Walking Cape Verde - Santo Antao & Sao Vicente

Trip Code: SGCV

Version: SGCV Walking Cape Verde - Santo Antao & Sao Vicente

WALK & TREK	SELF-GUIDED	5 MODERATE

HIGHLIGHTS

- Discover some of the best walking trails on Sao Vicente and Santo Antao islands, with an easier walk option available on most days
- 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

- 8 days walking
- Private transfers included
- Suitable for 2+ travellers
- Daily departures
- Join at Mindelo

ACCOMMODATIONS & MEALS

- 10 Breakfasts
- 6 Lunches
- 6 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 colourful cultural centre of Mindelo, you can immerse yourself into the Creole way of life full of art, 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 longer walk or a shorter 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 harder or an easier walk available on most days so you can choose the route to suit your preference each day. The trip grade is based on the longer/harder options that are around 5-6 hours of walking, while the shorter/easier hike options are around 3-4 hours of walking.

Your walks are on well-established trails and you will encounter a wide range of underfoot conditions on this very varied holiday. These can be a mix of ancient mule tracks of good condition, cobbled paths, gravelly trails and rough, rocky tracks. Walking poles are highly recommended for this holiday. The nature of the terrain means that many of the trails are rugged and steep, sometimes with dramatic vantage points that call for a good head for heights.

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 where you will stay. Plus, we have included two nights toward the end of the trip at the remote fishing village of Tarrafal, perfect for a spot of beach 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.

For safety considerations on the more remote mountain trails, this trip is suitable for groups of 2 or more travellers.

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 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 dip your feet into the wild Atlantic waters.

Both walks start from the same point and take 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 leave the gorge to walk toward the coast and past secluded bays to reach the surf spot of Boca de Lapa. For the short option, your walk ends in Saragarca, where your driver will meet you to return you to the comfort of your base in Mindelo (short option: 8km / 160m ascent / 270m descent / 3-4 hours walking). The longer option continues on foot from Saragarca, taking you inland to discover the Viana volcano. Here you can climb to the top of the crater to earn some great views - a highlight of the day's walk - before you make your way to Calhau to meet your driver and return to Mindelo (long option: 13km / 250m ascent / 330m descent / 5 hours walking).

Meals: **B**

Accommodation
Hotel

Ascent
250M

Descent
330M

Time
5 hours walking

Distance
13KM

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 arrival and be taken to Ribeira das Patas, in the western mountains of this verdant island. You will collect your packed lunch on the way, so don't forget to keep your picnic box handy. 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 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. This route has sections of narrow trails and some parts of the paths can feel exposed, so is only suitable for those with a good head for heights. From the trailhead you have a sustained 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 steeply down the cliff, to reach your guesthouse in Cha de Morte. (Harder option: 14km / 835m ascent / 1175m descent / 6 hours walking).

The second 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. (Easier option: 7km / 400m ascent / 430m descent / 3-4 hours walking)

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Guesthouse	835M	1175M	6 hours walking	14KM

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.

Your first 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. (Harder option: 11km / 310m ascent / 955m descent / 4-5 hours walking).

For the second walk option, a short transfer from your guesthouse will take you to the Alto Mira pass, 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. (Easier option: 6km / 370m ascent / 740m descent / 3-4 hours walking). 2025 UPDATE: Please note that this route is impassable as the path has sustained rain damage. As such, this shorter walk option is not available for safety reasons until further notice.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Guesthouse	310M	955M	4-5 hours walking	11KM

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 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. (Harder option: 10km / 330m ascent / 880m descent / 4-5 hours walking).

The second option is a 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 continue the leisurely descent on the quiet road through the valley to reach the coast and your accommodation for the night. Small 'aluguer' minibuses shuttle locals between the villages and you may be able to catch a ride to the coast for the equivalent of a few Euros (in Escudos) if you wish to shorten your walk. (Easier option: 10km / 155m ascent / 720m descent / 4 hours walking)

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	330M	880M	4-5 hours walking	10KM

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 undulating 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 in to 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. There are also some sea pools that invite you for a refreshing dip - look out for the colourful steps near the Restaurant Caleta.

If you feel like having a more leisurely day today, your driver can transfer you directly from Paul to Ponta do Sol, where you can relax and enjoy the atmosphere of this lively fishing hub. You could even take a walk on the coastal path to the colourful farming village of Fontainhas, on an out-and-back route from Ponta do Sol. It is around 3km from Ponta do Sol to Fontainhas.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	835M	860M	5-6 hours walking	14KM

DAY 7

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

Again you will have the option of a longer walk or a shorter 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 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.
(Longer option: 9km / 700m ascent / 750m descent / 5-6 hours walking).

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.
(Shorter option: 8km / 300m ascent / 600m descent / 3 hours walking)

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Hotel	700M	750M	5-6 hours walking	9KM

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. Fisherman go about their business in their colourful boats and a relaxed pace of life feels like bliss. Settle into your family-run guesthouse just a stone's throw from the beach, sip on a sundowner and bask in the glow of the magical sunset over the bay.

Meals: **B L D**

Accommodation
Guesthouse

Ascent
470M

Descent
450M

Time
3 hours walking

Distance
5KM

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, or enjoy a short loop walk around the valley of Tarrafal (2km / 95m ascent / 90m descent / 1 hour walking).

There is also a longer walk option available, along the coast to the secluded village of Monte Trigo. On this out-and-back route, you can walk as far as you wish before turning around and retracing your steps to Tarrafal. The cobbled coastal path takes you through some spectacular volcanic terrain, with boulder fields reminiscent of arid moonscapes. (One-way to Monte Trigo: 10km / 530m ascent / 530m descent / 4 hours walking).

For your dinner tonight, you can choose whether to dine at your accommodation again (just let your hosts know a day in advance), or to try one of the other establishments available in this village.

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
- Tourist taxes
- 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
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to/from Sao Vicente island
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Tips
- Local SIM card (available on request - see Additional Information)
- Airport security fee (TSA)
- Personal equipment
- 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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Joining Arrangements & Transfers

The trip starts and ends in 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. You will be met on arrival at the airport and be transferred to your accommodation in Mindelo. At the end of the trip you will be transferred from your accommodation in Mindelo to Sao Pedro Airport in time for the check in of your departure flight.

Meal Plan

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

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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.

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 and picnic cutlery for your packed lunch.

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.

While in Mindelo, you will stay in a comfortable hotel or guesthouse, well-located for you to easily explore the lively port city.

In Cha de Morte, Ribeira das Patas, you will stay in a welcoming family-run guesthouse with a magnificent backdrop of the surrounding cliffs. In this mountain village, guesthouse facilities are simple, but you will be received like one of the family and enjoy delicious home-cooked meals with produce grown in this very valley.

While at the coast in Paul and Ponta do Sol, your hotels are located close to the seafront, just a stone's throw from the wild Atlantic Ocean.

Toward the end of your holiday, you will stay two nights in Tarrafal on the western side of Santo Antao. A small fishing village untouched by mass tourism, this is a perfect spot to relax and soak up the laid back island life. Here you will stay in a simple guesthouse close to the beach. Please note that it is not possible to make payment by credit card in this remote village, and there are no ATMs or banks here, so you should have a supply of cash for non-included meals and any additional activities or excursions you may choose to undertake independently.

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.

Additional Information

If you would like to have mobile data connectivity on your holiday, a local SIM card is available on request through KE. The cost is £17 for 7GB data with a local network provider. You just need to make sure that your device is unlocked to accept an additional SIM.

Just order this in advance through our sales team; the cost will be added to your booking to be paid with your final balance. The SIM card will be provided at your welcome meeting on arrival in Mindelo.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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 ease.gov.cv where you can pay the 3,400 escudos (approximately £30) TSA.

You must fill in a traveller entry form at least 5 days before you arrive in the country. This form includes an airport security fee ('TSA'), which you must pay before you arrive.

US passport holders do need a visa for Cape Verde.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

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 4 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 June, avoiding the hot summer period as well as 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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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

Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses

- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Filter bottle such as Water-to-Go
- Mobile phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes and cutlery for lunches
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles (highly recommended)
- Headtorch with spare batteries
- Ear plugs
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note our 'from price' listed is based on 4 persons in double or twin occupancy, however this trip is suitable for groups of 2 or more travellers - contact our Sales Team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

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 with 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

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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 longer and shorter 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 Lisbon & Serra de Sintra short break.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change