

see ACTIVITY
CENTER

It's time
for a new
adventure.



SENTIDOS
Beach Retreat



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.

BOOK NOW!

T. + 258 84 3227272 | 82 3227272
see@sentidosbeachretreat.com

*"Be Brave, Take Risks, Nothing
can Substitute Experiences"*

Anonymous



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OCEAN SNORKELING

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 the 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. Snorkeling is something that everyone can do and adore; let us show you something amazing.

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*“The worlds finest wilderness lies
beneath the waves”*

Robert Wyland



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SNORKELING AT WHITESANDS BEACH

Discover the marine life of the estuary at Whitesands Beach, with a guided snorkeling experience. A truly speculator and different side of the ocean, the estuary is filled with rich colours of sea urchin, glass beds and star fish. Estuary Snorkeling is unlike any other, a fantastic and interesting experience for the whole family.

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*"The sea once it casts its spell,
holds one in its net of wonder forever"*

Jacques Cousteau



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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. This 4-hour Estuary Boat Cruise takes you to Pansy Island in search of shells, snorkeling in the estuary and tubing on the calm waters.

To top it off we invite you to join us for a simple lunch on the beach to fuel your energy.

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*"The Ocean is everything I want to be.
Beautiful, mysterious, wild and free"*

Anonymous



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BANANA & CRAZY COUCH (TUBING)

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 cater for the calm as well as the crazy!

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*"To Find the pearls of lifes ocean,
you have to venture out far past
the shore"*

Anonymous



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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.

If you are not set on a full hour on the water we also offer a 20min fun time with a guide in the water on the Seabobs.

Fun Diving - 20 minutes
Seabob reef tour - 1 hour

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PADI DIVE COURSES

The underwater world is a place for everyone. We provide a wide range of PADI Dive Courses for you to explore and experience the wonder of the water. Starting with the PADI Open Water course all the way to Rescue and Dive Master courses, we have it all. No matter what level of diver you are, be it beginner or seasoned old timer, we have you covered.

- 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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"The ocean stirs the heart, inspires the imagination and brings eternal joy to the soul."

Robert Wyland



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MANGROVE KAYAK TOUR

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

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*"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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KAYAK RENTAL

Why not stretch your arms and rent a kayak to explore the ocean. With both single kayaks and double kayaks available its can be fun for the whole family.

Join us at SEE to find out about kayak rental.

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*"If I have ever seen Magic,
it has been in Africa"*

John Hemingway



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SURF & STAND UP PADDLE BOARDING

Surf and Stand Up Paddle Boarding are two ways to have fun and enjoy the water. In Mozambique you have the fantastic advantage of wonderful warm water.

Join us at SEE to find out about the different rentals on offer for these fantastic sports.

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*"The best surfer out there
is the one having the most fun."*

Phil Edwards



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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.

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"Africa changes you forever, like nowhere on earth. Once you have been there you will never be the same"

Brian Jackman



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ELECTRIC FAT BIKE RENTAL

The Electric 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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*"I never knew a morning in Africa
when I woke up that I was not happy."*

Ernest Hemingway



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YOGA SESSIONS

Relax... breath... stretch.... breath...

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. We also have group classes for those who enjoy yoga with friends.

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*"There is nothing like returning
to a place that remains unchanged
to find the ways in which you yourself
have altered"*

Nelson Mandela



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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)

*"The way is not in the Sky.
The way is in the heart"*

Buddha

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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 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.

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*“The beauty of the world lies
in the diversity of its people”*

Anonymous



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Please book your activities at least 24h in advance
in order to guarantee availability.