The Real Cape Verde
WEST OF AFRICA   EAST OF BRAZIL
A Culture and Lifestyle that Refreshes the Soul

EDITION 1  CAPE VERDE TRAVEL
If variety be the spice of life, be prepared for Cape Verde to stimulate all your senses...

Cape Verde is an Archipelago of nine islands lying like a jewelled necklace off the coast of West Africa. 
...and how they sparkle!

Until recently Cape Verde’s beauty was largely kept a secret — the long beaches of endless white sand, lapped by a turquoise ocean, the historical mystery of colonial style towns like Ribeira Grande, the first European city in the tropics; the wide variety of landscapes — from dramatic volcanic — to lush and verdant.

Cape Verde Travel - A Personal Service

About Us
We aim to provide a bespoke service to our travellers. As our name suggests, we are committed to this developing young country, where one third of its 450,000 population are still attending school. Our experience extends to 15 years continued promotion of this archipelago of nine inhabited islands.

It is anticipated that our new premises in Mindelo, Sao Vicente, will co-ordinate all island services including hotel reservations and tours, visiting cruise ships and/or advice on Real Estate.

Our working knowledge of the islands enables us the opportunity to form travel arrangements for our customers to island hop to make the most of their time and enjoy the rich variety on offer in Cape Verde. The traditional static holiday on the white sandy beaches are also available in the popular ‘all inclusive’ or traditional hotels offering bed and breakfast. You are invited to study our brochure, select a holiday and without hesitation, contact us with your specific requirements, including Special Needs.

Financial Security
We are a fully bonded tour operator, as a member of ABTA/ATOL. The air holiday packages and/or flights in this brochure are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 9999. Please see our booking conditions for more information.

The price of our air packages holidays includes the amount of £1 per person as part of the ATOL Protection Contribution (APC) we pay to the CAA. This charge is included in our advertised prices.

ATOL protection does not apply to all holiday and travel services in this brochure. Please ask us to confirm what protection may apply to your booking. Booking conditions and Booking Form enclosed.

Our Accommodation
The star ratings of each establishment are our assessment and not necessarily equivalent to worldwide ratings. Apart from where specified, all accommodation will be en-suite. Facilities will either have a bath or shower. All accommodation is hand chosen and will tend to lean towards Cape Verdean ownership and management. We prefer to employ all Cape Verdean people on the islands.

National Holidays
Cape Verdean National and Bank Holidays are detailed below:
1st January New Year
13th January Liberty and Democracy Day
20th January National Heroes Day
1st May Labour Day
5th July National Independence Day
15th August Day of our Lady of Grace
1st November All Saint’s Day
25th December Christmas

Vibrant Festivals
Cape Verdeans throw themselves into their Saint’s Day Festivals. Each island has its own traditions, including processions, drumming and the eating of specially prepared foods. Festivals include:

Ash Wednesday Carnival, celebrated on all islands most spectacularly on Sao Vicente and Sao Nicolau.

April’s festival of Bandeira de Sao Filipe is held on Fogo.

May/June’s tabanka feast precedes the festival of St. John and St. Antony on Santiago, Maio and especially Brava.

August’s Baia das Gatas music festival draws hordes of islanders, tourists and migrants to Sao Vicente for a weekend of music, dancing and eating.

“The Real Cape Verde - Enjoy your stay by reaching out to those islands that offer variation, culture and a life style that refreshes the soul”

Getting there and getting around
With the introduction of additional international airports on the archipelago, getting there will have a degree of flexibility. Each airport provides it’s own gateway, enabling ease of access to a variety of islands.

At present UK direct flights to Cape Verde operate from Manchester and Birmingham to Sal; London Gatwick to Sal and Boavista. International flights to Santiago and Sao Vicente are expected.

TACV operates flights from several European cities including Paris, Amsterdam, Lisbon and Las Palmas. TACV also operate a regular service from Boston, Dakar and Fortaleza.

TAP Air Portugal operate daily flights from London via Lisbon to Cape Verde.

TACV operate regular internal flights between seven of the islands. For real island hoppers a cut price Air Pass with up to ten flight coupons is a must have (only available when flying internationally with TACV).

It is possible to charter one’s own aircraft, either on the islands or from Europe for up to 17 people.

Local Transport
Local Bus Services: Services do operate in areas of population.

Alugars: A locally run mini-bus or pick-up truck — an excellent way to travel, meeting local people and appreciating scenery, especially the countryside.

Car Hire: Car hire is available on most islands. Please note your selected vehicle may not always be available. On some islands it might well be better to employ a local driver.

Ferry Services: These are in the main, still cargo driven — not always leaving at a registered time and carrying passengers becomes a bonus. Planning will be required, especially at times of festivals and holidays.
Suggested Itineraries

Our unrivalled experience as tour operators to the Cape Verde islands enables us to create itineraries to ensure visitors make the most of their visit. Each itinerary has been put together to streamline travel time between islands, whilst giving you a real taste of the variety of scenery, cultures and leisure pursuits on offer in the archipelago.

We can tailor-make island combinations and hotel accommodation to suit your special interests. Every tour can be joined from all worldwide destinations. Contact us for more information.

Itinerary 1  
Sal, Sao Vicente & Santo Antao.
Sea and sand, hustle and bustle and scenic green mountains – an excellent and varied combination. Fourteen nights including:
2 nights Santa Maria, Sal
2 nights Mindelo, Sao Vicente
2 nights Ponta do Sol or Ribeira Grande, Santo Antao
1 night Mindelo, Sao Vicente
7 nights Santa Maria, Sal
Note: The island of Santo Antao is reached by ferry from the island of Sao Vicente.

Itinerary 2  
Sal & Santiago
Combine the white sandy beaches and excellent water sports on the island of Sal with the culture and sightseeing on the island of Santiago. Fourteen nights including:
4 nights Santa Maria, Sal
4 nights Tarrafal, Santiago
4 nights Praia, Santiago
2 nights Santa Maria, Sal

Itinerary 3  
Sal & Boavista
A beach lover’s paradise! Water sports and nightlife followed by white sand beaches and sand dunes. Fourteen nights including:
7 nights Santa Maria, Sal
7 nights Sal Rei, Boavista

Itinerary 4  
Sal, Boavista, Santiago, Maio
The white sand wanderer, taking in 3 white sand islands combined with a stay in the capital city of Praia. Fourteen nights including:
3 nights Santa Maria, Sal
3 nights Chaves Beach, Boavista
2 nights Praia, Santiago
2 nights Vila do Maio, Maio
2 nights Tarrafal, Santiago
2 nights Santa Maria, Sal

Itinerary 5  
Sal, Santiago, Fogo, Sao Vicente
Combing the white sands of Sal, the ‘explosive’ island of Fogo, the cosmopolitan city of Mindelo and the history of Praia. Fourteen nights including:
2 nights Santa Maria, Sal
2 nights Praia, Santiago
3 nights Sao Filipe, Fogo
2 nights Tarrafal, Santiago
3 nights Mindelo, Sao Vicente
2 nights Santa Maria, Sal

Itinerary 6  
Santiago, Sao Nicolau, Sao Vicente, Santo Antao, Boavista and Sal
Ideal for the bird watching enthusiast. This itinerary endeavours to cover the parts of the Cape Verde Islands which are the habitats of many of the island’s birds. Fourteen nights including:
1 night Santa Maria, Sal
3 nights Praia, Santiago
4 nights Tarrafal, Sao Nicolau
1 night Mindelo, Sao Vicente
1 night Ponta do Sol, Santo Antao
1 night Mindelo, Sao Vicente
2 nights Chaves Beach, Boavista
1 night Santa Maria, Sal

We also offer escorted tours of the Cape Verde Islands for those people who would like the extensive knowledge of a tour leader but with the freedom of a flexible itinerary. Ron Hughes, proprietor of Cape Verde Travel, will escort you on an unforgettable journey around the islands. Over fourteen nights you will cover 6 of the islands Sal, Boavista, Santiago, Fogo, Sao Vicente and Santo Antao. These escorted tours take place several times a year. For more information on dates available please visit our website www.capeverdetravel.com

IMPORTANT NOTE:
Each of the itineraries is prepared based on the current flight timetable. However, internal flight timetables may change, which could therefore affect the itineraries. Where possible, you will be notified of any such change prior to confirming your reservation. However, it is important that such changes may occur after this date.
Activities

Treking & Rambling
One of the most popular activities in Cape Verde due to the quantity of paths created by the locals for getting around the islands – routes take you through breathtaking scenery from rocky coastlines, green valleys, terraced plantations and wilderness up to rocky volcanic peaks. Santo Antão is possibly the most popular trekking destination offering a delightful journey on foot along the sleepy rocky coastline through green valleys and terraced plantations, wilderness and volcanic landscape. Heights exceeding 1500m of flowering peaks offer a magnificent sight. An expedition not to be missed on a trekking holiday is an adventure up the Pico do Fogo, which is one of the steepest and most spectacular volcanic cones in the world.

Walking
Gentle walks can easily be discovered throughout the islands, taking in the countryside scenery, flora and atmosphere. A stroll through a country village passing the local water well is quite an observation of a community's way of life. The varieties of walks are immense from rough, mountainous terrain to inland bridal path walkways descending into a volcano base.

Diving
Underwater exploration is becoming one of the most popular activities in Cape Verde. Massive rock formations, caves, canyons, ledges and shipwrecks are home to a host of large fish, shoals of fish and lobsters, making exciting dives. Established diving schools are available in Santa Maria, Sal; Vila do Tarrafal, Santiago; Sal Rei, Boavista and Mindelo, Sao Vicente. Although tuition is available for a complete beginner, the underwater currents in the Atlantic Ocean mean that some of the best dive sites are sometimes inaccessible. Important Note: Potential divers must be aware that there is not a decompression chamber on the Cape Verde Islands.

Fishing
The waters surrounding Cape Verde are rich with a wide variety of marine life. Big game fishing for the much sought after Blue Marlin and Barracuda can be organised from Sao Vicente, Fogo, Sal and Sao Nicolau. Equipment is first class, as are the boats and their captains. The channel between Sao Vicente and Santo Antao is a great spot for Blue Marlin. It is also possible to fish around the island of Sao Nicolau and the islets of Branca and Rosso.

We have boats available for charter from the port of Mindelo.

Birdwatching
Enjoyed either as a main holiday option or enjoyable pastime, the islands all have their unique variety of bird life. Many rare birds in Cape Verde have been placed on the Red List of Endangered Species. An example of such a bird is the 'ngon-ngon' from Fogo. The birds are now so rare they have been placed on the list, as only a few hundred remain. These nocturnal birds are seen along the craters of the Pico do Fogo.

Sailing in Cape Verde

Sailing Bareboat Charter
Cape Verde Travel offers sailors a unique opportunity to experience the islands in conjunction with 'Luzmar' – a German owned sailing company in Sao Vicente. Luzmar have 2 Bavaria yachts - A 'Bavaria 49' with 5 cabins and a 'Bavaria 46' with 4 cabins. Both yachts are spacious, well furnished and fully equipped. Luzmar have experienced staff and skippers to ensure your holiday is revitalizing and unforgettable. The distance between the islands is relatively long (up to 140 nautical miles) so a good pair of sea legs is a must. It is possible to charter, with or without a skipper. Sailors who charter without a skipper must be experienced and in some cases must hold a license.

ITOMA Cruising
The ITOMA is a 23m (70ft) motorised catamaran with room for 16 people and 350 metres squared of usable space. The cruise is ideal for windsurfing in the winter months and diving and snorkelling in the summer months. On board you will receive full board basis – breakfast-buffet, snacks, fruits, coffee, tea and dinner with wine. Accommodation is in a double cabin and you also have unlimited use of the sports equipment such as canoes, snorkelling equipment and fishing equipment.

Wind Surfing
Santa Maria, on the island of Sal, is considered to be amongst the world's top five windsurfing locations in the world. There are many windsurfing centres in Santa Maria, however, local pick up trucks will transport windsurfers to other coastal points ie Ponta Preta, where they can enjoy the fresh Atlantic breezes and open seas. Experience is necessary and most beaches are not suitable for beginners, although instruction is available. The island of Boavista also offers windsurfing challenges of varying degrees, whilst Sao Pedro on Sao Vicente offers speed windsurfing.
Santiago

Gateway to Fogo, Brava and Maio
A historical centre with an agricultural heart

Cape Verde’s largest ‘gateway’ island with its international airport is home to the capital Praia — distinctly African, noisy, crowded and bustling in the city centre with its African markets.

Cidade Velha lies a short distance from Praia, once the illustrious Portuguese capital of Cape Verde, with a grand cathedral and a magnificent fort. The history of the island is continued in the village with its carefully prepared museum. Cidade Velha’s fortunes were built on the slave trade between African, Americans and Europeans. For over 400 years merchant galleons visited Santiago to barter and buy manpower imported from West Africa. Captain Cook, Sir Francis Drake and Vasco de Gama also docked in Cidade on their voyages of discovery. Archaeologists are currently exploring a 14th century Jesuit college, further evidence of Cidade’s rich history and historical importance.

A circular tour of the island can be completed in a day, although two is recommended to take everything in, the centre of Santiago is fertile and farming is evident, bananas, papaya and maize thrive here; seeing the occasional wind-powered well. There are also some excellent botanical gardens and a bustling African market in Assomada, the central island city.

On the north coast the pretty fishing village of Tarrafal is well worth a visit. Here the villagers crowd round fishing boats, bartering for the best of the catch — one senses little has changed for centuries. Call at the former concentration camp known as ‘Campo da morte lenta’ (slow death camp) to some; ‘Aldeia da morte’ (death village) to others. It brings a stark feeling of the former colonial regime. A visit tells it’s own story.

Activities
Historical visits to Cidade Velha and the Maritime Museum Cabo Verde in Praia. Island tour by aluguer viewing the botanical gardens, Sao Jorge, Sao Domingo, Tarrafal and other fertile landscapes. Relaxing by the pool at one of the international hotels. Shopping for those essential goods. Tasting the local dishes including fresh tuna and the famous ‘cachupa’ (choose from the rich man’s or poor man’s version!). Many places of entertainment and Cape Verdean music.

Tours
Half Day Cidade Velha
Full Day Tarrafal
Full Day Rui Vaz
Full Day Sao Jorge & Cidade Velha
Fogo takes its name from the word ‘fire’ in Creole and is the Mother island of scenic opposite, reached by ferry or internal aircraft.

Arriving at the small airport near Sao Filipe, one sees the spectacular volcano. Joining the faded grandeur of Sao Filipe, a gracious town with pretty squares, wide avenues and boulevards of classic colonial homes, built by wealthy farm owners using materials imported from as far away as Portugal and West Africa. Wander down to the seaward facing promenade and you’re met with an eye-catching reminder of Fogo’s dramatic birth – a Vista of white surf frothing onto the volcanic black sand beach. This monochrome scene is in complete contrast with the colourful pastel painted town, and the extremes grow even greater as you drive inland. First climbing slowly through fertile rolling countryside. As the terrain gains steepness the road snakes, hairpin bends taking you on a fairground ride toward one of the wonders of Cape Verde – if not the world – the massive grey volcanic cone of Pico de Fogo.

Few scenes are as awesome as the first sighting of the Pico, located in the giant Caldeira called the Plain of Craters (Cha das Caldeiras), due to the Caldeira floor being littered with craters from previous eruptions. A guide will trek you to the point of the 1995 eruption so you can feel the furnace hot heat still venting from the centre of the earth. Unbelievably, the descents of an eccentric French duke still live, farm and produce wine in this volatile landscape. It’s church, primary school and tourist information centre confirms the authenticity of village life.

Descend the volcano and journey to the North West of the island and yet again the scenery changes, this time to verdant hillside of coffee, banana and orange plantations. The reminders of the migrant people are seen occasionally building their ‘American Style’ houses in preparation for their return home.

**Activities**
Fogo is excellent for hiking and guides are available. For longer treks, Fogo homes for overnight relaxation are provided. Climb Pico at dawn having spent the night with the volcano people.

**Tours**
Half Day Salinas Norte
Full Day Cha das Caldeiras
Full Day Island Tour
Fogo & Brava Explorer

This programme is far from the large hotel and all-inclusive holiday. The beauty is not only in the mountains, hillsides, volcano and day to day island life, but also in its village accommodation; small family owned pensions, village based farm/crofts leading onto open land, mountain or ocean views. The accommodation is selected for our visitors to blend in with local people, using local restaurants and tasting traditional island food.

There are two ways to approach Fogo and Brava – an internal flight to Fogo then a one hour journey by cargo boat to the port of Furna, Brava – or a twice weekly sailing from Praia, Santiago to Brava and Fogo (approximately 6 hours). The ship provides the lifeline to the islands but the timetable is not always consistent, so careful planning and sheer luck must be in our favour!

One Week Itinerary

Day 1
International flight to Santiago (maybe via Sal)
1 night at the Residential Praia Maria, Praia

Day 2
Morning flight to the island of Fogo
1 night at the Pousada Belavista, Sao Filipe
Walk to cave
Swimming in Salinas

Day 3
Ferry across to the island of Brava
1 night at the Pension Sol Na Baia

Day 4
Walking in Faja D’Agua and Nova Sintra
1 night at the Pension Sol Na Baia

Day 5
Ferry across to the island of Fogo
1 night at the Pousada Belavista, Sao Filipe

Day 6
Walking to ‘Big Pico’ volcano
1 night at the Pousada Belavista, Sao Filipe

Day 7
Afternoon flight to the island of Santiago
1 night at the Residential Praia Maria
Tour to Cidade Velha

Day 8
Santiago – UK (maybe via Sal)

Two Week Itinerary

Day 1
International flight to Santiago (maybe via Sal)
1 night at the Residential Praia Maria, Praia, Santiago

Day 2
Morning flight to the island of Fogo
1 night at the Pousada Belavista, Sao Filipe
Walk to cave
Swimming in Salinas

Day 3
Ferry across to the island of Brava
7 nights at the Pension Sol Na Baia
Walking in Faja D’Agua and Nova Sintra

Day 10
Ferry across to the island of Fogo
1 night at the Pousada Belavista, Sao Filipe

Day 11
Walking to ‘Big Pico’ volcano
1 night at the Pousada Belavista, Sao Filipe

Day 12
2 nights at the Pension Christine & Irmaos, Mosteiros, Fogo
Free time for exploration of the coffee plantations

Day 14
Morning flight to the island of Santiago
1 night at the Residential Praia Maria, Praia,
Tour to Cidade Velha

Day 15
Santiago – UK (maybe via Sal)

Please see our website for further details.
www.capeverdetravel.com
Maio

You’ll become laid back by Sea, Sun, and Sand

If you want to get away from it all, Maio is for you – a peaceful almost forgotten flat island with deserted white sandy beaches. Reached by internal aircraft or ferry.

Even the gracious capital Vila Do Maio with its huge white baroque church is a sleepy town, where only the occasional donkey hee-hawing breaks the silence.

Morro is so sleepy even the donkeys can’t be bothered to hee-haw – but the pastel painted houses and coconut palms make it worthy of a stroll. The small port is named Port English.

It is suggested that in the days of the pirates, Blackbeard used Maio as his Atlantic retreat. In bygone days, Maio was the island made famous for its wild pigs.

Activities
A jeep safari around the island is a must to discover the beaches, hamlets, acacia plantations and oasis.

Tours
Full Day Island Tour including villages, beaches and Monte Penoso (463m)
Day Walk to the top of Monte Penoso
Sao Vicente

Gateway to Santo Antao and Sao Nicolau - Cultural Nightlife, Relaxing Beach Life

Often visited by cruise ships, and with an international airport, Mindelo, the capital of Sao Vicente is a cultural centre with its population of 75,000 inhabitants.

Many artists, intellectuals and musicians have made Mindelo their home including the world renowned Cesaria Evora. Historically, Mindelo's port was important as a coaling station for transatlantic steamers that re-fuelled with coal mined in South Wales and Newcastle - many Second World War sailors owe their lives to finding refuge on Sao Vicente with several white-sanded bays and lengthy beaches.

Professionals rate Sao Pedro beach as one of the world's best for speed windsurfing. Diving and deep sea fishing are of a high standard and are available from the port. The established marina welcomes visiting transatlantic yachts, a station for Atlantic speed races and recently, the birth for locally owned yachts.

Activities

Sao Vicente is ideal for windsurfing, diving and soaking up the culture in Mindelo. Ash Wednesday carnival and August "Baia das Gatas" international music festival take place and attract many performers, local people from other islands, visiting tourists, as well as migrants visiting their home towns.

Tours

Half Day Island Tour
Full Day Island Tour
Full Day to Santo Antao Island
Santo Antao

The “Jewel in the Crown” for the Barlavento Islands
Unforgettable Vistas for every Scenery Lover

The crossing from Mindelo to Santo Antao takes barely an hour by conventional ferry or catamaran; this is a placid voyage. However, in a choppy ocean the ship heaves from side to side causing passengers to hug a handrail for support – a bracing voyage and an exciting prelude to the magnificent first sighting of Santo Antao.

On docking, a veritable cornucopia of life avalanches onto the jetty, a noisy, hustle-bustle of people and belongings in search of relatives, friends or transport. Most tourists hail an Alugar for the unmissable drive over Santo Antao’s rugged spine to Ribeira Grande in the north. A photographer’s paradise.

Arguably, one of the great road journeys of the world, the route is miraculous, built from volcanic stones, hand-hewn then individually laid to create a 26km long mosaic. So great is the climb that the scenery, flora and even climate change from arid coastal desert to cool misty hillside, draped in eucalyptus and pine forests – with breathtaking views in every direction. Hillside occupations are diverse, donkeys laddened with wicker baskets full of produce and school children dressed in perfect white waiting for their school transport.

From Ribeira Grande – a peaceful town with colonial houses, one of the island’s crossroads – left is a short ride to Ponta do Sol, a fine town with elegant buildings, beautiful church, restaurants and nightlife. To the right of the Ribeira Grande and its fine mountainsides, lie Paul and the Janela Villages. Janela is noted for its stone monument, said to be engraved by visiting Chinese explorers during 1418-1422, well before the visiting Portuguese.

Santo Antao is famous for its ‘grogue’, a Cape Verdean speciality produced from sugar cane. Several varieties are available and many a merry evening can be enjoyed sampling a tot or two.

Activities
Excellent for hikers of all levels and botanists, with walks up the many ribeiras passing through secret villages and hidden valleys; routes are mapped and locals use paths regularly as a means of getting around. Other activities include mountain biking, diving and the daring mountain pursuits, along with quad bikes, fishing (and spear fishing), canyoning, boat tours and four-wheel drive tours.

Tours
Half Day Island tour
Full Day Island Tour
Sao Nicolau

Gorges of Tropical Plantations and Gorgeous Views

Reached by internal aircraft or ferry from Sao Vicente. Visitors enjoy a dramatic curtain raiser to Sao Nicolau's breathtaking scenery en-route from the airport to Ribeira Brava, as the road edges a deep fertile valley before turning to reveal the pretty capital cascading down a mountainside.

Ribeira Brava's town square is an island of peace and antiquity, a catholic church on one side, old colonial administration buildings on the other and a pretty garden in the centre.

Walk for ten minutes out of town, up a gorge and lush plantations – maize, banana and papaya surround you. Take a drive through the agricultural centre of the island and you'll pass delightful villages and busy farming communities working the fertile land.

Sao Nicolau is now also reached by regular ferry arriving twice weekly from Sao Vicente to Tarrafal port.

Crossing the island you will pass fairytale dragon trees, an endangered species and native to Sao Nicolau. Following the fertile uplands the landscape flattens, becoming arid as you reach Tarrafal, lying on the coast with a black sand beach. The climate here is hotter, drier and the landscape volcanic.

Activities
Sao Nicolau offers excellent hiking at all levels; hill and valley walks are along well-kept paths used daily by the locals. This island is popular with birdwatchers. You can go out on a local fishing boat, visit in October and you are quite likely to see dolphins and flying fish. From Tarrafal you can set sail to Raso and Branco, two uninhabited islands a couple of hours voyage away and home of the rare Cape Verdean Lark. A permit will be required (only available at certain times of year).

Tours
Half Day Island Tour
Full Day Island Tour
Sal
Sea, Sun and Surf meets West African Culture

The international airport makes Sal one of four major gateways to the Cape Verde islands; plus one of the islands with an abundance of magnificent white sand beaches and with it's guaranteed sun, Sal is one of the main developing islands. Ideal for sun worshippers who head for the resort hotels, which are springing up along the coast between the airport and Santa Maria.

One’s first impression of Santa Maria is like discovering a beach fringed Wild West town painted in pastel. Pretty single storey houses washed in pink, pale blue, yellow and faded terracotta. Poke your head through a doorway and you are more than likely to find a bar, gift shop or store. Building is progressing.

Freshly caught fish is always on the menu – tuna steaks, lobster, and swordfish, cooked to a local recipe.

Places to visit include the Pedro Lume salt mines – dramatically contained inside the vast Caldeira of a long extinct volcano – the saliency level is on a par with the Dead Sea and is well worth experiencing for a weightless float.

Activities
A fresh, constant breeze makes Sal perfect for windsurfing and helps create the rolling waves, so sought after by board surfers – water sports equipment is available for hire. Offshore wrecks and underwater volcanic caves, alive with marine life make Sal a diver’s paradise. Fishermen will be equally excited by the stock of game fish that shoal just offshore. And of course, sun lovers can bathe to their hearts desire.

Tours
Half Day Island Tour
Full Day Island Tour
Boavista

Unspoilt Seascapes, Lunar Landscapes and a Great Escape

With its international airport, this is the closest island to the African coast; its unspoilt beaches make Boavista a sunbather's paradise. Santa Monica in particular is spectacular, over 15km of powder soft white sand, massaged by rolling surf, fringing a turquoise ocean – pure bliss. A virgin seascape. Enjoy it now, for the qualities appreciated by discerning holidaymakers.

In contrast, Boavista's interior is a barren, volcanic rock strewn furnace, rusty in colour due to the iron rich stone. Mind you, there is a quiet beauty in this bleak lunar landscape, punctuated by the dramatic extremes of leafy green palm filled oasis. Consequently, an overland alugar trek is a must. During the occupation of the Portuguese, Boavista was the former Kilm Island. Evidence of this are chimneys seen on Chaves beach and other parts of the island.

Guests can stay in a selection of hotels and apartments in Sal Rei or Chaves Beach. The locals stroll the avenues and strum rhythms into the night. As on most islands, Friday night is music night.

Activities
Boavista is excellent for water sports, scuba diving in wrecks, fishing, swimming, snorkelling, walking in the sand dunes and overland alugar treks.

Tours
Half Day Tour to Santa Monica, Varandinha & desert
Full Day Tour to east side of the Island
The Archipelago of Sao Tome & Principe

The Greenest Oasis in the Atlantic

After specialising in travel to the Cape Verde Islands for 15 years, we thought it was time to find a new, exciting and relatively untouched destination and that’s when we came across the Archipelago of Sao Tome and Principe.

These islands are located in the Bay of Guinea, approximately 250km from Gabon on the West Coast of Africa. They can be best described as ‘the greenest oasis in the Atlantic’ and most certainly ‘off the beaten track’. The islands are untouched by tourism and offer white palm fringed beaches, crystal clear waters and tropical jungles with exotic birds, trees and flowers. The islands are extremely close to the equator, in fact the islet of Rolas actually straddles the equator.

The islands are made up of Sao Tome, Principe and Ilheu das Rolas with a few more tiny islets. The islands, once a Portuguese colony, are now an independent country, one of the smallest in the world and the second smallest country in Africa.

Getting There
International flights operate via Lisbon and land on the island of Sao Tome. In order to reach Principe you must take a 50 minute internal flight across, whilst the Island of Rolas can be reached by a 20 minute boat ride from the Southern tip of Sao Tome. There are two flights a week from Sal in Cape Verde, which makes it the perfect Twin Centre destination - perfect for the beach and nature lovers and the less expensive of the two ways of getting there.

Tours
Trekkng to Lagoa Amelia & Pico De Sao Tome
Boat Trips to Islet of Santana and Island of Rolas
Visit to Coffee Plantation
Know before you go...

The Cape Verde Archipelago is a developing nation and new to tourism. The islands are still in their embryonic stages although continually developing. Travellers are advised to have studied a reputable travel guide before their holiday.

The majority of our customers are experienced travellers. Transfers can be pre-arranged from each of the islands' airports. It is also relatively simple to obtain an alugor or taxi which are available at all airports.

Island tours can be pre-arranged. All vehicles and personnel have been assessed for reliability and safety. Any services arranged by yourselves through a hotel, or non-contracted organisations, are at your own risk, and the organisations’ own insurance. We will not accept responsibility for these separate arrangements.

Re-confirming flights
Cape Verde Airlines can re-schedule flights at a moments notice, due to operational reasons. It is therefore very important that you reconfirm all internal flights with TACV 48 hours before departure. You can do this in person at the local TACV offices on the islands or call the numbers supplied in your ticket pack. Alternatively, you can ask the hotel reception to re-confirm them for you.

Cape Verde Island entry Requirements
All nationals require a full passport valid for a minimum of six months beyond the intended date of departure from Cape Verde. All nationals require a visa to enter Cape Verde. If you make a reservation with Cape Verde Travel, we will arrange an entry visa on your behalf.

Foreign and Commonwealth Office Travel Advice
We recommend that you familiarise yourself with the Foreign and Commonwealth Office travel advice prior to departure

Travel Advice Unit
Foreign and Commonwealth Office
Old Admiralty Building
London SW1A 2PA
Tel: 0207 0080 232 or 0207 0080 233
Fax: 0207 0080 155
Website: www.fco.gov.uk/travel

Health Advice for Travellers
We strongly recommend that travellers take out adequate comprehensive health insurance, including the cost of medical evacuation. For medical or inoculation advice, contact your GP or:

UK Department of Health
Richmond House
79 Whitehall
London SW1A 2NL
Website: www.doh.gov.uk/traveladvice

Weddings
We are able to arrange simple wedding packages in Cape Verde. Please contact us for more information

Incentives, Conferences & Team Building
A wide variety of activities make the Cape Verde islands a perfect destination for company conferences, team building experiences and staff incentives. Conference and meeting facilities are available in several hotels throughout the islands

Please contact us for more information and a quotation.

All information within this brochure was correct at time of going to press. We reserve the right to make amendments after this date