Walking Holiday on the Captivating Cape Verde Islands

Trip Code: CVW

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Wonderful walking holiday taking in four islands in Cape Verde: Sao Vicente, Santo Antao, Santiago & Fogo
- Hike to the highest point; the magnificent and active volcano of Pico do Fogo (2829m)

- Experience Cape Verde's wonderful climate, lush scenery and delicious food
- Enjoy the archipelago's fascinating Creole Portuguese-African hospitality
- A unique Island-hopping adventure just off the coast of Africa

AT A GLANCE

- 10 days walking and cultural experience
- Max altitude - 2829m
- Join at Praia, end in Sao Vicente

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Located just off the coast of Africa, over 1000 miles south of the Canary Islands, the Cape Verde (Cabo Verde) archipelago is a walker's paradise. With its rugged coastlines and fertile terraced volcanic slopes you will have plenty of days to explore three of these beautiful islands and immerse yourself in the islands' Creole Portuguese-African culture. Using award-winning Binter flights and local ferries, you will island hop between Santiago, Sao Vicente, Fogo and Santo Antao, exploring the island's unique landscapes.

The holiday starts in the largest and most populated island - Santiago, with a night in Praia. A short flight takes us to the nearby island Fogo which is famous for its excellent wine and marvellous classic shaped volcano. Here you'll hike up ashy slopes to the highest spot on Cape Verde at 2829m, an adventure that is unique to KE. Next you'll fly to Sao Vicente, before taking a ferry to the most northerly island, Santo Antao. You spend seven beautiful days walking amidst the sub-tropical jagged mountains. Santo Antao is lush, mountainous and a haven for walkers. If the magnificent peak of Pico do Fogo is not your highlight of this walking holiday then the trails on Santo Antao will be. They are simply outstanding. Cape Verde is a beautiful and remote walking destination with stunning views of rugged coast lines all set in the middle of the turquoise blue ocean. Winter sunshine, excellent food, wonderful hospitality and incredible walking - you won't want to leave.

Is this holiday for you?

This holiday is a series of 10 full-day or half-day hikes and walks with the opportunity to swim in the warm tropical waters. The accommodation is in simple family run guesthouses located in places that offer the best walks. Days are fairly relaxed with 9am starts for most of the walking days and evenings spent enjoying the cheery Creolean hospitality. The location means many evening meals involve 'catch of the day' - however there are always other options! The walks themselves are mostly on good trails with an ascent/descent of between 500-1200m, often on ancient mule tracks. The longest walk is 6 hours with the exception of the ascent of Pico do Fogo which is a dawn start and a steep ascent of 4-5 hours on ash and scree to the highest point of just under 3000m. This day can be considered a challenging and longer walk. The walks on Santo Antao are a series of day walks and on most days there is a short transfer at the start or end of the walk to/from the accommodation. The nature of the terrain in Cape Verde means that some of the descents and ascents are short and steep. We have three internal flights

(the first on day 2 and the other two on day 5) included in the holiday.

Please note: The schedules for the internal flights can change with very short notice, which can result in changes to the itinerary or to the order in which activities are undertaken.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed airport transfers on arrival & departure
- All accommodation as described
- Meals as described in the Meal Plan
- Domestic flights and ferries as required
- All land transport required by the itinerary

What's not Included

- Travel Insurance
- Some meals as detailed in the Meal Plan
- Airport security tax on arrival
- Tips
- Miscellaneous personal expenditure - drinks and souvenirs etc

Joining Arrangements & Transfers

Day 1
A single transfer from Praia Airport (on Santiago Island) to the group hotel is provided.

Day 13
On the last day of the Land Only itinerary, there will be a single transfer to Sao Vicente Airport.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 10 lunches and 8 dinners are included in the holiday price. There are lovely local restaurants available for the dinners not included. No drinks are included with the meals. 2.5 litres of water per person is supplied for each walk. We advise you not to drink the tap water.

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

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

As you can imagine being surrounded by water the diet in Cape Verde is abundant in seafood, usually caught that day and can include tuna, jack fish and the lesser known wahoo. Chicken and pork are also eaten widely. Generally the food is very fresh and hearty with classic stews with sweet potato, yams, manioc, beans and green bananas, seasoned with garlic and coriander. The classic desserts are based on the tropical fruits of the islands such as coconut, papaya, guava, mango. The traditional breakfast dish is called 'Cacsupa' and is sweet corn and beans which is sometimes served with a fried egg. Vegetarians are catered for.

Accommodation

Tourism is still in its infancy on many of the islands that we visit on Cape Verde. This means that some of the accommodation is very simple, and can feel more like staying at someone's house than a hotel or guesthouse. Of course this adds to the charm of the destination and the locations used means that we can really get out and take advantage of the walking in this spectacular scenery. Additionally it is a great way to meet the lovely people of Cape Verde.

On Santiago Island we have 1 night in a simple hotel in Praia. All rooms are en-suite. It is located in a quiet area of the town and starts our journey to meeting the people and discovering their daily lifes.

Our 2 nights in the Calderia on Fogo Island are in a simple Casa belonging to Alcindo. The rooms have an ensuite bathroom, but no hot water. This accommodation was totally rebuilt after the volcanoes eruption in 2014 and is situated just near the crater. The 1 night at the simple hotel in the capital of Fogo, Sao Filipe. The rooms are en-suite and will be the most comfortable hotel so far.

Our hotel in Mindelo, on Sao Vicente Island, which we stay in for 2 nights, is again simple establishment. All rooms are en-suite.

When walking on the island of Sao Antao we stay in 2 nights in a simple guesthouse / pension accommodation at Cha de Morte - Chez Lizy. This is run by the women and girls of the family although they don't speak many languages other than Portuguese they have amazing smiles and are very accommodating (your guide can translate!). They have a shared bathroom and there is no hot water. But a great experience.

In Ponta do Sol we stay for 2 nights in Fatima's guesthouse - Beira Mar - which has great sea views, especially from the terrace. Fatima is a great cook and serves lovely traditional Cape Verde dishes and the 'catch of the day'. All rooms here are en-suite. On some departures we are in the Residencial Ponta do Sol, which is a little further from the sea, however it does have a little wifi (which is rare on this trip!).

Our last 2 nights on Santo Antao (before a final night back in Mindelo) is at Takrida in Vila das Pombas. This accommodation is chosen for its friendly warm welcome from the owners, clean simple rooms and the marvellous food they serve. Some of the rooms are not en-suite. If the group is of a certain size then we will need to split the group between 2 accommodations on this night. Meals will be taken together.

If you are travelling by yourself, you will be paired up with another single client of the same sex. A limited number of single rooms are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotels are available on request.

Group Leader & Support Staff

The group will be accompanied by a professional and qualified local tour leader. On certain days you will also be accompanied by an additional local guide (for example on the ascent of Fogo).

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £200 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks, non-included meals and miscellaneous expenses. Alcoholic drinks, souvenirs and optional activities are additional so you may wish to budget for these. The entrance to Cidade Vilha, Santiago on day 5, is 500 escudo (approximately £5). This visit depends on the internal flights times on this day.

You can choose to take your money in pounds sterling, dollars or euros. However if you have a choice then euros are the favoured currency in Cape Verde and are even sometimes (at the larger places) accepted for payment. There will be the opportunity to change money into local currency on arrival at the airport and your local leader will advise the best places to change. It is not possible to buy local currency prior to travel. Additionally, you will be able to get currency from bank ATMs in the towns that we will visit. Credit cards are useful and it is a good idea to carry one in case of emergency.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' to your leader, drivers and local team. Tipping is entirely voluntary and should be dependent on good service. We suggest €25-50 per person for the main guide, depending on group size. You should allow €15-30 for tips for drivers and other staff along the way. We recommend that you decide levels of tipping and give any tips as a group rather than from individual group members.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. On the internal flights there is a weight limit of 20kg. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

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

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

Climate

Cape Verde has a tropical climate which is mediated by the Atlantic current. Temperatures are fairly constant throughout the year within a range of 20ºC to 30ºC. The majority of days from mid October to June are sunny with blue skies. In January and February there are more overcast days, usually clearing by the afternoon. The islands receive very little precipitation, but does have a rainy season between August and early October.

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.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Hiking boots
- Sandals / Trainers
- Socks & Underwear
- Trekking trousers / shorts
- Wicking shirts or tops
- T-shirts / tops / casual shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket and overtrousers
- Sunhat
- Warm hat
- Sunglasses
- Daypack 25-30 litres
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) -we encourage re-filling water bottles rather than single use plastic
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Gaiters (for scree descent of Fogo)
- Buff (against the dust)
- Trekking poles (highly recommended)
- Swimwear
- Small swim/trek towel

- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Praia, Santiago Island, Cape Verde. For clients making their own flight arrangements, the most convenient for transfers to the group hotel are on arrival Nelson Mandela International Airport, Praia. And on the return Sao Pedro International Airport on Sao Vicente Island, Cape Verde.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London (Heathrow) to Praia via Lisbon with TAP Air Portugal. Outbound flights will depart from the UK in the afternoon, arriving after midnight (Day 1/2 of the Land Only itinerary). Return flights will depart from Sao Pedro, Sao Vicente Island ain the morning of the last day of the itinerary, arriving in the UK in the evening. Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

Unique to KE on this walking holiday across the Cape Verde archipelago is the chance to summit Pico do Fogo, the highest point the islands. We also include all breakfasts and the majority of your lunches and dinners, giving you a perfect mix of included meals where necessary and the choice of local restaurants on some evenings. This holiday is superb value for money.

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