



Trekking Week



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Cape Verde - Tarrafal

Explore the islands of the blessed 'Cape Verde' and engage in activities from hiking, trekking to exploring rum factories and much more.

Witness the green landscape of Cape Verde, meet its people and learn their culture, trek through green mountains and valleys, and cycle along the streets. This adventure is for hiking lovers who yearn for an experience off the beaten path in this beautiful island in the mid-Atlantic Ocean.



Program Description

Trekking week includes an adventure in Cape Verde and lets you explore the country in its purest forms. The action-packed itinerary throughout the week offers you visits to the hotspots on the island while sightseeing to the best scenic hiking and trekking trails.

Not only it has adventures on the ground such as hiking, trekking, visiting traditional villages and even exploring a rum factory, but also it has its share of exploring the best beaches and the world underwater.

Program Duration & Availability

Min duration (weeks): 1

Max duration (weeks): 1

Aims & Objectives

Explore authentic Cape Verdean culture and nature in a one week adventure.

Schedule

Monday

Northern Island of Santiago

It's the first day of your adventure. Today, you will visit Green valleys of Northern Island of Santiago and see beautiful landscapes and interact with local people in their villages. You will get a chance to visit a Local Rum production including tasting!

Tuesday

Serra Malagueta to Mato Brasil

Today, you will walk from Serra Malagueta to Achada Lagoa and to Mato Brasil. This hiking track has spectacular views of all parts of Santiago North.

Wednesday

Hiking with Lunch at Farmer's House

Walk with us in the mountains of Serra Malagueta and have lunch at an organic farm. In the valley of Lagoa, you will have impressions of a traditional Cape Verdean lifestyle. On our track, we will meet agriculture imposing landscapes, a little oasis. You will meet a local family with whom you will spend some time to see how they live. Lunch will be served at the farmer's house.

With a little bit of luck, you can see monkeys along the route. (2h of hiking included)

Thursday

Gon-Gon - the "King-Track"

The valley of Gon-gon was named after the Bird Gon-Gon. This is a stunning landscape and the hike has very spectacular views en route. It's a hike for accustomed hikers because of its duration and hight difference.

We will start from a Nature Park of Serra Malagueta, go down to the Gon-gon valley, go up over a ridge and down in the valley of Principal until we reach the ocean. It's very beautiful and diversified – as it is believed to be the best of all – the King of Tracks!

(Duration: About 6 h / Difficulty level: Level 4 (Accustomed hikers))

Friday

Mountain Cycling Trip

Today, we will discover the great natural surroundings around Tarrafal while going on a bicycle trip. (Duration: 6 h)

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

Jan 13th	Jan 27th	Feb 10th	Feb 24th	Mar 9th	Mar 23rd	Apr 13th
Apr 27th	May 11th	May 25th	Jun 15th	Jun 29th	Jul 13th	Jul 27th
Aug 10th	Aug 24th	Sep 14th	Sep 28th	Oct 12th	Oct 26th	Nov 9th
Nov 23rd	Dec 14th	Dec 28th				

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

Yellow fever vaccination is a mandatory requirement for all participants arriving in Cape Verde. For participants below 18, parental consent is required and for participants above 65, medical clearance is required.

Additional Equipment

Hiking shoes

Sun protection

Refillable water bottle