleys and agricultural terraces.

Option 2 - Valleys and Grogue Distillery

Distance: 5½ miles (9km)
Ascent: 985 feet (300m)
Descent: 1,640 feet (500m)

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 (a potent, artisanal sugarcane spirit) and have the opportunity to sample and purchase locally made drinks and preserves. We finish our walk by descending on a small, cobbled road to the main valley.

Day 10 **Alto Mira III To Cha Da Morte**

Distance: 4 miles (6.5km)
Ascent: 1,200 feet (370m)
Descent: 1,650 feet (500m)

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 microclimatic variations which affect certain parts of Santo Antão.

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.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

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.

Oasis 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. The hotel has a swimming pool with sunbeds, a beach bar 10 minutes' walk away and lobby bar open all day. There are 48 rooms each equipped with air conditioning, satellite TV, mini bar and a balcony with views of the main square or the pool.

Hotel Tiduca, Santo Antao - Cape Verde

The Tiduca is located in Ponta Do Sol right on the harbour front with stunning views over the Atlantic Ocean. On the northern most part of the island Ponta Do Sol is a historic fishing village with colonial architecture, colourful houses, street art and a boulevard perfect for sunsets. The hotel boasts a bar/lounge, a restaurant and a small spa. There is a roof terrace with a lounge bar where you can enjoy stunning views of the ocean as the sun sets. Rooms are classic style with light wooden furniture. They are air conditioned and have a flat screen TV, a safe and free Wi Fi.

Mamiwata Eco Village, Santo Antao - Cape Verde

Situated on a spectacular cliff with stunning views of the Atlantic Ocean, Mamiwata is a sustainable boutique hotel with terraced organic gardens and vineyards. Solar energy powers the hotel, water is recycled and fans and the natural sea breeze are used for cooling instead of air conditioners. There is a pool above the ocean and a restaurant serving fresh, vibrant organic meals and a range of alcoholic and non-alcoholic drinks. Rooms are simple but stylish with natural stone walls and locally made wooden furnishings. The ocean is never far from view with floor to ceiling glass doors leading on to a balcony. Facilities include a ceiling fan, storage space and en-suite with a shower. Wi Fi is available for a fee payable locally.

SAFETY ON YOUR HOLIDAY

Safety information

Please 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.. 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

Vaccinations & health information for Cape Verde

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 diptheria, 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

Passport & Visa information

Passports

We recommend It is a requirement that passports are valid for a minimum of 6 months after the date of your arrival.

Visas

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, at least 5 days before travelling, you must register with the Cape Verde authorities on the EASE website and, if arriving by air, pay an new Airport Security Tax (TSA) of 3,400 escudos or £30. To register and pay your TSA please visit www.ease.gov.cv It is important that you complete this process before you depart.

IMPORTANT - From 1 July 2026, if you do not complete the pre-registration or cannot show proof, you will have to pay double the TSA fee at border control.

ESSENTIAL INFORMATION

Packing list

Cape Verde offers year round warm, sunny weather with temperatures ranging from 24 degrees Celsius through to 30 degrees. The dry season (Nov – June) offers consistent sun with low rainfall, while the wet season (Aug – Oct) has a short unpredictable rainy period with higher humidity, but still, plenty of sunshine.

Essentials

- Walking boots with strong ankle support and good grip
- Waterproof jacket
- Lightweight clothing
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Insect repellent
- Torch (handy for hotel grounds and in the room)
- Water bottle (water is provided throughout the tour)
- Rucksack/day pack
- Collapsible walking poles
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Swimwear and travel towel (hotels have pools)
- Snacks (for coach trips)
- Dry bags
- Camera/mobile phone

Optional

- Mat (something small to sit on for picnics or rest stops when walking)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

Travel independently

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 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.

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 before you travel.

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

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

Language Information on the Cape Verde Guided Walking Holiday

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

LUGGAGE

Luggage information for Cape Verde Guided Walking Holiday

Baggage allowance

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.

If you have chosen to upgrade your international flight, please be aware that any internal or connecting flights may have a lower baggage allowance. In these cases, the baggage allowance of the internal flight will apply for the whole journey.

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

Local currency and spending money advice for Cape Verde

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 arw 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

Local time for Cape Verde

GMT/UTC -1 hour

ELECTRICITY

Electricity information for Cape Verde

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 and maps for Cape Verde

Suggested reading

- Berlitz, *Cape Verde Pocket Guide* 2015
- Bradt, Guide *Cape Verde Island*s 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

TRIPNOTE VALIDITY

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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