


Cape Verde Island Hopping

Trip style: Guided Walking Holidays

Destination:  Cape Verde

Trip code: CVW11-WHW10

Grades: 1, 3

Carbon Footprint:  1932kg CO2



HOLIDAY OVERVIEW

Located off the west coast of Africa and made up of 10 islands in the Atlantic Ocean, Cape Verde is blessed with stunning beaches and plenty of natural wonders. You'll get to island hop across the archipelago and learn more about its Afro-European culture, explore the green heartlands of Santiago, and discover the extinct volcanoes of Santo Antão and São Vicente. There's also challenging walks in Serra Malagueta National Park and an ascent up Pico de Antónia – the highest point of the islands.

WHAT YOU'LL LOVE

- Discovering Cape Verde's Portuguese influences
- Visiting Cidade Velha's historic fortress
- Spotting wildlife in Serra Malagueta Natural Park
- Ascending Pico da Antónia for breathtaking views
- Exploring bustling São Vicente
- Learning about the volcanic origins of the islands

WHAT'S INCLUDED

- Local Tour Manager who leads walks (& second leader as required)
- 11 nights' touring accommodation across Cape Verde
- 11 breakfasts, 8 lunches & 10 dinners
- All sightseeing and entrance fees (as per itinerary)
- Outbound flights from London Heathrow including baggage and transfers
- Return flights from São Vicente including baggage and transfers

TRIP SUITABILITY

This trip is graded Activity Level 3.

Walks are full and part day with some sightseeing, between 3 and 10 miles (5-16km) with up to 2,150 feet (650m) of ascent. Two of the walks have significant descent of up to 3,600 feet (1,100m). There is the option to ascend Pico Antonio, the highest peak on the island of Santiago at 4,560 feet (1,392m). Terrain can occasionally be steep and rough underfoot. The walks are at the very top end of our level 3 holidays.

ITINERARY

Hotel Praia Mar, Santiago - Cape Verde

The Praia Mar is a low-rise hotel occupying a headland in Prainha, the capital city's embassy district. It is part of a Portuguese hotel chain and as such it enjoys good standards and a decent range of facilities. The hotel is located only five minutes' drive from Praia International Airport, the 'Plateau' with its shops and market, and the administrative and financial centre. The Praia Mar has 123 rooms in total, including four suites. All rooms have air conditioning, satellite TV, telephone, room safe, mini-bar and hairdryer.

Oasis Porto Grande, São Vicente - Cape Verde

On the island of São Vicente, we stay at the Hotel Porto Grande in Mindelo. The Porto Grande sits elegantly on Mindelo's main square, a few hundred metres from the seafront and five minutes' walk to most of the principal restaurants, bars and nightspots. The town beach, known as Laginha, is a pleasant, 10 minute stroll to the east. The hotel has a swimming pool with sunbeds, a beach bar 10 minutes' walk away and lobby bar open all day. There are 48 rooms each equipped with air conditioning, satellite TV, mini bar and a balcony with views of the main square or the pool.

Hotel Tiduca, Santo Antao - Cape Verde

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

Mamiwata Eco Village, Santo Antao - Cape Verde

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

Safety information - SHARED WITH ALL WW

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because

our leaders must consider both group and individual safety at all times. Whilst out with the group, we respectfully request that you: Please listen to any safety instructions and other directions from the leader Keep group members in view, especially if weather or visibility is poor Please stay where you are if you become separated from the group. The leader will retrace their steps to find you. Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List). In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary requirements - SHARED WITH ALL WW

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs. If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & health information for Cape Verde

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus, polio vaccines. Requirements can change, and we recommend you check in good time ahead of your holiday. It is recommended for most travellers to have: Hepatitis A Tetanus Typhoid Polio vaccinations should be up to date. Cape Verde is a third world destination but has good levels of hygiene and reasonable healthcare. Stomach upsets do happen but if you ensure you wash your hands before food, drink bottled or filtered water and use plenty of sunscreen, and wear a sunhat, this should make a difference. There is a low risk of Zika virus and malaria: you should take steps to avoid being bitten by mosquitos. You will see large spiders, but they are not dangerous. Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to: Keep medication in its original packet Take a copy of your prescription If possible, ask your chemist to write the name of your medication in the language of the country you're visiting For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk

Passport & Visa information - Cape Verde

Passports We recommend It is a requirement that passports are valid for a minimum of 6 months after the date of your arrival. Visas Visas From 1st January 2019, If you have a British Citizen passport you can enter Cape Verde as a visitor for stays of up to 30 days without a visa. In place of a visa, at least 5 days before travelling, you must register with the Cape Verde authorities on the EASE website and, if arriving by air, pay an new Airport Security Tax (TSA) of 3,400 escudos or £30. To register and pay your TSA please visit www.ease.gov.cv It is important that you complete this process before you depart.

Packing list - Cape Verde

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

strong ankle support and good grip Waterproof jacket Lightweight clothing Walking clothing Walking socks (plus spares) Sunhat High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Insect repellent Torch (handy for hotel grounds and in the room) Water bottle (water is provided throughout the tour) Rucksack/day pack Collapsible walking poles Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy Recommended Swimwear and travel towel (hotels have pools) Snacks (for coach trips) Dry bags Camera/mobile phone Optional Mat (something small to sit on for picnics or rest stops when walking)
