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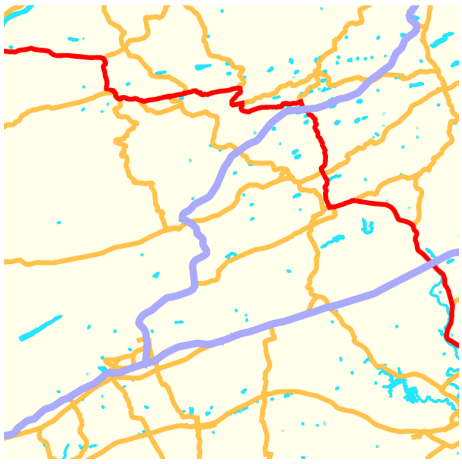
**SPRING & AUTUMN WINTER SUN WALKING**

| | |
|---|---|
| type : | Hiking Tours Self-Guided |
| level : | |
| duration : | 8 days |
| period: | Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec |
| code: | CVSW01 |

# Capo Verde Coastal Hike - Cape Verde

## Cape Verde Hiking: São Vicente & Santo Antão Walking Tour

**8 days, PRICE FROM *€ 950***



Discover **Cape Verde on foot**, travelling between São Vicente and Santo Antão through volcanic mountains, fertile valleys, colourful villages and spectacular Atlantic scenery.

Your journey begins on **São Vicente**, with time to experience the cultural energy of **Mindelo** and explore the island's rugged landscapes before crossing by ferry to Santo Antão, **Cape Verde's great walking island**. Here, trails lead deep into dramatic valleys, along terraced mountainsides and through small rural villages, revealing a remarkably green side of the archipelago.

Walk through the lush **Paul and Ribeira da Torre valleys,** discover colourful Fontainhas perched high above the coast, and experience the relaxed rhythm of Ponta do Sol. Along the way, coffee, sugar cane and tropical fruit grow on steep cultivated slopes, while mountain paths open onto sweeping views of the Atlantic.

With different hiking options available on several days, you can adapt parts of the journey to your preferred pace while still experiencing the landscapes that make walking in Santo Antão so rewarding. A varied hiking holiday combining mountains, coast and local life, with **São Vicente providing the perfect cultural beginning and end to the journey.**

## Route

### Day 1 Arrival in São Vicente

Depending on your arrival time, start exploring Cape Verde with a walk through Mindelo, a lively port city considered the cultural capital of the archipelago. Wander along its colourful cobbled streets, past elegant colonial buildings and bustling fruit, vegetable and fish markets, before reaching the bay and the beautiful Laginha Beach.

If you arrive on a Sunday, Mindelo moves at a different pace. The city centre is quieter, while Laginha comes to life as locals gather by the sea to swim, relax and spend time together: a pleasantly informal first glimpse of island life.

**Meals included:** None

### Day 2 Explore São Vicente

Today is dedicated to São Vicente beyond Mindelo, from its highest peak to its volcanic coastline. Your first stop is Monte Verde, the island's highest point and a wonderful viewpoint over Mindelo and the surrounding islands. From the heights, descend towards the sea and Baía das Gatas, a peaceful, naturally sheltered bay where locals come to swim and relax.

The journey continues beside the wild Praia Grande coastline until you reach Calhau, a fishing village set against an almost lunar landscape of dark volcanic rock. Those who would like to explore on foot can add a short optional walk of around 45 minutes around an ancient coastal volcano, where solidified lava formations and natural blowholes reveal the island's volcanic origins.

On the way back to Mindelo, pass through the oasis of Calhau and see another side of this seemingly arid island: small cultivated plots where local farmers grow fruit and vegetables to sell in the city's markets.

You will have a driver for the day's exploration of São Vicente. The driver is not a private guide; if you would like a guided experience with additional insight into the island, a private guide can be arranged on request.

**Meals included:** Breakfast and picnic

## Day 3 Travel to Santo Antão. Ribeira das Patas Valley Loop

This morning, leave São Vicente behind and take the one-hour ferry to Santo Antão, an island of deep valleys, volcanic ridges and terraced farmland. Your private driver-guide will meet you in Porto Novo for a full day exploring the remote western side of the island.

The journey begins along a coastline shaped by volcanic activity, with ancient lava flows, dark dunes and unusual white pozzolan deposits creating an ever-changing landscape. From here, climb into Ribeira das Patas, where immense volcanic dikes frame green fields and cultivated terraces, before crossing the Alto Mira Pass towards a succession of hidden valleys and small rural villages.

Part of today's experience is yours to choose: two different hiking options allow you to discover the valley on foot at the pace and distance that suit you best. Weather and trail conditions permitting, you will also make your way to Ribeira da Cruz, a wonderfully wild stretch of coast where basalt columns meet a secluded black-sand beach.

After a day between the volcanic coast and the fertile interior of Santo Antão, transfer to your accommodation.

**Meals included:** Breakfast and dinner

*Distance: 4,5 km or 5,5 km*

*Elevation Gain: + 212 / - 453 m or + 343 /- 483 m*

## Day 4 Paul Valley Loop

Today brings you into a completely different side of Santo Antão. After a beautiful drive along the coast, climb towards the Paul Valley, where the island's volcanic terrain suddenly gives way to an extraordinary patchwork of green terraces and tropical vegetation.

Coffee plants, banana and orange trees, guavas, sugar cane and vegetable gardens cover the fertile slopes, making Paul the greenest valley in the Cape Verde archipelago. Two different hiking options give you the freedom to discover this remarkable landscape on foot, choosing the route that best matches your preferred pace.

Later in the afternoon, continue towards the Ribeira Grande Valley and your accommodation for the evening.

**Meals included:** Breakfast, picnic and dinner

*Distance: 4 km or 6 km*

*Elevation Gain: +130 / -350 m or +550 / -750 m*

## Day 5 Optional Coastal Walk from Cruzinha to Ponta do Sol

A day of valleys, villages and dramatic Atlantic scenery begins in Caibros, where suspended irrigation channels reveal the ingenuity behind farming in Santo Antão's steep terrain. From here, continue through the green upper landscapes of the Garça Valley, looking down towards its reservoir as you make your way across the island.

The route leads onwards to flower-filled Chã de Igreja and then to Cruzinha, a remote fishing village set right on the edge of the ocean. The Atlantic is particularly impressive here, with waves breaking against the wild volcanic coast.

Those who want to spend more time on the trail can set off on an optional hike from Cruzinha towards Fontainhas, with the possibility of continuing as far as Ponta do Sol. It is one of Cape Verde's most spectacular coastal walks, following the contours of Santo Antão's dramatic shoreline.

Later, visit Fontainhas, a colourful village clinging to the mountainside above the sea, before continuing to Ponta do Sol, where you will spend the night.

**Meals included:** Breakfast

Distance: 10 km

Elevation Gain: -10/+300 m

## Day 6 Ribeira da Torre Valley

Today is all about rural Santo Antão. A morning transfer takes you into Ribeira da Torre, a spectacular volcanic valley where sheer cliffs and rocky formations rise above an intensely cultivated landscape.

Set out on foot along old trails and traditional irrigation canals, discovering how water and agriculture have shaped life in the valley. The route leads towards Rabo Curto, a small farming village, before descending among fields of sugar cane and yams — a chance to see the fertile, working landscape of Santo Antão from up close.

Two different hiking options are available today, so you can choose how far you would like to walk and enjoy the valley at your own pace. After the hike, transfer back to your accommodation.

**Meals included:** Breakfast and picnic

*Distance: 5 km or 9 km*

*Elevation Gain: +850 / -850 m or +450 / -450 m*

**Day 7** **Cova Crater Optional Walk. Travel to São Vicente**

This morning is yours to enjoy Ponta do Sol at leisure. Once the island's main port and airport, today it is a relaxed coastal village where narrow streets descend towards the ocean and fishing boats still set out and return throughout the day. Spend a few unhurried hours exploring, or simply find a spot by the water and watch village life unfold.

Later, set off towards Porto Novo along the Route des Corde, the historic cobblestone road that crosses Santo Antão's mountainous interior. At 5:00 pm, take the ferry across to São Vicente and, once back on the island, transfer to Mindelo for your final overnight stay.

For a more active end to your time on Santo Antão, you can instead add an optional hike beginning at the Cova crater. Walk along a panoramic ridge through pine and mimosa trees, small forested areas and cultivated fields of maize, beans and sweet potatoes. When the skies are clear, the trail offers far-reaching views over both sides of Santo Antão — a fitting final perspective on the island before returning to São Vicente. If you choose to hike, an early start from Ponta do Sol is recommended.

**Meals included:** Breakfast and picnic

*Distance: 7,5 km*

*Elevation Gain: +400 / -400 m*

**Day 8** **Tchau, Cape Verde**

Transfer to the airport according to your international flight schedule.

**Meals included:** Breakfast only

## Practical info

**Arrival: Fly into São Vicente** – Cesária Évora International Airport (VXE). On arrival, you will be welcomed at the airport and transferred to your accommodation in Mindelo.

**Departure: Fly from São Vicente** – Cesária Évora International Airport (VXE). A transfer from your accommodation in Mindelo to the airport will be arranged according to your flight schedule.

## Included

### What is included

- 7 Nights in double room in Bed & breakfast accommodation
- Luggage transfers as mentioned in the program
- Private transfers as mentioned in the program
- Meals as mentioned in the program
- Ferry tickets: São Vicente – Santo Antão – Santo Antão
- A detailed roadbook for self-guided hikes as mentioned in the program, App
- Applicable tourist taxes in force
- Medical and luggage travel insurance
- 24h phone assistance

### What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- international flights
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- TSA (airport security tax, we can assist with booking upon request)
- everything that is not mentioned in the "What is included" section.

### Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Local guide only in Santo Antão island (€ 315 per person)
- Cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.