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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 to snorkel into the beautiful and warm Mozambique waters in search of our fantastic ocean giants, like the Whale Sharks and Manta Rays, the Ocean Safari is like no other experience around. 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. The whale season - June to September - is a must for any ocean enthusiast and we are fortunate to have the Humpback Whales moving through our coastline with their calves.



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OCEAN SNORKELLING TRIP

Join us for a beautiful snorkel trip on our house reef, where we take you to see the corals and fish on our beautiful shoreline.

A safe environment to learn about the ocean as well enjoy the beauty it has to offer. Snorkelling is something that everyone can do and adore, let us show you something unique!

Minimum: 2 people



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PANSY ISLAND AND SNORKELING TRIP

A day out on the water is always spectacular, and why not do it with family and friends? Our 3-hour trip takes you to Pansy Island in search of shells, snorkelling in the estuary looking for seahorses, and topping off with a simple lunch on the beach. Let's have some fun together!

Duration: 3 hours
Minimum: 2 people



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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?
These 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 Diver
- Advanced Open Water Diver
- Rescue Diver
- Enriched Air (Nitrox) Diver
- Emergency First Response Primary and Secondary Care
- Other Specialty Courses
- Bubblemaker Program (Kids)
- PADI Seal Team (Kids)

Join us to become the best diver you can be!



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FUN DIVE

Are you ready to add a splash of excitement to your day?

Join us for a thrilling, fun dive that promises unforgettable underwater adventures and endless smiles. Whether you're a seasoned diver or a newbie looking to explore the wonders beneath the surface, our fun dive is a perfect way to immerse yourself in the magic of the ocean and create lasting memories. Our training pool and team of expert instructors are here to provide you with all the essential skills and knowledge you need to make your first five a memorable and enjoyable one.

Dive into excitement and wonder with us!



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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 are on a kayak.

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.

Duration: 2 hours tour



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BANANA & CRAZY COUCH TUBING

Get ready for an exhilarating adventure on the water like no other! Hold on tight as you embark on the ride of your life with our banana ride or crazy couch tubing experience!

Choose your thrill - whether you prefer the fast-paced excitement of a banana ride or the wild spins of a crazy couch, we've got you covered! Our rides are adjustable to cater to all ages and preferences, whether you're seeking a heart-pounding rush or a fun-filled spin on the water.

Grab a friend or family member because this experience is best enjoyed with at least two people. Are you ready to take on the challenge and make unforgettable memories on the water?

Duration:

30 minutes of non-stop excitement and laughter

Minimum: 2 people



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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, a tremendous advantage of Mozambique is the water's temperature.

Enjoy the benefits of a private teacher focusing only on you, explaining everything you need to know to be quickly on your feet or enjoy and have fun alone or with your friends!

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?... ”

Fátima Negrão



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QUADBIKE TOUR

The Barra community is rising with the life and culture of Mozambique. This locally guided tour takes you through the wonders of Africa to give you a glimpse into the everyday lives and happenings in Barra.

The tour focuses on the culture and environment that makes Barra so unique. Stopping a few times along the way, you will have the opportunity to meet them and taste local food.

Duration: 2 hours

Minimum age: 16 years old

Minimum age for passenger: 6 years old



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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 Mozambique’s east coast. 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 at both the past and the present, the Inhambane City tour is an experience that cannot be missed.

Duration: 1/2 day



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YOGA SESSIONS

Relax, breathe, stretch and breathe again! Yoga is a fantastic natural relaxation exercise for everyone to enjoy. Group sessions or private sessions on the beach are the perfect way to get into the holiday, relaxing mood while keeping up with physical training.



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MASSAGES AND TREATMENTS

Massages and treatments available:

- Special Kalabash massage
"Come to your senses" (75 min)
- Full body massage (60 min)
- Back neck shoulder massage (30 min)
- Feet massage (30 min)
- Desert Glow Exfoliation (75 min)
- "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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SENTIDOS BEACH
RETREAT

Praia da Barra, Inhambane

Moçambique

GPS 23°47'36.12"S 35°31'28.47"E

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