

SOGA

ONE DAY ADVENTURE

Discover the **island of Soga**, one of the most humble in the Bijagós archipelago. Known for its picturesque tabankas and its importance as a sacred island for female initiation rituals.





Cultural tour



High-speed boat transport

Return trip from Bissau.



Guided trekking

Walk to the Tabanka of Eticoba.



Health centre

Discussion on local medical challenges.

4

Village visit

Meeting with the régulo, a wise and influential man.

Bijagós traditions



Saja weaving

Observe women creating the traditional skirt of the Bijagós people.



Palm oil

Discover the traditional process of making palm oil.



Sacred island

Learn about the importance of Soga for female initiation rituals.



DETAILS OF THE EXCURSION

Includes

- Fast boat transport (round trip)
- Specialised guide
- Guided walk to the tabanka

Does not include

- Meals
- Drinks

Duration

1 full day of cultural immersion.