

ANTHROPOLOGICAL TOURISM IN GUINEA BISSAU. VISITING THE COUNTRY OF SPIRITS.

CHARACTERISTICS:



- ★ **Duration:** 10 days/9 nights.
- ★ **Type of holiday:** Ethnicity, Culture, Nature and Ecotourism.
- ★ **Accommodation:** Orango Parque Hotel, Hotel Imperio/Ceiba in Bissau and Hotel Mar Azul/7Djorson in Quinhamel.
- ★ **Meals:** Full board.
- ★ **Means of transportation:** Boat and minibus/car.
- ★ **Local guides:** Spanish, English and Portuguese.

Guinea Bissau, a former Portuguese colony, owns a vast natural and cultural wealth. The perfect destination for **anthropological tourism**.

The **uncommon heritage** of the Bijagós community is priceless. Far away from mass tourism, they have preserved their **local culture** and **traditions** in a remarkable way and animism still has a great influence on everyday life.

Our **local tour guides** are experts in the local traditions and will show us the fascinating world of animism. With them we'll get a first-hand look at how the people live, how they interact and what their daily work is like. You'll also be able to interact with the local population during your stay at the **Orango Parque Hotel** since all hotel staff are Bijagó nationals.

We'll visit several *tabankas* (villages) and attend a typical dance celebration. We'll enjoy ourselves whilst also learning about traditional activities such as the shell-fishing carried out by the Bijagó women.

DEPARTURE DATES:

- Please consult

ITINERARY:

Day 1: Depart from city of origin. Arrive in Bissau. Airport pick-up and transfer to the hotel in Bissau.

Day 2: Morning tour by car, stopping at: Bissau Velho district, the port, ethnographic museum, Amura fortress, Bissau Cathedral, Pidjiguiti Memorial, Old Chamber of Commerce designed by the architect Jorge Ferreira Chaves (today the headquarters of the political party PAIGC). Lunch in Bissau. Visit to Bandim market and other crafts markets in the afternoon. Overnight in Bissau.

Day 3: Pick up at the hotel and transfer to the Bafatá region. On our way from Bafatá to Gabu, we'll stop at the town of Tabato, founded by the Mandinka Djabaté and Kouyaté family. They are masters of the *balafon* and Mandinga *kora* and originally come from the old Mali empire, Fouta Djallon. They compose songs and sing to praise something or someone. We'll enjoy this gentle griot music performed on traditional instruments. Transfer to Bafatá, lunch and visit to the Almilcar Cabral Museum House. Overnight in Quinhamel.

Day 4: In the morning we'll start the "Balobas Tour" and meet the Papel ethnic group and their *balobas* (sacred sites), as well as their sacred places in the Biombo region. After lunch we'll visit the looms and activities performed by the Guinean NGO Artissal with the local community. Overnight in Quinhamel.

Day 5: Boat to Orango National Park, passing by small islands and sandbanks (4 hours). Lunch at the Orango Parque Hotel. A visit to the *tabanka* (village) of Eticoga, the Mausoleum of the last Bijagó Queen, Okinka-Pampa and all the development projects carried out there. Overnight at the Orango Parque Hotel.

Day 6: Visit to the Anor region, one of the most interesting places in terms of wildlife on Orango Island. We'll have the chance to observe the saltwater hippopotamus in its natural habitat during the wet season, as well as crocodiles, birds and other important fauna. Walk through the mangroves and savanna (4 hours). Overnight at the Orango Parque Hotel.

Day 7: Full-day visit to Canogo Island to attend a Bijagó Kundere dance and get a first-hand look at the Bijagó culture. Picnic lunch. Overnight at the Orango Parque Hotel.

Day 8: A visit to the *tabanka* (village) of Ambuduco, the oldest in the National Park and the birthplace of the Bijagó culture (5-hour circular walk). Here we'll have the opportunity to enjoy the Bijagó Kanhocan dance, another magnificent display of local Bijagó traditions. Overnight at the Orango Parque Hotel.

Day 9: Depending on the tide, we'll meet with the Bijagó women during their daily shell fishing and will even take part, as well as seeing the men fishing with their traditional nets. We'll talk to the *Baloberas* (sacred women) of Eticoga, the last Bijagó *Baloberas*, and meet the medicine man who'll explain how local plants are used in traditional Bijagó medicine. Lunch at the Orango Parque Hotel. Farewell dinner. Overnight at the Orango Parque Hotel.

Day 10: Boat transfer to Quinhamel followed by land transfer to Bissau. Transfer to airport. Flight departure back to city of origin.

PRICE PER PERSON (in euros)	
MIN/MAX GROUP: 6/20 PASSENGERS	
Price Twin Room (9-20 people)	1,740
Single Room Supplement	260
Group Supplement 6-8 people (both inclusive)	140

INCLUDED:

- Transfers to and from Bissau airport
- Internal transfers by land and sea
- Full board accommodation (without beverages)
- National Park fees and tours included in the itinerary

NOT INCLUDED:

- International flights
- Airline taxes
- Visas
- Beverages
- Tips
- Any other point not contained in the "Included" section