

CAPE VERDE ISLAND HOPPING



ITINERARY AT A GLANCE

Day	Location	Accommodation
Mon 01	Island of Sal	Hotel Morabeza
Tue 02	Island of Sal	Hotel Morabeza
Wed 03	Island of Santiago	Quinta da Montanha
Thu 04	Island of Santiago	Quinta da Montanha
Fri 05	Island of Fogo	Pousada Pedra Brabo
Sat 06	Island of Sao Vicente	Hotel Foya Branca
Sun 07	Island of San Antao	Pedracin Village
Mon 08	Island of Boa Vista	Iberostar Club Boa Vista
Tue 09	Island of Boa Vista	Iberostar Club Boa Vista
Wed 10	Island of Boa Vista	Iberostar Club Boa Vista
Thu 11	Island of Boa Vista	Iberostar Club Boa Vista

WOW FACTORS!

- To actually stay in a hotel built within the crater of an awesome and active volcano.
- Incredible diversity of scenery where one moment you could be in the Sahara and the next in the Peruvian Andes...or that is how it seems.
- The nearest tropical islands to Romania.
- A world capital of music with a fusion of Brazilian salsa, African jazz and haunting Portuguese melodies.
- First European colonial outpost in the tropics.
- UNESCO World Heritage Sites.
- Beaches to rival the Seychelles.
- Friendly hospitable people with a stable democratic government and no crime problem.
- Visit six islands, all very different, in eleven days.
- All within 6 hours flying from Romania and with no jetlag.

^..bringing the tropics a little closer

Discovered!

Tropical islands west of Africa and east of Brazil

- The archipelago of Cape Verde presents the nearest tropical islands to Europe.
- Climatically they are a marine extension of the Sahara, and benefit from a dry, moderate climate throughout the year with generally very little rainfall although it can vary according to the island and altitude.
- At the coast it rains on average only 22 days a year in contrast to nearly 3000 hours of sunshine (average 8 hours per day).
- There is a pleasant, almost permanent breeze.
- It can rain more often in the green and mountainous islands.
- Cape Verde is a cocktail of what you may find in other destinations. The magnificent beaches often with lush interiors and the Creole people are reminiscent of the Seychelles.
- Islands such as Sal and São Vicente have a barren landscape and climate similar to the Canary Islands of Lanzarote and Fuerteventura.
- In the verdant highlands of Santiago, San Antão and São Nicolau you could quite easily be in Kenya's Rift Valley.

- Some of the coastal areas and fishing villages recall The Gambia.
 - The awesome volcanic island of Fogo rises from the sea like Stromboli.
 - The overall impression is of a fascinating and relatively unspoiled holiday destination with each island different to its neighbour.
 - Although tourism to the islands is developing, it remains in its infancy and many aspects are unsophisticated compared to more established and well-known resorts.
 - Cape Verde will appeal to those wishing to experience a vibrant way of life, fascinating people, some spectacular mountain scenery, fabulous beaches, sunshine, some island hopping and a sense of adventure.
-
- Cape Verde comprises 10 islands in the Atlantic, 800 miles south of the Canaries and on the same latitude as Barbados. The nearest land mass is Senegal 385 miles to the east.
 - Now a recent and carefully developed tourism plan has made Cape Verde an exciting newcomer to those seeking a somewhat different holiday destination with almost guaranteed sunshine.
 - The long beaches of endless white sand fringing a turquoise ocean, friendly and interesting people and a laid-back lifestyle are somewhat reminiscent of the early days of tourism in the Seychelles.
 - It is one of only four African nations not considered 'Third World'.
 - The people are a fascinating mix of their two nearest neighbours, Brazil and Senegal, with a vibrant culture which appears in harmony with the sounds and rhythms of both - a fusion of Samba and Salsa with tribal Africa.
 - The capital, Praia, on Santiago has a population of 120,000 and is distinctly African.
 - Mindelo on São Vicente has a population of 80,000 and is very European and reminiscent of grand Portuguese and Brazilian provincial cities.
 - Cape Verde became independent from Portugal in 1975 and the vast majority of the 482,000 people are Christian. 71% of the population is Creole, 28% African and 1% European.
 - The main industries are fishing, the manufacture of shoes and clothes, boat building and repair, and agriculture, with many banana and other tropical and temperate fruit plantations.
 - The ocean and its shores, as well as the interior, are unpolluted.
 - Cape Verde has the fourth largest GDP in Africa as well as one of Africa's most stable democratic governments, and is considered safe.

- The well-preserved remains include some of the original street layout, two ancient churches, an impressive royal fortress and Pillory Square, with its ornate 16th century marble pillar---now a monument in memory of the slaves who were chained to it awaiting transportation.
- Ribeiro Grande was the centre of maritime routes from between Europe and Brazil, the Caribbean and other parts of Africa

Island of São Vicente



- An interesting island with a distinctly European flavour, which has attracted the bohemian set with musicians, intellectuals and artists mingling with the tourists.
- There are some good beaches, particularly attractive to windsurfers, with San Pedro reckoned to be one of the world's finest for speed windsurfing.
- **Mindelo**, the main town, is relatively lively. It has the distinguished air of the Portuguese and Brazilian provinces, yet it was for a long time occupied by the British. Many of the family names of the island residents are British.

Island of San Antão

- This is the second largest island and probably one of the most beautiful and the greenest with stunning mountain scenery, extinct craters, deep valleys and ravines and agriculture ranging from wild strawberries to plantations of tropical and temperate fruit and vegetables.
- Much of the scenery is reminiscent of the Peruvian Andes.
- Village life is simple and many houses are still thatched.
- It is reached by ferry from São Vicente (50 minutes) and the lack of an airport probably accounts for its special appeal.
- The road from the ferry port of Porto Novo across the island to Ribeiro Grande may be one of the world's most amazing journeys!
- For those wishing to stay on the island rather than take a day visit, the trekking is superb. There is a comfortable and rustic hotel, which has been built on a farm estate

Island of Fogo

- In Creole fogo means 'fire' and indeed the island is dominated by the **volcanic cone of Pico de Fogo**, which at **2829m** is the highest point in the republic, and whose last eruption was in 1995.

- It is an awesome island with ever changing scenery - there are verdant terraces of coffee and vines and plantations of bananas and oranges, which contrast with bleak lunar plains and black sand beaches.
- The pretty main town of São Filipe is reminiscent of colonial days with a distinctly French influence. The **two villages in the Crater** are an amazing phenomenon and probably unique.
- If you are a serious trekker you may want to stay in the simple Pousada Pedra Brabu where the lack of hot water and electricity are compensated for by its stunning location in the middle of the Crater.
- Many of the village inhabitants are dark skinned, blue-eyed and with blond hair and go by the family name of Montran—the name of the Frenchman who settled and introduced the famous Fogo wine.

Island of Brava

- The smallest of the islands, Brava is very green and mountainous with deep and abrupt valleys. It is known for its rich vegetation and diverse flowers and is often referred to as the 'Island of Flowers'.
- Excellent for trekking, this somewhat mysterious and foreboding island is reached by ferry from Fogo (20km), operating on Wednesday and Friday.
- Accommodation can be found in a couple of modest pensions.

Island of Boa Vista

- Boa Vista offers two magnificent beaches (Chaves 12km and Santa Monica 19km) of powder white sand.
- It is the nearest island to the African coast and is an extension of the Sahara and has a desert interior of high sand dunes.
- The main town of Sal Rei is a sleepy place that can come alive at dusk.
- Boa Vista has a wonderfully relaxed atmosphere. There are some good watersports, jeep safaris, quad bikes for hire and horse riding.
- Whale and dolphin watching is best in March and April.

Island of Sal

- Sal is the most developed island and is home to many of the international hotels, as well as the main airport for package tourist clients, who may only visit Sal and go away with an unbalanced view, as they will not have witnessed the splendour and variety offered by the other islands.
- It is a relatively flat island that has become popular due to its superb white sand beaches.
- The main holiday town is Santa Maria, where there are restaurants and bars and pastel-shaded houses and shops line the streets.
- It is a haven for sun lovers and beachcombers with a good selection of professionally run watersports, the availability of which can depend upon ocean conditions.
- There are at least two PADI dive schools and a beachside promenade runs from the main hotel area to the town.
- The famous Morabeza Hotel retains the style of a bygone era and, now with impressive modern facilities, it is well-recommended
- As with all developing resorts, building work is in progress and this is made more evident by the rather barren landscape.

Island of Maio

- Maio has an undulating, hilly landscape, some splendid white sand beaches and the largest area of forest in the archipelago.
- It is accessible by a 10 minutes flight from Santiago.
- The little town of Vila de Maio is quiet and unspoiled and the people are generally very friendly and hospitable.
- Colourful fishing boats come and go on the beach and it is always interesting to view the daily catches.
- Tourism here is in its absolute infancy and although there are some perfectly good local restaurants and bars, most accommodation is very simple.

Island of São Nicolau



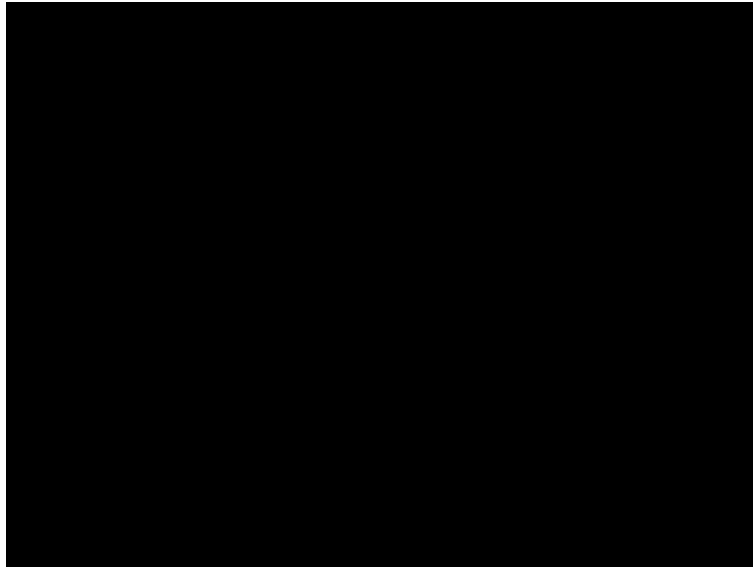
- Another island new to tourism, São Nicolau is relatively large and green with dramatic scenery of steep mountains and lush valleys, which are particularly attractive for walking and hiking, and there are several trails leading through the mountains to the coast.
- The **endangered Dragon Tree** is native to São Nicolau and can be spotted around the island together with plantations of bananas and sugar cane, mango and papaya trees and an abundance of colourful flowers.
- The small, charming hillside town of Ribeira Brava is the capital of the island and has a colonial feel with many Portuguese-style buildings and houses. It is noticeably clean and the people are friendly and curious of visitors.
- There are no international style hotels and not many people speak English, so sign language with a smile and a sense of humour help!
- São Nicolau can be reached by air from São Vicente and Sal.

Island of Santa Luzia

- Without water it is barren and uninhabited.

Day 01 Arrive on the Island of Sal from Europe (there are flights from various cities including London); Hotel Morabeza

- On arrival on **Sal** you are met by the dmAFRICA representative and transferred (15 minutes) to the Hotel Morabeza, located on the beach promenade in the tourist in the small town of Santa Maria.
- The rest of the afternoon is free.
- Dinner at the hotel.



Tuesday Day 02 Island of Sal; Hotel Morabeza

- Morning sightseeing to include the coast and the famous salt mines from which Sal gets its name.
- Rest of the day at leisure for you to explore the fascinating streets of Santa Maria or just to enjoy the magnificent beach...or both. There are some good restaurants in Santa Maria and the dmAFRICA representative will be able to point out those which will be according to your preferences and taste.

Wednesday Day 03 Sal---Island of Santiago; Quinta da Montanha

- Morning transfer to the airport for the scheduled 50 minutes flight to the island of Santiago. On arrival you are met by the dmAFRICA representative and transferred (30 minutes) to the mountain retreat of Quinta da Montanha where you arrive for lunch on the terrace.
- The afternoon is free and you may wish to take a small trek into the surrounding mountainside.
- Dinner at the hotel.

Thursday Day 04---Island of Santiago; Quinta da Montanha

- Full day tour of **Santiago**, which is the largest island and includes the seat of Government and the various diplomatic missions.
- The day commences with a tour of the capital city of Praia (population 120,000), which is distinctly African, vibrant and pulsating with a **thriving market**.
- You then head out of the city into the mountainous and agricultural hinterland with views of other islands in the distance. A stop is made at a **ceramic and curio art shop** before reaching the lively mountain city of **Assomada**, whose heritage belongs to a large group of slaves who escaped into the mountains in the 18th century and set up a safe refuge here.
- You then descend to the northern fishing resort of Tarrafal for a **fish lunch** overlooking the white sand beach.

- Tarrafal was an important base for the allies in World War Two, and there are memorials to the occupation.
- After lunch follow the rugged coast road south to Santiago's main attraction. The town of **Ribeiro Grande**, renamed Cidada Velha in the late 18th century, was acclaimed a **UNESCO World Heritage Site** in 2009.
- It was the first European colonial outpost in the tropics and was the Cape Verde capital until 1770.
- The well-preserved remains include some of the original street layout, two ancient churches, an impressive royal fortress and Pillory Square, with its ornate 16th century marble pillar - now a monument in memory of the slaves who were chained to it awaiting transportation.
- Ribeiro Grande was the centre of maritime routes between Europe and Brazil, the Caribbean and other parts of Africa.
- It is inhabited today by fishermen distinctly proud of their heritage.
- Dinner will be in a restaurant in the diplomatic area of Praia.

Friday Day 05---Santiago---Island of Fogo; Pousada Pedra Brabo, Cha das Caldeiras

- After breakfast take a 30 minutes scheduled flight to the island of **Fogo**.
- There is normally an impressive view of the awesome volcano from the air.
- You are met on arrival by the dmAFRICA representative and given a short tour of the island capital Sao Felipe, which have some beautiful old houses reminiscent of colonial days and with a French influence. It is a declared **UNESCO World Heritage Site**.
- Moving on you are transferred up into the mountains and the volcano. You stay at Cha das Caldeiras which actually nestles in the crater itself. You are sightseeing en route.
- In Creole 'fogo' means 'fire' and indeed the island is dominated by the **volcanic cone of Pico de Fogo**, which at **2829m** is the highest point in the republic, and whose last eruption was in 1995.
- It is an awesome island with ever-changing scenery. There are verdant terraces of coffee and vines and plantations of bananas and oranges, which contrast with bleak lunar plains and black sand beaches. The **two villages in the crater** are an amazing phenomenon and probably unique.
- You stay in simple accommodation in the Pousada Pedra Brabu in a stunning location in the centre of the crater. Despite its remote and distinctly unusual location, it has a reputation for providing some of the best food in Cape Verde. Both lunch and dinner are included in the arrangements.
- Many of the village inhabitants are dark skinned, blue-eyed and with blond hair and go by the family name of Montran - the name of the Frenchman who settled and introduced the famous **Fogo wine**.
- As well as driving in the crater the tour includes visits to a coffee plantation and a winery and other villages and plantations. Quite a day!

Saturday Day 06---Fogo---Santiago---Island of Sao Vicente; Hotel Foya Branca.

- Take an 85 minutes scheduled flight to the **island of Sao Vicente** via Santiago and stay for 2 nights room and breakfast at the **Hotel Foya Branca**, a resort hotel located directly on San Pedro sandy beach.
- There is a frequent courtesy bus service to the city centre.
- During the afternoon there will be a half day guided tour of the island.

- **Sao Vicente** is an interesting island with a distinctly European flavour, which has attracted the bohemian set with **musicians, intellectuals and artists** mingling with the tourists. **Mindelo** (population 80,000), the main city, is relatively lively, yet reputedly more refined than Praia, its larger neighbour on the island of Santiago.
- It has the distinguished air of the Portuguese and Brazilian provinces, yet it was for a long time occupied by the British. Many of the family names of the island residents are British.

Sunday Day 07 Sao Vicente---Island of San Antao; Pedracin Village

- After breakfast you are transferred to the harbourside for the 08.00 hours ferry journey (50 minutes) to the island of **San Antao**.
- San Antao is the second largest island and probably one of the most beautiful and the greenest with **stunning mountain scenery**, extinct craters, deep valleys and ravines and agriculture ranging from wild strawberries to plantations of tropical and temperate fruit and vegetables.
- Much of the scenery is reminiscent of the Peruvian Andes.
- Village life is simple and many houses are still thatched.
- As it can only be reached by ferry, the lack of an airport probably accounts for its special appeal.
- Taking the mountain road from the ferry port of Porto Novo across the island to Ribeiro Grande may be one of the **world's most amazing journeys!**
- A fish lunch is taken overlooking the fishing village of Ponto do Sol, where the Atlantic pounds the shores at this, the most northerly point of Cape Verde.
- After lunch you are transferred to the Pedracin Village, a converted farmhouse in a hilly and rural location in the north of the island.
- There is some good trekking in the vicinity.
- Dinner is taken at the hotel.

Monday Day 08 ---San Antao----Sao Vicente ----Island of Boa Vista; Iberostar Club Boa Vista

- This morning there is a visit to a typical thatched village and a *grogue* (local rum) distillery, where oxen are still employed to push the millstones which crush the sugar cane.



- Lunch can be taken in Ribeiro Grande.

- During the afternoon you are transferred to Porto Novo for the 1700 hours ferry back to Mindelo, Sao Vicente where you transfer to the airport for your flight to the island of Boa Vista.
- You are met on arrival and transferred to the Iberostar Club Boa Vista which is located right on the famous and magnificent Chaves beach, which comprises 12km white sand.
- All inclusive arrangements at the hotel.
- See link:- <http://www.iberostar.com/en/hotels/cape-verde/iberostar-club-boa-vista>

Tuesday Day 09----Boa Vista; Iberostar Club Boa Vista

- Morning sightseeing includes the 20km long Santa Monica Beach and the shifting dunes which you can actually see move according to the winds of the Sahara which is more than 500km away!
- Rest of the day at leisure for exploring the beach, or try some sports; wind surfing, kite surfing, quad biking.....or just relax.

Wednesday Day 10----Boa Vista, Parque das Dunas

- Day to relax with local exploration and watersports and beach walking.

Thursday Day 11---Depart

- Free time until the early afternoon transfer to the airport for the direct flight to London Gatwick or via Lisbon.

END OF ITINERARY ARRANGEMENTS

ARRANGEMENTS AND COSTS WOULD INCLUDE:-

- Visa
- 5 internal scheduled service flights.
- All inclusive arrangements at Iberostar Club Boa Vista.
- Room & breakfast in other hotels.
- 1 full day guided tour.
- 6 half day guided tours.
- 5 airport meet and greet services.
- All transfers.
- Ferry Sao Vicente to San Antao and return.
- Services of the local dmAFRICA office and representatives.
- Local service charge and taxes.

When to Go There

Rain is rare generally and it can be hot. In coastal areas rain can be more rare and is only likely in August and September, when it can be hot and humid. In the mountains of Santiago, San Antao, Sao Vicente, Sao Nicolau and Fogo there is more rain and it will be cooler,

although rain is seldom the problem it is in other tropical islands. There are often strong sea breezes throughout the islands, especially in January and February which are the months of the South East Trade Winds. April to June and November and December are usually the best months to visit, but no matter when you go, few people come home disappointed with their holiday weather.

Accommodation

The standard of accommodation ranges from the equivalent of European four star hotels to comfortable and clean family-run guesthouse style.

Hotel Morabeza | Sal

- A popular hotel set by the splendid Santa Maria beach.
- The hotel was originally the private home of a Belgian family and over the years has developed into an excellent resort hotel, which is now run by Sophie, the grand daughter of the founders.
- The famous Beach Club with its wooden deck is a favourite at lunchtime.
- The range of excellent facilities and good service are testimony to the popularity of the hotel over many years.
- The hotel was extensively refurbished during 2007 and 2008.
- 126 recently renovated and refurbished rooms and suites are air-conditioned with twin or double beds, power shower, mini-fridge (not stocked), fan, safe, satellite TV and a terrace with a garden or ocean view. Please note rooms vary in shape, size and location.
- All Standard rooms can accommodate up to 2 adults and a small child in a cot (third bed not available).
- There are 3 Duplex Suites (DPX) with an ocean view, which comprise a downstairs bedroom with a double bed, and an open plan mezzanine floor which is reached by a staircase. Duplex rooms can accommodate 2 adults and 2 children.
- Junior Suites comprise a bedroom and a living room with a sofa bed, and can accommodate up to 3 adults. JSB Suites with a garden view are mostly with double beds and JSA Suites with a side ocean view are all with twin beds.
- There are 4 Family Suites (FAS) on request, with garden view, 2 bedrooms and a living room, which accommodate up to 4 adults.
- There are also 2 Master Suites (MAS) with an ocean view, which comprise a twin bedroom, a bathroom with shower and a living room area. These suites accommodate 2 adults.
- 3 restaurants – Les Palmiers for daily table d’hôte dinner and buffet breakfast, The Beach Club for lunch and Restaurant La Tortue, a small à la carte restaurant for dinner (at menu price)
- 3 bars including beach bar ·
- Large freshwater pool .
- Watersports centre offering surfing, windsurfing (more than 30 boards), kite surfing (2,4 and 5 line kites and small and large boards), body boards (surf boards), big game fishing (all at local charge).
- ‘Scuba Team’ Dive Club (at local charge – advance reservations are recommended prior to arrival)

- Gym (free use)
- Games room with billiards, table tennis and board games
- Mini-golf (free use)
- Tennis (free use of court with local charge for balls and racquets)
- Boutique
- Hairdresser
- Regular evening entertainment.

Quinta da Montanha | Santiago

Remote & Escapist

- This is a spectacular, family-run rural retreat perched at 850m in the Rui Vaz mountains with breathtaking views of the surrounding valleys, Mount São Domingos (1394m) and of the distant island of Maio.
- It is a designated part of a working farm, 24km and about 30 minutes by road from Praia.
- The Quinta specialises in eco and agro tourism and it produces organic crops and fruit for use not only in the hotel kitchen but also for the local community.
- A stay here is a unique opportunity to sample local life, and Lindorfo and his staff offer a genuine, warm welcome and personal service.
- All 29 rooms are individually decorated in various pastel shades and are either in the new West Wing (opened January 2008) or the refurbished Manor House.
- Twins or doubles have bath and hand shower, cable flat screen TV and furnished communal verandas with mountain, valley and distant ocean views.
- 3 singles are with shower and patio and do not have the same view.
- 7 rooms in the Manor House have a walk-in shower instead of a bath.
- Panoramic restaurant offering a simple buffet breakfast and waiter-served dinner
- Spacious terrace restaurant and bar with views of the valley and out to the ocean, serving lunch.
- Cocktail bar and observatory telescope for star gazing in the unpolluted night sky
- Occasional music by the owner who is an accomplished guitarist.
- Internet point.
- Herb garden, rose garden, fountains and terraces of tropical fruit and crops .
- Excellent trekking opportunities with a local guide (local charge).

Pousada Pedra Brabo | Cha das Caldeiras, Fogo ê

Remote & Escapist

- Amazingly built within the awesome crater.
- Hotel is of wood and volcanic rock and is built around a courtyard.
- 12 simple bedrooms with shared washing, showering and toilet facilities.
- Renowned for superb French cuisine.
- Dining al fresco on the patio or in the restaurant facing the courtyard.
- Possibility to climb to the volcanic peak; it takes 3-5 hours with a guide. Local charge.
- Series of easy walks around the caldera and into the neighbouring two villages.

Hotel Foya Branca | San Pedro, São Vicente êêêê

- Foya Branca is a resort hotel located directly on the San Pedro sandy beach.

- There are well-tended gardens, two swimming pools and a children's pool.
- The courtesy bus to Mindelo enables guests to enjoy some of the city's renowned music and nightlife.
- All rooms, junior suites and family rooms are air-conditioned (in the bedroom only of junior suites) with twin or double beds and have a mini-bar, safe and Sky satellite TV.
- Villas are airy with ceiling fans but are not air-conditioned.
- All rooms in the new building are spacious and have a large walk-in shower.
- They comprise 45 Superior Rooms with a very large terrace and a pool and ocean view at a supplement, and 7 Standard Rooms with a small terrace but no view.
- 12 Junior Suites are the original rooms and have a separate air-conditioned bedroom and a lounge with a sofa, which can accommodate up to 2 children (not adults).
- Junior Suites also have a fan and a furnished terrace with views of the ocean through trees.
- Restaurant offering waiter service with à la carte and table d'hôte menus.
- Terrace bar and restaurant serving à la carte lunch and buffet breakfast .
- Pool bar · 3 freshwater pools including one children's pool.
- Sun beds, deckchairs and sunshades.
- Main bar.
- Fitness room (free of charge) .
- Tennis (local charge approximately €3 per hour, with hired racquets extra)
- Diving and windsurfing (local charge).
- Boat trips, deep sea fishing (local charge).
- Bicycle hire (local charge €14 per day or €3 per hour).
- Courtesy bus to Mindelo (10 min) runs from early morning to late night.
- Car parking.

Pedracin Village | Boca de Coruja, Santo Antão êêê

Remote & Escapist

- This rural retreat is part of a farm set in a verdant valley and is reached by a spectacular road across the mountains.
- It is about 15 minutes drive from Ribeiro Grande and offers a good base for trekking and some wonderful views in peaceful surroundings.
- 40 rustic cottages with air-conditioning and heating, twin or double beds and a shower. Each room has access to a communal terrace.
- Panoramic restaurant offering a buffet breakfast and waiter-served dinner.
- Swimming pool with sun beds.
- Terrace with stunning mountain views.
- Gardens.
- Herb garden and terraces of tropical fruit and crops.
- Excellent trekking opportunities with a local guide (local charge).

Iberostar Club Boa Vista | Boa Vista

- A very friendly hotel in a superb setting right on the magnificent Chaves Beach - arguably the most impressive beach in the archipelago.
- See link:- <http://www.iberostar.com/en/hotels/cape-verde/iberostar-club-boa-vista>

Food and Wine

You can find restaurants to suit most tastes in the more popular areas. Freshly caught **fish** is always on the menu cooked to local recipes, with relatively inexpensive swordfish and tuna widely found. Bananas, papaya, mango and other **fruit** including strawberries are usually readily available when in season. Most meat is imported from Brazil and South Africa. The wines come mainly from Portugal, although there are good **wines** produced on the **island of Fogo**, and there are local beers and a rum-based **grogue**. Fogo also produces fine **coffee and cheese**.

Shopping

Interestingly many shops are now run by the Chinese, originally from Macau. There is a good curio and ceramic shop on Santiago and local foods and liquor are popular purchases.

Activities

Island-hopping, trekking, horse riding, diving and watersports are popular activities. Cape Verde comprises two distinctly different types of islands. Seven of the more westerly islands are characterised by their mountainous landscapes, whereas the three closer to Africa (Boa Vista, Sal and Maio) are distinguished by their long sandy beaches. **Island-hopping** between them using a combination of local ferries and inter-island flights is a popular pastime.

Trekking and rambling along the paths created by the local people on the islands of Santiago, San Antão, São Nicolau and Fogo introduces you to breathtaking scenery with green valleys, rocky inlets, terraced plantations and volcanic peaks.

During the summer months (April to October) **bird watching** on most islands is also popular. The islands are normally a key nesting site for **loggerhead turtles** in August and September. The crystal clear waters around the islands are excellent for **scuba** diving and deep sea **fishing**. Waterskiing, **windsurfing**, **kite surfing** and sailing are also popular activities, depending upon weather conditions.

Entertainment

Some of the larger hotels provide international style entertainment. However local entertainment is most interesting, especially on Sal and São Vicente where there is a choice of clubs, bars and restaurants. The **local people thrive on music** and dancing, and a band will strike up anywhere for an impromptu beach or street party. **Salsa and Samba** mixed with tribal African dance are de rigueur.

Cape Verdeans love festivals, the most splendid being the annual **Mardi Gras** in late February, but each island indulges in at least two additional **fiestas** each year.

Getting Around

There are international airports on Boa Vista, Sal, Sao Vicente and Santiago. Travel within the islands is by inter-island flights, or by ferry between São Vicente and San Antão, subject to timetables.

Travelling around the islands by aluguers, locally run minibuses, is a great way to get to know the locals. Car hire is available on some islands. Most roads are challenging and are often of local stone or rough tracks.

Visas

All nationals require a full passport valid for a minimum of 6 months beyond the intended date of departure from Cape Verde. All nationals also require a visa to enter Cape Verde. dmAFRICA is able to take care of your visa formalities.

Language

Portuguese is the national language and is widely spoken along with the local Creole. English is taught at school and generally understood.

Money

The local currency is the Cape Verdean escudo (£1= 160 escudos), but the €uro is widely accepted

Credit cards are gradually being introduced and Visa is now normally accepted in tourist hotels and some restaurants. ATMs can now be found on Sal, São Vicente, Boa Vista and Santiago. Alternatively, money can be drawn from banks against a credit card.

Shops and restaurants work on fixed prices and generally exchange at the rate of 100 escudos / 1 euro. Bartering, as found in neighbouring African countries, is not normally part of the culture.

Local costs

On the islands of Boa Vista, Maio, Sal and São Vicente almost all produce is imported and the cost of a meal in resort areas is similar to Europe. Drinks are slightly cheaper. A large draught beer at the Morabeza Beach Club on Sal is approximately €2. or \$2.80 and you can find a decent bottle of Portuguese wine for around €13 or \$16. The islands of Fogo, San Antão, São Nicolau and Santiago are more self-sufficient and prices tend to be a little cheaper.

Health

No vaccinations are required and malaria and other tropical diseases are not endemic. There are hospitals in urban areas and clinics in villages. Large hotels have a clinic and/or a doctor on regular visits. Sanitation is generally very good. As a precautionary measure it is advisable to take medications against stomach upsets.

Water

We recommend drinking only bottled water throughout your stay.

Dress code

The dress code is casual although some hotels require gentlemen to wear long trousers for dinner. As it can be cool in the mountains and often windy at the coast with cool evenings, you are advised to pack at least one warm sweater.

Time Difference

Cape Verde is on GMT-1

Electricity

220v with 2 or 3 pin sockets. A European adaptor is required.

Communications

The mobile phone signal for most networks is surprisingly good in Cape Verde. Several hotels have a central wifi connection and there are internet cafes.

dmAFRICA in Cape Verde

We have offices with staff speaking English, German, French, Portuguese, Spanish and Russian on the islands of Sao Vicente, Santiago, Fogo, Sal and Boa Vista. On the other islands we provide multi lingual local representatives.