



CANHABAQUE-RUBANE-SOGA: 3-DAY ADVENTURE

Discover the magic of the Bijagós archipelago on this 3-day excursion. We will explore three unique islands with ancient cultures and pristine landscapes.

A journey that combines lush nature, millennia-old traditions and authentic encounters with the Bijagó people.



Day 1 - Canhabaque



Jungle trail

Walk through lush tropical vegetation.

2

Visit to the tabanka

Discover a community that resisted Portuguese conquest for 500 years.



Matriarchal culture

Meet a society where women are the community pillar.

4

Animistic traditions

Observe the deep connection with nature in every ritual.



Day 2 - Rubane: Natural Paradise

Virgin Beauty

White sandy beaches and untouched nature. A true tropical paradise separated from Bubaque by a narrow channel.

Spiritual Significance

Sacred sites and ancestral rituals. Reflection of the deep Bijagós cultural tradition.

"Moranzas"

Temporary villages where the Bijagós live part of the year before moving to cultivate on other islands.



Day 3 - Soga

Trekking to Tabanka de Eticoba

Walk along traditional paths to the main village.



Health centre

Discussion about local medical challenges.

Meeting with the régulo

Meet the wise man of the community, a key figure in the culture.



Traditional craftsmanship

Observe the making of the "saja" and palm oil production.

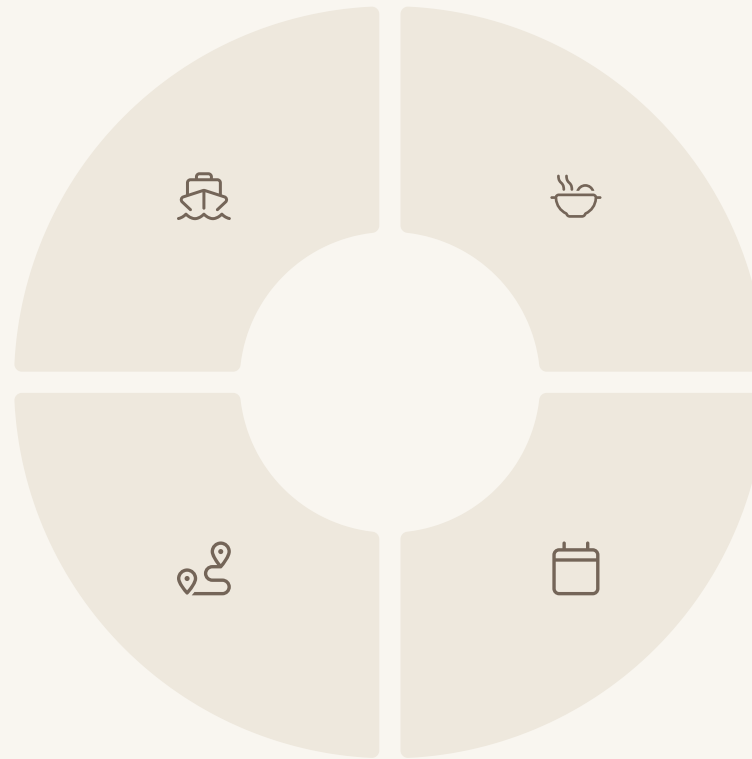
DETAILS OF THE EXCURSION

Includes

- High-speed boat transport (return)
- Specialised guide
- Guided walk to the Inorei tabanka

Route

Bissau → Canhabaque → Rubane → Soga
→ Bissau



Does not include

- Meals and drinks
- Additional travel

Duration

3 full days of adventure through the islands of the Bijagós archipelago.