

Planeta First

Solidarity ecotourism

Adventure tour in Cape Verde

A week on Santiago Island: a hike to Tarrafal lighthouse, the sea caves of Águas Belas, the fishing village of Porto Rincão, then Praia and Cidade Velha.

Cape Verde 1 week **From €760 per person**

The tour

This tour explores **Santiago**, the largest and most varied of Cape Verde's islands. It starts in **Tarrafal**, a laid-back seaside town between rugged hills and turquoise water: a hike to the lighthouse, snorkelling in the bay, sailing past the rocks of Pilon de Achada Leite and swimming in the caves of Águas Belas.

After the fishing village of Porto Rincão, you head south to **Praia**, the capital: the Plateau district, where colonial architecture meets street art, the Sucupira markets, cachupa and morna music in the evening. A day in **Cidade Velha**, the country's first capital and a UNESCO World Heritage Site, shows where Cape Verde's story began.

The trip is for adults who enjoy walking, swimming and taking their time: an invitation to slow down and live at the island's pace.

What makes it different

- A hike to Tarrafal lighthouse
- The fishing village of Porto Rincão
- A morna evening in Praia
- The sea caves of Águas Belas
- Cidade Velha, a UNESCO World Heritage Site







Day by day

Day 1: Arrival on Santiago

Airport welcome at Nelson Mandela International Airport in Praia and transfer to your accommodation in Tarrafal. A group briefing and dinner together.

Day 2: Tarrafal lighthouse and snorkelling

A hike to Tarrafal lighthouse for wide views of the Atlantic, then snorkelling in the clear water of the bay. A quiet evening at the accommodation.

Day 3: The caves of Águas Belas

A drive to Ribeira da Barca, where the boat trip sets off for the rock formations of Pilon de Achada Leite, then a swim through the sea caves of Águas Belas, known for their dazzling light and crystal-clear water. Back in Tarrafal by late afternoon.

Day 4: Porto Rincão

West to Porto Rincão, a fishing village full of colourful boats. Meet the fishermen, take a short boat ride and swim at Porto Beach, then lunch and free time by the shore before returning to Tarrafal.

Day 5: Praia, the Plateau and Sucupira

South to the capital, Praia. A panoramic view from Castelão, a tour of the Plateau district, the Sucupira markets for crafts and local produce, a traditional Cape Verdean lunch and sunset at Quebra Canela beach.

Day 6: Cidade Velha and Praia by night

A day in Cidade Velha: cobbled streets, an old fort and a historic church. Back in Praia for an evening of live morna music and dancing.

Day 7: Departure

Breakfast, then make your own way to the airport.

On site

Accommodation

Four nights in a guesthouse in Tarrafal, then two nights in a hotel in Praia.

Meals

In Tarrafal, breakfast and dinner every day, plus lunch on day 2. In Praia, breakfast only is included.

Arrival

Arrive at Nelson Mandela International Airport in Praia, where the team meets you and takes you to Tarrafal. On the last day, you make your own way to the airport.

Departures

Several dates a year, to be arranged with the team

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals as listed in the itinerary
- ✓ All activities described in the itinerary
- ✓ 24-hour assistance and supervision

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer to the airport

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/adventure-tour-cape-verde/, info@freepackers.com

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.