

Self-Guided Walking on Cape Verde

Trip Code: SGCV

Version: SGCV Self-Guided Walking on Cape Verde



WALK & TREK



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Discover some of the best walking trails on Sao Vicente and Santo Antao islands
- Experience the contrasts of Santo Antao: arid mountains, lush valleys and stunning beaches
- Hike the spectacular coastal path along the wild Atlantic from Cruzinha to Ponta do Sol
- Relax in peaceful Tarrafal, soak in the laid back island life and Creole hospitality
- Perfect destination for winter sunshine

AT A GLANCE

- Self-Guided
- 8 days walking and sightseeing
- Private transfers included
- Max Altitude 1587m
- Daily departures available
- Join at Mindelo

ACCOMMODATIONS & MEALS

- 10 Breakfasts
- 6 Lunches
- 5 Dinners
- 6 nights Hotel
- 4 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The archipelago of Cape Verde, or Cabo Verde, is a stunning collection of islands of varying scenery, situated in the wild Atlantic Ocean 385 miles off the west coast of Africa. On this self-guided walking holiday, you will visit the islands of Sao Vicente and Santo Antao where you will walk on some of the most incredible hiking trails in the mountains and on the coast, discover rural Cape Verdean life and marvel at the spectacular contrasts of the volcanic island landscape.

Beginning your holiday with two nights in the country's cultural centre of Mindelo, you can immerse yourself into the Creole way of life full of music and dancing, and enjoy an option of two hikes on this arid island. Journeying by ferry to Santo Antao, you will explore the high mountains, the fertile valleys and the stunning coastal regions of this verdant island with the option of a shorter walk or a longer walk available on most days. Your holiday culminates with two nights in the remote beach village of Tarrafal, free for you to enjoy as you wish; the perfect spot to relax and absorb the chilled out island vibes. Staying in a variety of comfortable hotels and small family-run guesthouses, you will experience a true taste of Creole hospitality and no doubt fall in love with incredible Cape Verde.

Is this holiday for you?

We have specially designed this holiday with the option of a shorter or a longer walk available on most days so you can choose the route to suit your preference each day. The shorter options on which the trip grade is based are usually around 3-4 hours of walking, while the optional longer hikes are around 5-6 hours of walking. Your walks will take you on trails that are typically ancient mule tracks of good condition. The nature of the terrain means that some of the trails are rugged, with sections of steep ascents and descents, but you can set your own pace on each day. Private transfers are provided to/from your walks as required by the itinerary, making your holiday experience as seamless as possible. You will have plenty of time to relax in each of the spectacular locations you will stay at. Plus, we have included two nights at the end of the trip at the remote beach village of Tarrafal, perfect for a spot of R&R after a wonderful week of walking. Tourism is still in its infancy at many of the places we visit, some accommodations and facilities can be more basic but this adds to the experience of discovering these special, off-the-beaten-track destinations.

Itinerary

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DAY 1

Arrive to Sao Vicente island and settle into your hotel in Mindelo.

Your holiday begins the moment you step out of the airport on Sao Vicente island, where a private transfer will be waiting for you to take you to your hotel in the heart of Mindelo. Depending on your time of arrival, you may have time to explore the city to discover its characterful colonial architecture and colourful cobbled streets. The iconic pink Palacio do Povo, once a government building, today hosts cultural activities and exhibitions including a long-running dedication to the singer Cesaria Evora, for whom the airport on Sao Vicente is named and whose image is featured on the 2000 escudos note. The fortress-like Torre de Belem in the harbour is a nod to the famous 16th century landmark of the same name in Lisbon; it now houses the Museu do Mar, featuring exhibits on the history and culture of Cape Verde. The unassuming Mercado Municipal, a restored two-storey food market from 1784 where smiling vendors hawk their fresh produce, is a great place to experience the beating heart of a city. Vibrant vegetable and fish markets and the golden sands of Laginha beach add to Mindelo's tropical charm. If you arrive on a Sunday, the city will be asleep and the hustle and bustle will be found around the beach and in the villages of Sao Pedro, Salamansa, Calhau and Baia.

SAO VICENTE CARNIVAL: The streets of Mindelo come alive each year for the Carnival, inspired by the carnivals of Brazil and blended with their shared history of Portuguese flavours. Celebrations begin the week leading up to Shrove Tuesday, with colourful parades of large floats and processions of costumed dancers and packed with events open to all, culminating in the vibrant main parade which starts in the morning and parties on late into the night.



Accommodation
Hotel

DAY 2

Explore Mindelo and discover the southern coast of the island with an option of walks on Sao Vicente.

If you did not have the chance to explore the city the day before, you will have the opportunity to experience its charm this morning. Today you will be able to discover more of Sao Vicente island with your driver, travelling from the north of the island along the golden sand beach of Praia Grande, and through the agricultural oasis of the island interior at Madeiral. You have the option of two lengths of walks on your tour today, which offers you the opportunity to enjoy the beaches and coves you discover and maybe have a swim.

Both walks start from the same point and takes you around the oasis of Santa Luzia de Terra. Facing the neighbouring island of the same name, this is a small valley of colourful rocks where a freshwater spring provides life to a collection of trees emerging from the barren ground. From this surprising haven of greenery, you walk toward the coast and past secluded bays to reach the popular surf spot of Boca de Lapa. Here a few caves provide some welcome shelter from the sun, before you continue your walk to Saragarca where your driver is waiting, to return you to the comfort of your base in Mindelo.

8km / 150m ascent / 170m descent / 3-4 hours walking

If you wish to have a longer walk today, the second option is an extension of the route from Saragarca. You will continue your walk inland to discover the volcanic crater of Viana, before continuing your journey toward Calhau where you will meet your driver to return to Mindelo.

13km / 200m ascent / 220m descent / 5-6 hours walking

Meals: **B**

	Accommodation Hotel		Ascent 150M		Descent 170M		Time 3-4 hours		Distance 8KM
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DAY 3

Take the ferry to Santo Antao and transfer to Ribeira das Patas to discover the rugged mountains on foot.

This morning you will take the ferry to Santo Antao island, the greenest of the Cape Verde islands and boasting numerous excellent hiking trails. The ferry crossing takes around 1 hour to Porto Novo, where you will be met on your arrival and be taken to Ribeira das Patas, in the western mountains of this verdant island. The landscape is spectacular and otherworldly, made up dramatic jagged peaks and bright green cultivated oases. You have an option of two walks here today.

The first option takes you from the Alto Mira to weave between the "Dykes", famous basalt pinnacles unique to this valley. Crossing over the Forquinha pass, your path takes you through fields of sugar cane in Cha de Morte before reaching your lovely guesthouse accommodation for the night.

8km / 200m ascent / 400m descent / 3-4 hours walking

The second walk option takes you along a spectacular balcony path with an astounding vista over the valley, down to Porto Novo and over the sea to Sao Vicente. From the trailhead you have a steady climb on the path clinging to the edge of the mountain, to reach the summit plateau from where you can enjoy views of Tope de Coroa, the highest peak on Santo Antao, and beyond. Your descent follows an incredible cobbled path zig zagging down the steep cliff to reach your guesthouse in Cha de Morte.

13km / 690m ascent / 950m descent / 5-6 hours walking

Meals: **B L D**

	Accommodation Guesthouse		Ascent 380M		Descent 490M		Time 3-4 hours		Distance 8KM
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DAY 4**Option of two walks in the Alto Mira valley before returning to Cha de Morte.**

Today you have the option of two walks to discover Alto Mira, a dramatic canyon descending from the mountains in a northerly direction to the sea. The upper part of the valley is accessible by road, while only footpaths connect the settlements and villages further down the valley. The landscape has been shaped by agriculture, formed of irrigated terraces carved into the steep sided slopes.

A short transfer from your guesthouse will take you to the Alto Mira pass for your first hike option, which follows the trail through oases of cultivated land. Reaching the hamlet of Pau Bonito, you have a short climb to reach a crest before descending to the remote village of Faial. From the valley head you will have a vantage point over the Alto Mira as it carves its way to the expanse of the Atlantic Ocean. From Faial it is a steady climb back to the top of the valley to meet your driver and be transferred back to Cha de Morte for your second night in the cirque of Ribiera das Patas.

6km / 380m ascent / 720m descent / 3-4 hours walking

Your second option today is to complete the full descent of the Alto Mira from valley head to the sea. You will be transferred via a spectacular road that ends at Cha d'Orguiero, where the trailhead at the top of the valley begins. The descent path follows the river from which the valley takes its name, passing through the secluded village of Dominguinhas before reaching the sea. Your driver will be waiting here to return you to your guesthouse in Cha de Morte for your second night.

11km / 200m ascent / 800m descent / 4-5 hours walking

Meals: **B L D**

	Accommodation Guesthouse		Ascent 380M		Descent 720M		Time 3-4 hours		Distance 6KM
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DAY 5**Discover the lush green valley of Paul on the eastern coast of the island.**

Enjoy a leisurely breakfast this morning and drink in your spectacular surroundings before you transfer to your next destination, Paul, to explore the lush valleys in the eastern region of Santo Antao. Paul is considered to be the greenest valley in the whole of the Cape Verde archipelago; you might liken it to the vegetable garden of the country. The vibrant landscape is a pleasing contrast to your first few days on Santo Antao. Here you can discover small paths connecting hamlets in the agricultural corrie of Cabo da Ribeira, where depending on the season produce such as coffee, oranges, guavas, vegetables and tubers are harvested, and rum distilled from the sugar cane grown here. Taking the coastal road to Paul, your driver will drop you off at the end of the road at the head of the Paul valley for an option of two walks in these fertile lands.

The first option is a short loop at the heart of the corrie, taking you through cultivated fields and undulating terrain back to the road at Pe d'Eukalip, from where you can take the public bus to the coast and your seafront accommodation for the night. Alternatively if you prefer to finish your journey on foot, you can continue the leisurely descent through the valley to the coast and your accommodation for the

night.

4km / 150m ascent / 350m descent / 2-3 hours walking

Your second option takes the path descending through the verdant dell of Figueiral and its small communities, passing crops of fruit and vegetables and farmers working their fields. The steep mountains and jagged peaks make for a breathtaking backdrop to the beautiful green terraces you walk through. When you reach the road at Eito you can continue the rest of the short way on foot to reach your seaside accommodation for the night.

9km / 450m ascent / 850m descent / 4-5 hours

Meals: **B L D**

	Accommodation Hotel		Ascent 190M		Descent 395M		Time 2-3 hours		Distance 4KM
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DAY 6

Hike the spectacular coastal path from Cruzinha to Ponta do Sol.

Wake to the sounds of the sea this morning. After breakfast, your driver will take you on a magnificent scenic journey, travelling through Ribeira Grande's mountain landscape and down the valley of Garca to reach the northern shore of Santo Antao and the coastal village of Cruzinha. From here you will walk the spectacular coastal path and marvel at the awesome views over the ocean to your left and the dramatically steep mountains to your right. The cobbled path takes you through the village of Fontainhas, famous for its colourful houses perched on the cliffs. The ingenuity of the terraces carved precipitously into the mountainside can't fail to take your breath away. Reaching Ponta do Sol, the northernmost town of Santo Antao and of the whole Cape Verde archipelago, this is one of the oldest settlements and used to be a flourishing port during the colonial era. Today it is still a fishing hub with many restaurants locally offering the freshest catch of the day. You can settle into your hotel here for the next two nights, explore the town and perhaps enjoy a cold beer or locally-distilled rum while you watch the sun set over the ocean.

Meals: **B L D**

	Accommodation Hotel		Ascent 500M		Descent 500M		Time 5-6 hours		Distance 14KM
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DAY 7

Head inland to discover the Ribeira Grande valley with an option of walks.

Again you will have the option of a shorter walk or a longer walk today, to explore the Ribeira Grande region on foot which you will have driven through yesterday. This valley is made up of many fertile dells and is one of the main areas for the production of rum.

The shorter walk option begins from Ribeirao, from where you will hike on a panoramic path taking you through the glades of Ribeirao and Cha de Pedras. The route travels through fields of sugar cane, the ubiquitous cultivated terraces and small Creole hamlets, and sometimes alongside the irrigation channels created to facilitate the area's harvest. Arriving at Joao Alfonso, your driver will be waiting to return you to Ponta do Sol.

5km / 300m ascent / 500m descent / 2-3 hours

The longer walk option takes you on a loop around the gorge at Cha de Pedras, ascending on a cobbled path into the mountains to the secluded village of Aguada, positioned in a stunning corrie overlooking the deep canyon. Contouring around the interior rim, your route climbs to exit the basin and continue through a number of small farming hamlets, this time with the canyon to your left. Crossing through a few larger settlements, your track descends to Joao Alfonso from where you will be transferred back to your hotel in Ponta do Sol.

8km / 890m ascent / 890m descent / 5-6 hours

Meals: **B L D**

	Accommodation Hotel		Ascent 300M		Descent 500M		Time 2-3 hours		Distance 5KM
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DAY 8

Short loop walk around Ribeira da Torre before transferring to the coast at Tarrafal.

Today you can enjoy a final short hike among the volcanic cliffs and canyons of the Ribeira Grande before you travel on to the west coast of the island. A short transfer this morning takes you to Ribeira da Torre from where you can enjoy a tranquil loop walk among the trails snaking through the rural landscape. Following the paths and irrigation canals, you will reach the village of small farming village of Rabo Curto, before descending through fields of sugar cane and yam back to meet your driver. Your journey will take the scenic road through Corda and the mountainous interior of the island, to reach Tarrafal de Monte Trigo on the west coast on Santo Antao where stunning sunsets are pretty much guaranteed!

Tarrafal is a hidden gem where you can enjoy the solitude and peace of being in a remote fishing village untarnished by mass tourism, with the expanse of the ocean ahead of you and vertical cliffs behind. The name Tarrafal comes from the shrubby tamarisk tree known as "Tarrafe" in Cape Verde, which can survive on sea water and in harsh coastal conditions. Here the volcanic black sand beach is the longest stretch of beach in Santo Antao. Fishermen go about their business in their colourful boats and a relaxed pace of life feels like bliss. Settle into your family-run beachfront guesthouse, sip on a sundowner and bask in the glow of the magical sunset over the bay.

Meals: **B L**

	Accommodation Guesthouse		Ascent 400M		Descent 400M		Time 3-4 hours		Distance 5KM
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DAY 9**Enjoy the day at your leisure in laid back Tarrafal.**

Waking up and feeling refreshed today, your day is free for you to enjoy as you wish. You can simply enjoy some chilled out time on the beach, perhaps with a spot of snorkelling or scuba diving or even a fishing trip. If you're still feeling energetic, you may like to undertake an optional walk along the coast to the secluded village of Monte Trigo, taking a scenic journey on a fisherman's boat back to Tarrafal, a great opportunity to see the island from a new perspective.

Optional walk: 10km / 500m ascent / 500m descent / 4 hours

Meals: **B**

**Accommodation**

Guesthouse

DAY 10**Enjoy your last morning in peaceful Tarrafal before returning to Mindelo by ferry.**

Feeling relaxed and rested, you can enjoy a leisurely morning in Tarrafal and take a stroll on the black sand beach or have a final swim in the sea. In the afternoon you will be transferred back to Porto Novo for your return ferry to Mindelo where you can have a final evening in this vibrant city and raise a glass to celebrate a wonderful holiday.

Meals: **B**

**Accommodation**

Hotel

DAY 11**Departure day.**

Depending on the time of your departure, you may have time to enjoy a relaxed breakfast and a final stroll around Mindelo to pick up some souvenirs (perhaps a bottle of rum to take home!) before your private transfer collects you to take you to the airport.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Private transfers as described in the itinerary
- Return ferry journey between Mindelo and Santo Antao
- Tourist tax

What's not Included

- Travel insurance
- Travel to/from Sao Vicente island
- Local bus transfer if required on Day 5
- Visas (if applicable)
- Drinks
- Some meals as described in the Meal Plan
- Personal equipment
- Tips
- Airport security fee (TSA)
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts and ends at Mindelo. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The best airport for this trip is Sao Pedro Cesaria Evora International Airport on Sao Vicente island.

Meal Plan

All breakfasts, 6 lunches and 5 dinners are included on this holiday. Drinks (water and other drinks) are not included.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

In Cape Verde the cuisine is of a West African origin with Portuguese influences. Ingredients used are fresh and tasty, and meals are often based on regional vegetables along with fish or meat. Being surrounded by water, fresh seafood features in many dishes and can include delicious meaty fish such as tuna, jack fish and the lesser known wahoo. Locally grown crops such as sweet potato, yams, cassava and beans make for a hearty meal, generously seasoned with garlic and herbs. The national dish of Cape Verde is known as Cachupa, a slow-cooked stew made with fish or meat, beans, corn and and vegetables, usually served with rice. Soup dishes such as Canjo are also popular, made with chicken, rice, onions and carrots.

Depending on the catch of the day, you might have the opportunity to try the bizarre-looking Percebes (gooseneck barnacles), also known as sea fingers for their appearance; the end is cracked off and the skin peeled to reveal the meat which has a texture akin to squid.

Fresh fruit including papaya, guava, mangoes, banana and coconuts make for a sweet dessert. For those with a sweet tooth, the Cape Verdean bol de cus-cus is a rich, dense cake made with cornmeal, sugar and cinnamon.

Grogue is a strong rum made from distilled sugar cane and is readily available on Santo Antao where the rum is produced. Mixed with condensed milk or molasses, the sweet cocktail of ponche (punch) is created.

Where included, picnic lunches are provided by the accommodation and typically consist of a pasta or rice salad, with tomatoes, corn and sometimes tuna, with local cheese and fruit. It would be a good idea to bring a Tupperware lunch box for your picnic lunch.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

For this holiday we have selected a combination of comfortable hotels and family-run guesthouses in the small villages we stay at, all chosen for their amazing locations, magnificent mountain or sea views and warm welcome. Plus many have positive policies on sustainability and local impact.

In Mindelo you will usually stay at the Terra Lodge Hotel which generates its own power with solar panels and recycles its waste water. Terra Lodge also has a wonderful terrace overlooking the town and its surrounding mountains and out to the sea. There is a small swimming pool.

In Ribeira das Patas you usually stay in a beautiful converted farmhouse with a swimming pool, and a stunning backdrop of rugged mountains.

While at the coast in Paul and Ponta do Sol, your hotel is located on the seafront, just a stone's throw from the wild Atlantic Ocean.

At Tarrafal on the western side of Santo Antao, you stay in a small fishing village untouched by mass tourism, in a simple guesthouse right by the beach. A perfect spot to relax and soak up the laid back island life.

Accommodations can be subject to change depending on availability. Tourism is still in its infancy at many of the places we visit; accommodation and facilities can be more basic at some locations but this adds to the charm of discovering off-the-beaten-track destinations. Additionally your stay at these locations will directly benefit the local economy.

Please note that many places are not able to accept payment by credit card so having a supply of cash is a good idea.

Baggage Allowance

For this holiday you should take one piece of luggage, and a daypack for your daily essentials. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Cape Verde

UK passport holders do not need a visa for short stays. However there is an 'Airport Security Tax' (TSA) and prior to arrival you must register with the Cape Verde authorities on the EASE website where you can pay the 3,400 escudos (approximately £30) TSA.

US passport holders do need a visa for Cape Verde.

Health & Vaccinations

VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](https://travelhealthpro.org.uk).

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Currency

The unit of currency in Cape Verde is the Cape Verdean Escudo.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 3 to 5 hours a day for consecutive days on steep and rugged paths.

Climate

Sao Vicente and Santo Antao has a hot desert climate, with the annual temperature on the coast averaging around 24 degrees C. August and September are the hottest months, with daytime highs reaching up to 33 degrees C.

Sao Vicente island experiences little rainfall, with September being the wettest month with an average of 5 days of precipitation. Santo Antao experiences higher levels of precipitation with the rainy season between August and December, accounting for its lush green landscapes. Even so the months of October, November and December only average around 2 days of rain each month.

Higher in the mountains the temperature will feel cooler, dropping as low as 11-15 degrees C.

The best season for hiking is from October to July, avoiding the hottest and wettest month of September.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Cape Verde - Bradt Travel Guide

Folk-lore from the Cape Verde Islands - Elsie Clews Parsons

Fables & Fairy Tales of Cape Verde - R. I. J. Roulhac

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons in double or twin occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our sales team will also be happy to provide you a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE

Utilising our years of experience operating guided walking holidays on Cape Verde, we have designed this unique self-guided itinerary to explore some of the most beautiful hiking trails on Sao Vicente and Santo Antao, linking the two islands with a ferry journey. With the option of shorter and longer walks most days, you set your own pace for your holiday. Stopping over in Lisbon? Make the most of your time with our Self-Guided Walking in Lisbon & Serra de Sintra short break.

Please Note This document was downloaded on 14/05/2024 and the trip is subject to change