BAHIA MAR
BOUTIQUE HOTEL
VILANKULOS • MOZAMBIQUE

YOUR JOURNEY TO BAHIA MAR





SWEET ESCAPE

About vilankulo

Trade in Vilankulo can be traced back as far as the 14th century, when Arab traders populated the area transporting gold, ivory and slaves to far off lands. By the 18th century the Portuguese had firmly established themselves in Mozambique and historians believe that rumours of pearls brought Portuguese explorers to the area. Sadly the pearls were later buried deep under the layers of sand carried by a hurricane in the early 1900s putting an end to this treasure hunting. The inhabitants of Vilankulo have come to rely upon fishing as a main source of income. In the recent years tourism has also become an important source off income in the village.

Vilankulo lies at the gateway of the Bazaruto Archipelago - Mozambique's only underwater National Park - which comprises of 5 islands - Bazaruto, Benguerra, Magaruque, Bangue and Santa Carolina (commonly known as Paradise island).

Some of the activities listed in this document include trips to these islands. We can advise and recommend specific trips once you are welcomed at Bahia Mar.
Tourism has a big impact on a small community such as Vilankulo. We ask you to bear this in mind, to be a responsible tourist and to respect.

THERE'S A CONSTANT NOISE OUTSIDE
NEVER SILENCED
AIN'T NO WAY TO HIDE
FROM THE SOUNDS OF NATURE



DHOW TRIP / WILDAFRICAMOZAMBIQUE

BAZARUTO NATIONAL PARK

a gift from heaven

The marine national park of Bazaruto archipelago hosts the last viable population of dugongs on the East African coast, dolphins and whales are often seen.
There are four species of turtles, 2,000 fish species with 80% of Indo-Pacific species occurring here. The coral reefs attract a rich diversity of tropical fish ad other marine creatures, and are regarded as some of the most diverse and least disturbed in the Western Indian Ocean.
Over 180 bird species, including the Crab Plover and the Olive Bee-eater that tunnels its nests into the sand dunes. Large flocks of migrant waders visit the fertile mud flats from September to April. The nomadic Greater Flamingo arrives from their mainland breeding sites around mid-October.



THERE'S A BIG DIFFERENCE BETWEEN SIMPLY BEING A TOURIST AND BEING A TRUE WORLD TRAVELLER

DRESS CODE

We have a wonderful mix of Arabic, African and Portuguese cultures. Although Mozambicans residing in Vilankulo are very familiar with tourism, generally they are conservative, so please respect this and dress appropriately in certain public places as skimpy clothes, short skirts and bikinis might offend some Mozambicans.
Take note that some people do not want to be photographed, some want payment, but others love it, especially if you have a digital camera and show the photos.
If you try to communicate in Portuguese or Chitsua, you will gain much respect, and have much more fun.

SHOPPING

Visiting the markets can be an interesting experience. Bargaining is the norm with curio and casual sellers, although prices of basic goods and fresh produce are usually standard. Shopping is regarded as a social event, so be patient - and enjoy the barter. But keep your wits about you.

Petty theft can be a problem, - be aware of those around you and keep valuables out of sight. ‘Street-kids’ are sometimes involved so do not encourage dependency by giving them money or gifts. It is however customary to give a coin to the old and disabled.



SOCIALISING & GETTING ABOUT

Vilankulo is a vibrant town with a fun and friendly atmosphere - whether you're looking to explore local cafés, enjoy a beach bar at sunset, or join in on a night out, there's something for everyone.

During the day, it is safe and enjoyable to walk around town, take in the sights, and engage with the local community. There are a few reliable local taxi services as well as Txopelas (motorbike tuk-tuks), which are a fun and affordable way to get around. For recommendations or to arrange a ride, feel free to ask our reception team - they'll be happy to assist.

ON THE BEACH

Enjoy peaceful walks along the beach - it's safe, scenic, and a great way to experience local life.

Please walk only during daylight hours, as we don't recommend walking after dark.

Wear sun protection and light footwear, and don't forget to greet locals with a smile or a friendly "bom dia"!

We recommend that you do not leave your belongings unattended.

'VILANCULOS' OR 'VILANKULO'?

The town of Vilankulo takes its name from Chief Vilankulo, a respected local leader from the region's pre-colonial past. Many of the "bairros" (neighbourhoods or suburbs) around the town are in fact named after his sons - a living tribute to his legacy.

During Mozambique's colonial era, the Portuguese administration adapted the spelling to "Vilanculos", replacing the "K" (rarely used in Portuguese) with a "C" and favouring the softer "S" sound. This colonial version of the name remained until Mozambique gained independence in 1975. After independence, the original name — Vilankulo, with a K and no S — was reinstated for the town as a way to honour local heritage and reclaim indigenous identity.

Today, you'll still see both spellings in use:

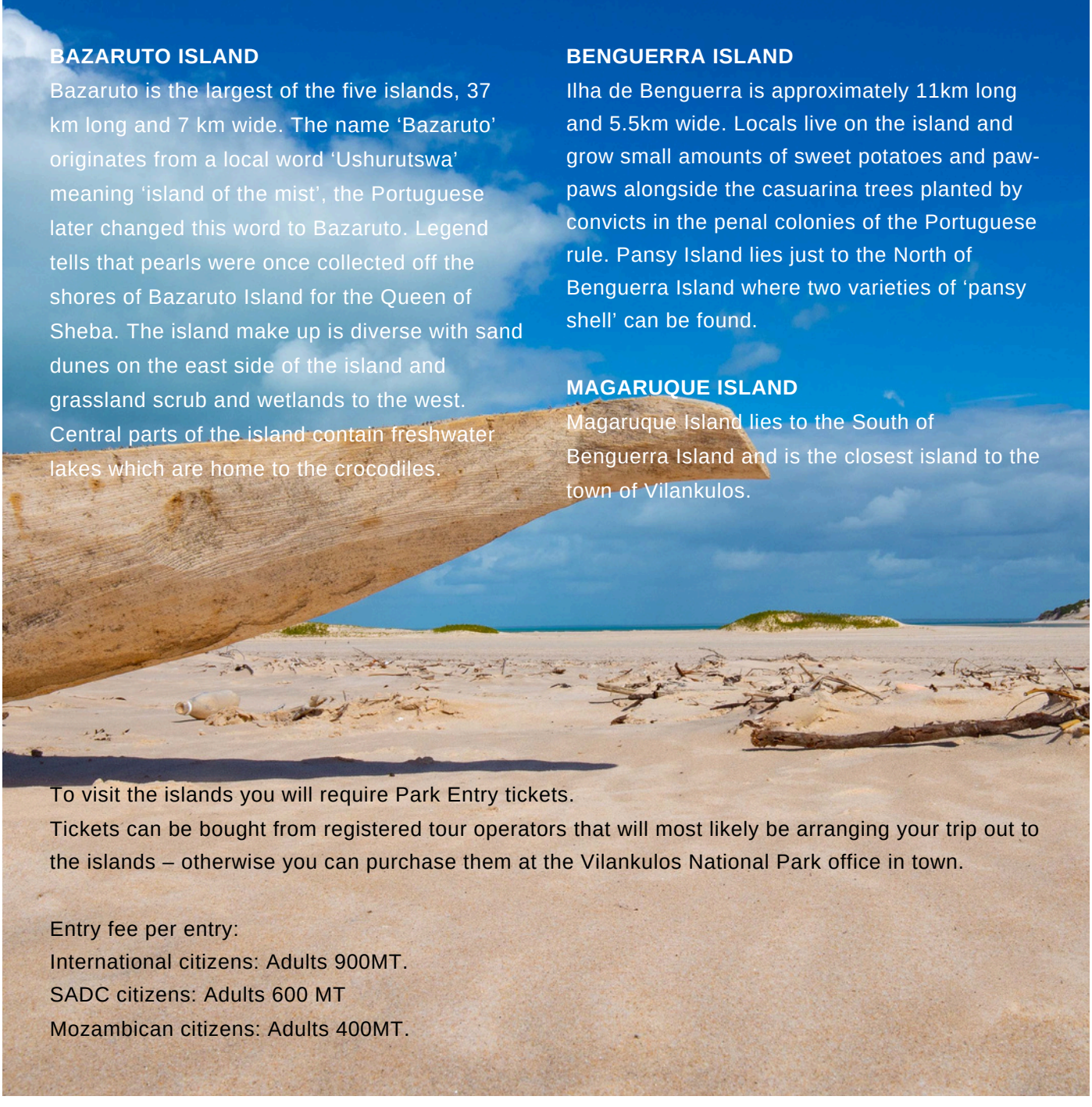
"Vilankulo" refers to the town itself.

"Vilanculos" is the official name of the district.

Interestingly, many local families carry the surname Vilankulo, connecting them directly to this rich historical lineage.

BAZARUTO NATIONAL PARK

The Bazaruto Archipelago 10,000 years ago were part of the mainland, now the islands are about 10 to 25km offshore. The flora and fauna, (including crocodiles on Benguerra and Bazaruto islands) are evidence of this earlier link. The archipelago has sustained a thriving maritime community since the 15th Century. Portuguese trading settlements date from the 16th Century and Santa Carolina had a permanent Portuguese settlement by the 1850's. Today the archipelago is National Park land, and home to about 3,500 subsistence fisher people.



BAZARUTO ISLAND

Bazaruto is the largest of the five islands, 37 km long and 7 km wide. The name 'Bazaruto' originates from a local word 'Ushurutswa' meaning 'island of the mist', the Portuguese later changed this word to Bazaruto. Legend tells that pearls were once collected off the shores of Bazaruto Island for the Queen of Sheba. The island make up is diverse with sand dunes on the east side of the island and grassland scrub and wetlands to the west. Central parts of the island contain freshwater lakes which are home to the crocodiles.

BENGUERRA ISLAND

Ilha de Benguerra is approximately 11km long and 5.5km wide. Locals live on the island and grow small amounts of sweet potatoes and paw-paws alongside the casuarina trees planted by convicts in the penal colonies of the Portuguese rule. Pansy Island lies just to the North of Benguerra Island where two varieties of 'pansy shell' can be found.

MAGARUQUE ISLAND

Magaruque Island lies to the South of Benguerra Island and is the closest island to the town of Vilankulos.

To visit the islands you will require Park Entry tickets.
Tickets can be bought from registered tour operators that will most likely be arranging your trip out to the islands – otherwise you can purchase them at the Vilankulos National Park office in town.

Entry fee per entry:
International citizens: Adults 900MT.
SADC citizens: Adults 600 MT
Mozambican citizens: Adults 400MT.



YOU WON'T BE BORED

in vilankulo

We will provide free transport to and from most of the activities within Vilankulo.
For more information or assistance with reservations of activities, please contact our reception desk.
Note: Some activities do require a minimum number of participants.

SNORKELING & SCUBA DIVING
THE UNDERWATER WORLD

Mozambique is one of the top 10 diving destinations in the world. The diving around the Bazaruto Archipelago is magnificent!

There are also several stunning snorkeling spots within the Bazaruto Archipelago. The most famous one is ´The Aquarium´ on the inside of two mile reef and the stream of the 'Magaruague Express' along the South West part of Magaruque Island.

There are several trips to these and other interesting spots. These trips can be done by Traditional dhow to the closest areas like Magaruque island, Shell island and South point of Benguerra; or by speed boat to North point of Benguerra island, Bazaruto island, Paradise island and Bangue island.







TRADITIONAL DHOW TRIPS

Sailaway pride themselves in bespoke and tailor-made traditional Dhow and boat trips to the islands.

Sailing on a traditional wooden boat (dhow), snorkeling, relaxing and strolling along the deserted white beaches.

On all tours there is the opportunity to see different species of marine life including: dolphins, rays and turtles. Also the Bazaruto Archipelago is the only place in East Africa that has a viable population of Dugongs, we are seeing them more and more on our tours. Traditional dhow trips can be done to Magaruque Island of South point of Benguerra.

Prices range from $95 USD per person.
All trips include fuel, lunch and park fees.
Snorkelling equipement and shade on the boat and beach is included.



MOTHASSANE SPEED BOAT

Mothassane is powered by two 200hp Yamaha engines, allowing her to glide effortlessly in style and comfort. Her front bow has a spacious lounger for sunbathing and her rear forms the perfect diving deck for reef fishing and snorkeling. Mothassane caters delicious meals for the entire family with ample space to entertain everyone. The professional crew, experienced in these waters, takes care of every need and competency level.

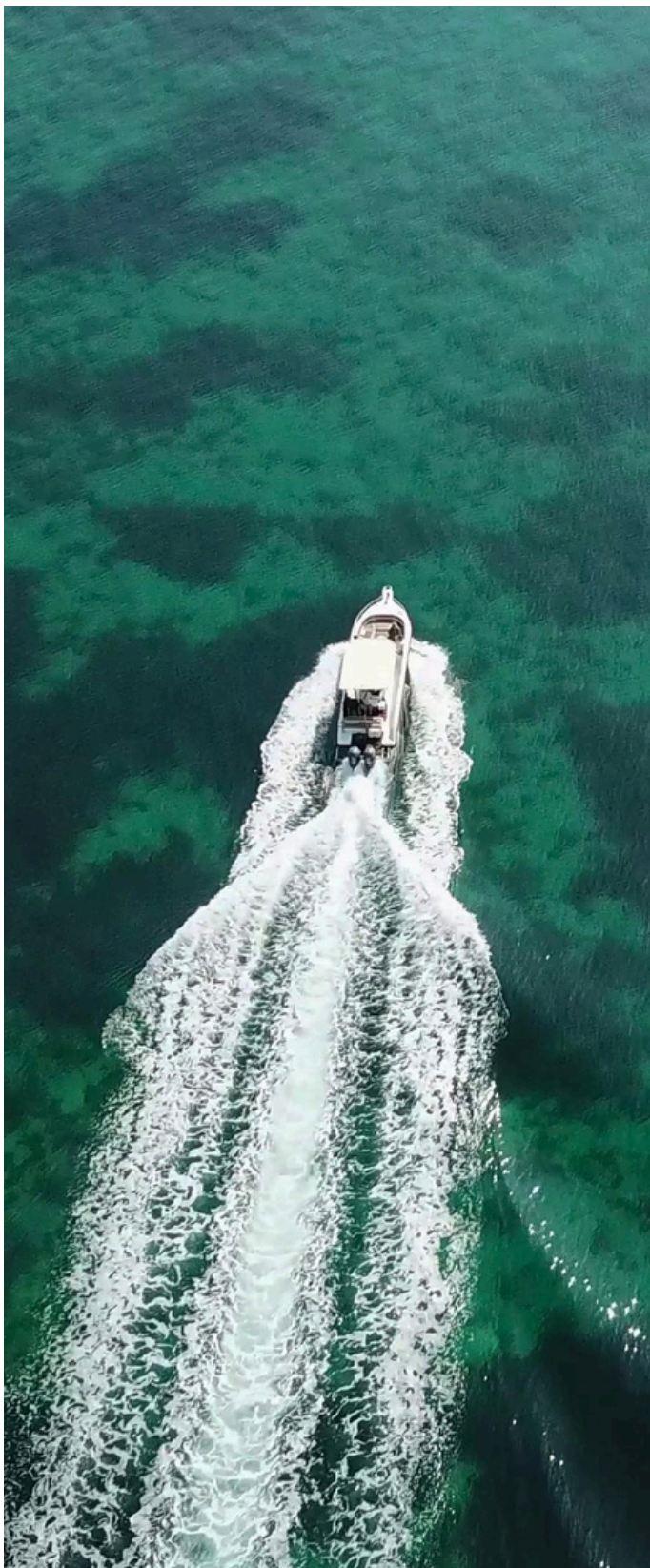
Our captain and crew will transport you to the destination of your choice, either one island or a selection of your choice. Enjoy water sports ranging from wakeboarding, tubing, snorkeling, kitesurfing, and fishing. Whale watching is also available at certain times of the year.

PRIVATE HIRE

Our captain and crew will transport you to the destination of your choice, either to one island or to a selection of your choice.
Enjoy water sports ranging from wake boarding, tubing, snorkelling, kitesurfing and fishing.
Whale watching is also available at certain times of the year.

Boat hire $825 per day
Includes snorkeling equipment, shade on the boat and beach, chairs and table, and fuel.
Maximum 14 people

For an extra $20 per person a fully catered beach fish BBQ can be provided.



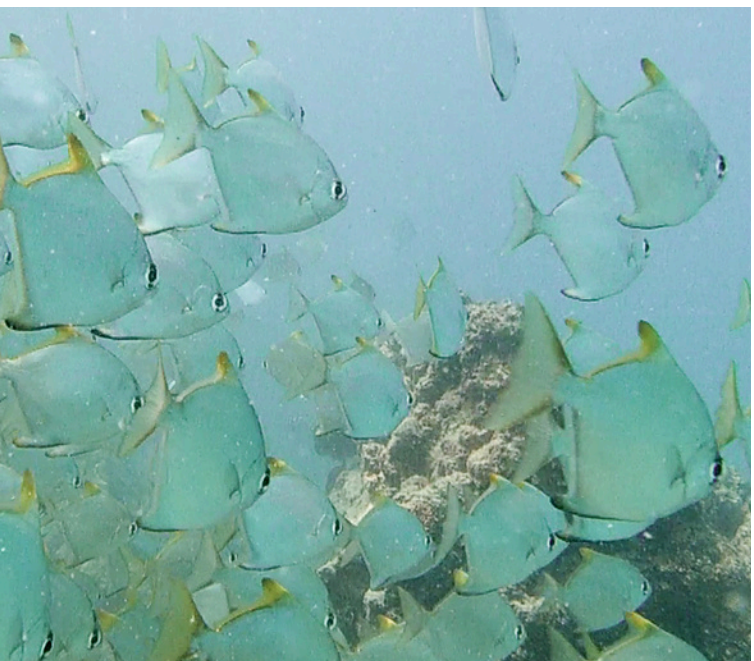


BAZARUTO ISLAND - TWO MILE REEF

Two Mile Reef is world renowned for it's underwater paradise in 'The Aquarium' – a few kilometers off the shores of Bazaruto Island. It is perfect for snorkeling day trips, as it is easily reached from the mainland. After exploring the marine world beneath the surface, we travel to Bazaruto Island and climb the world famous Bazaruto dune with epic views over the Archipelago. We will then head over to Benguerra Island away from all the crowds to where a freshly prepared fish BBQ will awaiting you.

Cost: 130 USD$ per person.

Includes: National park fees, snorkeling equipment, shade on beach, chairs & table, soft drinks, lunch (fruit & snacks, fresh fish, mashed potato, salad, home made sauce, fresh bread).



PARADISE ISLAND

Also known as Santa Carolina, is the only completely deserted island in the Bazaruto Archipelago, boasting an old abandoned hotel dating back to the early 1950's. It is said that Elton John and many famous artists came here in it's hay day to find inspiration for their works. Bob Dylan wrote his song 'Mozambique' in the restaurant of the hotel a few decades back.

The reefs surrounding Santa Carolina offer some of the best snorkeling in the Archipelago. As the tide pushes in around the shores of the island, it brings with it many amazing turtles playing in the currents.

After some snorkeling and island exploring, a freshly cooked lunch on open fire is served in a catered shady spot and guests can relax, enjoying the last rays of afternoon sun on the palm lined beaches before heading home.

Cost: 150 USD$ PER PERSON

Includes: National park fees, snorkeling equipment, shade on beach, chairs & table, soft drinks, lunch (fruit & snacks, fresh fish, mashed potato, salad, home made sauce, fresh bread).



SCUBA DIVING

There are 2 diving schools in Vilankulo.
Odyssea Dive and Dive Bazaruto.
Both schools offer similar packages with trips that include double dives (2 single dives with a surface interval) in different sites along two mile reef.

There are 2 main diving areas; Two Mile Reef for a beginner and leisure and relaxed dive and San Sebastian for a more deep and experienced dive.

The 2 mile reef trips are more popular and are organised as follows:
Meet at the dive center at 8am to try on wet suits and fins. Leave around 8.30am.
Stop on Bazaruto or Benguerra Island for a briefing. Leave to Two Mile Reef for the first dive. Maximum bottom time 60 minutes, air permitting. After the dive, enjoy a fantastic lunch break on Bazaruto, (about an hour), which gives enough time to rest, climb the dune and enjoy the stunning view from the top. After the surface interval, back to Two Mile Reef for the second dive.

Prices start from $170 per person which includes 2 dives, National Park Fees, boat trip, sandwich lunch or salad and mineral water.

Discover scuba and PADI scuba courses also available on request (Open Water, Advanced, EFA, Rescue and Dive Master).



TIPS AND TIPS AND TIPS

- Bring your camera. The school provides dry bags to protect.
- Bring sun lotion - preferably organic and reef friendly.
- In summer, bring a hat… In winter, a wind breaker and/or a jumper.
- Don’t bring any valuables or anything you don’t want to lose or break on the boat. There is nothing to buy on the islands and not much space on the boat.
- Payment is done directly to the school. They accept credit cards or cash.
- If you have any question prior to the trip, please ask our reception to call the diving school. They will be very happy to answer all your questions.





PROTECT OUR REEFS!

- Do not walk on the reefs or bump the corals with your fins.
- Be sure that your boat uses the buoy at Two Mile Reef to avoid causing damage. Alternatively your boat should anchor over sand.
- Pay the parks fee: Be sure to get a receipt for the full amount paid.
- Do not remove anything – corals, shells etc from the park.
- Do not buy any shells, coral, ornamental fish etc – even on the mainland.
- Please use organic and reef friendly sunscreen.
- Beware of razor clams embedded in the sand at low tide – best to wear sandals!
- Treat cuts immediately - tropical sores develop easily and can be difficult to heal.
- Check that your boat has life jackets before you leave.
- Be sure that your boat has two motors or one motor and a sail.

You are safer with legal, registered operators!



BIG GAME FISHING

An unforgettable experience available all year round. The experienced teams from the local operators can teach you how to fish for different species, the lures required and bait rigging. Combine your fishing with a trip to the islands, enjoy some snorkeling on our world famous Two Mile Reef or just fish fish fish - we promise you an unforgettable day for the whole family.



MARLIN FISHING

Fish with the most experienced captains in Mozambique. Fish Black, Blue and Striped Marlin between September and January each year along the stunning Bazaruto Archipelago coastline. These operators have built up a deep knowledge of how to catch these incredible fish, with numerous catches over 800lbs including two granders (over 1000lbs) with the average catch around 400lbs.

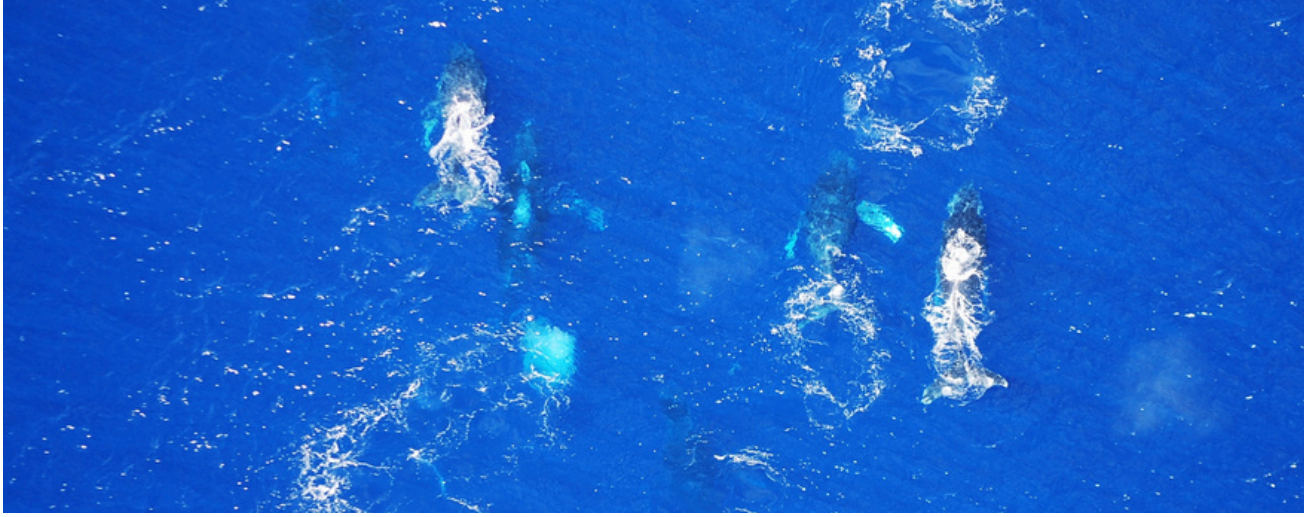
SAILFISH AND WAHOO

The best game fishing in Mozambique between April and October. Come with your family and friends and catch the fish of your dreams.

POPPING, JIGGING & SPINNING

Catch GT, Dorado, King Mackerel / Couta and a variety of Trevally in Mozambique
Some of the best popping and jigging fishing in the world can be found over the numerous reef systems outside the Bazaruto Archipelago.

THESE OPERATORS PRACTISE
CATCH & RELEASE
Depending on the operator, prices range from $800 per day plus fuel. Includes:
- Tackle and bait,
- Comfortable, well equipped boats,
- First class fishing equipment,
- Light trolling.



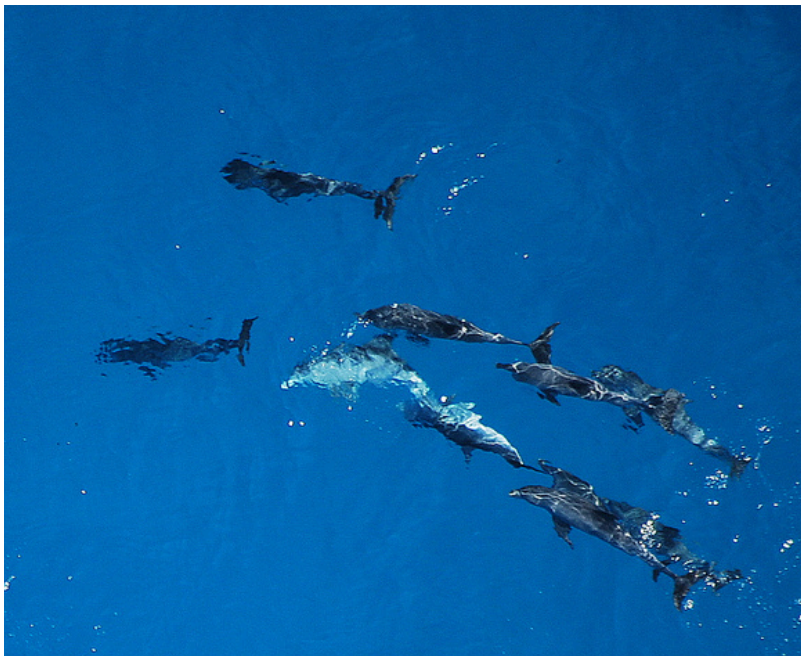


WHALE WATCHING & SEA SAFARIS

Between July and October if you head out into the sea you'll have a chance to see migrating Hump Back Whales who mate and calve in our warm waters.

This is an unforgettable trip of a life time. To be next to these giants of the sea.

Rates depend on the operators, size of the group and on the length of the trip
– please ask for advice in the reception.



OH, JUST FOLLOW THE WIND ....





KITESURFING

In this exceptional area you can expect flat, waist deep water and consistent winds making this spot a kitesurfers paradise.

Whether you're a total beginner or wanting to push your kiteboarding skills to the next level, we can help you suggesting a range of courses to meet your needs.

1 DAY KITESURFING COURSE

Complete beginners, 3 hour course

This entry level practical course is aimed at complete beginners to introduce you to the sport of kitesurfing. You will cover all the essentials including safety, site assessments, interpreting the wind, setting up an inflatable kite, safely launching and landing, body dragging, self rescue and packing down the equipment.

$110 USD per person - Two students to one instructor.

2 DAY KITESURFING COURSE

Complete beginners, 6 hour course.

This course is also aimed at beginners but with more time in the water to hone your new skills. The first day is the same as the one day course (above) and the second day will refresh on body dragging and teach new skills; how to drag upwind, board starts.

$200 USD per person - Two students to one instructor.

3 DAY KITESURFING COURSE

Complete beginners, 9 hour course.

Our most popular course aimed at beginners and leaves you with a comprehensive understanding and practical skill. Set to be able to kitesurf.

Day one and two are as above – progressing to a third day in the water where you will master board starts and learn upwind riding through edging, controlled stops and turning.

$290 USD per person - Two students to one instructor.

ONE ON ONE LESSONS

If you want to start your course with your own personal instructor to move along at your own pace then this option would be ideal for you. - $60 per hour







MOZAMBIQUE HORSE SAFARIS
Come and share in this adventures where the legend of the rescued horses come to life. Open your eyes to a different world, where you will ride the beaches on a sprightly bay, swim in turquoise seas and share in our amazing way of life.

STANDARD BEACH RIDE
Horse riding along the beach, to the dunes. A great experience to get into nature and a must for the horse lovers (beginners are very welcome).
Price: $95 per person (2h ride).

OCEAN WALK
The ride starts on the beach with a medium to full tide and is an absolute favourite. With their unique hands-on interaction, you will lead your horse into the shallow waters. The horses love to splash and wallow, there is always a sense of excitement as they thrash the water, then lay down to roll. You will meander along the coastline looking out at colourful dhows and sandy beaches.

Ride Time: 15-25 minutes minutes bareback.
Playtime: 15-20 minutes on the beach with horses on a lead wallowing and rolling in the water.
Price: $80 per person



FISHING VILLAGE RIDE

completely authentic, rich in cultural experience and brings much appreciated business to a locality well off the beaten track. A 3 to 4 hour ride (2 hours riding) starts at 11.30 am and covers a similar route to the Standard Ride. On nearing Mangalise Fishing Village you will be greeted by a horde of smiles. When you have dismounted, our hosts will take you to a simple thatch shelter in the village. Hands are washed and newly harvested coconuts are cracked open, the refreshing juice is rich reward after a long ride. A traditional lunch is served, fresh crab from the beach, grilled fish from the mornings' catch and Matapa; a Mozambican dish made from cassava leaves, nuts and coconut milk.
After lunch, we continue our ride through the rural village and head onto the “Fingerprint of God”; a magnificent viewpoint overlooking the Bazaruto Archipelago. You will be captivated by colourful dhows gliding along the channels and fisherwoman hunting crab in the shallow sands.
The ride continues along a winding beach path through dune bush and back onto the beach towards home and the stables. A dreamlike experience not to be missed for experienced & intermediate riders as well as beginners & first timers.

PRICE: $180 per person







CULTURAL TOURS

For those who are interested in the culture of Vilankulo and Mozambique, Faquiri is the best guide to show us around. He'll take you to the market, church, orphanage and will tell you all about the interesting history of this special place.

Price:
$25 per person (2 h tour).
$50 per person (4h tour) with lunch with local family included.

CRAFT SHOPPING

There are a number of craft shopping options around the area: the market is the place to purchase capolana's (local patterned fabric). Other bancas (local sales) have amazing handcraft gifts. Please ask our guides or reception to help you.
If you don't have the time to explore these special bancas then just visit our local shop where you can only find Mozambican souvenirs.





CANOING THE GOVURO RIVER

For nature lovers a canoe trip down the river is a mandatory excursion. During this experience you get in touch with the amazing bird life and beautiful scenery of the inland.

Price: $60 per person
INCLUDES TRANSPORT AND REFRESHMENTS.









SAVE THE SEAHORSE PROJECT

The seahorses all over the world have been under pressure from poaching and in Vilankulo this is not an exception. Bahia Mar in partnership with ParCo, a local non-profit organization joined forces and developed the Save the Seahorse Community Project. This project sets the stage for ongoing work in education, law enforcement and tourism development as an alternative economic source.

SEAHORSE SAFARIS

Join this authentic experience. Meet the ex-poachers that are now working as tour guides in this amazing adventure. This day includes a dhow tour to the low tide sandbanks where you can snorkel and see these special creatures. You will be hosted by a local family that will cook the local crab matapa. All of the funds are towards the project. Part is for the families that host the activity and other part is for the local community fund.

Price: USD $50 per person
This includes lunch and a bakkie transfer to the village.





OUR BONGUILI PROJECT

This community development project is very close to our hearts. Supporting a unique pre-school - 5º de Congresso pre-escolinha, which was founded in 2001,

The hotel's funding is the primary income for this facility which empowers over 80 children. Convening from 8-11am, the children learn the alphabet, to do basic sums and are taught necessary life skills through a child friendly learning through play system.

The hotel initially provided the funding for six teachers throughout the community to train the specific teaching method. Ongoing financing is provided by Bahia Mar for the upkeep of the school and teacher's wages. There are only two classrooms but no-one is turned away and pupils include youngsters with albinism, down's syndrome and other challenges.

You can pay a visit to the children, they just love to welcome our guests and sing a song!

DONATIONS TOWARD THE SCHOOL ARE ALWAYS WELCOME

PLEASE ASK FOR MORE INFORMATION IN THE RECEPTION.


SOAK IT UP.....

THE SPA @BAHIA MAR

Menu Pricelist

MASSAGES

BACK, NECK & SHOULDER (30MIN)	2,280 METS
HEAD & FACE (30 MIN)	2,280 METS
FULL BODY RELAXATION (60 MIN)	3,780 METS
FULL BODY COCONUT RITUALS (60 MIN)	3,780 METS
DEEP TISSUE (60 MIN)	4,500 METS
HOT STONE (60 MIN)	4,500 METS
AYURVEDIC (90 MIN)	5,280 METS
BAHIA MAR SIGNATURE - WATER MASSAGE WITH 4 HANDS	5,280 METS
BODY SCULPTING (45 MIN)	3,360 METS
BODY SCULPTING PACK (10 SESSIONS X 45 MIN)	26,880 METS
LYMPHATIC DRAINAGE UPPER BODY (90 MIN)	4,200 METS
LYMPHATIC DRAINAGE LOWER BODY (90 MIN)	4,200 METS

FACIALS

HYDRA BOOSTING CSPA (60MIN)	3,420 METS
REBALANCING CSPA (60 MIN)	3,420 METS
ANTI AGING CSPA (60 MIN)	3,420 METS
MINI FACIAL CSPA (30 MIN)	2,520 METS
MORINGA EXPRESS (30 MIN)	2,520 METS
LYMPHATIC DRAINAGE (30 MIN)	1,900 METS

BODY TREATMENTS

RASUL (20MIN)	2,100 METS
HYDRA BOOSTING CSPA (60 MIN)	4,500 METS
REBALANCING & DETOX CSPA (60 MIN)	4,500 METS
HONEY, BAOBAB & ALOE VERA (60 MIN)	4,500 METS
GARSHANA (90 MIN)	4,920 METS

FEET TREATMENTS

FEET TREATMENT CSPA (30MIN)	1,800 METS
REFLEXOLOGY (45 MIN)	2,160 METS
REFLEXOLOGY PACK (10X45 MIN)	17,280 METS
FEET TREATMENT & REFLEXOLOGY (60 MIN)	3,480 METS

10% discount for more than one treatment booked per day per person

50% deposit required during peak periods to secure the appointment
In case of cancellation less than 24h prior the appointment this deposit will be retained

+258 84 275 4389
WWW.BAHIAMARCLUB.COM
INFO@BAHIAMARCLUB.COM

BAHIA MAR
BOUTIQUE HOTEL VILANKULOS • MOZAMBIQUE



THE SPA @BAHIA MAR

Wellness Centre

Day Packages



RELAX & UNWIND

Rasul, Coconut Rituals, Hydra Facial, Feet Treatment, Reflexology & Lunch

12,700 mets



ANTIAGEING & REBOOST

Baobab body wrap, Anti Aging Facial, Body Sculpting, Feet Treatment, Reflexology & Lunch

13,800 mets



DETOX & HYDRATE

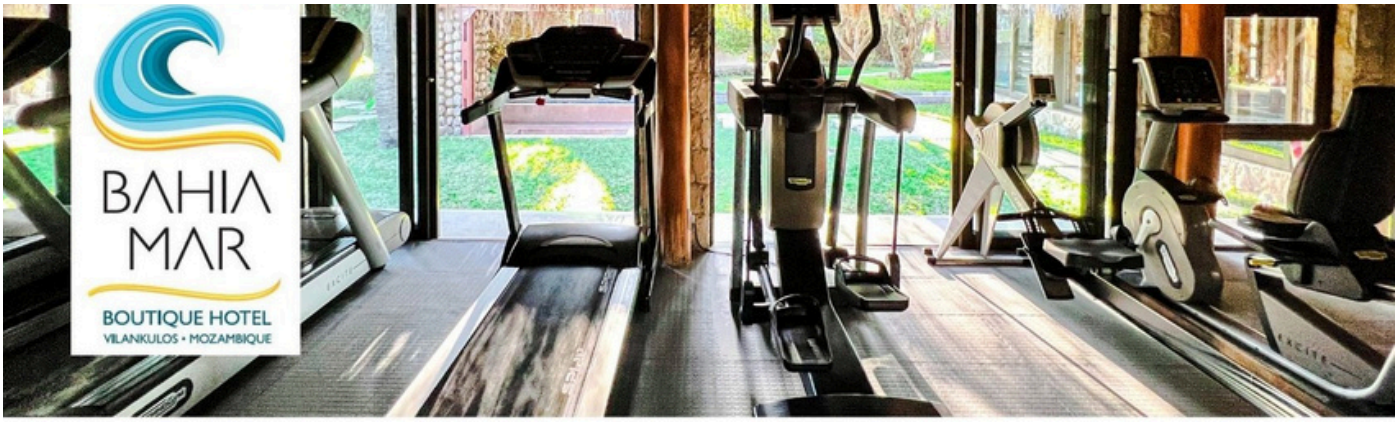
Detox Body Wrap, Deep Hot Stone Massage, Hydra Facial, Feet Treatment, Reflexology & Lunch

14,720 mets

+258 84 275 4389
WWW.BAHIAMARCLUB.COM
INFO@BAHIAMARCLUB.COM



WORK IT OUT.....



GROUP CLASSES SCHEDULE
BAHIA MAR GYM 2026

MON	TUE	WED	THU	FRI
Yoga with Silks 8 - 9 am	Circuito 7.30 - 8.15 am	Hatha-Vinyasa Yoga 8 - 9 am		Yoga with Silks 8 - 9 am

MON	TUE	WED	THU	FRI
Aero-Step 5 - 6 pm				

Modalidades de Pagamentos Mensais:

Drop in Aulas de Grupo: 1,500 Meticais por aula

Pack 10 tickets: 6,000 Mets (válido por 6 meses)

Pack STRONG: 6,000 Mets (Free Pass)
Free Pass Aulas + Treino Personalizado (Obrigatorio reservar)

Monthly Payment Modalities:

Drop in Group Classes: 1,500 Meticais per class

Pack 10 tickets: 6,000 Mets (valid for 6 months)

Pack STRONG: 6,000 Mets (free Pass)
Free Pass Aulas + Personal Trainer (pre booking is essential)

BAHIA MAR GYM - RECEPTION - tel: +258 842 754 389 - WhatsApp: +258 842 754 389