

# Walking Holiday on the Captivating Cape Verde Islands

Trip Code: CVW

Version: CVW Walking Holiday in Captivating Cape Verde



WALK & TREK



GUIDED GROUP



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

- 12 Breakfasts
- 10 Lunches
- 9 Dinners
- 4 nights Hotel
- 8 nights Guesthouse

[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 Creole 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

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## DAY 1

**Santiago Island - Meet at the group hotel in Praia. A single timed transfer from Praia Airport is provided.**

A single timed transfer is provided for the drive from Praia Airport to our hotel in Praia, where your holiday starts.

On this island of Santiago we have sandy beaches, mighty mountains and very dry grassland areas. About half the population of Cape Verde live on the island and there are small terraces for local produce. The island's highest peak is Pico Antonia (not to be confused with the one on Sao Antao!). It has a large influence from Africa as it was a slavery hub for many years. There is also a strong colonial influence which can be seen in the architecture. Depending on arrival time you can explore Praia, with its centre known as the Plateau and the Sukupira market area. We will have our first experience of the warm welcome from the beautiful people of Cape Verde. Our guide will suggest a good place for dinner tonight. Overnight Praia.

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.



**Accommodation**  
Hotel

## DAY 2

**Fly to Fogo Island - the Island of Fire.**

This morning we take the short flight from Praia to the nearby island of Fogo. Fogo is in fact the Portuguese word for fire - and the active volcano 'Pico de Fogo' is the reason. The most recent eruptions were in 2014 and early 2015 with lava destroying almost all the houses in the villages of Portela and Bangeira. However the resilient locals moved back as soon as the lava was cool to the touch and started to re-build. We drive up to these villages not far from the crater rim, also named Cha das Caldeiras. We enjoy an afternoon walk here and our local guide tells us about the volcano and living in the area. Here we are in the original crater which is vast. Pico Fogo is a volcanic peak with its own crater within this vast caldeira. Our overnight accommodation is simple. Overnight Cha das Caldeiras, Fogo.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Ascent**  
270M



**Descent**  
340M



**Time**  
2 - 3 hrs walking








**Distance**  
6KM

**DAY 3****Fogo Island - Hike up Cape Verde's highest point, the magnificent Pico do Fogo (2829m).**

An exciting day today as we ascend this volcano with its characteristic conical shape. Starting at dawn the walking is tough as we ascent steeply on a rocky spur. The views are more than awe inspiring of the island surrounded by the glistening Atlantic Ocean. From the top you can clearly see that this peak is just a small volcano in a massive crater. There are small fumeroles giving off hot sulphur gases and deep ash fields. It is a 4-5 hour steep ascent and then the descent is very quick with most people choosing to run or slide down the ash/scree back to the village. We enjoy our late lunch accompanied by a glass of Fogo wine made from the few vines that they have dotted on the ashy ground. We have the rest of the afternoon to relax in this special place and soak in the atmosphere. Overnight Cha das Caldeiras, Fogo.

Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 1050M		<b>Descent</b> 1050M		<b>Time</b> 6 - 7 hrs walking		<b>Distance</b> 9KM
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**DAY 4****Fogo Island - Walk in the forest of Monte Velha, transfer to Sao Filipe.**

We leave this area on foot as we head in a northerly direction to the coast. We walk around Monte Velha through the forest, past banana, papaya and coffee plantations - a large contrast to our dusty walk yesterday. The area here is very fertile and green because of the trade winds. Along the path we also see agave plants and eucalyptus trees. On arrival at Mosteiros we meet our vehicle to transfer to Sao Filipe. Time and weather allowing we can have a swim in a sheltered bay on the way back to Sao Filipe. This colourful town is great for a stroll around before dinner. Overnight Sao Filipe.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 60M		<b>Descent</b> 1400M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 11KM
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**DAY 5****Fly to Sao Vicente Island via Praia.**

This day varies slightly depending on the flight times. If the flight is in the evening then we have time this morning for a relaxed start. We can walk along the stunning black beach for 1-2hrs. It can be a peaceful or wild place between the crashing waves and the rugged cliffs depending on the weather and seas. We fly from Fogo to Santiago. If we have time in Santiago then we visit the interesting old city Cidade Velha (payable locally) and lunch in a local restaurant. We then fly to the island of Sao Vicente which is located south-east of its more well-known neighbour Santo Antao. On arrival we transfer the 20 minutes to the

town of Mindelo to our hotel. Overnight in Mindelo.

Meals: **B**



#### Accommodation

Hotel

### DAY 6

## Ferry to the lush island of Santo Antao. Stunning balcony walk with views to Topo da Coroa and the valley Cha de Morte.

This morning we have a ferry crossing (1 hour) to Santo Antao, the greenest of the Cape Verde islands and a perfect venue for walking. We transfer for approximately an hour inland to Ribeira das Patas (Ribeira means river or rivers-edge in Portuguese) and a little further up the road we find the trailhead of our walk. This impressive trail contours around the mountain and ascends gradually (with the occasional steep section) and cannot be seen from the road. It is an incredible path and walk. The views are superb over the valley, down to Porto Novo and over the sea to Sao Vicente. At the highest point of our walk we emerge onto a plateau with views of Topo da Coroa (1983m), the highest peak on Santo Antao and the whole of Cape Verde. Passing an old hermits cave we then start our steep descent on a beautifully made cobbled path. Many of these paths were made by slaves in years gone by. They are well maintained these days for locals and their donkeys for villages and fields which do not have road access. Our trail today ends back at the village of Cha de Morte and our accommodation where we overnight in a simple guesthouse with a local family.

Meals: **B L D**



#### Accommodation

Guesthouse



#### Ascent

1050M



#### Descent

1440M



#### Time

5 - 6 hrs walking



#### Distance

11KM

### DAY 7



## Santo Antao Island - Hike through orchards and terraces on rural Cape Verde.

A spectacular walk today as we descend from the village of Cha d'Orgueiro down to the northwest coast. We have a transfer of around 30 mins to the village from where we walk down to the northwest coast with wonderful vistas. This delightful walk sees us descend past farmed terraces and along the deep valley carved out by the river Alta Mira. This is the first sheltered valley in the area and therefore utilised by the local population. In between the steep sided cliffs, far away from the end of the road we come across small plots of land properly terraced and irrigated, and planted with an array of fruit and vegetables such as yam, breadfruit, mango and papaya. We descend right down to the pebble beach at the coast. Our transfer meets us a little further up the road and we drive to Cha de Morte for our second night.



Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 600M		<b>Descent</b> 1140M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 12KM
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## DAY 8

### Santo Antao Island - Cova Crater visit, walk down the Ribeira Grande Valley, to Ponta do Sol.

After breakfast we board our vehicle for a transfer of approximately 1.30hrs to the wooded ridges of the island in the northeast. We arrive at the Cova crater, which is an ancient volcanic crater surrounded by jagged mountains and a lovely flat inside - perfect for agriculture! It's an interesting place. Our walk starts a short distance from here as we descend into the Ribeira de Grande valley, in the direction of the coast. The scenery is marvellous, and very different from what we have seen. We pass by sugar cane and vegetable crops through more undulating terrain. Coming out of the valley we have panoramic views into the next valley and down to the sea - it is beautiful. We meet our driver at the road and we drive to Ponta do Sol, approximately 40mins. This is the old port of the island and a thriving little town. We can stroll along the pier and see the staggering cliffs of the northern coast dive vertically into the sea. We have 2 nights in this little town. Overnight Ponta do Sol.

Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 350M		<b>Descent</b> 450M		<b>Time</b> 3 - 4 hrs walking		<b>Distance</b> 8KM
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## DAY 9

### Santo Antao Island - Spectacular coastal walk to Ponta do Sol.

This morning we transfer around to the coastal village of Cruzinha (approximately 1.30 hrs), and then we walk back to Ponta do Sol along the spectacular coastal path. The views are breathtaking with the vast expanse of the ocean on our left and the steep mountains on the island inland. We enjoy lunch at a homestay in the village of Corvo, which is only accessible by foot along this coastal path. After lunch the path takes us through to Fontainhas, a hilltop village famous for its colourful houses. We then descend into Ponta do Sol for our second night. We can relax with a beer and maybe get into the swing by listening to some live music. Overnight Ponta do Sol.

Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 650M		<b>Descent</b> 650M		<b>Time</b> 5 - 6 hrs walking		<b>Distance</b> 16KM
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**DAY 10****Santo Antao Island - Stunning walk in the Ribeira da Torre valley.**

We leave Ponta do Sol this morning with a 20mins transfer into the Ribeira da Torre valley. This is one of the greenest and most spectacular in the island. The first few villages we come across are a hive of planting with sugar cane, banana, cassava, papaya and sweet potato. This area really is a dream for walkers! Rising sharply from the middle of the valley is a volcanic tower known as 'Tope de Mirande'. We have lunch with a lovely local family (one of the many holiday highlights!) before descending through the cane fields following the irrigation channels back to the bottom of the valley. We meet our driver and transfer the 30mins to Vila das Pombas (Paul), where we have the next two nights at a small family run guesthouse.

Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 800M		<b>Descent</b> 800M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 8KM
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**DAY 11****Santo Antao Island - Enjoy a home-cooked family lunch and lovely walk in Val de Paul.**

The Val de Paul is beautiful and green, peppered with plantations of sugar cane, mango, papaya, breadfruit and eucalyptus trees. There are also cedar and pine trees in proliferation. The chain of mountains that run through the island have towering peaks, and stunning views of the Atlantic coast. We walk today through this area and its small communities. We start with a transfer up the valley of around 40 mins. At the road end we start walking and follow the cobbled paths lined with dry-stone walls and the precarious villages nestled on steep sided mountains. We have a lunch full of the local product at the home of Fatima. On our descent we visit the rum distillery and maybe try some of this local product. The rum is made from the sugarcane which is harvested in late spring. We walk right back to our accommodation in the coastal town of Paul. Overnight Paul.

Meals: **B L D**

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	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 410M		<b>Descent</b> 970M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 10KM
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**DAY 12****Santo Antao Island - Hike through coffee plantations before ferry hopping to Mindelo.**


Our last walk on this fantastic island is from the Janela point, and up into the valley. This is a lovely short circular walk through coffee plantations with great views of the ocean. A perfect last leg stretch before



transferring to Porto Novo and taking the ferry back to Mindelo. Here our guide will arrange dinner in a local restaurant for a final celebratory meal as we toast our delightful holiday in the beautiful Cape Verde Islands.

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 880M		<b>Descent</b> 880M		<b>Time</b> 3 - 4 hrs walking		<b>Distance</b> 8KM
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### DAY 13

**Departure day - Sao Vicente Island. A single transfer to Sao Pedro Airport is provided.**

A single timed transfer is provided to the airport. We wave goodbye to these beautiful islands in the middle of the turquoise-blue ocean. Flight time dependent we have some time to walk around Mindelo with its Portuguese colonial buildings and vibrant markets.

Meals: **B**

## Holiday Information

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### 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.

## Food & 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.

## 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

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 lives.

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).

## 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 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## 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

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. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## 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](#).

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>

## 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 cardiovascular 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 20°C to 30°C. 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 prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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.



## 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.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

## 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)

## 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

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

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 in 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 21/05/2024 and the trip is subject to change