

Hiking Cape Verde

AN ACTIVE CULTURAL EXPLORATION ACROSS FOUR ISLANDS



Wilderness Travel

Overview



TRIP DETAILS AT-A-GLANCE

- Length:** 10 days
Arrive: São Vicente, Cape Verde
Depart: Praia, Cape Verde
Lodging: 9 nights hotels
Meals: All meals included
Activity: Hiking & Trekking, Cultural, Walking, Limited Edition

Trip Level: 1 2 ③+ 4 5 6

Moderate to strenuous hikes, 4-6 miles most days, often on rocky surfaces, altitudes of 3,000 to 9,000 feet

QUESTIONS?

Our Area Specialists are your single point of contact and would be happy to answer any questions about your trip!

800.368.2794 | 510.558.2488

HIGHLIGHTS

- Hike and explore four volcanic islands, each with its own atmosphere and landscape
- Hear Cape Verde's soulful traditional music, sung in Cape Verdean Creole
- On São Vicente Island, the music capital of Cape Verde, visit the home of the late legendary singer Cesária Évora
- Climb Pico do Fogo, the highest mountain in Cape Verde
- Take a "cachupa" cooking class with a local family in a private home
- Taste local wines grown in Cape Verde's volcanic soil
- Walk along the bay at Baía das Gatas' white-sand beach

Introduction



LIMITED EDITION ADVENTURES

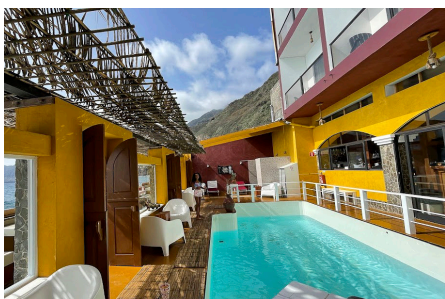
This is a Limited Edition adventure—which means a unique trip we've never run before or offer only every few years. Led by our most experienced Trip Leaders, these journeys often take place in remote destinations with only the most basic infrastructure for tourism. If you see a Limited Edition trip scheduled for this year, now is the time to sign up, as spaces fill very early and the trip may not be back for a while! Planned daily activities and actual timings may vary due to local conditions or the discretion of your Trip Leader—it is important to bring your spirit of adventure for these special exploratory journeys!

TRIP DATES

October 23–November 1, 2026
April 2–11, 2027
October 22–31, 2027

If island-hopping, pristine hiking trails, and a welcoming culture of music and storytelling sound intriguing to you, join our adventure to far-flung Cape Verde. On this stunning 10-island archipelago off Africa's West Coast, topped by the 9,280-foot Pico do Fogo volcano, we'll hike volcanic landscapes, explore seaside villages, meet local artists, and hear the islands' unique forms of music, including the haunting melodies of *morna*, sung in Cape Verdean Creole. This active journey takes us to the islands of Santo Antão, São Vicente, Fogo, and Santiago.

Itinerary



Overnight: Tienne del Mar

The Tienne del Mar is set on the waterfront in the greenest part of Santo Antão Island with sea- or mountain-view guest rooms. The restaurant offers local dishes with a Cape Verdean touch as well as international dishes, and the restaurant uses ingredients from its local garden as much as possible. Guests can enjoy a beautiful Cape Verde sunrise at breakfast on the terrace.

Meals: B, L, D

Hiking Details: 2 miles, 1 hour, 260' ascent / 285' descent (Day 1); 3 hours, 3 miles, descent 2,700' / ascent 900' (Day 2)

DAYS 1-2 SÃO VICENTE ISLAND, CAPE VERDE / SANTO ANTÃO ISLAND / COVA CRATER HIKE / GROGUE DISTILLERY

Day 1: We meet in Mindelo, São Vicente Island, for a trip briefing, a short walk to a local market, and a light lunch before transferring by ferry to scenic Santo Antão Island. On arrival, we'll enjoy our first walk along the coast to our seaside hotel, giving us a feeling for the peaceful pace of life on this island of rugged canyons, green valleys, and small villages. We gather for our Welcome Dinner tonight.

Day 2: A morning hike brings us across the floor of Cova, a volcanic caldera. Set at an altitude of 3,600 feet and encircled by 400-foot-high walls, the caldera cradles a patchwork of terraced agricultural fields cultivated with an array of crops, from sugarcane and bananas to maize and beans—its colorful mosaic below the rugged volcanic ridges. We'll hike winding paths, enjoy magnificent views, follow trails between sugarcane and banana plantations, and meet some of the local people who farm this area. At lunch, we'll have a chance to sample grogue, a distilled cane juice that on Cape Verde is still produced much the same way it was in the 19th century. More than half of Cape Verde's grogue is produced on Santo Antão Island, and we'll visit a historic distillery to see how it is made. Because of the traditional means of production, there are hundreds of different versions of grogue, each with its own taste and alcohol content.

Note: While we work hard to make this itinerary as accurate as possible, the planned daily activities are subject to change as necessary, depending on weather conditions and flight and ferry schedules at the time.

Itinerary



Overnight: Tienne del Mar

Meals: B, L, D

Hiking Details: 4 hours, 2.4 miles, 2,300' ascent / 1,850' descent

DAY 3 SANTO ANTÃO ISLAND / CRUZINHA / JEWISH HERITAGE SITES

Heading to a remote part of the island, we start our hike at the small fishing village of Cruzinha and follow a trail along the coastline, sometimes hiking right along the coast and sometimes walking through rural hamlets higher up. The trail was built centuries ago and is still in use for people and donkeys. It's still the only way to connect these remote villages, and we'll visit some along the way, with a packed lunch en route. In the late afternoon, we visit a historic Jewish cemetery and the village of Sinagoga, part of the island's Jewish heritage. In the 19th century, Jewish merchants from Morocco and Gibraltar settled on this island when it was a Portuguese colony and some of their descendants still live here.

Itinerary



Overnight: Oásis Porto Grande

The Oásis Porto Grande is located about a five-minute walk from Mindelo's bustling Old Town and Mindelo Bay's harbor neighborhood. Guest rooms are small but comfortable and there is a swimming pool, open-air terrace, restaurant, and bar.

Meals: B, L, D

Hiking Details: 4 hours, 7.2 miles, minimal ascent / descent

DAY 4 SÃO VICENTE ISLAND / CALHAU / BAÍA DAS GATAS

A morning ferry brings us to São Vicente Island, recognized as the music capital of Cape Verde. This lively island also has some of Cape Verde's best beaches. We'll head to the beach town of Calhau for a morning walk on a fairly level trail that circles a small volcano. Along the way, a local guide will give us a talk about Cape Verde's geology. After lunch, another walk brings us along São Vicente's coast to the white sands and crystal-clear waters of gorgeous Baía das Gatas beach. Tonight's dinner is at a restaurant with live local music, an opportunity to hear Cape Verde's famously soulful music. Baía das Gatas beach is home to a famous music festival that takes place in August and attracts musicians and visitors from all over the world.

Itinerary



Overnight: Oásis Porto Grande

Meals: B, L, D

Hiking Details: 2.5 hours, 3 miles, 650' ascent/descent

DAY 5 SÃO VICENTE ISLAND / DONA AMÉLIA LIGHTHOUSE HIKE / SÃO PEDRO

We'll hike to the historic Dona Amélia Lighthouse this morning, visit a beachside nesting site for sea turtles, and meet fishermen in the small community of São Pedro to hear about the local catch. After watching the turtles, we'll have lunch at São Pedro Beach, home to this turtle sanctuary and known for its fine white sands. After lunch, the afternoon is focused on music and arts, including a visit to the home of the late Cesária Évora, the barefoot diva who reached worldwide fame as a singer of *morna*, the traditional Cape Verde music genre. After visiting Cesária Évora's house, three local artists will join our group to talk about and perform scenes related to Carnival, the most celebrated occasion in Cape Verde. Dinner this evening is another opportunity to enjoy local live music.

Itinerary



Overnight: Colonial Guest House

This bed-and-breakfast on Fogo Island has a very good location in São Filipe's Old Town. Guest rooms are very simple. The open terrace/garden at the front doubles as a bar/restaurant. Please note that while all guest rooms have private bathrooms, some are not located in the bedroom itself, but are very close by just down the hall.

Meals: B, L, D

Moderate Hiking Details: 3 hours, 4 miles, 900' ascent/descent

Challenging Hiking Details: 5 hours, 6-7 miles, 3,800' ascent/descent (or partial climb, 3,400' ascent/descent)

DAYS 6-7 FOGO ISLAND / SÃO FILIPE / COFFEE FARM / PICO DO FOGO / FUNCO HOMES / WINE AND CHEESE TASTING

Day 6: After a scenic tour to Monte Verde, the highest point in São Vicente, a mid-morning flight brings us to Fogo Island, known for its striking volcanic landscape. Fogo is the Portuguese word for fire, and this island is dominated by the towering volcano called Pico do Fogo, the highest mountain in the Cape Verde archipelago. On arrival, we head to São Filipe, the island's laid-back town, set on a high cliff above a black-lava beach. We'll take a walking tour of this town of quiet squares, tree-lined streets, colorful houses, and *sobrados* (historic mansions). Afterwards, we'll visit one of Fogo Island's coffee farms and learn how the archipelago's delicious coffee is produced.

Day 7: There are two hiking options today. We'll offer a moderate hike to a small volcanic cone on Pico do Fogo, followed by a hike around the base of this iconic volcano. Our challenging option requires an early start to climb to the summit crater, with an ascent on a steep switchback trail on the big wall of the caldera and an optional scramble at the very end to the true summit. From the rim, the 360-degree views across the entire island are breathtaking. We descend by a different route, heading down the mountain with long strides in knee-deep ash—a fun finish to a great adventure. This afternoon, we visit some of the island's historic "funcos," round, thatch-roofed homes of volcanic stone. The Portuguese traders who first settled São Filipe brought slaves with them. Over time, some of the enslaved escaped, retreating to the caldera of Fogo and constructing funcos using techniques brought from Africa (particularly Guinea-Bissau). In the late afternoon, we'll visit a winery. Fogo has produced wines for over 120 years from its volcanic soils. The island is also a mainstay of Cape Verde's cheese production and we'll sample the wares.

Itinerary



Overnight: Colonial Guest House

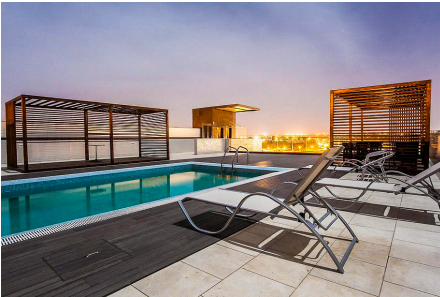
Meals: B, L, D

Hiking Details: 3 hours, 4 miles, 600' ascent/descent

DAY 8 FOGO ISLAND / CACHUPA COOKING CLASS

After a morning hike, we'll head to a private home for a "cachupa" cooking class with a local family. Cachupa (the Portuguese spelling) or Katxupa (the Cape Verdean Creole spelling) is the official national dish of Cape Verde. It is a hearty, slow-cooked stew of beans and dried corn (maize), with cassava, sweet potatoes, and meat or fish added. It's not only a traditional dish but also a traditional process, which involves pounding maize using a big mortar and pestle and simmering ingredients for many hours. We'll partake in some parts of the process, with the help of a family member, then return to our hotel for free time. Tonight, the cachupa that we helped to make will be brought to our hotel and served to us in the hotel's restaurant.

Itinerary



Overnight: Perola Hotel

The Perola is a modern 60-room hotel with a convenient location, spacious rooms, WiFi, a restaurant, and a rooftop pool with a great view.

Meals: B, L, D

DAYS 9-10 SANTIAGO ISLAND / PRAIA / CIDADE VELHA / DEPART

Day 9: Today's activities are dependent on the internal flight schedules, which can change based on demand (as noted below Day 1). One option has us on a morning flight to Praia, Cape Verde's capital city. On arrival, we'll head to Cidade Velha on the coast for a walking tour. Cidade Velha was the first permanent settlement in the tropics established by Europeans and is now a UNESCO World Heritage Site. If our internal flight arrives early enough, a short trail hike, followed by a city tour of the capital, may be possible. Another option gives us more time on Fogo before an afternoon flight to Praia. No matter what, your Trip Leader will always have something special up their sleeve. Tonight we gather for our festive Farewell Dinner, complete with live local music.

Day 10: Breakfast at the hotel, then transfer to the airport and depart on homeward-bound flights.

Pricing

TRIP COST

Prices are per person, based on double occupancy

2026

\$7,195 (10-15 members)

\$7,595 (4-9 members)

Single supplement: \$925

2027

\$7,895 (10-15 members)

\$8,295 (4-9 members)

Single supplement: \$975

Please contact us for future years' pricing

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

PAYMENT TERMS

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION & TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No Charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details:

www.wildernesstravel.com/insurance

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations in hotels and small inns
- All meals
- A glass of wine or beer with dinner
- All ground and internal air transportation, and baggage handling from meeting until departure
- All activities as indicated in Detailed Itinerary

TRIP DOES NOT INCLUDE

- Travel to and from the arrival and departure location as indicated in Detailed Itinerary
- Additional hotel nights outside the trip's scheduled dates
- Optional gratuities to Trip Leaders or staff
- Optional travel insurance
- Airport transfers
- Other expenses of a personal nature (some alcoholic beverages, laundry, etc.)

Arrival & Departure

ARRIVAL & MEETING PLACE

Mindelo, Cape Verde

Suggested Airport: Cesária Évora International Airport (VXE)

Suggested Date & Time: Anytime prior to Day 1

Meeting Place: You will meet your Trip Leader in the lobby of Oásis Porto Grande Hotel in Mindelo at 10:00 am on Day 1. The transfer to the hotel from the airport or your prior location is on your own.

DEPARTURE

Praia, Cape Verde

Suggested Airport: Nelson Mandela Praia International Airport (RAI)

Suggested Date & Time: Day 10, anytime. The transfer to the airport is on your own, and your Trip Leader will be happy to help you make those arrangements.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Cape Verde.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once tickets are purchased, please forward a copy of your email flight confirmation from the airline. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific departures they will be leading, please visit wildernesstravel.com/leaders.



DAVID MONTEIRO

Born in Mindelo, Cape Verde, an archipelago off the west coast of Africa, David Monteiro moved to Portugal with his family as a child. Though Cape Verde remains close to his heart, he now considers both Portugal and Spain home. After more than 20 years working as a CPA, David decided to pursue a new path and began leading hiking, mountain biking, and rock climbing trips—sports he has loved since childhood. Known for his great sense of humor and easygoing nature, he especially enjoys connecting with people from around the world. When not guiding, David devotes his time to photography, literature, and history.

What to Expect

WHAT THE TRIP IS LIKE

This trip is rated a **Level 3+, Moderate**, according to our trip grading system. You will need to be comfortable hiking 3-5 miles a day, being on your feet for up to 7 hours a day, and hiking on uneven surfaces. The trails can often be rocky with sections that are quite steep. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 4-6 miles
- 3-4 hours
- 1,500' ascent/descent

Challenge Day

- Day 7: 5 hours, 6-7 miles, 3,800' ascent/descent (easier alternatives available)

TERRAIN

Our hikes are in a rugged volcanic landscape and many of the trails are on rocky and uneven ground, so it is important that your footwear is comfortable and has a good hiking sole. Occasionally there are steeper paths and steps on the coastal walks, and the ground can be uneven, with some sharp rocky areas. Hiking distances are normally measured in hours, not miles, since many maps aren't really accurate enough to assess how far we walk up and down volcano trails.

Hiking poles: if you prefer using poles on rocky and uneven surfaces, please bring your own from home. They are not available for purchase in Cape Verde.

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in. Altitude is generally not a problem on this trip. However, some people still experience a few problems when they first reach high altitude. Slight headache and sleeplessness are the most common symptoms.

WEATHER

Cape Verde has a subtropical and dry climate, cooled by the trade winds. There is good weather year-round, with a fairly constant temperature between islands, averaging between 86°F and 77°F. Cape Verde is part of Africa's Sahelian arid belt and there is rain between August and October, usually in brief downpours.

ACCOMMODATIONS

Our accommodations have been chosen as much as possible for their ambiance and history and are delightful for the local color and dining that they offer. These rustic and well-located hotels are clean and comfortable, but since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

What to Expect

CUISINE Cape Verdean cuisine is influenced by West African, western European, and Portuguese foods. Staple ingredients include corn, beans, rice, cassava, fried potatoes, and vegetables such as carrots, squash, and kale. Fish are a mainstay on the islands, including fish stews such as caldo de peixe, grilled fish dishes, plus fish specialties such as *buzio* (conch stew). Pork and chicken dishes are also popular, as are pastas and seafood soups.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	MILES	HOURS	ELEV. ASCENT/DESCENT	HOURS
1	2 miles	1 hour	260' ascent / 285' descent	Ferry time: approximately 1 hour
2	3 miles	3 hours	900' ascent / 2,700' descent	
3	4 miles	2.4 hours	2,300' ascent / 1,850' descent	
4	7.2 miles	4 hours	Minimal	Ferry time: approximately 1 hour
5	3 miles	2.5 hours	650' ascent / descent	
6				Flight time: approximately 3 hours
7	A) 6-7 miles B) 4 miles	5 hours 3 hours	3,800' ascent / descent 900' ascent / descent	
8	4 miles	3 hours	600' ascent / descent	
9				Flight time: 35 mins

Additional Information

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 or email us at info@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

Toucan Club Rewards & Discounts



T-SHIRT FRONT



T-SHIRT BACK



PATAGONIA SYNCHILLA FLEECE VEST;
INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel 32oz stainless steel insulated water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$140 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$150 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.

Travel Notes

Travel Notes



WILDERNESS TRAVEL HAS BEEN AWARDED:

World's Best Tour Operators: *Travel + Leisure*, 2025, 12-time winner

Best Travel Specialists in the World: *Conde Nast Traveler*, 2025, 5-time winner

Best Wildlife, Hiking & Walking Trips: *AFAR Magazine*, 3 years in a row

Best Adventure Travel Companies: *USA Today*

Trip of the Year: *Outside Magazine*, 9-time winner

50 Tours of a Lifetime: *National Geographic Traveler*, 9 years in a row

Best Adventure Travel Companies: *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

Revised: May 21, 2026



Wilderness Travel

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