

TOUR 12 DAYS



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Customize your trip



MAGIC, CULTURE AND BIODIVERSITY

Guinea-Bissau is a destination where the magic of West Africa comes to life through its rich culture and extraordinary biodiversity. This country, still undiscovered by mass tourism, offers authentic experiences for travelers seeking genuine adventures.



Authentic destination

A country where **time seems to have stood still**, preserving ancestral traditions and pristine landscapes.



Unique biodiversity

Home to exclusive species such as saltwater hippos and an important sea turtle sanctuary.



Vibrant culture

Discover the **local energy** and ancestral traditions that remain alive in every corner of the country.



Pristine beaches

18 km of untouched white sand.

ITINERARY



DAY 1 - BISSAU

The capital where **time seems to have stood still**, with cobblestone streets and nostalgic architecture.



DAY 2 - CACHEU

One of the **first cities** established by the Portuguese in **West Africa** and a place **charged** with **history** and **culture**.



DAYS 3 AND 4 - CANTANHEZ NATIONAL PARK

It is a **biodiversity** refuge in Guinea-Bissau.



DAY 5 - BOLAMA

Former colonial capital (1879-1941) with historic buildings that evoke its **colonial past**.



DAY 6 - CANHABAQUE

Matriarchal island with **lush jungle** and traditional tabankas that **resisted Portuguese conquest**.



DAY 7 - BRUCE BEACH

18 kilometers of pristine white sand, absolute tranquility and crystal clear waters.



DAY 8 - JOAO VIEIRA E POILAO NATIONAL PARK

Natural sanctuary for sea turtles and **sacred place** for the Bijagó people.



DAY 9 - REST DAY

Relax at your own pace on a virgin beach.



DAY 10 - ORANGO NATIONAL PARK

Home to the only **saltwater hippos** in the world and rich biodiversity.



DAY 11 - SOGA

Meet the Tabanka of Eticoba and the régulo.



RETURN TO BISSAU

Return to the capital to end the adventure.

BISSAU - THE CAPITAL WITH ESSENCE

Bissau is a city where **time seems to have stood still**, but its essence remains intact. Its colonial past and the struggle for independence are intertwined with everyday life, creating a unique atmosphere.

Its cobblestone streets and nostalgic architecture tell **stories of another** era, while in its markets and squares the **local energy** blends with the essence of its **vibrant culture**. Here, the traditional and the contemporary coexist, offering an **authentic** and immersive experience.



Amílcar Cabral Avenue

The main artery of the city with historic buildings and local shops.



Fortress of José de Amura

A colonial vestige that narrates the history of the country.



Plaza of the National Heroes

Monument to independence and a space for cultural gathering.



Bandím market

A vibrant commercial center where you can experience authentic local life.

BIJAGÓS ISLANDS - NATURE AND TRADITION

BOLAMA - COLONIAL HISTORY

Bolama is an island laden with **history**, where every corner evokes its **colonial past**. **Former capital** and center of power, its buildings, though weathered by time, retain the essence of an era that left a deep mark on Guinea-Bissau. The **period** in which Bolama was the capital of Guinea Bissau was from **1879 to 1941**.

Exploring Bolama is delving into a landscape where **architecture and the natural environment** merge. Amidst imposing ruins and vestiges of the past, the island invites you to traverse its silent **witnesses of another era**, offering an experience that connects with the memory of what once was.



CANHABAQUE - MATRIARCHAL ISLAND

In Canhabaque, you will embark on an unforgettable hike along a **trail** that winds through the **lush jungle** of the island. This **untamed and mysterious** territory has been the home of a people who **resisted** the Portuguese **conquest** for **nearly 500 years**, preserving their beliefs and way of life intact.

The path will lead you to a **tabanka**, where tradition and mysticism pulsate with strength. Canhabaque is a **matriarchal island**, where **women are the pillar of the community** and **animistic customs** govern every aspect of life. Here, the **connection** with **nature** is not just a bond, but a spiritual guide that permeates every **ritual**, every **belief**, and every **story** passed down from generation to generation.

NATIONAL PARKS SANCTUARIES OF LIFE

JOÃO VIEIRA AND POILÃO NATIONAL PARK

Embark on a unique adventure to the **Island of Poilão**, a **natural sanctuary** where **sea turtles** find refuge on protected beaches. More than just a destination, Poilão is a **sacred place** for the Bijagó people, where **nature and spirituality** intertwine in perfect harmony.

At **nightfall**, the Island of Poilão comes alive with the arrival of the **green turtles**, which **emerge from the sea** to continue their life cycle in the **largest nesting centre in Africa**. At times, it is possible to witness the **hatching of the eggs** and the first journey of the hatchlings towards the ocean, a fascinating spectacle.

Under a **starry sky** and with the **sound of the waves** in the background, you will share the night with these **ancient ocean travellers**.



ORANGO NATIONAL PARK

Explore the **Island of Orango**, one of the largest and most remarkable in the archipelago, known for its **natural wealth** and **deep traditions**. In this untamed territory live the **saltwater hippopotamuses**, a unique species that **only** exists in **this ecosystem**. To spot them, you will **follow** a trail that crosses the **dense vegetation** to the **Lagoa de Anor**, a hidden corner among tall grasses and scattered ponds.

Upon reaching the lagoon, the landscape comes to life, **crocodiles** rest motionless on the shore, while **migratory birds** soar over the surface. Everything around you follows its **own rhythm**, in a **natural balance** that seems oblivious to the passage of time.

CANTANHEZ NATIONAL PARK

With its **1,057 km²** of lush **jungle**, it is a refuge of **biodiversity** in Guinea-Bissau. On this **2-day excursion**, you will have the unique **opportunity** to venture into its **dense forests** and spot the **chimpanzees**, the main attraction of the park.

The main **activity** begins at **dawn**, when, accompanied by **local guides**, you will go in **search** of one of the **chimpanzee families**. You will also be able to see **monkeys, colobus, and other species** that inhabit the jungle. The park also houses a **rich fauna** that includes buffaloes, antelopes, crocodiles, and manatees, as well as an impressive variety of **birds**.

You will spend the **night in a small hotel** next to a tabanka (traditional village), immersing yourself in the **local life** and the **tranquility** of the jungle.





CACHEU

Cacheu, about 100 km from Bissau, is one of the **first cities** established by the Portuguese in **West Africa** and a place **full of history and culture**. During the **colonial period**, it was a **key center** in the transatlantic **slave trade, exporting** thousands of **people** to America from its port.

Additionally, it was a **strategic military and commercial point**, protected by the **imposing Forte** of Cacheu, **built in 1588 to defend the city from pirate attacks**.

In Cacheu, a unique Creole culture developed, resulting from the interaction between the Portuguese, Africans and slaves, which left a deep mark on the region.

VIRGIN BEACHES

BRUCE BEACH

Discover the spectacular Bruce Beach, one of the **most impressive gems** of the Bijagós Archipelago, with **18 kilometers** of **white sand** and **crystal-clear waters**. A **paradisiacal destination** where nature is shown in its **full splendor**, offering an **ideal environment** for **relaxation** and **rest**.

During this excursion, you will have the **opportunity** to enjoy a **day at the beach** in total **tranquility**, away from the hustle and bustle and **surrounded by virgin landscapes**. You can take a **swim in warm and turquoise waters**, **walk** along the extensive **shore** feeling the **soft** sand under your feet or simply **relax** under the **shade** of the **palm trees**, enjoying the **sea breeze**.





SOGA

The **visit** to Soga is one of the **most humble** in the Bijagós archipelago, known for its **picturesque tabankas** and its relevance as a **sacred island** for **female initiation rituals**.

The **tour** includes a **trekking** to the **Tabanka of Eticoba**, passing through the **Soga health center**, where you can **talk** to the person in charge and understand the **medical difficulties** faced by its inhabitants. In the village, you will have the **opportunity** to meet the **régulo**, the **big** and **wise** man of the community, who plays a **fundamental role** in Bijagós culture.

Additionally, you can **walk through the village** and observe the women making the **saja**, the **traditional skirt** of the Bijagós people, or working in the **palm oil factory**.

INCLUDED SERVICES



FAST BOAT TRANSPORTATION

Bissau - Bijagós Islands Exploration in the Islands

Includes transfers adapted to each trip and excursions with **greater comfort.**



AIRPORT - HOTEL TRANSFER

START AND END YOUR TRIP WITH TOTAL COMFORT!

Bissau Airport  Hotel in Bissau

Reception at the airport with **assistance.**

Vehicle and driver with **experience.**



ACCOMMODATIONS

At Consulmar Travel, we work exclusively with the **best hotels** in Guinea-Bissau, selected for their **quality, comfort and authenticity.**

We know that each traveller has **unique needs and preferences.** That's why we offer the **flexibility** to choose from a variety of accommodations.

VISA MANAGEMENT

We take care of your visa so you can enjoy your trip without worries!

Application

Comprehensive management from application to arrival

Monitoring

Monitoring the process at all times



Reception

We **receive** your visa and **send a copy**

Delivery

We receive you with the **original copy** upon arrival

CUSTOMISE YOUR ADVENTURE IN GUINEA-BISSAU

At Consulmar Travel, we understand that each traveller is unique, which is why we offer the possibility of creating a tailor-made itinerary that perfectly suits your interests, available time and budget.



Flexible duration

Adapt the duration of your trip according to the time you have available.



Customised experiences

Choose the activities that interest you the most to create your perfect adventure.



Selected accommodations

Options for all tastes and budgets, always with the best quality.



Customised budget

We adjust the options to fit your budget without compromising the experience.

Contact us today to start designing your trip to the latest jewel of West Africa. Our team of experts is ready to help you create an unforgettable experience in Guinea-Bissau.