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CENTER



SENTIDOS
Beach Retreat



2019/2020

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SEA ACTIVITIES

"When I die I want to go back to live the moments I didn't live by the sea"

Sophia de Mello Breyner Andresen

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OCEAN SAFARI

Taking you into the beautiful warm Mozambique waters in search of our amazing ocean giants, the Whale Sharks and Manta Rays to name a few, the Ocean Safari is like no other experience around, the chance to snorkel with the exquisite ocean giants and experience them first hand. In Barra we are lucky enough to enjoy these Giants all year round and the Ocean Safari is our way of sharing it with you. June to August we are also lucky enough to have the Humpback whales moving through our coastline with their calf's, Whale season is a must for any ocean enthusiast.

Minimum 4 people

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OCEAN SNORKELLING TRIP

The ocean is alive with countless colours and creatures join us for a beautiful snorkel trip on our house reef where we take you to see the colours of corals and fish of our beautiful shoreline. A safe environment to learn about the ocean as well as enjoy the beauty it has to offer. Snorkelling is something that everyone can do and adore; let us show you something amazing. Minimum 2 people.



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SNORKELLING ON WHITESANDS BEACH WITH GUIDE

Discover the marine inhabitants of Whitesands beach in a guided snorkelling experience. You will observe all the underwater life and know the different species that have live in this place and their habitat.



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ESTUARY BOAT CRUISE

A day out on the water is always spectacular, and why not do it with family and friends. Our 4-hour trip takes you to Pansy Island in search of shells, snorkelling and tubing in the estuary and topped off with a simple lunch on the beach.

Duration: 4 hours

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BANANA & CRAZY COUCH (TUBBING)

Hold on tight, and get ready for the ride of your life. A banana ride or a crazy couch, take your pick. The fun and exciting ride can be adjusted to suit all ages, whether its speed you want or just a bit of spin on the water. We can cater for all the options. Duration: 20 minutes. Minimum 2 people



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SEABOB

An adventure like no other in Mozambique, the Seabob reef tour will bring you closer to the ocean than ever before. After a quick overview of the how to's of the Seabob you will be ready to go explore the underwater world on our guided reef tour.

The beautiful reef is just offshore and the guide will show you all the treasures of the reef has to offer. The Seabobs are a fun exciting way to see the beautiful reef and is an amazing way to adventure through the water.

Apart from this tour, Seabob or Sea Scooter is available to rent and to discover the coast of Sentidos.

Duration:

Fun Diving - 20 minutes

Reef Tour - 1 hour - available soon

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PADI DIVE COURSES

Want to go deeper? Want to go in the dark? Want to know how to navigate the ocean floor?

This PADI Dive courses will teach you everything you might need to know to advance your diving abilities and make you more comfortable in the water:

- Open water course
- Advanced open water course
- Rescue course
- kids Seal team
- kids bubble maker
- Speciality courses

Join us to become the best diver you can be.

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FUN DIVE

We can all agree that underwater is where a diver belongs, so come join us on our fantastic dives around the Inhambane coast line. Our beautiful waters hold the splendours of ocean giants to all the colours of the Mantis Shrimp, Harlequin shrimp and don't forget the turtles and honey comb Morays. With our experienced guides we will help you spot them all. At SEE you get more than just a dive, you get an adventure, an experience, and most of all service with a smile, not because we have to but because we love sharing our passion and amazing underwater world.



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MANGROVE KAYAK TOUR

The Barra Mangroves are alive with creatures, from beautiful birds in the trees to fish in the waters, Frogs in-between the leaves and now you on a kayak. Come explore the Mangroves of Barra with us from the perfect spot, floating through them on a clear bottom kayak. Suited for all ages the Mangrove kayak trip is fun on the water and beautiful in the trees.

3-hour tour. Minimum age 8 years old

Minimum age for passenger 5 years old

It's also possible to rent only the kayak:

1 hour

1/2 day

Full day

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SURF AND STAND UP PADDLE CLASSES

Surf and Stand Up Paddle are two different ways to have fun in the water. Yet with a tremendous advantage in Mozambique: the water's temperature.

Enjoy the benefits of a private teacher, focusing only on you, explaining all you need to know to be on your feet in no-time.

Surf Rental - 1 hour

Surf Rental - 1/2 day

Surf Rental - 1 day

Surf Classes - 1.5 hours

SUP Rental - 1 hour

SUP Rental - 1/2 day

SUP Rental - 1 day

SUP Classes - 1.5 hours



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LAND ACTIVITIES

“Piece of African land.
Piece of freedom
Have you, for those who loves you
Peace, Love, Truth?... ”

Sophia de Mello Breyner Andresen

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QUADBIKES

The Barra Community is a rise with life and culture of Mozambique. This locally guided tour takes you through the wonders of Africa to give you a glimpse into the lives of the everyday happenings in Barra. The tour focuses on the culture and environment that makes Barra so unique. Stopping a few times along the way the trip is alive with secrets into the culture of Mozambique. Meet the locals, taste the food, see the life of Mozambique.

Duration: 2 hours

Minimum age: 16 years old. Minimum age for passenger: 6 years old

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FAT BIKES RENTAL

The Fat Bikes are available for you to rent and find your way around the beautiful Barra area. Take them on your own adventure to explore as you will.

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YOGA SESSIONS

Relax, breath, stretch and breath again.

Yoga is a fantastic natural relaxation exercise for everyone to enjoy. Private yoga on the beach is the perfect way to get into the holiday, relaxing mood while keeping up on physical training.

Each session is designed specifically for you and your needs.



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MASSAGES AND TREATMENTS

Massages and treatments available:

- Special: "Come to your senses" - Kalabash massage, Hot Stone massage and Honeybush facial treatment (75 min).
- Full body massage (60 min). Back neck shoulder massage (30 min).
- Feet Massage (30 min).
- Desert Glow Exfoliation (75 min). per person.
- "Deluxe" facial treatment (60 min). Face gel mask (45 min).
- Honeybush Facial (30 min).
- Manicure or Pedicure (60 min).
- Nail polishing (30 min).

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CULTURAL TRIP TO INHAMBANE

Inhambane, also known as “Terra de Boa Gente” (Land of Good People), is one of the oldest settlements along the east coast of Mozambique. With a rich history dating back to the 11th century, it is a must-see for anyone interested in history and culture.

Guided through the city, looking both at the past as well as the current, the Inhambane City tour is not to be missed.

Duration 1/2 day.

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