

Canhabaque Island

The **Canhabaque Island**, also known as **Ilha Roxa**, is one of the **largest** in the Bijagós archipelago. With an area of **110 km²**, it is notable for its **unspoiled landscapes** and **hidden beaches**.

Its **history of resistance** for almost **500 years** against Portuguese invasions has preserved its **ancestral customs**.





Culture and Society



Matriarchal Society

Canhabaque is an **animist** and **matriarchal** island, where **women** play a **central role** in **community decisions**.



Cultural Treks

The **trails** traverse **lush forests** connecting **tabankas** (traditional villages).



Biodiversity

Rich in **fauna and flora**, with **mangroves**, **palm trees** and **diverse local species** in its protected ecosystem.

Ceremony of the Wild Cow

1 — Ceremonial Season

The main **ceremonies** are held during the **dry season**, after the harvest.

2 — Emblematic Mask

The **Wild Cow** is a **wooden helmet** with glass eyes, **real horns** and leather ears.

3 — Rite of Passage

Marks the **transition to adulthood** through tests of **endurance, strength and bravery**.

4 — Cultural Preservation

Reinforces **Bijagó identity**, preserves **traditions** and strengthens **community bonds**.

