

# BOLAMA-BRUCE-SOGA:

## 3 DAY ADVENTURE

Discover the natural and historical beauty of the Bijagós Archipelago on this three-day excursion. We will visit Bolama with its rich colonial history, the paradisiacal Bruce Beach, and the authentic island of Soga.





# Day 1: Bolama - Colonial History

1

## Former Capital

Bolama was the capital of Guinea-Bissau from 1879 to 1941.



## Colonial Architecture

Historic buildings that preserve the essence of another era.



## Natural Fusion

The architecture and natural environment blend together to create unique landscapes.



# Day 2: Bruce Beach - Natural Paradise

## 18 kilometres

Of fine, white sand that invites long walks.

## Crystal clear waters

Perfect for enjoying a swim in a turquoise and warm environment.

## Unspoiled setting

Away from the hustle and bustle, surrounded by nature in its full splendour.





# Day 3: Soga - Bijagós Culture



## Trekking to Eticoba

Journey to the picturesque village, passing through the local health centre.

2

## Meeting the Régulo

Conversation with the wise man of the community, a fundamental figure in the culture.



## Local Craftsmanship

Observe the production of the saja and the work in the palm oil factory.

4

## Sacred Island

Discover the importance of Soga in female initiation rituals.