

FARINHA DE PAU



ECO B&B - NATURE FOOD

PRAIA BRANCA

SÃO NICOLAU - CAPE VERDE

BED & NATURAL BREAKFAST

NATURAL MEALS - IN & OUT SERVICE

HIKE DAY GUIDE - HIKE TRANSFER

AIRPORT TRANSFER

SAND & MASSAGE TREATMENT *

BEACH SUNSET WINE *

BEACH DAY - BAX DROTCHA - BARBECUE *

NATURE DAY TOUR BY CAR WITH GUIDE

CULTURE DAY TOUR BY CAR WITH GUIDE

OFF-ROAD MOTO RENT

WWW.FARINHADEPAU.COM

CONTACT@FARINHADEPAU.COM

+238 9153916 - SERGIO MACHADO



FARINHA DE PAU - ECO B&B - NATURAL MEAL

FARINHA DE PAU - ECO B&B IS A PROJECT DEVELOPED BASED ON THE PHILOSOPHY OF PERMACULTURE, WHICH SEEKS A SUSTAINABLE AND HARMONIOUS WITH THE ENVIRONMENT. WE ARE A NONPROFIT ORGANIZATION, WHERE WE RENTED SOME ROOMS AS A SOURCE OF FINANCING FOR OUR PROJECTS, INCLUDED IN THE RURAL TOURISM MODEL. WHEN YOU VISIT US, YOU CAN ENJOY GREAT FAMILY MOMENTS, EXPERIENCE THE BEAUTY OF SÃO NICOLAU ISLAND, AND WILL BE COLLABORATING WITH THIS WONDERFUL PROJECT THAT NEVER STOPS EVOLVING.

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DAY TOUR

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ITINERARY - FARINHA DE PAU

Natural (Beach and Sun)

8:00 - Breakfast

9:00 - Ribeira Prata

Visit to the Village and the Traditional Trapiche - Grogue degustation

10:30 - Natural Pool Rotxa Furada

Natural pool with natural waves movements.

12:30 - Lunch

14:00 - Baixo d Rotxa Beach

Snorkeling

Chill moment

17:30 - Carbeirinho - Sunset

One of the 7 Wonders of Cabo Verde

Spetacular Sunset view.

Investiment

90 € - No lunch include (Group)

Lunch - 8 € PAX

Includes

1. Transport + fuel

2. Driver+ Guide

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ITINERARY - FARINHA DE PAU

Natural (Mountain)

8:00 - Breakfast

9:15 - Cachaço - Monte Church View

9:45 - Hike - Parque Natural Monte Gordo - Guided
Higher Peak of island with view about all islands

12:00 - Galeria - Food Processing Center

12:30 - Fajã - Agriculture zone

13:00 - Lunch at Queimadas

14:45 - Light hike - Queimadas zone - Guided

16:00 - Cant Fajã - Family house

Traditional coffee

Investment

150 € - No lunch includes (Group)

Lunch - 10 € PAX

Includes

1. Transport + Fuel
2. Driver + Guide

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ITINERARY - FARINHA DE PAU

Culture & History

8:00 - Breakfast

9:15 - Praia Branca - House where the Morna Sodade was born

9:45 - Barril light house - Whale Watching

10:15 - Tarrafal Fishing Museum

City History

12:00- Lunch- Museum Esplanade

13:00 - Tour in Ribeira Brava

Bust of Dr Júlio Dias e Baltasar Lopes

Cathedral e Seminary

15:30 - Preguiça

Portuguese Fort

Pedro Alvares Cabral mark (Brazil Discoverer)

Investment

120 € - No lunch include (Group)

Lunch- 8 € PAX

Includes

1. Transport + fuel

2. Driver + Guide

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ITINERARY - FARINHA DE PAU

Carnival

15:00 - Departue

16:00 - Ribeira Brava - Terreiro

16:30 - Start os Popular Group Stofan - Everyone can follow the group with the fantasy

18:30 - First Main Group

20:00- Second Main Group

21:00 - Third Main Group

22:30 - Return

Investiment

50 € (Group)

Includes

1. Transport + fuel

Info: During the Carnival event, have many places to eat and drink.



HIKE

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HIKE ITINERARY - FARINHA DE PAU

Hike - Parque Natural Monte Gordo

7:00 - Breakfast

7:45 - Praia Branca - By Assomada

9:00- Assomada

10:00 - Ribeira dos Calhaus

Piknik - Chill

11:00 - Monte Gordo Forrest

12:00 - Climb to Monte Gordo Peak

Islands view

15:00 - Return

16:00 - Sunset - Praia do Barril

Beach - Tapas e Drinks

Investiment

70 €

Meal not included

Includes

1. Transport to Praia do Barril
2. Guide

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HIKE ITINERARY - FARINHA DE PAU

Hike - Ribeira Prata

7:00 - Breakfast

7:45 - Praia Branca - by Assomada

9:00- Assomada

10:00 - Fragata

11:00 - Ribeira Prata

Trapiche de Traditional Grogue

13:00 - Return to Praia Branca by Car

Investment

70 € (Group)

Includes

1. Transport From Ribeira Prata to Praia Branca
2. Guide

HIKE ITINERARY - FARINHA DE PAU

Hike - Praia Branca - Fragata - Cant Fajã

7:00 - Breakfast

7:45 - Praia Branca - by Assomada

9:00- Assomada

10:30- Fragatona

12:00 - Cant Fajã

13:00 - Return to Praia Branca by Car

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Investment

80 € (Group)

Includes

1. Transport From Cant Fajã To Praia Branca
2. Guide (optional)

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HIKE ITINERARY - FARINHA DE PAU

Hike - Ribeira Funda

7:00 - Breakfast

8:45 - Lomb Pelod - Starting the Trail

9:00 - Climb to Covoada - Montanha Furada

11:00 - Covoada Village

11:20 - Descent through the Vale do Covoada

12:30 - Ribeira Funda freshwater natural pool

13:30 - Ribeira Funda

15:00 - Estancia Bras

Investment

110 € (Group)

Includes

1. Transport to Lomb Pelado
2. Guide
3. Transport to Praia Branca

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HIKE ITINERARY - FARINHA DE PAU

Hike - Morro Alto

7:00 - Breakfast

7:30 - Departure from Praia Branca to Juncalinho

9:00 - Visit the Natural Pool in Juncalinho

10:00 - Hike Start

12:00 - Morro Alto

Beautiful Vulcano Crater

Ghost Village

Picnic

15:30 - Return to Praia Branca by Car

Investment

150 € (Group)

Includes

1. Transport to Praia Branca - Juncalinho - Praia Branca
2. Guide

HIKE ITINERARY - FARINHA DE PAU

Hikes Surrounds the Farinha de Pau

- Rotxa Furada Natural Lagoon
- Praia Branca Peak
- Carbeirinho
- 7 lagoons
- Feira Basso Bay
- Monte Trigo

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DAY SERVICE

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HIKE ITINERARY - FARINHA DE PAU

Chill & Barbecue - Baixo d Rotxa Beach

7:00 - Breakfast

8:45 - Baixo de Rotxa Beach

Chill

Snorkelling

11:00 - 13:00 - Barbecue with Sea food

16:00 - Dessert

17:30 - Sunset Wine

18:30 - Return

Investiment

25 € Transport (Group)

Meals 30 € PAX

Wine 12 €

Includes

1. Transport to Baixo de Rotxa Beach
2. Complete Meal service

HIKE ITINERARY - FARINHA DE PAU

Sunset Beach Wine - at Praia Grande

17:30 - Sunset Wine

18:30 - Return

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Investment

10 € Transport

Tapas 12 € PAX

Wine 12 €

Includes

1. Transport to Praia Grande Beach
2. Beach Service

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HIKE ITINERARY - FARINHA DE PAU

Picnic - Queimadas

7:00 - Breakfast

9:00 - Agriculture Zone

Short walk to Queimadas

10:30 - Short tour in Queimadas - Grogue Degustation

12:00 - Familiar PicNic

17:00 - Return

Investiment

35 € Transport

Meals 12 € PAX

Wine 12 € optional

Includes

1. Transport to Queimadas

2. Complete Meal service



HEALTH ACTIVITIES

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HIKE ITINERARY - FARINHA DE PAU

Sand Treatment

7:00 - Breakfast

9:00 - Barril Beach

Preparatives and Beach moments

10:00 - Starts the treatment

10:30 - Chiropractic treatment

11:30 - Beach moments - Chill

12:00 - Return

Investment

10 € Transport

Treatments

Sand 35 € PAX

Chiropracti 50 € PAX

Includes

1. Transport to Barril Beach

2. Water and cold tea

HIKE ITINERARY - FARINHA DE PAU

Chiropratic Treatment

Duration : 60 min

Chiropractic aims to correct deviations of the spine, thus releasing the central nervous system and curing chronic pain throughout the body.

The sessions aim to elongate the body and decompress the intervertebral spaces, avoiding the disc herniation, and the release of the affected nerves and hence the relief of the affected parts, which may be in the limbs or organs.

Chiropractic is for people who spend a lot of time sitting in the same position, or workers who usually lift weight for long hours, or even people who live in situations of constant stress, aggravating muscle tension.

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Investment

Treatments 55 € PAX

Local

Farinha de Pau

HIKE ITINERARY - FARINHA DE PAU

Ayurvedic Massage

Duration : 60 min

The Ayurvedic massage is applied through deep and pleasant touches with the hands, elbows and even feet, providing great relaxation, stimulating the muscles and blood circulation as well as the Lymphatic System, thus releasing toxic substances attached to the tissues and muscles of our body.

The practice of Ayurvedic massage brings far beyond physical benefits. The application of this therapy causes a harmonization of the chakras, balancing the energies and calming the spirit, causing a "purification" in who is receiving the massage.

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Investment

Treatments 45 € PAX

Local

Farinha de Pau

Ayurvedic Massage

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The service will happen on place at **Fado Crioula Restaurant**, during the days of March 19 and April 1, throughout the day.
Schedules on : **+238 9153916** (Viber - Wapp) or directly at the restaurant Fado Crioula

ESPAÇO YOG



Chiropractic ~ Seitai



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ESPAÇO YOG



Ayurvédica Facial

A massage that more resembles a caring, very subtle touches the skin of the face, hair and ears, which calms and pacifies the SOUL.

15 minutes that change the day completely

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ESPAÇO YOG





FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Sunset Wine Beach



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Beach Barbecue



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Beach Barbecue



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Beach Massage



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Delicious Dessert



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Moreia frita



FARINHA DE PAU

PRAIA BRANCA - SÃO NICOLAU - CAPE VERDE

Cabrito com Batatas



FARINHA DE PAU

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Percebes



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