

TIMUNTU-TRAVEL.COM



Cape Verdean Adventure

CAPE VERDE

TIMUNTU TRAVEL PRESENTS

PRAIA/SÃO VICENTE/SANTO ANTÃO & TARRAFAL :
10 DAYS / 09 NIGHTS
A CAPE VERDE TOUR

About

Timuntu

We are a travel agency specialised in organising traditional and unusual experiences to discover Africa and adapted to families with children. We offer sustainable tourism that respects the environment and local people by promoting an ecological, economic and ethical balance between travellers, communities and the people in charge of our Timuntists once they are there.

We offer expert advice and customisable adventures through authentic and responsible travel experiences.



*Travelling with
Timuntu, it's
giving a meaning
to your journey.*



Notes

A TOUR TO CAPE VERDE

Need a break? Don't miss this escape opportunity designed especially for you. This trip invites you to discover Cape Verde, a little-known place, nestled between land and sea, with crystal-clear waters, white sand, and mountains. Take advantage of this immersion to share special moments with locals and explore sites steeped in history. Enjoy a relaxing week in an idyllic setting while giving your trip meaning.

THE PROGRAMME

Discover Cape Verde on an unforgettable trip that will take you to the islands of Praia, São Vicente, Santo Antão, and Tarrafal. Immerse yourself in the cultural richness of each destination, with authentic encounters and interactions with locals.

Enjoy breathtaking hikes through mountainous landscapes and lush valleys, while admiring the beauty of paradisiacal beaches. Relax to the rhythm of the waves and let yourself be enchanted by the ambient Creole music. This trip is an invitation to discovery, adventure, and serenity. Join us for a total immersion in the Cape Verdean soul and live an enriching and memorable experience. Prepare to create unforgettable memories in this corner of paradise!

Takore

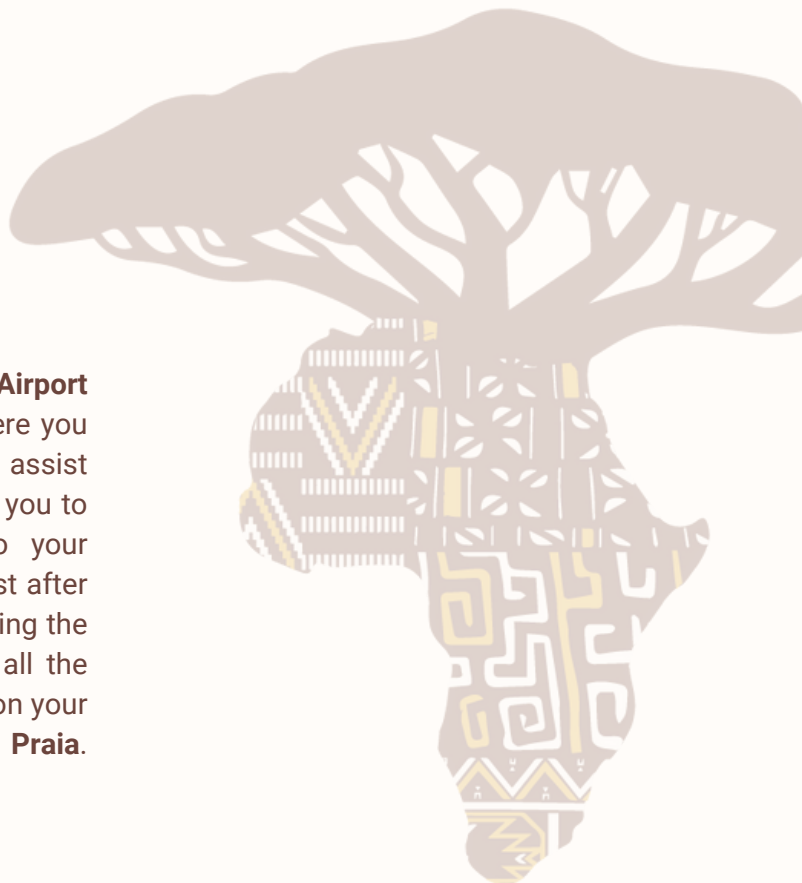
RILLE TAKORE
FOUNDER OF TIMUNTU TRAVEL





Day 1: Your arrival in Praia

Arrive at **Nelson Mandela International Airport** (according to flight times to be confirmed) where you will be met by our local representative, who will assist you throughout your stay. They will accompany you to ensure a safe and professional transfer to your accommodation where you can settle in and rest after your trip. Enjoy lunch on your own before exploring the city with our team, who will provide you with all the relevant information for your stay. Enjoy dinner on your own before spending a relaxing night in **Praia**. Overnight at Jean Charles or similar.





Day 2: Artistic discovery of the city of Praia

Breakfast.

Praia, the capital of Cape Verde, is much more than just a port city. It's a true **cultural hub** where art and history intertwine to tell the soul of the country.

This day will be dedicated to the **artistic discovery** of Praia, an experience that will immerse you in the vibrant and creative heritage of this unique destination. Lunch. Take the opportunity to **meet local artists** in their studios or at pop-up exhibitions. These passionate creators will share their vision and inspiration with you, often drawn from the richness of Cape Verde's landscapes and the stories of their history. Music is an integral part of Cape Verdean identity, and Praia is no exception. The day ends with a break at Café Kriol, an iconic venue for the local art scene. There, you'll discover **live performances of traditional music**, such as morna and funaná, and let yourself be carried away by the captivating melodies and lively rhythms. Dinner. Overnight stay at Jean Charles or similar





Day 3: On the road to São Vicente

After a delicious lunch, transfer to the airport to board your flight to your new destination. Heading to São Vicente. Upon arrival, you'll be met by our local guide and assisted. Check into your accommodation and have free time to enjoy the island's serene atmosphere. Explore at your own pace and discover the local flavors by tasting a typical dish in a local restaurant. In the evening, let yourself be carried away by Mindelo's vibrant atmosphere: you'll be taken for an outing to one of the city's most popular restaurants, where live music and Cape Verdean cuisine combine for an unforgettable experience. Overnight at Casa Bom Dia or similar.



Day 4: Between sea and nature



Coastal hike and discovery of Salamansa. Embark on a moderate hike along the coast, starting from the lively Cruz district of Mindelo. Following a picturesque path, you'll follow the coastline, lulled by the sea breeze, to reach the charming fishing village of Salamansa. After a short climb, a breathtaking view awaits you. Salamansa has become a popular windsurfing spot for locals and visitors alike. Enjoy the laid-back atmosphere of the village, relax on the beach, and end the day with a fresh meal at a seaside bar. An experience that combines nature, sport, and immersion in the local life of Cape Verde! Overnight at Casa Bom Dia or similar.



Day 5: Cooking workshop and swimming with turtles



After breakfast, immerse yourself in Cape Verdean culture with this unique culinary workshop where you'll learn how to prepare the famous Katxupa, Cape Verde's signature dish. Once considered a dish for the humble, this rich stew made with beans, corn, and vegetables is now an essential part of the local cuisine, symbolizing sharing and conviviality.

Accompanied by a local guide, begin your adventure with a stroll through the charming streets of Mindelo. You'll visit the colorful markets to select the ingredients needed to prepare Katxupa. Once your shopping is done, head to a family home where you'll be warmly welcomed to prepare this traditional dish.

While your Katxupa simmers gently, take an excursion to São Pedro, a picturesque village. Don your snorkeling gear for a magical experience: observing sea turtles in their natural habitat. After this marine immersion, return to the family home to enjoy a delicious, lovingly prepared meal. A day that combines culinary discoveries, authentic encounters with locals, and unforgettable moments by the ocean. An experience not to be missed to fully experience the soul of Cape Verde! Overnight at your accommodation. Night at Casa Bom Dia or similar.





Day 6: Santo Antão, mountain town



After breakfast, transfer to the port for a new adventure. Start the day with a boat ride from São Vicente to Santo Antão, the green pearl of Cape Verde. Upon arrival, be swept away by the natural beauty of this mountainous island. Enjoy a city tour to explore Porto Novo, the gateway to Santo Antão, and discover its peaceful atmosphere. Stroll through the bustling streets, visit the local market where locals sell fresh produce and handicrafts, and immerse yourself in Cape Verdean culture. Admire the views of the ocean and surrounding mountains before settling into your accommodation for an authentic experience. A first day that promises unforgettable adventures on this island with its unique landscapes!

Dinner. Overnight at Casa Saúde or similar.

Day 7: Hike to Pinhão and discovery of Sinagoga

Located on the eastern plateau at an altitude of 600 meters, Pinhão offers a unique and splendid view of the surrounding landscapes. It will be the starting point for an unforgettable hike. Throughout the route, you will cross small streams, green hills, and isolated villages, accessible only on foot. These authentic villages will immerse you in the simplicity and charm of Cape Verdean life. The hike will allow you to discover unspoiled landscapes of breathtaking beauty, while breathing pure and invigorating air. At the end of your walk, you will have the opportunity to visit Sinagoga and enjoy its natural pools for a well-deserved moment of relaxation. A day combining adventure, serenity, and connection to the nature of Cape Verde. Overnight at Casa Saúde or similar.





Day 8: An authentic immersion in Cape Verde



After breakfast, discover the daily life of Cape Verdeans for an authentic and enriching experience.

Explore traditional villages where time seems to stand still, and let yourself be guided by friendly locals who will reveal their daily lives to you.

This immersion is a true invitation to better understand the culture and traditions of Cape Verde, while creating unforgettable human connections. An adventure full of exchanges and emotions, up close and personal with the inhabitants of this authentic archipelago. Dinner. Overnight stay at Casa Saúde or similar.

Day 9: Tarrafal: between history and relaxation

Start your day with a delicious breakfast before transferring to the port for a boat ride to São Vicente. From there, you'll board a flight to Praia, followed by a scenic drive to Tarrafal.

Upon arrival, discover the region's rich history with a visit to the former Tarrafal Prison, an emotionally charged site that tells the story of an important part of Cape Verde's past. Afterward, enjoy some well-deserved relaxation on the golden beaches or explore the peaceful surroundings of this charming village. A perfect blend of history and relaxation to conclude your Cape Verdean adventure. Dinner. Overnight at Casa Strela or similar.





Day 10: Santiago and departure

After breakfast, you'll enjoy a moment of relaxation to savor your last moments in Cape Verde. If time permits, you'll have the opportunity to do some souvenir shopping before your departure. Afterward, you'll be transferred to the airport for check-in.

2135€ per person
based on 4 participants *

*Subject to availability at the time of booking.



Included:

- 24-hour on-site reception and assistance for the duration of your stay.
- Travel documents (electronic version).
- Personalized and private round-trip airport transfers and luggage transfers.
- Hotel pickup and drop-off for all visits.
- Services of a local guide (English, French, Portuguese, and Spanish).
- Accommodation on a double basis, as specified in the itinerary above.
- Meals mentioned in the program above (9 breakfasts, 3 lunches, and 3 dinners).
- Visits as mentioned in the program.
- All entrance fees.
- Ferry ticket (São Vicente - Santo Antão - São Vicente).
- Domestic flights (Praia/São Vicente/Praia).
- Service charges and VAT.

Non included:

- International flights and airport taxes.
- Airport security tax (TSA): €32 per person to be paid on site in cash (make sure you have the correct amount).
- Meals not mentioned in the program above.
- Optional activities not included in the program above.
- Drinks and personal expenses.
- Tips for guides, drivers, and rangers (at your discretion, allow approximately €5 per person per day).
- Services not mentioned in the "included" section.
- Travel insurance (we strongly recommend purchasing this insurance via this link).: <https://www.chapkadirect.fr/index.php?action=produit&id=824&app=timuntu>

Reminder

The itinerary is subject to availability at the time of booking.
The photographs displayed in the itinerary are provided for illustrative purposes only and do not constitute a contractual description of the services.

About

The travel insurance:

A complete contract with cancellation, repatriation assistance, medical and hospitalization expenses up to €300,000, luggage, private life and sports and leisure liability...

Cancellation:

Cancellation before departure for all justified reasons and exceptional events (airspace closure, undeclared strike, natural disaster, riot, epidemic*...): €10,000 per person. Cancellation within the limit of €10,000. Maximum per event of €40,000.

This formula is enriched with additional guarantees: impossible departure, missed flight, flight delay, interruption of stay with unused services.

Assistance:

A premium coverage for travel abroad without the cancellation guarantee. This package can be purchased up to the day before departure and includes teleconsultation.

[*COVID-19]:

Cancellation in case of Covid19 contraction before departure,

Cancellation in case of quarantine before departure,

Cancellation if you are denied boarding due to a thermal (or other health) inspection by the authorities or the carrier,

Medical expenses in case of contraction of Covid-19, quarantine at destination and medical repatriation,

Extension of stay when you are not infected or quarantined but are stranded due to confinement at destination or lack of transportation.

Subscription conditions:

The insurance must be taken out before or within 48 hours of the payment of the first deposit for your trip (flights, hotels, tour...).

Be a resident of Metropolitan France, the French overseas departments, the European Union, Switzerland, Liechtenstein, Norway, the Principality of Andorra or Monaco.

Maximum duration of the trip: 60 days. No age limit.

Registration:

We are at your disposal to answer all your questions and to proceed with your registration.

We take a 60% deposit (if the registration is made more than 45 days before departure).

Loyalty:

Your loyalty is rewarded! With My Solidarity Card, every purchase you make will be rewarded. Free card with no validity limit. More information on our website.

Confirmation:

Payment of the balance at 45 days, then sending the travel documents.

Meeting at destination:

All you have to do is pack your suitcase, we are waiting for you on site to make you live a unique experience.

We would like to express our sincere gratitude to our Timuntists for their trust in Timuntu Travel. We are honored that you have chosen our company for your travels and we strive to continue providing you with exceptional travel experiences. Thank you again for your support and loyalty.



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Reg number : 2020/586320/07 – Insurance : B1262BW0217120-PI03/2021/3561



"To travel is to discover oneself, not
through the eyes of others, but by looking
in a new mirror."

- Alioune Diop,
Senegalese writer

