



Cape Verde

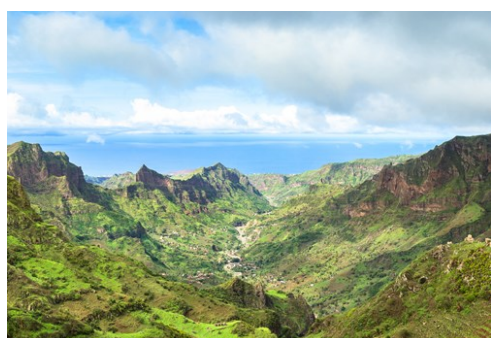
Photo: Frank Bach / Shutterstock.com



Samuel Borges Photography / Shutterstock.com



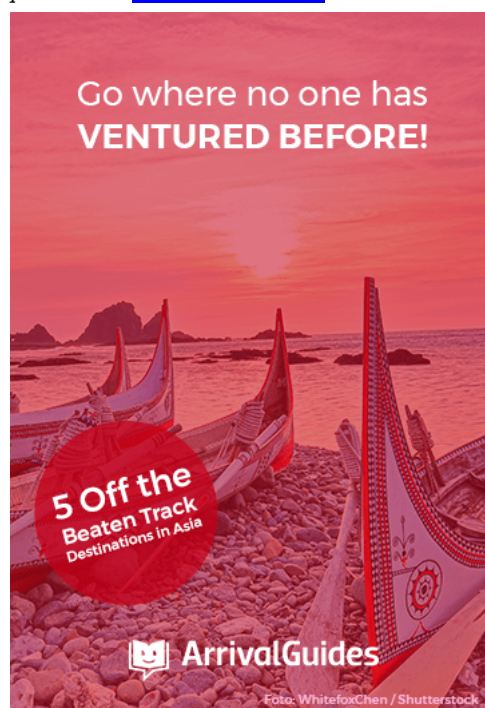
Susana_Martins / Shutterstock.com



Samuel Borges Photography / Shutterstock.com

Cape Verde's unique geographic location, troubled history of slavery and invasion, and fascinating mix of transatlantic cultures has given rise to a place unlike any other on the globe, a place as joyful as it is full of longing, a fact perhaps best reflected in Cape Verdean music and the hauntingly beautiful 'morna'. The sometimes harsh, drought-prone conditions of this mid-Atlantic scattering of islands have seen the flourishing of a fascinating Creole culture and the most stable democracy in Africa, which is currently enjoying its moment as a sought-after, yet still under-discovered, vacation destination.

NOTE: This Guide has been limited to 20 points of interest per section. For the full guide, please visit ArrivalGuides.com



Top 5



Cidade Velha (Santiago)

Cape Verde's first UNESCO World Heritage Site, Cidade Velha (simply 'Old Cit...



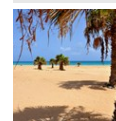
Praia (Santiago)

Praia is Cape Verde's capital, largest city and centre of economic, politica...



Mindelo (Sao Vicente)

Cape Verde's second city is also the undisputed centre of culture, entertain...



Santa Maria (Sal)

The small fishing town of Santa Maria, on the island of Sal, boasts miles of...

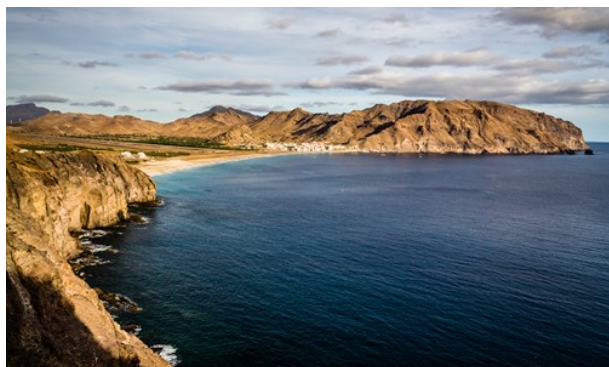


Pico do Fogo (Fogo)

Pico do Fogo, Cape Verde's youngest and most active volcano, towers beautifu...



THE ISLANDS

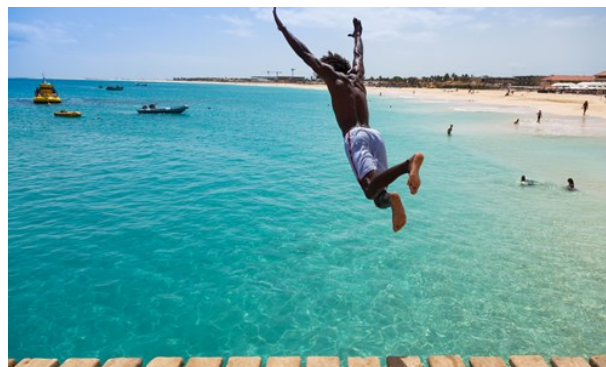


Susana_Martins / Shutterstock.com

Off the western coast of Africa, almost exactly halfway between Portugal and Brazil, lies a volcanic archipelago of breathtaking natural beauty and sobering historical tragedy. The terrain ranges from barren and rocky volcanic backdrops to lush topical forests, with white and gold beaches and indigo seas. Equally varied is the cultural heritage of the islands' inhabitants, a Portuguese-African Creole with ties to the Caribbean, as much Sao Paulo and Kingston as it is Dakar and Lisbon, a fact reflected in their speech, their music, their cooking and their general outlook on life and 'morabeza', the hallmark Cape Verdean hospitality.

The 10 islands that make up the archipelago (nine of which are currently inhabited) are rather charmingly laid out in the shape of an arrow, pointing southeast towards the Senegalese coast. Sal is the main island for tourists, with the city of Santa Maria offering plenty of resorts, restaurants and fine shopping, while Sao Vicente (and in particular the city of Mindelo) is the country's cultural hub. Santiago is home to the capital, Praia, and the main port, which handles most of the commercial and passenger vessels traveling to and from the islands. Visitors would do well to explore as much of the archipelago as possible, as each island is a world unto itself, deserving of our admiration and awe.

DO & SEE



Samuel Borges Photography / Shutterstock.com

Adventure awaits amidst the rugged beauty of the Cape Verde islands. Thrill-seekers come from around the globe for first-class windsurfing and game fishing, to gape at the underwater marvels while diving and snorkeling and to admire the islands from atop an active volcano after a full-day hike. But there is plenty in the way of leisure, as well, with pristine golden beaches and a burgeoning resort infrastructure. Be sure, however, not to miss the historical wonders to be found at Cidade Velha and among the streets of Praia and Mindelo.

Cidade Velha (Santiago)



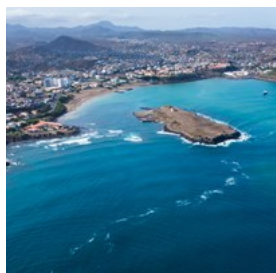
Cape Verde's first UNESCO World Heritage Site, Cidade Velha (simply 'Old City') was the first European settlement in the tropics,

and once an important point in the Portuguese Empire. Parts of the original city still remain, including two churches, the town square and the imposing Fort de São Filipe, looming over the area from the hilltop. It is the perfect place to begin exploring Cape Verde's fascinating past.

Photo: Erik Kristensen / Wikimedia Commons (image cropped)

Internet: www.cidadevelha.com

Praia (Santiago)



Praia is Cape Verde's capital, largest city and centre of economic, political and religious life. The city boasts a distinct mix of African and

Mediterranean vibes throughout the downtown area (known as Platô for its location on a small plateau), with its charming old quarter and rapidly expanding urban infrastructure.

Photo: Samuel Borges Photography / Shutterstock.com

Mindelo (Sao Vicente)

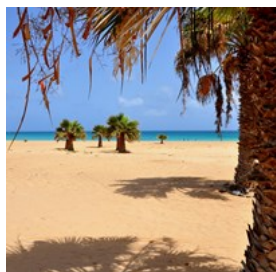


Cape Verde's second city is also the undisputed centre of culture, entertainment and nightlife. With wider streets and

European-style squares, it has great establishments for dining, drinking and live music, and hosts the wildly popular and animated carnival.

Photo: Frank Bach / Shutterstock.com

Santa Maria (Sal)



The small fishing town of Santa Maria, on the island of Sal, boasts miles of picture-perfect beach with golden sands and bright blue water. Relax

at one of the numerous beachside bars and watch the fishermen reel in their daily catch, or jump off the pier into the refreshing water on a hot afternoon.

Photo: Styve Reineck / Shutterstock.com

Pico do Fogo (Fogo)

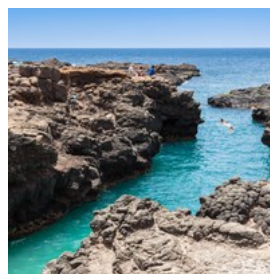


Pico do Fogo, Cape Verde's youngest and most active volcano, towers beautifully but menacingly over the island of Fogo. The

mesmerizing black volcanic soil is reminiscent of similar fiery peaks in Hawaii or Iceland, and is used to grow coffee. A small village, Chã das Caldeiras, is precariously located in caldera very near the peak, and adventurers can hike up the imposing 2,900 metres for unparalleled views of the island.

Photo: Sabine Hortebusch / Shutterstock.com

Buracona (Sal)



Just a few kilometres north of the village of Palmeira lies a small inlet on the rocky coast on the island of Sal, with a hole in rocks that at the right

time of day (better in the morning) projects light in such a way that it looks like a bright blue eye. It is a stunning view, the vibrant blue water and white frothy waves crashing against the jagged rocks, and just above this sight there is a small swimming hole with calmer waters from which to enjoy it.

Deserto de Viana (Boa Vista)



The northwestern part of the island of Boa Vista is covered by a large expanse of untouched and unspoiled desert, the Deserto de Viana. Explore

the picturesque sand dunes on an all-terrain 4-wheel motorcycle, operated by local

companies, and be sure to try some sand boarding.

Photo: luis abrantres / Shutterstock.com

Forte Real de São Filipe (Santiago)



The stunning Forte Real de São Filipe, the first and most important fortification anywhere in Cape Verde, overlooks Cidade Velha from its privileged position on a 120-metre tall hill.

Destroyed by the French in the 18th century, then rebuilt, and recently restored, it is today one of the country's most recognizable and most visited sights.

Photo: David Stanley / Flickr (image cropped)

Address: Cidade Velha, Santiago

Colonia Penal de Tarrafal (Santiago)



For some insight into Cape Verde's more recent turbulent history, visit Colonia Penal de Tarrafal, a prison and concentration camp

nicknamed 'Campo da Morte Lenta' (Camp of the Slow Death). It was used to keep political opponents of António de Oliveira Salazar, the right-wing dictator who governed Portugal in the mid-20th century. It is a harrowing, but important visit.

Photo: CorreiaPM / Wikimedia Commons (image cropped)

Maio

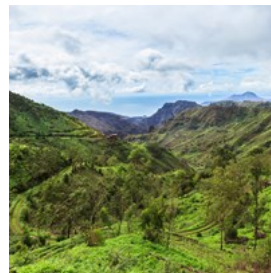


Maio may be one of the most unfairly overlooked of the Cape Verde islands. It is true that tourist infrastructure is somewhat lacking, but

that's part of its charm. Untouched beaches and sand dunes cover much of the island, though it is also home to a large forest, uncharacteristic in these parts. You may be able to catch a glimpse of a loggerhead turtle, as it has the second-largest nesting population in the archipelago.

Photo: Polly Dawson / Shutterstock.com

Serra Malagueta (Santiago)



The Serra Malagueta Natural Park lies in the northern part of the island of Santiago, a lush expanse crowned by the 1,064-metre Serra

Malagueta. As one of the greenest areas in the whole country, and offering stunning views from the mountainous terrain, it is the premier hiking region in Cape Verde.

Photo: Samuel Borges Photography / Shutterstock.com

Brava



The greenest and smallest inhabited island in Cape Verde is sometimes called the 'island of flowers' due to its diversity of flora and

fauna. It is also one of the most mountainous islands, known for its picturesque cliffs and gorges, making it another premier hiking destination.

Photo: LivetImages / Shutterstock.com

Outdoor Activities



Cape Verde is a prime destination for outdoor activities and adventure-seeking, with people coming from all over the world to hike, dive, windsurf and fish, and also to admire some of the marine wildlife in the area, like turtles and whales. Below are the best times of year and islands for each activity:

- Diving: April-September (Sal and Boa Vista)
- Windsurfing: November-May (Sal and Boa Vista)
- Hiking: All year (Santo Antão, Fogo and Santiago)
- Fishing: April-August (all islands)
- Turtles: June-August (Sal and Boa Vista)
- Whales: March-April (Boa Vista), June-July (Sal)

Photo: Dima Fadeev / Shutterstock.com

Pedra de Lume Salterns (Sal)



On the appropriately named island of Sal, just to the east of Espargos, is the 1.8-kilometre wide crater of Pedra de Lume, an extinct volcano crater

which is now home to the Pedra de Lume salterns. Though salt extraction is now inactive, it is still a fascinating visit and an interesting view, with white fields of salt and a natural lake filling the crater.

Photo: PLRANG ART / Shutterstock.com

Viveiro Botanical Garden and Zoo (Sal)



Just north of Santa Maria lies this small but beautiful and well cared-for botanical garden and zoo, where you can admire the rugged beauty of the islands. Every type of ornamental plant that can be found on the archipelago can be found here, as well as a small assortment of animals, including bunnies, donkeys, guinea pigs and more.

Photo: Lawrence Jackson / Shutterstock.com

Address: Zona da Fátima, Santa Maria

Phone: +238 986 6030

Internet: www.viveirocabo Verde.com

Email: viveirocabo Verde@hotmail.com

Mercado de Peixe (Sao Vicente)



This fish market is a sight in itself, where fishermen sell their catch of the day and experts fillet large tuna in the back. But what is really special about this place is that you can purchase what you want from the market stalls and take them to any of the surrounding eateries to be prepared however you like, ensuring one of the freshest meals you've ever had.

Photo: Vladimir Krupenkin / Shutterstock.com

Address: Avenida de Reppublica, Mindelo

DINING



Fanfo / Shutterstock.com

Seafood abounds in Cape Verde, with delicacies like grilled lobster, tuna and octopus featuring on most menus, as well as Creole and Portuguese specialities. The most representative typical dish is the 'cachupa' (pictured above), a filling mix of maize, beans, sweet potato and chicken or meat. The larger towns offer an increasingly wide variety of restaurants and cuisines, but on smaller islands many places will be limited to the lunch of the day ('prato del dia'), which usually includes the freshest catches.

Barracuda (Sal)



Barracuda, a wonderful and quite popular seafood restaurant, boasts a privileged location on the gorgeous Santa Maria beach. You can be sure

that your meal will be served with the freshest seafood, caught by the local fishermen who dock their small boats right in front of the restaurant.

Photo: Yevgen Romanenko / Shutterstock.com

Address: Praia de Santa Maria, Sal

Phone: +238 242 8010

Internet: www.restaurantebarracuda.com/restaurant/

Email: info@restaurantebarracuda.com

Chez Pastis (Sal)



Another high-end restaurant in Santa Maria, Chez Pastis stands out as much for its unique location and quirky ambiance as it does for its great food and service. They take pride in serving only the highest quality Brazilian beef, though the menu includes local specialities and seafood, as well.

Photo: thieury / Shutterstock.com

Address: Rua Amilcar Cabral 5, Santa Maria

Phone: +238 984 36 96

Internet: www.chezpastis.it

Email: info@chezpastis.com

Sodade di nha Terra (Boa Vista)



For an authentic Cape Verdean dining experience, visit Sodade di nha Terra on Boa Vista island, a small restaurant that is wildly popular

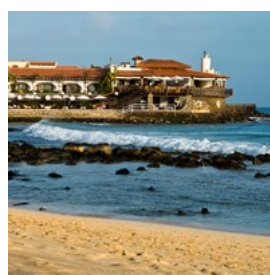
among locals (which is always a good indication of quality and good value). This restaurant has no specific menu, preferring instead to prepare whatever is in season and freshest for their eager customers.

Photo: Lambros Kazan / Shutterstock.com

Address: A. Almeida Marques, Rabil, Boa Vista

Phone: +238 251 10 48

Odjo d'Água (Sal)



The Odjo d'Água Hotel has four dining options at its superb location at the end of Santa Maria beach. Farolin specialises in fresh fish and national dishes, such as cachupa, Esplanada Palha Verde

offers pre-meal aperitifs, Esplanada Porton di nos Ilha is more of a lounge area for after dinner drinks, and Sambinha serves tropical juices, snacks and ice cream.

Photo: Daniel Åhs Karlsson / Wikimedia Commons (image cropped)

Address: Hotel Odjo d'Água, Zona do Farolinho, Santa Maria

Phone: +238 242 1414

Internet: www.odjodagua-hotel.com/EN/restaurante.php

Beach Club (Sal)



The Sal Beach Club is a laid-back beach establishment serving quick lunches, comfort food, great snacks and even western style

breakfasts. It doubles as a sports bar and often screens important events on their large TVs. At night the place really comes alive with food, music, parties and diverse events.

Photo: iko / Shutterstock.com

Address: Rua 5 Agosto, Santa Maria

Phone: +238 972 89 28

Internet: www.salbeachclub.com

Quintal da Música (Santiago)



Quintal da Música is a space that combines gastronomy and culture in the very centre of Praia. Typical Cape Verdean cuisine is served

to the backdrop of nightly live traditional music. Nationally and internationally-renowned artists have delighted customers here with their music, an experience that keeps them coming back time and time again.

Photo: Africa Studio / Shutterstock.com

Address: Avenida Amílcar Cabral, Plateau, Praia

Opening hours: Mon-Sat 10am-12am

Phone: +238 261 1679

Email: quintaldamusica@gmail.com

The Hideaway (Sal)



The Hideaway is a tiny rooftop bar and restaurant that serves homemade burgers and other such pub food. It's great for a cheap eat and

a beer if you're not in the mood for more seafood, and also a fun place to have a night out, as they host regular quiz nights and there is always a laid-back vibe.

Photo: NatashaPhoto / Shutterstock.com

Address: Rua Amílcar Cobral, Santa Maria

Phone: +238 981 87 13

Cafe Criolo (Sal)



Cafe Criolo doesn't look like much more than a shack when you first catch glimpse of it, but it happens to be one of the best local restaurants on

Sal. Servings are huge, prices are very reasonable, the atmosphere is vibrant and the traditional Cape Verdean dishes are of the finest quality. They also serve excellent homemade desserts and strong coffee in the afternoon.

Photo: Salvador Aznar / Shutterstock.com

Address: Santa Maria, Sal

Phone: +238 242 17 74

Restaurante Pescador (Santiago)



As part of the Boutique Hotel Pescador, this restaurant is a step up in quality from most establishments in the country, in terms of

ambiance and quality on par with fine dining at any great European capital. The extensive menu features always fresh fish, as well as local wines from Fogo island.

Photo: Andrey Bayda / Shutterstock.com

Address: Prainha, Praia

Phone: +238 260 21 30

Internet: www.pescador.cv

Email: geral@pescador.cv

Beramar (Boa Vista)



The menu at Beramar is not exactly extensive, but the dishes on offer are made to perfection, a fusion of Italian, Mediterranean and

seafood, always with an interesting twist. Expect high prices for high-quality food and service, as well as for the fantastic views of the sea and the lovely atmosphere.

Photo: Luiz Rocha / Shutterstock.com

Address: Ponta d'Areia, Sal Rei, Boa Vista

Phone: +238 974 65 14

Creparia Sol Doce (Sal)



Creparia Sol Doce never fails to surprise its customers. No one expects much from the food, being just a small establishment by the

beach with very reasonable prices, but the quality of the dishes is superb. Home cooking

and fresh fish are the speciality of the house, as are, of course, enormous homemade crepes and waffles, both sweet and savoury.

Photo: Slawomir Fajer / Shutterstock.com

Address: Santa Maria beach, Sal

Opening hours: Daily 7:30am-7pm

Phone: +238 994 6562

Email: jasonmofino22@gmail.com

Master Pizza (Sal)



It may be a little off the beaten path, located on the outskirts of Santa Maria, but for the islands' best pizza it's the place to go. It is a simple

establishment, with some seating out front on the sidewalk, but the pizza is always fresh and delicious.

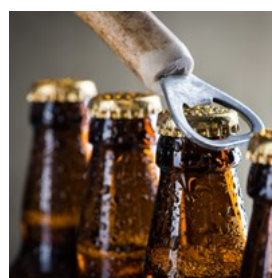
Photo: stocksolutions / Shutterstock.com

Address: Rua Salinas 257, Santa Maria

Opening hours: Daily 7pm-11pm

Phone: +238 522 0654

Bodeguita de Mindelo (Sao Vicente)



Bodeguita de Mindelo looks like just a regular hole in the wall, with dim lighting and scribbles on the wall, but it is one of the coolest bars in town.

Run by an owner from Guadeloupe, they serve excellent Caribbean food, and make a mean pela rob, a drink made with ginger, grogue and orange juice.

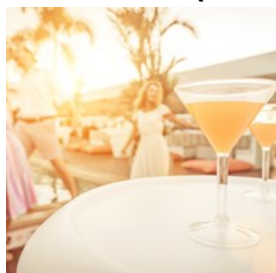
Photo: Room 76 / Shutterstock.com

Address: Rua Camoes 2, Alto Mira Mar, Mindelo

Opening hours: Daily 12pm-3pm and 7pm-3am

Phone: +238 995 61 13

Kebrá Cabana (Santiago)



Kebrá Cabana is one of the coolest restaurant-bars in Praia, with a prime location by the beach and great food. Young, fashionable

people wearing their finest threads gather at Kebrá Cabana in droves to groove to the weekly live music.

Photo: oneinchpunch / Shutterstock.com

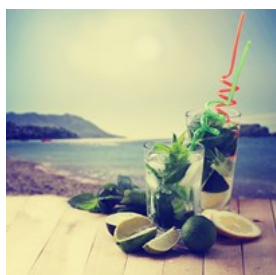
Address: Praia, Santiago

Opening hours: Mon-Thu 10am-2am, Fri 11am-2am, Sat 7am-2am, Sun 7am-12am

Phone: +238 262 63 60

Email: kebracabana@gmail.com

Bar Tropikal (Maio)



Bar Tropikal serves authentic Cape Verdean cuisine right on the beautiful Bitxe Rotxa beach on Maio, specialising in raw fish,

carpaccio and pizza. Tropikal even has its own ecological farm which supplies the restaurant with the freshest vegetables. Visit in the evening and enjoy the beautiful Maio sunset with one of their specialty caipirinhas.

Photo: iravgustin / Shutterstock.com

Address: Bitxe Rotxa, Vila do Maio

Opening hours: Tue-Sun 8:30am-11pm

Phone: +238 597 72 68

Internet: www.tropikalmaio.com

Email: tropikalmaio@gmail.com

Mercado de Peixe (Sao Vicente)



This fish market is a sight in itself, where fishermen sell their catch of the day and experts fillet large tuna in the back. But what is really special

about this place is that you can purchase what you want from the market stalls and take them to any of the surrounding eateries to be prepared however you like, ensuring one of the freshest meals you've ever had.

Photo: Vladimir Krupenkin / Shutterstock.com

Address: Avenida de Reppublica, Mindelo

Cabo Cafe & Restaurant (Boa Vista)



Cabo Cafe & Restaurant is an Italian-run establishment, but the menu offers a diverse array of options, including creative takes

on local delicacies and even sushi (the tuna comes very highly recommended). With beautiful setting and decor, and a lovely atmosphere, it's one of the best places for dinner on the islands.

Photo: gresei / Shutterstock.com

Address: Rua do Emigrante, Sal Rei

Opening hours: Fri-Wed 6pm-11pm

Phone: +238 599 25 24

Email: cabocafeboavista@gmail.com

O Cocktail (Sao Vicente)



O Cocktail is a popular open-air restaurant, pizzeria and bar that offers great comfort food and cold drinks. The terrace seating is

well-loved, as is the live Cape Verdean music played every weekend at 8:30pm.

Photo: Africa Studio / Shutterstock.com

Address: Avenue 5 de Julho, Mindelo

Opening hours: Daily 8am-12am

Phone: +238 232 72 75

CAFES



merzzie / Shutterstock.com

Most Cape Verdean cafes double as restaurants or bars, so you can often eat, drink and have dessert at the same place. Pastries are particular highlights here, many following the Portuguese traditions, as are the jams ('doce') made from local exotic fruits, often served with goat cheese for dessert. There is a steadily increasing selection of cafes to be found in the major towns and near popular beach areas.

Casa Cafe Mindelo (Sao Vicente)



Casa Cafe Mindelo is a small guesthouse, restaurant, cafe and bar, located in a beautifully restored colonial building from 1870 in the heart of

Mindelo, overlooking the Porto Grande bay.

Come at any time of day for great home-cooked meals, hot coffee or a refreshing drink in the evening.

Photo: Rui Ornelas / Flickr (image cropped)

Address: Rua Governador Calheiros 6, Mindelo

Opening hours: Daily 7am-12am

Phone: +238 231 37 35

Internet: www.casacafemindelo.com

Email: info@casacafemindelo.com

Cape Fruit (Sal)



Cape Fruit is a small but absolutely charming cafe and smoothie bar that focuses on healthy living and healthy eating. It is one of the few places that

cater to vegetarians and vegans, offering fantastic meat-free options for breakfast and lunch, as well as delicious fruit smoothies and juices.

Photo: Pinkcandy / Shutterstock.com

Address: Rua 15 de Agosto, Santa Maria

Opening hours: Daily 8am-8pm

Phone: +238 982 22 05

Giramondo Ice Cream Cafe (Sal)



You won't find Giramondo listed anywhere, because it is one of Santa Maria's best kept secrets.

Decadent waffles, crepes and cakes fill the

displays, as do their homemade, Italian-style ice cream flavours. With just a tiny outdoor seating area, it is easy to miss, but definitely worth finding.

Photo: rakratchada / Shutterstock.com

Address: Santa Maria, Sal

Phone: +238 242 21 11

Odjo d'Àgua (Sal)



The Odjo d'Àgua Hotel has four dining options at its superb location at the end of Santa Maria beach. Farolin specialises in fresh fish and national dishes, such as cachupa, Esplanada Palha Verde

offers pre-meal aperitifs, Esplanada Porton di nos Ilha is more of a lounge area for after dinner drinks, and Sambinha serves tropical juices, snacks and ice cream.

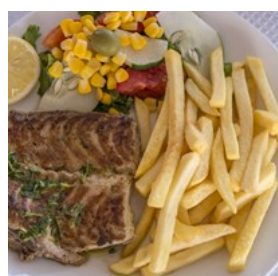
Photo: Daniel Åhs Karlsson / Wikimedia Commons (image cropped)

Address: Hotel Odjo d'Água, Zona do Farolinho, Santa Maria

Phone: +238 242 1414

Internet: www.odjodagua-hotel.com/EN/restaurante.php

Cafe Criolo (Sal)



Cafe Criolo doesn't look like much more than a shack when you first catch glimpse of it, but it happens to be one of the best local restaurants on

Sal. Servings are huge, prices are very reasonable, the atmosphere is vibrant and the traditional Cape Verdean dishes are of the finest quality. They also serve excellent homemade desserts and strong coffee in the afternoon.

Photo: Salvador Aznar / Shutterstock.com

Address: Santa Maria, Sal

Phone: +238 242 17 74

Pao Quente (Santiago)



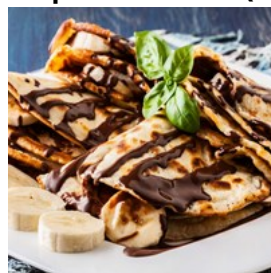
Originally a family business, Pao Quente has grown quickly to become one of the most loved bakeries in the country, with several locations.

They offer varied pastries and typical sweets, like Portuguese cream pastries and rice cakes, as well as birthday cakes and hot coffee.

Photo: Shebeko / Shutterstock.com

Address: Rua 13 de Janeiro, Achada Santo Antonio, Praia

Creparia Sol Doce (Sal)



Creparia Sol Doce never fails to surprise its customers. No one expects much from the food, being just a small establishment by the

beach with very reasonable prices, but the quality of the dishes is superb. Home cooking and fresh fish are the speciality of the house, as are, of course, enormous homemade crepes and waffles, both sweet and savoury.

Photo: Slawomir Fajer / Shutterstock.com

Address: Santa Maria beach, Sal

Opening hours: Daily 7:30am-7pm

Phone: +238 994 6562

Email: jasonmofino22@gmail.com

Pastelaria Morabeza (Sao Vicente)



Ask any local what the best pastry shop is in Mindelo and you'll inevitably get the same answer: Pastelaria Morabeza. Great coffee,

fresh fruit juice, snacks, sandwiches and free WiFi all make it a wildly popular place, but the biggest draw are the huge selection of fresh pastries, including 'pastel de natas', a Portuguese staple.

Photo: Natalia Mylova / Shutterstock.com

Address: Avenida Baltasar Lopes da Silva 25, Mindelo

Opening hours: Daily 6am-2am

Email: pastelaria.morabeza@sapo.cv

Gelataria Ártica (Santiago)



Escape the oppressive midday heat with a refreshing scoop from the city's oldest ice cream shop. All the usual flavours are

complemented by local varieties like mango, papaya and camoca, all homemade. If you're hungry for something more substantial, they also serve light home-cooked meals.

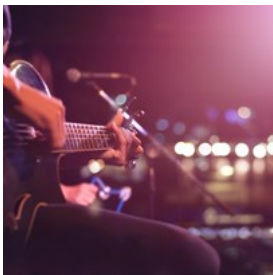
Photo: Gtranquillity / Shutterstock.com

Address: Achada Santo António, Praia

Opening hours: Daily 8am-12am

Phone: +238 530 7344

Ocean Cafe (Sal)



A very popular cafe and bar located right in front of the main square at Santa Maria, Ocean Cafe is a lively place for an afternoon coffee or a

drink after dark. Locals crowd the place in search of local beers and international cuisine, as well as for the regular live music, dancing and good vibes.

Photo: PopTika / Shutterstock.com

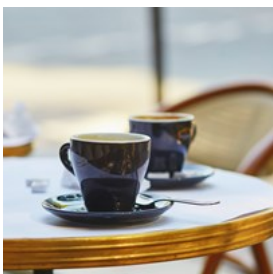
Address: Rua 15 Agosto, Main Square, Santa Maria

Opening hours: Daily 6pm-2am

Phone: +238 242 1895

Internet: www.oceancafe.com

Café Sofia (Santiago)



Café Sofia is a convenient cyber cafe in the centre of Praia that offers WiFi access, international telephone service, cell phone recharge and

newspapers, as well as serving tasty coffee, ice

cream and even hearty homemade meals in their breezy outdoor seating, including cachupa and other typical dishes.

Photo: Ekaterina Pokrovsky / Shutterstock.com

Address: Rua Guerra Mendes, Platô, Praia

Phone: +238 261 84 37

Nhamii Ice Dreams (Santiago)



Nhamii Ice Dreams is a small but sleek gelateria, renowned throughout the islands for its high-quality ice cream, fresh natural

fruit juices, crepes and other desserts, as well as sandwiches and assorted light snacks.

Photo: Viktor1 / Shutterstock.com

Address: Rua 5 de Julho, Praia

Opening hours: Mon-Sat 10am-11:30pm, Sun 2:30pm-10:30pm

Phone: +238 938 70 10

Email: nhamiicedreams@gmail.com

BARS & NIGHTLIFE



Mark Atkins / Shutterstock.com

Nightlife in Cape Verde moves to the sounds of 'morna', a beautiful form of folk music that fully captures the country's rich history and mix of cultural influences. In taverns around the islands people gather after dark to hear the mournful sounds of singers accompanied by guitars, violins and pianos. More joyful melodies come

from the islands' other genres of 'funaná', 'bataque' and 'coladeira', all of which liven up a nightlife scene that lives and breathes music and tradition.

One Love Reggae Bar (Sal)



Perched on top of a downtown Santa Maria building, this rooftop reggae bar is one of the most laid-back places on the island, praised for its

chilled vibes and its excellent choice of music, which inevitably leads to patrons dancing well into the night.

Photo: Meik / Shutterstock.com

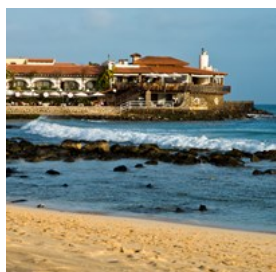
Address: Rua 1 de Junho, Santa Maria

Opening hours: Daily 6pm-2am

Phone: +238 911 56 58

Email: jahmessiah@yahoo.com

Odjo d'Água (Sal)



The Odjo d'Água Hotel has four dining options at its superb location at the end of Santa Maria beach. Farolin specialises in fresh fish and national

dishes, such as cachupa, Esplanada Palha Verde offers pre-meal aperitifs, Esplanada Porton di nos Ilha is more of a lounge area for after dinner drinks, and Sambinha serves tropical juices, snacks and ice cream.

Photo: Daniel Åhs Karlsson / Wikimedia Commons (image cropped)

Address: Hotel Odjo d'Água, Zona do Farolinho, Santa Maria

Phone: +238 242 1414

Internet: www.odjodagua-hotel.com/EN/restaurante.php

Beach Club (Sal)



The Sal Beach Club is a laid-back beach establishment serving quick lunches, comfort food, great snacks and even western style

breakfasts. It doubles as a sports bar and often screens important events on their large TVs. At night the place really comes alive with food, music, parties and diverse events.

Photo: iko / Shutterstock.com

Address: Rua 5 Agosto, Santa Maria

Phone: +238 972 89 28

Internet: www.salbeachclub.com

Quintal da Música (Santiago)



Quintal da Música is a space that combines gastronomy and culture in the very centre of Praia. Typical Cape Verdean cuisine is served

to the backdrop of nightly live traditional music. Nationally and internationally-renowned artists have delighted customers here with their music, an experience that keeps them coming back time and time again.

Photo: Africa Studio / Shutterstock.com

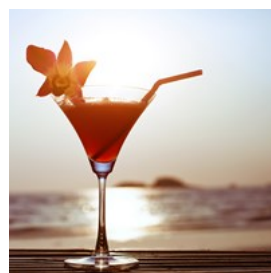
Address: Avenida Amílcar Cabral, Plateau, Praia

Opening hours: Mon-Sat 10am-12am

Phone: +238 261 1679

Email: quintaldamusica@gmail.com

Wakan Bar (Boa Vista)



This is by no means a 5-star establishment, but the quality of both the drinks and service at Wakan Bar are unmatched on Boa Vista.

The lovely Italian couple who run the place serve delicious cocktails from their small bar (designed to look like a boat) right next to the beach.

Photo: Ditty_about_summer / Shutterstock.com

Address: Avenida dos Pescadores, Praia Diante, Boa Vista

Opening hours: Mon-Sat 1:30pm-11pm

Phone: +238 978 26 56

Email: capowakan@yahoo.it

The Hideaway (Sal)



The Hideaway is a tiny rooftop bar and restaurant that serves homemade burgers and other such pub food. It's great for a cheap eat and

a beer if you're not in the mood for more seafood, and also a fun place to have a night out, as they host regular quiz nights and there is always a laid-back vibe.

Photo: NatashaPhoto / Shutterstock.com

Address: Rua Amilcar Cobral, Santa Maria

Phone: +238 981 87 13

Pub Calema (Sal)



Calema is a typical local bar, with plastic chairs on the pavement and a signature warm welcome.

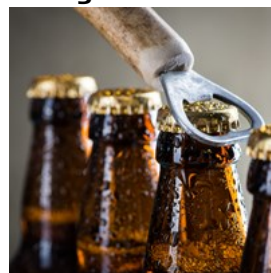
There virtually now tourists here, which

allows visitors to experience an authentic Cape Verdean night out, complete with kizomba and a crowded but joyful dance floor.

Photo: 5PH / Shutterstock.com

Address: Opposite the church, Santa Maria

Bodeguita de Mindelo (Sao Vicente)



Bodeguita de Mindelo looks like just a regular hole in the wall, with dim lighting and scribbles on the wall, but it is one of the coolest bars in town.

Run by an owner from Guadeloupe, they serve excellent Caribbean food, and make a mean pela rob, a drink made with ginger, grogue and orange juice.

Photo: Room 76 / Shutterstock.com

Address: Rua Camoes 2, Alto Mira Mar, Mindelo

Opening hours: Daily 12pm-3pm and 7pm-3am

Phone: +238 995 61 13

Bar Tropikal (Maio)



Bar Tropikal serves authentic Cape Verdean cuisine right on the beautiful Bitxe Rotxa beach on Maio, specialising in raw fish,

carpaccio and pizza. Tropikal even has its own ecological farm which supplies the restaurant with the freshest vegetables. Visit in the evening and enjoy the beautiful Maio sunset with one of their specialty caipirinhas.

Photo: iravgustin / Shutterstock.com

Address: Bitxe Rotxa, Vila do Maio

Opening hours: Tue-Sun 8:30am-11pm

Phone: +238 597 72 68

Internet: www.tropikalmaio.com

Email: tropikalmaio@gmail.com

Buddy Bar (Sal)



Buddy Bar is one of the best places to hear authentic local music in Cape Verde, with nightly performances by local artists in the bar's intimate space. They also have an extensive selection at the bar, specializing in gin, with over 15 varieties.

Photo: Sergei Bachlakov / Shutterstock.com

Address: Rua 1 de Junho, Santa Maria

Phone: +238 912 70 09

Cine Praia (Santiago)



If you're looking for a more low-key night out on Santiago, Cine Praia is a great option. Cinema-lovers can catch the latest Hollywood blockbusters in comfort and luxury at this large and modern theatre in Praia Shopping.

Photo: wavebreakmedia / Shutterstock.com

Address: Quebreáda Canela, Praia

Opening hours: Daily 3pm-12am

Phone: +238 923 23 23

O Cocktail (Sao Vicente)



O Cocktail is a popular open-air restaurant, pizzeria and bar that offers great comfort food and cold drinks. The terrace seating is

well-loved, as is the live Cape Verdean music played every weekend at 8:30pm.

Photo: Africa Studio / Shutterstock.com

Address: Avenue 5 de Julho, Mindelo

Opening hours: Daily 8am-12am

Phone: +238 232 72 75

SHOPPING



Photology1971 / Shutterstock.com

Most everyday products in Cape Verde are imported, and thus tend to be on the expensive side, but locally-produced items are plentiful, and strolling through the stalls at any of the islands' vibrant markets is an experience not to be missed. Find fresh produce and fish, local coffee, cheese and jam, wine, rum and the traditional grogue, and of course, a wealth of handicrafts and artwork, including wood carvings, woven baskets, paintings and jewellery.

Djunta Mo Art (Sal)



Djunta Mo Art is one of the premier handicraft shop in Cape Verde, offering tasteful and elegant handbags, scarves, trinkets,

jewellery and home decor with vibrant colours and impeccable designs. All their products are fair trade and sustainable, directly benefiting local artisans.

Photo: In Green / Shutterstock.com

Address: Rua 1° de Junho, Santa Maria

Opening hours: Daily 9am-1:30pm and 2:30pm-10pm

Phone: +238 594 28 28

Email: djuntamoart@gmail.com

Mercado Municipal Mindelo (Sao Vicente)



You might think that from the outside it looks more like a museum than a market, but it is in fact the municipal market of the city of Mindelo, a

vibrant, colourful and meticulously-kept space filled wall to wall with the freshest island produce and the smiling faces selling them.

Photo: Rui Ornelas / Flickr (image cropped)

Address: Rua Lisboa, Mindelo

Capvertdesign+Artesanato (Sao Vicente)



Capvertdesign+Artesanato is no ordinary souvenir shop. Within its walls you can find Cape Verdean photography and coffee table books, typical home

design items and decorations, art, glasswork, and traditional musical instruments. Every product sold here has a refined and elegant taste about it, making it perhaps the best place in the country for gifts and mementos.

Photo: Anneke Swanepoel / Shutterstock.com

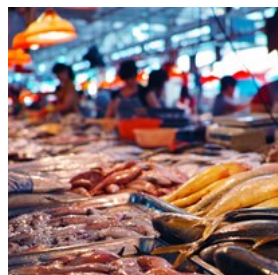
Address: Rua Da Luz 12, Mindelo

Opening hours: Daily 9am-1pm and 3pm-6:30pm

Phone: +238 232 58 37

Internet: www.capvertdesign.com

Mercado de Peixe (Sao Vicente)



This fish market is a sight in itself, where fishermen sell their catch of the day and experts fillet large tuna in the back. But what is really special

about this place is that you can purchase what you want from the market stalls and take them to

any of the surrounding eateries to be prepared however you like, ensuring one of the freshest meals you've ever had.

Photo: Vladimir Krupenkin / Shutterstock.com

Address: Avenida de Reppublica, Mindelo

Mercado de Sucupira (Santiago)



At the foot of the central area of Platô in Praia stands a large market (perhaps more of an agglomeration of stalls) selling everything from

clothes, shoes and accessories to furniture and home decor items, and even live farm animals. It is a colourful and lively place and always makes for an interesting visit.

Photo: Sopotnicki / Shutterstock.com

Address: Varzea, Praia

Sao Filipe Market (Fogo)



At the edge of Sao Filipe's modern neighbourhood, Bila Baxo, right next to the main square of Praca Francisco de Assis, lies

the city market, a lively place where visitors can purchase locally-produced products, such as cheese, coffee, wine and Cape Verde's typical exotic jams, as well as freshly-caught fish.

Photo: Africa Studio / Shutterstock.com

Address: Rua do Mercado, Sao Filipe

Praia Shopping (Santiago)



Praia Shopping is a modern and sleek shopping centre in the south of Praia full of all the amenities one would expect, including

high-end fashion shops, department stores, cafes and restaurants, including international options.

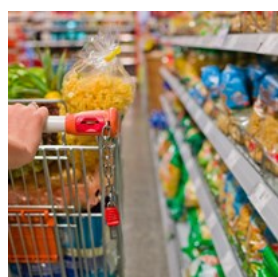
Photo: Monkey Business Images / Shutterstock.com

Address: Quebra Canela, Praia

Opening hours: Daily 10am-10pm

Phone: +238 262 18 01

Supermercados Calu e Angela (Santiago)



Supermercados Calu e Angela, which has several locations throughout the city of Praia, is a large and modern supermarket that carries a host of

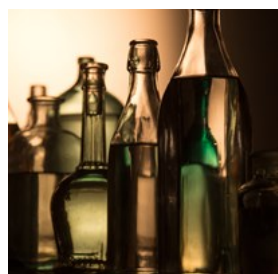
imported international products, as well as local items and specialties, like wine, cheese and produce.

Photo: Lisa S. / Shutterstock.com

Address: R. Ilha do Maio, Praia

Opening hours: Mon-Sat 8am-8pm, Sun 8am-1pm

L'Alambic Cabo Verde (Sal)



L'Alambic is a chic little boutique that promotes island production and artists. You can find clothes, artwork and typical Cape Verdean

products, including grogue, punch and different flavoured liquors, such as banana, chocolate and tamarind, as well as coffee and other natural products.

Photo: Stone36 / Shutterstock.com

Address: Loja 9, Santa Maria

Opening hours: Mon-Fri 9am-9pm, Sat-Sun 9am-8pm

Phone: +238 993 55 35

Email: lalambic.cv@gmail.com

Pérola Do Sal (Sal)



Pérola Do Sal is a fine boutique that sells jewellery and home decor items with original design ideas, creatively using

precious stones, pearls, shells and other natural materials from the islands.

Photo: EugeniaSt / Shutterstock.com

Address: Rua Pedonal do Pontao, Santa Maria

Opening hours: Mon-Sat 9:30am-7:30pm, Sun 9:30am-1pm

Phone: +238 933 74 60

Email: peroladosal@gmail.com

Art D'Cretcheu (Sao Vicente)



Art D'Cretcheu takes great pride in being the oldest fair trade arts and crafts shop in Cape Verde. All of their items are handmade by artists

and artisans from the archipelago's nine islands, including wicker baskets, clay figurines, local liquors, artwork, and much more.

Photo: Zachary Staines / unsplash.com

Address: Ave 5 de Julho, Mindelo

Opening hours: Mon-Fri 9am-7pm, Sat 10am-12:30pm

Phone: +238 959 85 76

Internet: artdcretcheu.wordpress.com

Email: ArtDCretcheu@gmail.com

Mitu Monteiro Shop (Sal)



World-champion kite-surfer (and three-time world vice-champion) and Cape Verde native Mitu Monteiro has opened his

own surf shop in Santa Maria, selling his own line of fantastic surf gear, clothes and accessories, as well as boards and everything else needed to ride the waves.

Photo: Oleg V. Ivanov / Shutterstock.com

Address: Rua Amílcar Cabral, Santa Maria

Opening hours: Mon-Sat 9:30am-12:30pm and 3:30pm-8pm

Phone: +238 995 26 54

Internet: www.mitumonteiro.wordpress.com

ESSENTIAL INFORMATION



Samuel Borges Photography / Shutterstock.com

Airports



There are four international airports in Cape Verde: Amílcar Cabral International Airport, SID (Sal), Nelson Mandela International

Airport, RAI (Santaigo), Aristides Pereira International Airport, BVC (Boa Vista), Cesária Évora Airport, VXE (Sao Vicente).

There are regular flights from several major European cities, including Lisbon, Amsterdam, Paris, Madrid, Munich and several UK cities, as well as from Morocco, Boston and Fortaleza, Brazil, with most international flights traveling to Sal or Santiago. There are also domestic airports on all islands except Brava. If you will be traveling a lot between islands, it is recommended to buy a TACV Cabo Verde AirPass (only available for purchase outside Cape Verde).

Many hotels can arrange a pickup service from the airport, and taxis are readily available at all terminals. A cheaper option is to take an 'aluguer', a kind of shared taxi, though this can be less convenient as they follow fixed routes.

Photo: Juan Garces

Address: Rua do Aeroporto, Praia

Phone: +238 263 10 10

Internet: www.asa.cv/aeroportos/aeroporto-da-praia/

Public Transport



Besides taxis and renting a car, the only way to get around the islands is to take an 'aluguer', or collective taxis, which can be anything from modern

and spacious vans to pick-up trucks. They connect even the smallest towns on most islands, picking up and dropping off passengers on request at any point along their route.

Photo: Pierre-Luc Auclair

Taxi



Taxis are generally easy to find and are often metred. Rides within a city are rather inexpensive, but rides to or from an airport or

day-excursions come with a steep price increase. Below are a few reputable drivers:

Ildo: +238 986 0622

Eddson: +238 985 8508

Silveno: +238 998 5527

Boats



It is possible to travel between most islands by boat, but schedules tend to be unreliable and can often be delayed or cancelled due to stormy

weather (particularly during the winter months). The most reliable connections are between Santaigo, Brava and Fogo, as well as between Sao Vicente and Santo Antao.

Post

Main Post Office



Photo: Andy Fuchs

Address: Rua Cesário Lacerda, nº 2, Praia

Phone: +238 260 87 60

Internet: www.correios.cv

Pharmacy

Farmácia Universal



Photo: Gemma Garner

Address: Avenida Santiago, Praia

Opening hours: Mon-Fri 8am-8pm, Sat 9am-1pm

Phone: +238 262 93 98

Email: farmaciauniversal@sapo.cv

Telephone

Country code: +238



Photo: Jardson Almeida

Electricity

220-240 Volts 50 Hz
Power sockets type C and F



Photo: Stirling Tschan

Population
525,000

Currency
Cape Verdean Escudo, CVE

Opening hours
General opening hours are from 8 or 9am until 7pm, with most shops closing from noon to 3pm. In some of the smaller villages and on more remote islands, however, opening hours are quite flexible, especially at restaurants and cafes.

Newspapers
A Semana (Portuguese and English)

Expresso das Ilhas

Emergency numbers

Hospital: 130

Fire brigade: 131

Police: 132