



Cape Verde – Island Explorer



HOLIDAY TYPE: Small Group
VISITING: Africa

BROCHURE CODE: 5054
DURATION: 7 nights

In Brief

Sun, sea and sand. Sal is the perfect getaway for families seeking a mixture of adventure and relaxation. Embrace the island's motto, 'no stress,' kick off your flip flops and enjoy a week of basking in the African sunshine.



What's included?

- **Transfers:** Return airport transfers to and from all activities
- **Accommodation:** 7-nights accommodation at the Hilton Cabo Verde Resort
- **Meals:** 7 breakfasts, 1 lunch
- **The following activities are included in the holiday:** Tour of Sal*, Half-day Catamaran tour, Ziplining, Snorkelling and Project Turtle Tracker (if travelling in July or August). **The order of activities is subject to change**
- Equipment, training, and supervision for all activities with local guides.

A note on flights: whilst flights to and from Cape Verde are not included in the holiday price, our team will happily provide a quote and arrange them for you. Simply ask one of our travel experts for details of the available options for you.

*Please note: the entrance fee to Buracona, the salt flats and hire of sea shoes are not included and must be paid locally in cash. The total for this is approximately 13 Euros per person.

Trip Overview

Sal Island, boasts golden sunshine and pleasant temperatures all year round. One of the three sandy eastern islands of the Cape Verde archipelago in the central Atlantic Ocean, Sal is named after its salt flats.

Discover giant humpback whales to tiny baby turtles; the sea around this tropical paradise teems with life. You'll snorkel amongst an array of fascinating native sea life and encounter the thrill of paddling between lemon sharks during a tour of the island.

From ziplining down the Serra Negra Mountain to basking in the warm waters of an Atlantic Ocean inlet, this adventurous holiday will allow you and your family to fully explore the equatorial paradise which will be your home for the week.

Image credits: Cape Verde Tourist Board, Hilton Hotel Cape Verde, Barracuda Tours DMC & Incoming

Agenda

Please note the order of activities is subject to change

DAY
1

FLIGHTS, ARRIVAL & WELCOME

Upon arrival at Amílcar Cabral International Airport, you will be picked up by one of our local guides and transferred to the luxurious beachside Hilton Cabo Verde Resort. Located directly on the shore of the Santa Maria Beach, you will be able to step straight onto the

white sands and feel the grains between your toes.

Once you're all settled in and unpacked, we recommend you spend your first night soaking off your jetlag in one of the hotel's pools or topping up your tan by the beach. With a swim-up bar and two restaurants on-site, there's no need to venture far this evening!

Included Meals: None

DAY
2

FREE DAY

You will be spoilt for choice at the hotel's extensive breakfast buffet. There are live cooking stations and plentiful displays of fresh fruit, baked goods and hot and cold choices. Be sure to enjoy a leisurely morning in the Magellan Restaurant whilst deciding how you would like to spend your time today.

Kitesurfing is a popular activity in the warm waters of the equator. There's nothing quite so magical as gliding over waves rippling with the wind that holds your kite aloft. If you've always wanted to try it but never found the time, take it now – you and your family will be learning from the best!

As well as being a friendly and encouraging guide, Mitu Monteiro is perhaps best known to extreme sports fans as a World Kite Surfing Champion. Don't worry about having to get it right straight away, however – this three-hour lesson is for beginner groups and suitable for younger children.

Please see the personalise tab for all the optional activities to choose from.

Included Meals: Breakfast

DAY
3

FULL DAY TOUR OF SAL ISLAND

Stock up on a hearty breakfast this morning ready for the day's adventures, which will take you around the full length and breadth of Sal Island and introduce you to the island's astonishingly varied sights.

Your first stop will be the island's capital, Espargos. Discover how the locals live before setting off for Terra Boa, a scenic desert location far inland which boasts mirages. Your next stop will be a visit to the fishing port village of Palmeira, then Buracona, with its natural pool and the famous "Blue Eye" caused by seawater and freshwater meeting.

After a visit to Sharks' Bay to wade with the lemon sharks, your tour concludes with an unforgettable visit to the Pedra de Lume salt pans and an opportunity to float a lake that is 26 times saltier than seawater. Scrub your skin with the lake's mud before rinsing off and leaving your skin feeling revitalised and youthful.

Lunch in a local restaurant will be included in today's adventures, offering a choice of fish, meat or vegetarian meals. Try the cachupa, a slow-cooked, hearty stew made with beans, corn kernels, vegetables and fish or meat.

***Please note:** the entrance fee to Buracona, the salt flats and hire of sea shoes are not included and must be paid locally in cash. The total for this is approximately 13 Euros per person.

Included Meals: Breakfast, Lunch

DAY
4

FREE DAY

If you haven't already, why not have a change of scenery this morning and enjoy breakfast overlooking the ocean at the hotel's beachfront restaurant, The Bounty? Savour a fresh and wholesome menu of fruits, pastries, cold cuts, eggs, fresh orange juice, and brewed coffee whilst listening to the gentle lapping of waves on the shore. The rest of the day is yours to spend as you please. Why not take a stroll to the centre of Santa Maria, challenge the family to a petanque tournement or indulge in a luxurious treatment in the hotel's on-site spa.

Included Meals: Breakfast

DAY
5

HALF-DAY CATAMARAN TOUR

After your breakfast this morning, you will transfer from the hotel to Palmeira, the island's main port, where you will embark onto a beautiful catamaran. Your relaxing sailing trip will travel along the scenic coastline from Palmeira, stopping at 'Lion Mountain' where you will be offered the opportunity to go snorkelling. Don't fancy getting your hair wet? You can also try fishing, swimming or just relaxing on board.

During the trip, the crew will provide fun and friendly entertainment and point out natural wonders. Whilst we cannot guarantee this, there is the possibility to see whales from February to March or turtles from June to September. You are definitely guaranteed a fun afternoon!

Included Meals: Breakfast

DAY
6

ZIPLINE AND (FOR JULY AND AUGUST DEPARTURES) PROJECT TURTLE TRACKER

The big one! While the idea of ziplining may be a daunting one for those afraid of heights, there is no better place to face your fears than Zipline Cabo Verde. After a jeep transfer to the base, you'll take a 15 minute steep walk to the top of the mountain (we recommend sturdy shoes for this) with rest breaks possible along the way. The staff here are very experienced at dealing with more hesitant adventurers and are happy to take the time to

familiarise guests with the equipment. The guide will teach you about the rules you need to follow, explain the basics, and hook you up on the steel wire using a harness and making sure you are safe and ready to fly.

Your flight down the side of the mountain will take you over thousands of years of geological history, from the smooth granite caused by the initial eruption to the scrub-like desert which clung to it in the aftermath.

If you are travelling in July or August, we have also included a fascinating visit to meet the passionate team behind Project Biodiversity where you can learn all about the Loggerhead Sea Turtle and have a chance to see them up close. Project Biodiversity is committed to the protection and conservation of this endangered species.

Following a short transfer, you will meet in a whimsical bell tent where refreshments will be served before your introduction to the biology of sea turtles and the safeguarding work underway on the Cape Verde islands.

After the briefing, the group will take a walk along the beach to observe the turtles nesting ground. What an incredible experience!

Included Meals: Breakfast

DAY
7

SNORKELLING OFF SANTA MARIA PIER

Why simply admire the Atlantic Ocean when you could dive beneath it? If you've never snorkelled before, don't worry: it's easy enough and your experienced guides will happily instruct you and your family on the correct procedures. You will be provided with all the equipment you need.

The waves around this stretch of coastline are gentle, meaning you can focus entirely on the schools of fish swimming close enough to touch without having to worry about the waves.

Your final afternoon will be spent admiring the aquatic majesty of Cape Verde's ecosystems, which play host to a variety of endangered species and a high proportion of marine species which can only survive here. After a few blissful hours spent enjoying gentle waves, you will paddle back to the starting point before being dropped back off at your hotel.

Included Meals: Breakfast

DAY
8

DEPARTURE

Unfortunately, it's time for your adventures to come to an end. Depending on your flight time, you'll either enjoy breakfast in the restaurant or it will be boxed up to take to the airport. You will then be transferred back to Amílcar Cabral International Airport to

reminisce about your memories on the flight home.

Included Meals: Breakfast

Personalise this tour

Our pick



Coast to Coast Off Road Adventure

This exciting full day adventure will introduce you to the full spectrum of the island's varied nature and geology, visiting volcanic formations, wetlands, erosion-carved ravines, protected fauna, and beaches that normal tourist excursions are not allowed to see. As well as an oasis in the middle of the desert, you will travel to Terra Boa, a place which offers a great opportunity to take pictures of the mirages of legend. After a 50-minute stop in

the salt marshes where you can float in water 26 times saltier than seawater, you will finish up visit "Shark's Bay" to wade with the island's resident lemon sharks.

Available: Monday, Tuesday and Thursday at 09:00

Duration: approximately 8 hours

Please note: the entrance fee to Buracona, the salt flats and hire of sea shoes are not included and must be paid locally in cash. The total for this is approximately 13 Euros per person.

Other options

ACTIVITIES



Traditional Cape Verdean Evening

When in Rome, do as the Romans do. When in Cape Verde, enjoy drinks and dinner at an authentic local restaurant and a show of local music and dances. The cuisine served in Sal is a reflection of the island's mixed heritage, combining Western European and West African cuisine. You'll find traditional Portuguese delicacies and Alentejo wines served in most of the island's cafes, as well as international dishes and accompaniments.

Shake off your inhibitions and accept the dancers' invitation to join them up on stage. It will be a night to remember.

Available: Wednesday

Duration: approximately 3 hours



Segway Tour

Suitable for children as young as six, this tour is the perfect way to discover the desert and the beaches of the south. As well as visiting the salt flats of Santa Maria, surrounded by beautiful sand dunes, your guide will take you to Kite Beach, a beautiful white sandy beach full of colourful kite surfers. Located on the southwest coast of the island, Ponta Preta is Sal's most beautiful beach – a perfect spot to enjoy a hearty lunch!

There are a range of durations to choose from:

45 minutes - £29per person

1.5 hours - £48 per person

Available: everyday except Sunday at 09:00 and 15:00

Duration: various available



Turtle Watching

This beautiful night tour will take you to the protected Serra Negra beaches, where the Loggerhead turtles gather to lay their eggs on the white sands. Our guide will pick you up in front of the reception of your hotel/accommodation at the scheduled time and will take you to the beach of Serra Negra, one of Sal's best known beauty spots. Over the course of this unforgettable tour, you will watch the sun dip beneath the gentle waves, then witness sea-turtles emerging from the darkness on their quest for a safe place to lay their eggs. This

tour, while only available during July or August, will make memories you will keep for a lifetime.

Available: everyday except Wednesday at 20:00 (July and August only)

Duration: approximately 2 hours



Beginner Kitesurfing Lesson

Kitesurfing is a popular activity in the warm waters of the equator. There's nothing quite so magical as gliding over waves rippling with the wind that holds your kite aloft. If you've always wanted to try it but never found the time, take it now – you and your family will be learning from the best!

As well as being a friendly and encouraging guide, Mitu Monteiro is perhaps best known to extreme sports fans as a World Kite Surfing Champion. Don't worry about having to get it right straight away, however – this three-hour lesson is for beginner groups and suitable for younger children.

Duration: approximately 3 hours

Included Accommodation

Hilton Cabo Verde Resort (Nights: 1-7)



The Hilton Cabo Verde Resort, a local landmark, has plenty to do for children of all ages. With a spa, watersports centre and two pools, there's plenty to get the whole family entertained (as well as a kids' club for the hotel's youngest guests). As well as a huge outdoor swimming pool with both children-only and general areas, the hotel is located directly on the shore of the Santa Maria Beach, allowing you to step out of your front door and directly onto sand.

In terms of food, The Magellan serves buffet-style dishes between 6AM and 10PM. The Bounty Beach Restaurant offers a DJ, live kitchen, and handcrafted cocktails, which can also be purchased at the swim-up bar. If you're really feeling adventurous, La Victoria restaurant serves up unique tasting menus combining African and European cuisine and reinventing local classics.

The hotel's rooms are very spacious with fantastic views of the beach. Facilities include ensuite bathroom, cable TV, hair dryers, a mini bar and air conditioning.

Facilities:

- Spa, On-site restaurants, Outdoor pool, Fitness centre
- Swimming pool with children-only and general pools
- Free parking and WiFi
- For those quiet moments - a reading room, a TV room and various sun terraces
- A 24 hour concierge service and dedicated tour desk
- An exceptional healthy breakfast boasting local and seasonal ingredients

The Specifics

Group Size

We always try to provide an approximation of the group size you can expect to be with for the duration of each of our holidays. It may be that you are joined by others for parts of your holiday (such as transfers and particular activities) but the above number reflects those you can normally expect to be with from beginning to end. If group size is

something which is particularly important to you, please speak to our Travel Experts and they can suggest the best holidays for you.

Tailor-made holiday group sizes will vary for all activities as will the group size for any additional activities you book.

Minimum numbers required for a holiday to operate

Some of our holidays require a minimum number of participants to operate (as listed in the 'Group Size' section). If your holiday departure has not yet reached the minimum number, you will be told at the time of booking. In the unlikely event that your chosen date is not guaranteed by nine weeks before your scheduled departure date, we will contact you to discuss the available options as per our booking conditions.

Minimum and maximum age

The minimum age for this holiday can be found in the 'Key Facts' section of the holiday overview.

Younger family members may be able to participate but may not be able to take part in all activities. Please contact one of our Travel Experts if you have any questions.

Itinerary amendments

The order of activities listed in this agenda is provided for guidance only, your final and detailed itinerary will be provided either with your final travel documents (which are uploaded into your online account around a week prior to departure) or upon arrival.

Terms and Conditions

Our full booking terms and conditions can be found on our website: <https://www.activitiesabroad.com/booking-conditions>

Please note: our payment and cancellation terms will be unique to each booking - they will be confirmed with you at the time of quotation. The terms listed above are noted as a guide only