

## MACARONESIA

### Azores, Madeira, Canary Islands & Cape Verde

**19 days**

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#### **Day 1 Arrival in the Azores, Portugal**

Arrival in Ponta Delgada, Azores (PDL), located on San Miguel Island, the largest in the archipelago.

Welcome to Macaronesia, a collection of four archipelagos in the North Atlantic Ocean belonging to three countries: Portugal, Spain, and Cape Verde. Apart from the Azores and Madeira, which are considered mainly as part of Europe, the other islands of Macaronesia are closer to Africa. The name is derived from the Greek words for "islands of the fortunate," a term used by Ancient Greek geographers for islands to the west of the Straits of Gibraltar. Macaronesia is occasionally misspelled "Macronesia" in false analogy with Micronesia, an unrelated Pacific archipelago.

Ponta Delgada is a graceful centre with cobbled streets meandering down to a marina lined with restaurants. As most flights from North America land in the morning, we recommend that you spend some time exploring its historical centre where you will discover the squares, well-tended gardens, and handsome monuments built when Ponta Delgada was an important trading port in the 18th and early 19th centuries. For a pleasant overview of Ponta Delgada, stroll along the town's harbourfront promenade.

This evening we assemble for our welcome dinner and trip orientation.

Overnight in Ponta Delgada.

Included Meal(s): Dinner, if required.

#### **Day 2 Fly to Faial Island: Horta & the Scrimshaw Museum**

This morning a short flight of roughly 30 minutes carries us west across the archipelago to Faial, the third most populous of the Azorean islands and the westernmost corner of the so-called Triangle Islands, which also include Sao Jorge and Pico. The differences between Azorean islands – in climate, topography, history, accent, and cuisine – are one of the quiet pleasures of this tour.

Horta, Faial's compact and charming capital, grew to prominence in the 18th century as a watering point for the early Atlantic whaling fleets and by the 19th century had become one of the most important yacht harbours in the North Atlantic. That seafaring tradition is alive in every corner of the waterfront, where boats from dozens of countries have left painted murals on the harbour wall – a custom that has grown into an extraordinary open-air gallery.

We visit the Scrimshaw Museum, housed above one of the waterfront's most celebrated meeting places, Peter's Sport Cafe. Scrimshaw – the art of engraving whale teeth with images of ships, mermaids, and hunt scenes – was the sailor's craft par excellence, born of long Pacific passages and idle hands. The private collection on display here is one of the finest in the Azores, each piece a miniature record of the age when Horta's quays were crowded with American and European whalers provisioning for the long voyage home.

This evening we join our hosts for dinner as Faial settles into its Atlantic night.

Overnight in Horta.

Included Meal(s): Breakfast and Dinner

#### **Day 3 Faial & Pico Islands**

This morning we take the local ferry the short crossing to Pico Island (+/- 30 minutes) for a full day tour of this unique and beautiful island. Our first stop is Furnas Frei Matias, a hidden gem that offers an intimate underground adventure away from the crowds. This lesser-known lava tube provides a unique spelunking experience where we'll don helmets and grab flashlights to explore stunning geological formations created by ancient volcanic activity. The cave features impressive stalactites, intricate lava formations, and chambers that showcase Pico's volcanic heritage. This private expedition offers our group exclusive access to witness the island's underground wonders in a more personal setting, with fascinating insights into the volcanic processes that shaped the Azores archipelago.

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Then we will visit the Whalers' Museum in Lajes do Pico, known as the Whaler's village, to learn about the story of whaling activity in the Azores. Dedicated to the socio-economic influence of the whaling industry in the region, the museum was established in the abandoned whaling factory used for many years in the processing of whale blubber into oil. Whaling in the Azores ended in the 1980's, but pride in whaling tradition and history is still very much alive, just like the whales that these days are worth far more alive, comprising an important aspect of local tourism.

Our journey across the island takes us back down to sea level and a break for lunch, included today. Our meal features local dishes made from locally-sourced ingredients; you will also have a chance to sample the wines for which Pico is famous.

Criacao Velha UNESCO Heritage vineyards involves an easy walk through a good example of the vineyards for which Pico is renowned. The wine, salt spray, and rocky volcanic landscape have combined to create a unique way of growing grape vines, sheltered by complex volcanic stone walls that keep heat in and winds at bay. This unique cultivation method and attendant wine cultural tradition has earned Pico's vineyards Unesco World Patrimony since 2004.

Our (roughly) circular route takes us along the coast where we can stop to enjoy coastal views and to admire the attractive and striking local construction from lava stone and colourful trim.

Overnight in Horta.

Included Meal(s): Breakfast and Lunch

#### **Day 4 Capelinhos Volcano - Fly to Ponta Delgada: Pineapple & Wine**

Our final morning on Faial belongs to Capelinhos, one of the most dramatic geological events of the 20th century. In 1957, an underwater volcano erupted just off Faial's western tip and continued erupting for thirteen months, adding an entirely new peninsula to the island and sending shockwaves – literal and human – through the entire archipelago. Half of Faial's population emigrated to North America in the aftermath, a diaspora whose legacy is still felt in the island's demographic patterns and cultural ties to New England.

The Capelinhos Volcano Interpretation Centre tells this story with clarity and depth. Its exhibits chart not just the 1957 eruption itself but the tectonic forces that continue to shape the Azores – an island chain sitting directly on the junction of the North American and Eurasian plates. The haunting landscape outside, all ash fields and eroded lava, drives the point home more powerfully than any exhibit.

A short afternoon flight returns us to Sao Miguel and Ponta Delgada, where the pace shifts entirely. We visit a family-run pineapple plantation operating in the centuries-old tradition of heated greenhouse cultivation – a two-year growing cycle for each fruit, a level of patience that explains why the Azorean pineapple is considered among the world's finest. Our visit closes with a pairing of local cheeses and the island's unusual pineapple wine, sweet and aromatic, a quintessentially Azorean conclusion to our time in the western islands.

Time-permitting back in the city, you may be able to explore the historical center of Ponta Delgada, including the iconic Portas da Cidade (City Gates), a trio of 18th-century arches that have become the symbol of the city. Visit the Igreja Matriz (Mother Church) with its beautiful baroque interior, and stroll through the cobblestoned streets with their distinctive black and white Portuguese pavement patterns. You can also see the elegant town squares, historic buildings, and the picturesque marina area.

Overnight in Ponta Delgada.

Included Meal(s): Breakfast and Dinner

#### **Day 5 Sao Miguel: Whale Watching & West Island Exploration**

Today we enjoy an exciting whale watching excursion from the port of Ponta Delgada. Our vessel is large and stable and well-appointed, but still nimble enough to respond quickly to the whale spotters positioned on the hills around us; many of these same spotters used to alert hunters back in the day when whaling was a major industry. Our tour is preceded by a briefing in which a biologist explains how the Azoreans have converted whale hunting to whale watching. The briefing also includes information about safety, rules of observation, and respect for the animals, and an overview of what may be sighted during the tour. The excursion is led by nature guides who provide detailed explanations and collect scientific data during the tour. The Azores are a permanent home or point of passage for more than a third of the world's whale and dolphin species; sperm whales, common dolphins, bottlenose dolphins, and Risso's dolphins are present around the Azores archipelago throughout the year. We'll also be here at the right time for blue and fin whales, the largest and second largest of the cetaceans.

This afternoon we have an excursion through the heart of the island and out to the western end of it. As we leave Ponta Delgada we will stop at Ponta de Ferraria and Ponta do Escalvado. At Miradouro do Escalvado we will have a superb view over the fishing village of Mosteiros, with its beautiful summer homes, beaches, and natural pools.

The westernmost part of the island is where the mountains and lakes of Sete Cidades ('Seven Cities') are situated. The southwest road takes us along the coast through green pastures, and we will stop at the Vista do Rei (King's View), one of the most stunning panorama spots of the island (fog-permitting). From here the blue and green crater lakes can be seen. The volcanic caldera lake of Lagoa das Sete Cidades is one of the great natural wonders of the Azores archipelago, and absolutely mesmerizing in its beauty. Nearly five km long and 2 km wide, this is the largest freshwater lake in the Azores and, in fact, consists of two lagoons -- the Green Lagoon and the Blue Lagoon. An emerald mantle of rolling hills and lush vegetation frames both, and in some places the cliffs drop 500 metres into the mirror-like waters. We will enjoy a short walk to the viewpoint of Boca do Inferno, where we admire the view over the crater of Sete Cidades. Later we will visit the farming village of Sete Cidades, situated right on the crater floor.

Overnight in Ponta Delgada.

Included Meal(s): Breakfast and Dinner

### Day 6 Sao Miguel: Furnas & East Island Touring

This morning we'll make stop at Pico do Carvao, where the north and south coasts of the island can be seen. From here we head to the north coast and along to the town of Ribeira Grande where we will see the historical centre and some of the islands most beautiful cliffs. We rise to the Fogo Lake, the most isolated and untouched lake of Sao Miguel. Driving down from the north coast our next stop is at Caldeira Velha where we discover a waterfall located on the north slope of the Fogo Volcano.

Our next stop is at the Lake of Fire, another breathtaking caldera with a lake at the bottom. Its remote setting, more or less in the middle of Sao Miguel Island, makes this impressive volcanic crater especially appealing. There are no settlements here as the entire area is a protected nature reserve, and the crater's walls are studded with a number of endemic plant species. Our last views of the area will be from the top of the volcano of Pico da Barrosa (947 metres).

We continue to the Parish of Furnas, which is located in the middle of a huge volcano, and the "Caldeiras of Furnas" is a place of hot water springs and medicinal mud where visitors come to bathe in the hot pools! While in Furnas, we will spend some time in the centre of the village with its gushing geysers, burping mud, and hot bubbling springs. Also included is a cozido lunch, which is the special means of cooking food underground in the thermal vents.

We then head to Pico dos Milhos for an overview (mists permitting!) of Furnas valley. Finally we will exit the volcano and head up to a spectacular panorama of the village of Vila Franca and the famous lagoon -- the crater of a submarine volcano about 5,000 years old. We will stop in the historical centre of Vila Franca do Campo, the former capital of the island.

As we cross towards the north side of the island, one of our stops will be at Miradouro de Santa Iria, from where we have a dramatic view over the north coast. Weather-permitting we will be able to spot the volcano of Sete Cidades as well as Pico da Vara, the highest point of the island (1105 metres). We will also make a stop at the Gorreana tea plantation, one of the only tea plantations in Europe!

We will visit Parque Natural da Ribeira dos Caldeiros where waterfalls and gardens give a special touch to the park. At the Vista dos Barcos viewpoint we will see "Farol do Arnel", the oldest lighthouse of the Azores dating back to 1876. Ponta do Sossego is a beautiful garden and scenic lookout surrounded by mountains. At the view point of "Pico Longo" we can see the village of Povoacao, where the first settlement was established back in 1432.

Overnight in Ponta Delgada.

Included Meal(s): Breakfast and Lunch

### Day 7 Ponta Delgada, Azores - Fly to Madeira Island

Early this morning we transfer to the airport to fly to the island of Madeira, also part of Portugal.

With a subtropical climate warmed by the Gulf Stream, this volcanic outcrop off the coast of Africa is Portugal's own floating garden. The

rich volcanic soil promotes an astonishingly verdant array of flowers, plants, and trees, both in the wild and in some beautifully-cultivated gardens. Here we discover a lush and vertical landscape with a wild terraced terrain. This 36 mile by 14 mile island (70% is national park) packs more into its chaotic terrain than most areas 5 times its size.

Funchal, the capital of the Madeira archipelago, was declared a city in the 1500s and became an important point between the old and new worlds. The laid-back city owes much of its historical prominence to the white gold, the Madeiran sugar.

Today we will tour the city of Funchal, including the 'Old Town', one of the most attractive areas of the city. Portuguese settlers colonized the coast in the early 1400's, and over the years the population grew as international trade attracted the attention of much of Europe. Today we discover a modern city with over 110,000 inhabitants. Located right in the center of Funchal is a busy and colourful covered market (Mercado dos Lavradores). Here we discover a great variety of fresh fish, tropical fruits, spices, colourful flowers and some local crafts. This is also the place to find local delicacies such as Madeira wine or honey cake.

The narrow and cobbled Rua de Santa Maria is the oldest street in Funchal, dating back to the 15th century. When the heavy storms of 2010 severely damaged the old town, the municipality launched the project 'Art Open Doors' in order to revitalize the area. They invited local artists to paint the doors in the street and the result is a vibrant, colourful, artistic street, full of energy. For the best view of Funchal we will take the cable car (Teleferico do Funchal) to the Monte Village. The 15-minute journey takes us 560 meters above the city, with a 360° panoramic view of Funchal, the dramatic mountain landscape, and the shimmering Atlantic Ocean. Nearby is the Madeira Story Centre, an excellent museum that charts the history and culture of the Madeira archipelago.

Monte Village was built in 1565 as a summer refuge for Funchal's aristocracy. Constructed in 1741, the Church of Our Lady of the Monte is the resting place of Charles I, the last ruler of the Austro-Hungarian Empire. Those who climb to the bell tower terrace are rewarded with a spectacular view.

Overnight in Funchal.

Included Meal(s): Breakfast and Dinner

### Day 8 Madeira: West Island Touring

Today we explore the west, crossing mountain passes and traversing Madeira's highest plateau. Prepare for some spectacular panoramas! We first pass through the traditional fishing village of Camara de Lobos, and make a stop at the Pico da Torre viewpoint. Here the port is really just a small creek, with a beach, a harbour and houses heaped up around the bay. We will continue up to the lofty sea cliffs of Cabo Girao, the highest sea cliffs in Europe (580m) / the second highest sea cliffs in the world. From here you can enjoy some beautiful views.

A glass bottomed skywalk hangs out over the top of the cliff! Sea erosion has led to the formation of caves and terraces along the coastline, and the local population have created small plots for crops, forming an incredible watercolour landscape.

In Ribeira Brava we will see the 16th century mother church. Along the promenade we will pass by the town's landmark, the fort of São Bento. We then visit what many consider to be the most beautiful village on the island, Ponta do Sol (point of the sun). The town, with its old restored buildings, was once described as a 'quiet and pretty little village shoe-horned into the folds of a steep valley'. We continue to make our way up through the Laurissilva forest, and reach the plateau of Paul da Serra, which translated roughly is "mountain plain". This is Madeira's biggest and highest plateau, situated at 1400m (4,593 ft), and here we can enjoy another 'Levada walk'. Our next stop is the village of Porto Moniz on the north coast, which is famous for its natural volcanic rock pools. This is Madeira's most north-western valley, and the dramatic village is situated at the foot of the mountain.

Our next stop is at the picturesque village of Seixal where local vegetable gardens and vineyards are surrounded by heather broom. We will see the famous "Brides Vale" falls which plummets directly into the sea. Our scenic coastal route then brings us to the charming fishing village of São Vicente.

Overnight in Funchal.

Included Meal(s): Breakfast and Dinner

### Day 9 East Madeira Exploration

Today we explore the eastern side of the island with its dramatic mountain, forest and coastal views. Just a short distance from the capital is

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the cultural village of Camacha, known as 'the village of basket makers', and the centre of Madeira's willow craft industry.

Our journey then takes us up to Pico do Arieiro (1818 meters/5,965 ft), one of the island's highest peaks with spectacular views. After visiting the highest (drivable) peak in Madeira, we will head towards Ribeiro Frio, a popular starting point for 'levada' walks. Madeira was once completely covered by laurel 'Laurissilva' forest, a relic from prehistoric times. Laurel forest, also called laurisilva or laurissilva, is a type of subtropical forest found in areas with high humidity and relatively stable, mild temperatures. This region still has much of its original vegetation, and here we will enjoy an easy walk. As UNESCO put it... "an outstanding relict of a previously widespread laurel forest type. It is the largest surviving area of laurel forest and is believed to be 90% primary forest.". This is one of the best places to really appreciate Madeira's natural heritage.

We then visit Santana, which is famous for its typical A-framed cottages with thatched roofs. We then make our way to Porto da Cruz, Caniçal, and Ponta de São Lourenço - with some of the best views you can get on the island. From here you can see both coasts as well as Porto Santo and the Desertas Islands. We also stop in Curral das Freiras ('Nuns Valley'), a small village nestled between almost perpendicular mountains in the heart of the island.

Overnight in Funchal.

Included Meal(s): Breakfast and Dinner

### Day 10 Madeira, Portugal - Fly to Tenerife, Spain

Today we fly from Madeira to Tenerife (North) in the Canary Islands.

The Canary Islands (Islas Canarias), also known as the Canaries (Canarias), are an archipelago and autonomous community of Spain located 100 kilometres (62 miles) west of Morocco. The Canaries are among the outermost regions of the European Union proper; it is also one of the eight regions with special consideration of historical nationality recognized as such by the Spanish Government. The Canary Islands are the most southerly region of Spain and the largest and most populated archipelago of the Macaronesia region.

We land on the largest island and begin (flight time-permitting) a sightseeing program in Santa Cruz de Tenerife, a city and capital (jointly with Las Palmas) of the Canary Islands. This good looking and wholly Spanish city is home to evocative, brightly-painted buildings, sophisticated and quirky shops, excellent museums, and a tropical oasis of birdsong, fountains, and greenery in the city park. Our last stop will be the small town of Cristobal de la Laguna (likely a quick stop only), widely considered to be the most beautiful in Tenerife. The historic town centre is a gem, with narrow poker-straight streets flanked by pastel-hued historic mansions, inviting bars, and idiosyncratic small shops. Its layout provided the model for many colonial towns in the Americas and, in 1999, La Laguna was added to the Unesco list of World Heritage sites.

Overnight in Santa Cruz de Tenerife.

Included Meal(s): Breakfast and Dinner

### Day 11 Santa Cruz de Tenerife: City Touring

Today we'll have a city tour of Santa Cruz de Tenerife.

Santa Cruz de Tenerife is a beautiful port situated on Tenerife, the largest of the western islands in the Canary archipelago. Around its important port are wide avenues, squares and exotic landscaped areas, and some beautiful examples of modernist architecture. We start at the Museum of Nature and Man (MNH), located in the Old Civil Hospital, an emblematic building in the island's capital and a fine example of the islands' typical neoclassical architecture. The museum offers the chance to learn more about the natural riches of the Canary Islands, and also to discover the most important collection existing on the culture of the "guanches", a native people who inhabited the island of Tenerife before the arrival of the first European settlers.

We'll walk to the parish mother church of Nuestra Señora de La Concepción, the main Catholic church in the city, built where a chapel used to stand that was erected by the conquerors of Santa Cruz. The tower was raised in 1786 and is one of the most easily recognizable landmarks in the old quarter. Because of the extension work carried out over the years, it is the only church with five naves on the entire archipelago and a fine example of Canarian Baroque architecture.

We'll also visit the interior the impressive and unique Auditorio de Tenerife. A marvel of the architectural avant-garde, created by Santiago

Calatrava, which has become the cultural, social, and symbolic engine for the Canary Islands.

We the head to the Palmetum, a 12-hectare botanical garden that specializes in palm trees and a project unique in the world. It has transformed a municipal rubbish dump into a recreational space for plant lovers, bursting with spectacular plant life brought here through partnerships with institutions from all over the world. The gardens are home to the greatest collection of palms in Europe, thought to be the largest botanical collection of tropical island palms in the world.

Overnight in Santa Cruz de Tenerife.

Included Meal(s): Breakfast and Dinner

### Day 12 Tenerife Island Touring

Today we take a panoramic route along Monte Esperanza towards the Teide National Park, including photo stops.\*

Teide National Park, located in the centre of the island of Tenerife, is the largest and oldest of the four national parks on the Canary Islands. From its surface area of 190 km<sup>2</sup> (18,990 hectares), Mount Teide rises up to a height of 3718 m, which makes it the highest peak in Spain. There are many services organized for visitors so that they can discover and enjoy this area: a convenient road network across the entire park, two visitor centres that reveal some of the park's secrets, a bar and restaurant area for refreshment, and abundant vantage points to gain a panoramic view of the whole park. Our program today is informal and weather-dependent, but will concentrate on the unique flora, fauna, and landscape of this special place.

We continue to the spectacular Barranco de Masca with a brief stay in the picturesque village before returning to Santa Cruz de Tenerife.

\* Please note that we do not include the cable car on our trip, as it is often closed due to weather and takes quite a chunk of time out of our day. Past travellers have also noted that time could be better spent down in the park, rather than removed far above it.

Overnight in Santa Cruz de Tenerife.

Included Meal(s): Breakfast and Dinner

### Day 13 Las Palmas, Canary Islands - Fly to Sal, Cape Verde

This morning we board the ferry to Gran Canaria (approx 3 hours). Our journey to Gran Canaria a logistical move in order to place us for this evening's flight to Cape Verde, which departs only from Las Palmas. But why not see a bit of Gran Canaria while we're here?

Crowning an island of tall cliffs to the north and extensive beaches to the south, Las Palmas de Gran Canaria is a city which offers sun, sea and an exceptional historic legacy. The combination of the aboriginal Guanche culture, its colonial past, and the fact that it is only 90 miles from the coast of Africa create a distinctive character resulting from the mix of Europe, America, and Africa.

We'll head to the centre of the Island: Tejeda is the home of the Nublo rock, the symbol of Gran Canary. The Tejeda depression arose from a volcanic crater, standing over which is a mountain crowned by several rocky promontories, such as the Nublo rock, an enormous chunk of basalt which is the symbol of Gran Canary, and the Bentayga rock, where you will find the Caves of the King, a sacred site in pre-Hispanic times which contains cave paintings. The landscape of the area features forests of Canary Islands pine and almond trees.

Then we'll head to Artenara. Almost the entire municipality of Artenara forms part of the Tamadaba Nature Reserve. In this setting framed by the massifs of Altavista and Tamada stands the Tejeda Crater, the biggest volcanic basin on the island. Outstanding in the town is the hermitage of the Virgen de La Cueva and the surrounding area, in which there are major archaeological sites. The inhabitants still make ceramics, which means the local handicrafts are another of the area's tourist attractions.

After a break for lunch, we'll visit Teror, an important centre of religion and pilgrimage. The faithful from the entire Canary Islands archipelago come to this place to worship the patron of the diocese, the Virgen del Pino. The festival in her honour is held every September with a traditional pilgrimage and popular dances. A tour of the historic quarter of the town lets you see religious buildings and ancestral homes which have sprung up around the sanctuary of the Virgin.

This evening we fly to Cape Verde.

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Overnight in Santa Maria, Sal

Included Meal(s): Breakfast and Dinner

### Day 14 Sal Island Exploration

Cape Verde is an archipelago of volcanic islands, its dramatic landscapes shaped by ancient eruptions that left behind rugged peaks, barren lava fields, and deep, weathered craters. The islands bear the indelible mark of both African traditions and Portuguese colonial influence, a synthesis reflected in its Creole language, soulful morna music, and colourful local festivals. Historically, Cape Verde served as a vital maritime crossroads for explorers like Columbus and Da Gama and as a poignant waypoint in the transatlantic slave trade, events that have deeply influenced its collective memory. Its economy today rests on a balanced mix of tourism—with visitors drawn to its sunlit beaches and rich natural beauty—and traditional sectors such as fishing and artisanal craftwork. The Cape Verdean people, renowned for their warmth and the spirit of “morabeza,” embody a vibrant blend of cultures forged by centuries of migration and intermingling between West African roots and European heritage.

Sal Island, one of Cape Verde’s most intriguing islands, reveals its volcanic heritage through a rugged, arid interior marked by weathered lava fields and the remarkable Pedra de Lume salt pans nestled within an extinct crater. The island’s natural landscape is a study in contrasts, where barren, desert-like expanses give way to miles of soft white sand beaches bordered by the Atlantic Ocean. Local culture is a rich tapestry woven from African traditions and Portuguese colonial influences, evident in the hand-painted houses, folk music, and communal festivals that punctuate everyday life. In the island’s kitchens, freshly caught seafood is often transformed into comforting dishes like cachupa—a slow-cooked stew of corn, beans, and meats—while the distinctive grogue, a locally distilled sugarcane spirit, reflects a long tradition of small-scale agriculture; meanwhile, the economy remains anchored in both tourism and time-honoured practices such as fishing and artisanal salt production

Our sightseeing day begins with a visit to the lively town centre of Espargos, where local markets and colourful streets offer a genuine glimpse of island life. We visit the iconic salt pans of Pedra de Lume, nestled in the crater of an ancient volcano, and to get an understanding of the age-old salt extraction techniques. Later, we journey to the bustling fishing port of Palmeira to soak in all of the activity.

Overnight in Santa Maria, Sal Island

Included Meal(s): Breakfast and Dinner

### Day 15 Fly to Praia, Santiago Island: Cooking Class

This morning we fly to the island of Santiago (likely via a connection on Sao Vicente island).

With the nation's capital of Cidade de Praia (Praia for short), Santiago Island, the largest of the Cape Verde islands, has had a strong influence on the history of the entire archipelago. More than half of the Cape Verdeans now live on Santiago. With an area of 990 sq. kilometres, Santiago is probably the most diverse island in terms of its landscape, where one can find fine sand beaches, craggy mountains, dry steppe grasslands, as well as fertile valleys and plateaux. Cape Verde has been very strongly influenced by West Africa in terms of its culture; it was the centre for the international slave trade with the neighbouring continent for many years.

This afternoon we participate in an engaging cooking class that introduces you to Cape Verdean culinary traditions—learning to prepare classic dishes that blend African, Portuguese, and Brazilian influences.

Overnight in Praia.

Included Meal(s): Breakfast and Dinner

### Day 16 Santiago Island Tour

Today we begin our Santiago island tour with a visit to Assomada, the island’s second-largest city and a vibrant hub of African culture. Once a key trading post during the colonial era, Assomada’s lively markets and bustling streets echo centuries of cultural exchange and resilience, offering a glimpse into the island’s multifaceted past.

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As we leave Assomada behind, the road ascends into the rugged landscapes that speak of Santiago’s volcanic origins. The island’s dramatic terrain—marked by ancient lava flows and eroded volcanic cones—tells a geological story that spans millennia.

Continuing our drive toward Tarrafal on the northern coast, a series of scenic viewpoints await. One of the highlights is the National Park Serra Malagueta. This protected area not only shelters an astonishing array of biodiversity but also offers panoramic vistas over the island’s diverse ecosystems. The park’s steep ridges and deep valleys, carved by both volcanic forces and the steady hand of erosion, create a natural canvas that is as informative as it is inspirational—a living record of Santiago’s dynamic earth history and its ongoing evolution.

Finally, we drive to Tarrafal, a small fishing village in the north of Santiago Island with its own pretty little bay lined with palms. More infamously, Tarrafal was the site of the Campo da Morte Lenta – “Camp of the Slow Death” – a prison camp in the Portuguese colony of Cape Verde, set up by the dictator Antonio de Oliveira Salazar after the outbreak of the Spanish Civil War (1936), where opponents of his right-wing authoritarian regime were sent. We return to Praia along the east coast of the island for a late dinner.

Overnight in Praia.

Included Meal(s): Breakfast and Dinner

### Day 17 Praia, Santiago - Fly to Fogo Island

With its roughly 100,000 inhabitants, the capital of Praia is the government and economic centre of the country. The core of the old town, built on a plateau, has magnificent houses from the colonial era. This morning we will visit the historical part of the town, the Plateau. We'll also include trip to Sokupira and its local market, and visit the Ethnographic Museum.

Later we transfer to the airport for our flight to Fogo Island and check-in to our hotel.

Fogo was the second island in the archipelago to be populated, after Santiago (then São Tiago). Initially, the island's cash crop was cotton, picked by slaves from Angola. A fiery eruption in 1688 caused a majority of the inhabitants to leave for nearby Brava, another of the Cape Verdean islands. From 1785 on, whaling ships from Brockton and New Bedford, Massachusetts came to replenish their ships and recruit crews. The departure of these Americanos marks the beginning of the Cape Verdean diaspora. Not everyone left Fogo, however. In 1870, the eccentric Count of Montrond (France) stopped on the island en route to Brazil, or so he thought. He stayed, and brought with him the vines that kicked off wine production. Many of the inhabitants of Chã (which we'll visit tomorrow), with their light skin, blond hair, and blue eyes, trace their ancestry back to the biologically prolific Count.

Overnight in Sao Filipe, Fogo Island

Included Meal(s): Breakfast and Dinner

### Day 18 Fogo & Cha das Caldeiras

In the early morning we will start our tour up into the Chã das Caldeiras, where you will have the opportunity to walk on the lava fields and enjoy the stunning view on the majestic Pico Grande. Chã das Caldeiras (“Plain or Plateau of the Calderas”) is actually a small community of approximately 1,000 inhabitants within the crater of the volcano; the entire caldera, some 67 km<sup>2</sup>, is a protected area as part of the Fogo Natural Park (Parque Natural do Fogo), a cooperative effort between the German and Cape Verdean governments.

We will see the fresh and almost dried-out lava of the eruption of November 2014; after taking some impressive pictures in the countryside we enjoy lunch at a family’s home. After lunch, we will visit a winery and taste the well-known Cha wine. The manager of the “Adega” has a nice garden behind his house that we will visit before travelling back to Sao Filipe.

Overnight in Sao Filipe, Fogo Island.

Included Meal(s): Breakfast, Lunch and Dinner

### Day 19 Fogo - Fly to Praia, Santiago - Depart

Canada/USA  
1-800-665-3998

Email  
sales@adventures-abroad.com

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We have some free time today before flying back to Santiago Island. Your Tour Leader will suggest activities (TBA) as we prepare for our transfer to the airport. In Praia we'll have access to hotel day-rooms to freshen up before your evening flight homeward.

VIAGEM BOA!!

Included Meal(s): Breakfast